

KILLIN NEWS

KILLIN & DISTRICT COMMUNITY NEWSPAPER

October / November 2022

Issue 183

Price £1



Killin News

Editorial

September 2022 has been a time that people will always remember as the death of the Queen brought an era to its end. Many, including those who perhaps had hardly given her a thought, have been more affected than they expected. For the majority of us, she had always been there and was simply part of the world we had always known. Now we have a new beginning and it will take sometime to get used to singing 'God Save the King'.

Another loss directly related to Killin and district, will be that of Russel Moffat, our Kirk Minister, who is retiring in November. It must be many, many years since Killin was without a church minister of any kind of church although the members will be doing their utmost to keep it going.

But endings are also beginnings and may be the start of good but different things to come. The good news is that KAT has been awarded money towards the development of the old Co-op. The plan is that this will be a project to involve our whole community and we look forward to seeing this gradually develop.

MM



DEADLINES

Issue 183

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Editorial Policy Statement

The Killin News is a free community newspaper produced and distributed every two months by volunteers to households and businesses in Killin and district. The aim of those involved is to produce an informative, accurate and entertaining journal for those who live, work and visit in this area. Letters and articles published in the newspaper do not necessarily reflect the views of the Production Committee and they reserve the right to shorten, edit or not publish any item. Contributions will be attributed to the author. Vested interests will be declared where applicable. Articles should be between 200 and 300 words, photos in high quality and the content should be original work relevant to Killin and environs. All personal emails are acknowledged by a reply. If you do not receive a reply please contact us by phone or drop the article in the office letterbox.

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Front Cover

Photo Ron Allner

pdf versions of the paper can be viewed on the Killin News website

Killin Mountain Rescue Team

The team has recently undergone changes in the leadership. At the AGM in July five out of the six trustees stood down. Another five new faces were duly elected. Our first thanks must go to those who have stood down: Billy Stitt (Team Leader), Bill Rose (Secretary), Ted Inglis (Deputy Team Leader), Angus Cameron (Deputy Team Leader) and Kevin Burnett (Treasurer). Particular thanks to Billy, Bill, Ted and Angus who have all been members of the team since 1975 and in their leadership roles since 1987.

The team has been handed over to Nat Felgate (Team Leader), Will Diamond (Secretary), Kirstine Inglis (Deputy Team Leader), Richard Eadington (Deputy Team Leader) and Richard Morris (Treasurer). They are ably assisted by Calum Menzies, who has served as a Deputy Team Leader and trustee for a number of years, and he was gratefully re-elected to his position again this year.

For those of you who don't already know, Killin Mountain Rescue Team are a group that are based between Callander and Killin, and cover from Doune to Tyndrum, and pretty much all in between! We currently have around 50 team members who are all volunteers and come from all walks of life, adding to the diverse mix of skills and experience. The primary

functions for the team are saving lives, locating those who are lost, injured or missing, and assisting the emergency services where our resources can be of benefit.

In 2022 alone, our team has so far responded to 27 separate incidents in the hills and mountains within the areas where we live and work. In total, during these incidents we have rescued 29 people and recovered two people who sadly died.

Our intention going forward is to provide a brief report every couple of months to give an idea of what rescues and activities the team have been involved in.

During July and August to date, we have attended 7 incidents as follows:
12th July - female fell at Bracklinn Falls, Callander where she suffered an injury. Recovered and handed over to paramedics.
22nd July - group of 8 students on Ben More, one suffered a knee injury and was airlifted off to an awaiting ambulance. Team members located the rest of the party and walked off.
31st July - female slipped on Beinn a'Chroin and dislocated her shoulder. Airlifted by R199 and other 6 party members escorted off the hill by team members.
22nd August - male with ankle injury near Ben Ledi. Managed to walk to

the hill track in Glen Casaig where team members met him and treated his injury, before his friend took him to hospital.
22nd August - as we arrived home from above, call to Ben More for a walker lost and disorientated in the mist. Team members located him using PhoneFind and escorted him off the hill.

26th August - we were requested by Police Scotland to attend an overdue walker on Ben Ledi. Just as members arrived, the individual returned to their vehicle safe and well and the team stood down.

29th August - female became cragfast on Stuc a' Chroin. Members made their way up the hill and met the female, safe and well with two passing walkers who had assisted her to safe ground.

In addition to the above, the team assisted at the Killin Show, where we had an information stand and provided First Aid cover at the event and assisted with marshalling at the Killin 10K. Our annual training programme is about to kick in again in September and will run through to June.

Will Diamond



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Killin Golf Club

Gents Open: Saturday 6 August

Results for local golfers :-

Magic 2's

George Farquharson (Killin), Daniel Knecht (Killin)

Handicap

1. Hamish Campbell (Killin) 61
2. Jim Ronald (Killin) 64
3. John Strang (Killin) 66 BIH

The Melia Quaich (best overall handicap) :

Hamish Campbell

The Wee Claret Jug: (best local handicap):

Hamish Campbell

Photos show Captain Daniel Knecht awarding the 2 trophies to Hamish Campbell



Senior Stableford Open: Wednesday 14 September

Magic 2's:

Ken Nesbit (Warkworth) , Alan McHenry (Killin), Dickie Lewis (Killin) x2,
John McIlroy (Kenmore), Aileen Kennedy (Harburn), Andrew McGregor (Stirling)

Nearest the pin

Gents: Allan McHenry (Killin)
Ladies: Sheila Aitken (Killin)
In TWO: Joe Kennedy (Harburn)

Ladies:

1. Patricia Parkhouse (Mortonhall) 37
2. Sheila Aitken (Killin) 36
3. Aileen Kennedy (Harburn) 31

Gents:

1. Mons Bolin (Killin) 40
2. Roy Johnston (Dragons Tooth) 38
3. Andrew McGregor (Stirling) 37

Overall Winner (Shield) : Mons Bolin



Club President Dickie Lewis presenting Mons Bolin with the winners Shield

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KAT Killin and Ardeonaig Trust

The Old Co-op

We are absolutely delighted to have been successful in our funding bid to the Scottish Land Fund. We are also very hopeful about securing funding from Stirling Council's Place Based Investment Programme, which would give KAT the necessary funding both to purchase the old Co-op building and refurbish it to meet our needs. As you can read more fully elsewhere in this edition our plan is to use the building as a Business and Reuse Hub. This will provide space to expand the Reuse Shop and develop the Tool Library as well as allowing us to deliver training & learning opportunities and community events & workshops. We are also keen to encourage and support further social enterprise activity in the building and will provide rental space to do so. The building is currently very much a shell, and there is a substantial amount of work to do, which will take some time. As such KAT have extended our current Reuse Shop lease with the George Hogg Trust for a further 9 months. We plan to have the Old Co-op fully reoccupied by Summer 2023. This is a fantastic opportunity for the community and huge endorsement of the work KAT do. Our thanks to all those who supported the bid and responded to the various consultations, and thanks also to the KAT staff who have supported this work.

Playpark

Progress continues with the playpark with an additional two new pieces of equipment being installed over August. It is great to see the change in the play facilities in the village over the last few months. However, the funding that has been raised over recent years has now been allocated

and there is a need to look again at how we raise the funds to complete the project. A new giving page has been set up, with details available elsewhere in this edition, and if you would like to help support the fundraising effort please contact Theresa@killincdt.co.uk to discuss.

Pump track

After a short hiatus we are seeking to refocus on the plans for a pump track. Both KAT and the newly established Sport & Recreation Hub will be meeting to discuss how we take the project forward. Our key task will be putting together a full application to SportScotland's Cycle Facilities Fund, as well as investigating other funding opportunities. If you would like to assist please contact: killinsportshub@gmail.com

Funding Applications

KAT have applied to Stirling Council's Good Food For All Fund to help take forward the plans for food growing space in the village. Those wishing to get involved, register an interest in allotments and/or join the waiting list for a plot should get in touch at raina@killincdt.co.uk.

KAT and Killin Community Council have worked together to submit two applications to the Stirling Council Cost of Living Support Fund with a view to ensuring that support services and signposting are available locally.

KAT AGM

The KAT AGM is arranged for the 1 October and will involve considerable change to the KAT Board. Mark Beaumont, Keith Mayo and Chris Walker are standing down from the Board. Our thanks to all of them for their contributions, and especially to

Mark who has supported KAT from its early days and served as Treasurer over recent years. Paul Godzik will also stand down as Chair, with our Vice- Chair Bridget Saddler stepping up.

At the time of writing we are delighted that Davy Fettes (Killin Community Council/Killin Sports & Recreation Hub) and Gillian McHendry (Killin Youth Project) have agreed to join the Board, while we expect to co-opt further members over the next few months. We are especially keen to add additional members with financial experience to help support our bookkeeper. If you are interested in joining the KAT Board please contact chair@killincdt.co.uk or Theresa@killincdt.co.uk to discuss.

As always if you have any questions, comments or suggestions or if you would like to volunteer or help fundraising with any of the projects above please do not hesitate to get in touch at chair@killincdt.co.uk or Theresa@killincdt.co.uk

2023 Calendars

The Killin 2023 calendars are now available from the Post Office, The Studio, Escape in Killin and the Bridge End Mill.

The prices are the same as last year. All profits go towards the New Years Eve Firework display.



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Killin Community Council

KCC Report September 2022

Membership

We are pleased to announce that Jillian Lawrence has been confirmed as a full member of the Community Council. This brings our compliment up to six full members, and we are currently recruiting an additional two, as co-opted members initially. If you are interested in the general welfare of the area and the local community and wish to be involved, please email us at the address below for further information and a (very short!) application form. We are also recruiting a new Minutes Secretary. Morag Felgate has served us in that role for 18 months now and has been a terrific asset. She will be sorely missed. Morag is moving on to other interests and activities and we wish her well for the future. To apply for this position, write to us at the email address below. The position is remunerated at £40 per meeting.

Ukrainian Guests

Members of the Community Council have been involved in helping our Ukrainian guests settle in and participate in village life. We have a large cohort of volunteers helping with community activities, English language sessions and fundraising. We are grateful to the Highland Games Committee, KAT, Balquidder community, the Outdoor Shop, and many others, for generous donations of time, resources and funds. A benefit Ceilidh is being jointly organised by our two communities to raise funds for humanitarian relief, and the

Ukrainian community is continuing its own fundraising for direct support of those in the front line.

Many of our Ukrainian guests have taken up employment with local businesses, others are working to improve their English with a view to finding work, not just in the local area, but throughout Scotland. Many have found sponsored accommodation within the Stirling region and further afield. These are being replaced with new arrivals, and the focus, nationally, is on finding sponsored accommodation for as many of them as possible.

Resilience Planning

We are delighted to report that a joint application by ourselves and the McLaren Hall Committee to the SSEN Resilient Communities Fund for a back-up generator for the Hall has been partially successful. We have been awarded £10,000 towards the cost of this installation, but that still leaves a shortfall of around £12,000, so we shall be embarking on a round of fundraising this autumn. This is given added urgency as the continuing war in Ukraine may lead to power cuts and blackouts this winter as fuel shortages take effect across Europe.

Housing

Further to my report in the last issue of the Killin News, I am pleased to report that Rural Stirling Housing Association have identified Killin as a priority housing need and are looking into the feasibility and costs of a small scale social housing

development in the Killin area. This is a welcome initiative but should, ideally, be complimented by private housing developments to properly address the needs and aspirations of the local community.

Flooding

Once again, in early September, there was a flood on Lyon Road, with water poring out of drains at the junction of Station Road and Main Street. A couple of people remarked on the strong smell of what seemed to be sewage coming from it. The Community Council has reported this to Stirling Council and to Scottish Water, but Cllr Martin Earl recommends that residents report these issues themselves directly, as the more people complain, the quicker this will be dealt with. There were efforts to solve this problem shortly after last November's flooding, but it may need more extensive work on the drainage infrastructure at this location.

Next Meeting

The next meeting of the Community Council will be held in the primary School on Tuesday 1st November 2022 at 7pm. Members of the public are always welcome to attend. Issues can be raised at any time by emailing; communitycouncilkillin@gmail.com Enquiries about the abovementioned positions on the Community Council should also be made to this email address.

Andy Aitken



The Reuse Shop & RecyKillin Tool Library

Recykillin Community Fridge

Our Community Fridge is a space where everyone can share surplus food. The main supplier is our wonderful local Co-op (thanks to all the staff for their support) but we have been delighted to receive some fabulous fresh food from the Breadalbane Park and people's gardens too, the plums being the absolute stars.

Everyone is welcome to use the fridge, it is located at the Reuse Shop on the Main Street.

What we have on offer changes daily, so do make a habit of popping in to see what there is. Since we opened, we have dealt with over 2,500kg of food, an average of around 100kg per week. If you can take some items to share with neighbours, please do.

We are looking for additional volunteers - we currently collect between 7.30-8.30am from the Co-op, so if you are an early riser, do give it some thought and pop in the shop for a chat.

Follow us on Facebook too for more ideas to reduce waste - look for Recykillin - Tool Library and Community Fridge.

If you are interested in using the tool library, the catalogue can be viewed at recykillin.myturn.com



Killin Youth Group

With the summer holidays over we have started our new block of youth group sessions, it has been amazing to welcome lots of new faces. As the youth group sessions have been in high demand we have increased our capacity and so can accommodate even more young people to join us in our sessions which is fantastic.

As usual we started the new block with a consultation session and a bit of dodgeball! The consultation session allows us to find out what the youth community would like to do during the block and helps us to create sessions with everyone in mind. The imaginative suggestions were compiled together and our new block of sessions created. This block has seen us create slime, one of the messiest but funniest sessions and



Re-use shop and The Old Mill. This spooktastic day will be held in the October holidays on Sunday 16th October 11am-4pm at The Old Mill. Watch out for more details of this fun packed day of Halloween games and food and get ready for one of the biggest nights of the year! A great

It has been wonderful to see many new faces attending youth group and the continued support of so many is greatly appreciated. Youth group sessions have been run by CYP in partnership with KAT and supported by a group of local volunteers. If you are interested in volunteering, no



opportunity to create the most amazing halloween costumes Killin has seen so kids get planning! If you have any old costumes then bring them along to be repurposed.



For our return after the October holidays we have lots of suggestions to choose from like, Jungles on Fire, T-Shirt Design, Kite Making, Painting, Baking, Murder Mystery, Weird Food and Food of the World to name but a few!

matter how little time you can give please don't hesitate to get in touch.

always a huge hit! We played "What's in the box?" a guessing game with some added yuck factor. The hugely popular "Wide Games" a suggestion made by many of the older group and hide and seek. Special thanks to Logan for hosting a teaching session on "Pipe Cleaner Modelling" he is very talented and demonstrated his skill whilst teaching a group on how to make fantastic pipe cleaner models.

We would like to say a very special thank you to Active Stirling outdoor team who provided us with 3 days of canoeing at the end of our summer programme. We were so lucky to have glorious sunshine on those days to explore the loch.

With Halloween approaching and the October holidays fast on the way, plans are being made for a costume making day in partnership with the



carla@killincdt.co.uk
Carla Finlay
Youth and volunteer Coordinator
(KAT)

Killin Medical Practice

The Health Board have asked us if we will undertake the flu and covid booster vaccinations again this year and we have agreed they will be held at the practice.

We are undertaking covid booster vaccines alongside the flu vaccine. However we have no authority on which vaccine we receive. We currently have Moderna in stock but that may change dependant on availability. Unfortunately with Moderna the 15 minute waiting time is still advisable

We will be working from the list of patients which is provided by the Health Board. This means not everyone will be invited at the same time. Please be patient we will get to you as soon as we are able.

We are in the process of learning how to make the most of our Text messaging service. In the future you may get messages other than appointment reminders from us via text.

Telephone Appointments

Many of you like the telephone appointments and they work very well. I'd just like to remind you they may show up on your phone as an unrecognised number, therefore are sometimes not answered. When this happens it is often difficult for another time to be allocated on the same day and you may be asked to re-book.

Patient Participation Group Killin

The Patient Participation group for the Killin medical practice area has not met since before Covid, but we feel that this is time for us to meet again to discuss and hopefully resolve any issues you may have relating to your health and wellbeing. The group meets in the Killin Medical Practice, bimonthly, for an hour or so and is usually joined by a member of staff from the practice.

We would like to invite both those members who used to be in the group in the past, as well as new people, to join us. This is an

important place for people to air their concerns about how their health is being dealt with, in the hope that changes can be made for the better, as in the case of the creation of the Killin and District Volunteer Car Scheme, which would not have come about without the efforts made by the PPG group.

This is also a venue where positive comments, suggestions and ideas can be shared in the hope of creating a better experience for patients in our community. Join the group and have your say.

If you feel that you would like to contribute to the group and can spare an hour once every two months then please contact:-
Alicja Fraser on 01567 820690 or
Linda Frost on 01567 820512.

This is an important place where positive change can be made to ensure better health and wellbeing for the community.



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Weaving, Spinning and Story-Spinning at The Old Mill

We are busy at the Old Mill this year. Since June, we have had the doors open, and the wheel turning three times a week, and there are information displays and a wee honesty shop and tourist info inside the Mill.

There has been a steady flow of visitors through the doors and a steady trickle of donations coming in! We have been doing some hands-on exploration of the Mill's history. Many of you may already know that the Mill was a hand loom mill for a period of its history in the 1920s. Don and Alicja Fraser have kindly lent us their loom, and we have it set up downstairs in the mill where volunteers and staff have been learning to use it. Visitors have also been having a go. If you would like to try it, just give us a shout before popping down on a Tuesday, Thursday or Friday and we'll show you what to do! We have also been

trying out some natural dyeing using a tannin bath made from buckthorn bark, an idea given to us by The Crannog Centre when they came along to our 'Have-a-go Textiles Day'. We are experimenting with using these heritage craft skills using upcycled material and clothing. We plan to do more of this. If you would like to join in, ask to be added to the 'heritage crafts for upcycling group' by contacting Raina at raina@killincdt.co.uk

At the beginning of September, we had local author Linda Cracknell give a talk on her 2020 novella: The Other Side of Stone about life in and around a 19th century mill. She read from her book, gave us an insight into the research behind it and compared it to the history of our Old Mill, after which an interesting discussion ensued and many of us went home with a new book in hand.

Have-a-go Textiles Day

We held our biggest event this year at the Old Mill on Sunday 28th August and the sun was shining! It was lovely to see some local faces at the event, thanks to all who came and joined in!



Trying out the spinning wheel

We had the Scottish Crannog Centre, doing the aforementioned tannin bath dyeing with members of the public. They were experimenting with tying small unidentified objects, such as we often find in the bottom of bags Reuse Shop donations, into pieces of cloth, as the objects leave shapes on the fabric. We also had the

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Having a go at weaving

wonderful Debbie Zawinski, aka The Feral Spinner, demonstrating. Debbie was showing people how to stick-spin using local Castlemilk Moorit fleece from Tombreck Farm, and also selling kits and sticks to take home alongside her book "In the Footsteps of Sheep".

<https://www.facebook.com/TheFeralSpinner>

Downstairs we had our intrepid locals, Don and Alicja Fraser, weaving on various looms, Linda Anderson with her spinning wheel and drop spindles, and Kerrie and James helping out on various tasks including tote bag making on the 98 year-old Singer Sewing Machine. All the activities were have-a-go and people of all ages got stuck in! As the icing on the cake, upstairs we had professional storyteller Amanda Edmiston, with her mum (a retired professional storyteller) as part of our Story-Spinning Project, telling stories that wove together old legends and some of the stories she's been collecting from people in Killin,



Discovering the table top loom

as well as collecting a few more! A Facebook commenter said "We loved the storytelling, just wonderful!"

Nursery & School

Amanda has also been working with the nursery and the school exploring the tales she's collected, but also using some of the information from them to look at how our past can inform our future, especially as a response to local service losses, climate change and the energy crisis. The nursery heard a story about how corn dollies used to be made locally to protect homes, looked through a hag stone and made a 'corn' dolly out of nettle string; the schoolchildren heard a longer, more complex tale and learnt a (probably!) Perthshire waulking song, made one of their own, tasted nettle tea and discovered some natural remedies as well as how to cause mischief with plants! (Because what child doesn't want to know that!)

P6-7 have 'Witches, Wizards and Magic' as their theme at the moment, so this work fits in well with what they are learning in the classroom. We will have done further sessions together by the time you read this, making a story blanket with the children and hearing the tales, and seeing the objects they have collected.

Tales of Killin

We are still collecting local stories so if you have a good tale about Killin that you'd like to share with us at the Old Mill and with Amanda, we would love for you to get in touch!

We will be doing a final performance with Amanda in November involving the children, keep an eye out for the date.

Dates for your diary include:

Sun 16th October - Youth Club
Halloween Upcycled Costume Making - The Killin youth club will be coming to the Old Mill to design and make their own Halloween costumes (with a little assistance!) using upcycled materials from Reuse Shop surplus stock. There will also be some traditional games and Halloween fun!

November TBC - Story Spinning Grand Finale with Amanda Edmiston and children from the village.

Sat 3rd December - Make-Your-Own Christmas Day. We are planning loads to have a go at including: reusable gift wrappings, Christmas cards, Santa's



mince pie plate decorating, decorations, stockings. We will let you know more soon! Cake, mulled wine and Christmas cheer provided!
Sat 24th December - Rebedding of the Healing Stones 2022 - Come along for our traditional Rebedding of the Healing Stones Ceremony, an ancient tradition unique to Killin and the Old Mill! The Healing Stones are said to have been gifted to the people of Killin in 777AD by St Fillan on his death and have been held and used in the village ever since. As is traditional, all the children present at the ceremony can take part. There will be refreshments (maybe more mulled wine!) an introduction to the stones and the ceremony, a chance to handle the stones, and maybe a story or two.

KAT would like to thank Tasgadh, Scotland Loves Local and Together For Our Planet National Lottery Community Fund for enabling us to hold these events.





Strathfillan Community Development Trust

Strathfillan Community Development Trust

Bike Skills Park: We have been focusing on promoting cycling in Strathfillan with a view to developing opportunities for engagement and volunteering around cycling. With some of the funding we have secured we have been offering cycling skills sessions, recently hiring bikes and buying helmets to allow Crianlarich School to take part in bike skills coaching. We still hope to host a series of coaching sessions at Dalrigh if we secure further funding. If you think your child would be interested, please get in touch with Seona or Kelly at seona@strathfillancdt.org.uk or kelly@strathfillancdt.org.uk. We are also working closely with Jim Riach from the Countryside Trust to develop a leaflet of cycling trails in the Strathfillan area, including family friendly routes. You can find out more about the trails and sessions, or donate to building our bike trails by visiting the Trust's website <https://www.strathfillancdt.org.uk/projects/tyndrum-community-bike-skills-park>

Wild Strathfillan Community Heritage Project: To find out more about this project please visit the Trust's website: <https://www.strathfillancdt.org.uk/projects/wild-strathfillan-community-heritage-project>. If you are interested in getting involved with this project then please get in touch by emailing Kelly at kelly@strathfillancdt.org.uk.

Strathfillan Community Woodlands: We have some exciting news. With the fantastic news that our first annual community donation from Scotgold has arrived, we can now employ a Woodland Officer to support our management and conservation of our lovely community woodlands in Tyndrum and Crianlarich. We recently employed Llinos Proctor who lives locally, and has a background in nature conservation and ecology and has worked all over the world. She is very keen to get going and has some fabulous ideas of conservation projects. So, if any of you are interested in finding out more or getting involved, then drop Kelly an email at kelly@strathfillancdt.org.uk. We would also like to take this opportunity to thank Scotgold for these community donations, they will make a big difference to our community and what the Trust can achieve over the coming years.

Strathfillan Community Garden: The Community Garden benefited from the help of the Zhabko family



from Ukraine, who have helped build 6 raised planters from old decking and got the gates up so people can now enter from the main road. We have also had help from KC Garden Services to dig up and bring some manure to the garden. There are many other local helpers who have supported us - thank you to all of you who are too modest to want a public thank you! As the season comes to an end, Crianlarich Primary School have harvested the potatoes they planted in the spring, we have a large number of tomatoes about to ripen and there are leeks, garlic and some seeds (blue poppy and others) available for people to help themselves and add a small donation into the honesty box. Keep an eye on the SCDT facebook page - <https://www.facebook.com/groups/2495715407394997/> for updates.



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We have been kindly gifted a new memorial bench (in memory of Alan and Helen Skelton) and some wrought iron garden furniture from Portnellan, but are still on the look



out for large outdoor pots and furniture if anyone wants to find a home for their 'spares'. We have just ordered in some wood to make six large outdoor planters and in the spring we will invite people to 'adopt a plot' and make use of the plot, a bit like an allotment.

Keeping strong and balanced at home: Continuing with our theme of exercises you can do in your own home with no equipment, this issue we bring you 'knee bends'. Important for safe lifting as we should all be keeping our backs straight and taking weight of things to lift through our legs to protect our back. This knee bend is also the best way to pick things up off the floor, so keep those legs strong! You can do this at the kitchen sink or in the garden in between chores, or set aside a few minutes every day for a few weeks and see the difference it will make.

Knee bends

» Feet should be hip width apart, toes facing forwards.



- » Bend the knees and push your bottom backwards as though you were going to sit down.
- » Ensure the heels do not lift and the knees do not roll inwards.
- » Come back up to the start position slowly.
- » Use a support if you need to but try first with hands near support but not holding on.
- » Don't go too low, make sure you can comfortably stand again without too much strain on the knees, as time goes on and you strengthen the muscles around the knees with this exercise you may be able to drop lower without discomfort.
- » Repeat up to 5 times, eventually build to 10 times.

Have a go and let us know how you get on – give us some feedback at dawn.skelton@laterlifetraining.co.uk or on the SCDT Facebook page.

AGM: Save the date! The Trust has pencilled in Thursday, November 24th as the date for our next Annual General Meeting. Keep an eye out for further information in the coming weeks. If you're interested in standing for the Trust Board, drop Kelly an email or give her a call at the details below.

Getting in touch: You can contact the Trust directly by emailing Kelly at kelly@strathfillancdt.org.uk or phoning 07707044484. For updates on projects and activities you can check out our website <https://www.strathfillancdt.org.uk/home>, and our Facebook Page <https://www.facebook.com/StrathfillanCommunity>

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Killin Primary School would like to offer a warm welcome to our Ukrainian children who have joined us.

Killin Primary School хоче тепло вітати наших українських дітей, які приєдналися до нас.



We would like to welcome our new Primary 1 pupils. They have settled in well and are learning to read, write and count with great enthusiasm.



Class 1 are learning about People Who Help Us. We visited Kay at the library, the Fire Station with all the Fire Fighters and had a visit from PC Iona and PC Scott who taught us about road safety.



After lots of hard work by the children and staff, we were delighted to become an Accredited Reading School. Only 27 schools in Scotland (both Primary and Secondary) have achieved the Gold Status. Thank you to all in the community who supported us in this great achievement.



Meet our new Pupil Council. They will meet regularly with Mr Ramsey to discuss school improvements and any matters raised by other children.





On Thursday 15th September, Primary 6 and 7 completed Level 1 & 2 of Bikeability Scotland. During the day they were able to build on their skills, helping them to gain confidence to cycle safely on the roads. The sun stayed out all day and the children were immensely proud of their achievements. Thank you to Phil, Stevie and Vicky who led the sessions.



Thank you so much to Kay at the library for once again organising the Libraries Summer Reading Challenge. The children were very excited to take part and as you can see there was a high uptake. Congratulations to all who took part.



On Tuesday 13th September, Class 2 and 3 visited the Old Mill to attend a Story Spinning session with Storyteller Amanda Edmiston. Class 2 were taught how to use nettles for clothing and how the Mill worked. They learned a Gaelic song that was sung when weaving. Class 3 were learning about local folklore and plants with healing properties. Both classes thoroughly enjoyed their visit and have planned a follow up session with Amanda.



Killin Parent Partnership

Over the past school year the Killin Parent Partnership, supported by the school and our amazing community, has raised over £1800 through hamper raffles, the pumpkin patch and duck race, as well as securing community funding through the Co-op. This has enabled the school to purchase the outdoor learning classroom and improve the playground area, purchase a new classroom charging unit and subsidise the Dalguise trip for the older pupils.

We have more fantastic fundraisers planned for this coming year and look forward to your continuing support.

The KPP is a great way of being involved and having an input in your child's education as well as supporting the school through fundraising events and we are always looking for more people to join! If you would like to be involved, please contact me or the school for more information.

Hayley Kennedy
KPP chair

BEN LAWERS NNR & MOIRLANICH



THANK YOU TO OUR VOLUNTEERS!



A very big thank you to all our volunteers who have helped us out so generously with their time over this season – without them Moirlanich Longhouse wouldn't open! We are always looking for new people to add

to the volunteer team, especially people who enjoying chatting to the visitors. Interested or know someone who is? Just get in touch – email moirlanich@nts.org.uk. We look forward to hearing from you!

OUR RANGERS HAVE BEEN BUSY THIS SEASON.....

Seasonal ranger Tim has been busy welcoming visitors to the Reserve. It has



been great to be hosting group visits such as Killin Cubs and guided walks again. Thanks to NatureScot for supporting Tim's post through the Better Places Green Recovery Fund. Look out for him and James when you are out and about. They have been repairing our footpaths but are always happy to stop for a chat so they can take a breather!

EXCITING FIND!

This twinflower (*Linnaea borealis*), which is



nationally scarce, was recorded this summer on Ben Lawers for the first time since the 1840's.

MOIRLANICH LONGHOUSE VISITS

Any groups are welcome to get in touch with us to book a tour outwith our



normal opening hours We have had visits from the Exploration Group of North Somerset walking group (above), a group of young people from Ukraine and the local Scout Group (who made bannocks during their visit!)

We've had some great social media feedback about Moirlanich Longhouse recently

'Great tour and so interesting info about local history'..... 'Very interesting. Well worth a visit'.....

'The Moirlanich longhouse is a real gem with so many strands to our culture and past'

So, just get in touch if you know a group who may be interested in visiting this fascinating exhibition at this wonderful Trust property near to Killin!



BEN LAWERS NNR CAR PARK EXPANSION PROJECT

We've been busy expanding our car park at Ben Lawers NNR – the work is now complete and



we are really pleased that we can now accommodate more vehicles!

'I LOVE THIS PLACE' VIDEO

Take a look on our NTS website page (www.nts.org.uk/benlawers) to see the wonderful video taken about Ben Lawers, showcasing our pioneering habitat restoration.

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Walk in the Park

All Group Walks Held in Killin

This month's Countryside Trust is bursting with community walking awards, group health walk news and inspiring opportunities to get everyone in Killin in the mood for cycling!

Walk in the Park

Meet new people & discover places you've never been before!

We kick start this month's 'Walk in the Park' with our walkers' award presented by the Countryside Trust's new Health Walk Coordinator Fiona McGregor at a recent stroll around the stunning Glen Lochay! Receiving the silver award for reaching an epic 100 walks was Fiona Boath, one of their longest standing walkers who over this summer achieved the whopping milestone. Well done, Fiona!



Great news too, October's Killin health-walking group programme is now also available, departing every Wednesday at 10:20am from McLaren Hall (or the Capercaillie – please check the programme for details). Each walk is less than an hour long, and starts with a warmup and ends with a cool down. They are great for anyone who would benefit from being more active, or who would just like the opportunity to meet new people in the Killin area and explore places they might not have been before. Also look out for the walking routes with the 'Dementia Friendly Walking' symbol; this welcomes anyone living with dementia and their carers to join in and is suitable for most abilities.

As well as weekly health walks the Countryside Trust hold strength and balance sessions every Wednesday from 2pm to 3pm at the Killin & Ardeonaig Parish Church. Led by trained volunteers, the sessions are perfect to build up to joining the regular 30–45 minute health walks.

For anyone worried about slipping or falling, their simple exercises include leg raises and ankle movements to help keep your muscles strong and flexible.

With no booking required, the sessions are also very sociable with a chance for a cuppa and a chat afterwards. We've been hearing about what a difference these sessions have been making to some of its members!

If you are considering joining the organised walks or Strength and Balance sessions but have a health condition, please check with your GP first.

Killin – the perfect place for cycling!

Recently joining Drymen, Aberfoyle and Callander as one of the best places in Scotland for cycling is Killin with the launch of the Countryside Trust's new 'Killin Cycling Meanders', a handy leaflet and online guide to easily download to your mobile. Showcasing Killin as a great starting point for cycling with a great choice of shops and places to eat, cyclists can choose from five short meander routes in Killin ranging from 4.5 miles to 11 each starting and finishing at McLaren Hall.

Experiencing first-hand the benefits of cycling and exploring their neighbourhood, residents of all

abilities and ages saddled up for an 'Autumn Cycling Meander', which took place on Sunday 25th September. The event where cyclists had a chance to enjoy the 'Killin Circular' route, was the partnership work of the Countryside Trust, Active Stirling and Killin & Ardeonaig Trust. Funded by Paths for All, Smarter Choices Smarter Places, the event was a gentle appetiser to gauge if locals would like to see more similar cycling events like this taking place in the future. A big thank you to the Sport & Recreation Hub for providing refreshments afterwards!

Free hard copies of 'Killin Cycling Meander' route maps are available either from the Outdoor Shop or the Old Mill, alternatively electronic route maps are available to download from the Countryside Trust website – visit [www.trustinthepark.org<http://www.trustinthepark.org/> cycling routes menu](http://www.trustinthepark.org/cycling-routes-menu).

Discover four other tried and tested routes such as Acharn Loop, Lochay Loop, Firlush Point and Auchlyne this coming autumn!

To find out more or if you'd like another Cycling Meander event please get in touch with the Countryside Trust by dropping an email to [info@trustingthepark.org<mailto:info@trustingthepark.org>](mailto:info@trustingthepark.org) or contact the Killin & Ardeonaig Community Development Trust. Happy cycling!

Join us for a Walk in Killin on Wednesdays always at 10:20am

Date	Meeting Place	Walking Route		
07 September	Capercaillie	Kinnell Circuit		
14 September	McLaren Hall Car Park	Glen Lochay	CAR SHARE	
21 September	McLaren Hall Car Park	Loch Circuit		
28 September	McLaren Hall Car Park	NCN7 at Strathyre		
05 October	McLaren Hall Car Park	Golf Club Walk		
12 October	Capercaillie	River Dochart & Old Railway		
19 October	McLaren Hall Car Park	Tyndrum River Walk		
26 October	McLaren Hall Car Park	Glen Ogle to Viaduct		

No need to book, just turn up. Walks are followed by optional refreshments in a local coffee shop. For more information contact: fiona.mcgregor@lochlomond-trossachs.org or visit www.trustinthepark/walk-in-the-park/
Walk in the Park welcomes people living with dementia, and their carers, on our



THE KILLIN CONNECTION

The Last Maharaja

British colonialism, stolen jewels, foreign espionage and lost empires. These subjects do not feature often in the timeline of small places, especially that of rural Perthshire. Yet despite the disparities of distance, climate and culture, Killin's connection with Indian history is more significant than you might expect.

When the twenty-year-old Duleep Singh arrived at Auchlyne House in the summer of 1858, he had the distinction of being the first Indian monarch to set foot in Scotland. He had also become its first Sikh settler - and not through his own making. How and why this came about is a remarkable story.

In 1843, at the age of five, Duleep Singh was crowned King of the Punjab and head of the Sikh nation, his mother Maharani Jind Kaur ruling on his behalf. However, by age nine he found himself signing away his kingdom to the British following a short but bloody war, and with it the Koh-i-Noor, the world's most celebrated diamond. Separated from his mother, converted to Christianity and exiled to Britain by fifteen, the young king's turbulent beginnings would come to define his entire life.

Duleep was placed in the care of a Scottish couple, Dr John Login, a surgeon in the Bengal Army and his wife, Lady Lena Login. They brought him to nearby Castle Menzies, where in compensation for the loss of his lands, estate and possessions, he lived off an annual allowance of £40,000 from the British Government. Here he found a passion for shooting and fishing, becoming a renowned marksman and angler. Along with his fondness for Highland dress, his sporting talents earned him the nickname of 'Black Prince of Perthshire'. Having swapped turban for top hat, Duleep quickly moulded into a new life as a gentleman, and his royal status opened the doors to high society. Queen Victoria, to whom Duleep was presented, became one of his closest friends and later godmother to his children. For his own mother, Jind Kaur, the reality had been much

starker. Estranged from her only son for thirteen years, she had been imprisoned by the British but continued to plot for the return of Duleep's birthright.

Believing all threat of rebellion quashed in India, the British allowed Duleep to finally reunite with his mother and together they stayed at properties in Perthshire, including Auchlyne House. Thanks to her influence, Duleep began a rekindling of his Sikh values, and soon the memories of his lost heritage were burning bright in his mind. This



continued after Jind Kaur's death in 1863, and when Duleep set up home at Elveden Hall in Suffolk, he embarked on a tireless campaign of appeal. He attempted returning to his homeland, but was arrested enroute and held in captivity in Aden. With incredible defiance, he arranged his own reconversion to Sikhism - right under the noses of

his captors.

Events took an even stranger turn when Duleep was released in Britain. This time he tried for Russia, and was drawn into the Great Game being played out by the Tsar and British Raj on the North-West Frontier. He had nefarious dealings with government conspirators and spies, hoping to enlist the Tsar's help in starting an uprising in the Punjab and reclaiming his kingdom. Though Duleep's plans caused alarm in British circles, they were little more than fantasies. His demands for the return of the Koh-i-Noor diamond, which he intended to use to finance the rebellion, fell on deaf ears.

Sadly, the Maharaja never found the justice he sought and would not return to his native land. He died in 1893 in Paris at the age of 55. Despite his reinitiation to Sikh faith and desire for a traditional cremation, he was given a Christian burial at Elveden. To the last, his true identity had been denied him. Just over a century later, a statue of Duleep was erected near Elveden bearing a poignant inscription: "He died having re-embraced the Sikh faith while still engaged in a struggle to reclaim his throne." That, at least, will offer some comfort to Sikhs who see Duleep at once as a hero and tragic figure. He was, and still is, a symbol of the Sikh nation's aspirations for sovereignty.

Duleep's quest took him around the world, so it is all the more alluring that he had such strong ties to Killin and elsewhere in Perthshire. Beyond his written journals he left behind fragmentary mementos in the landscape. For example, the Maharaja paid for a headstone to his faithful servant James Cawood in the village's Old Cemetery. His first born - heir to the Sikh kingdom - lies in the churchyard of Kenmore, over six-thousand miles from his ancestral homeland. Castle Menzies still retains some possessions left during his time of residence there. All these landmarks are stepping stones on the nationwide Sikh Heritage Trail, celebrating the life of one of the Punjab's most fascinating characters.

Michael Gardiner

Highland Games



Tossing the Caber



Highland Dancing



Hammer Throwing



Rolf Thornqvist
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The games were very well attended and enjoyed by locals and visitors alike.

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Killin and Crianlarich Nurseries

Killin Nursery

Killin Nursery remained open to families over the summer period when lots of outdoor learning and fun happened.

During the summer some of the children used their imagination and creative skills to make a scarecrow which was entered into the Killin Show Scarecrow Competition. Over previous months the children learned about bees with support from members of our local community, Roman and Monica at Dall Lodge. This inspired



our idea for our scarecrow, a Bee Keeper. The children (and educators!!!) were over the moon to win third place in this competition. The children did lots of outdoor learning during the holidays and we explored our space at the pavilion, and had a picnic there one day. We played on the bikes in the big playground and visited the park for the highland games where we saw the pipe band and the dance competition.

We have welcomed back our current children and families and are excited to welcome some new families as they join our learning community. Some children have transitioned to the 3-5 room to continue their play



and learning journey. As a nursery we aim to provide a nurturing and happy environment for all children enabling them to reach their

potential.

At Killin Nursery we have been learning different methods of communication, for example

Makaton, a visual method of communication. The children have been practicing using the signs in their daily routines. Educators encourage language through positive role modelling and engaging visual environments. We are excited to explore the different outdoor learning opportunities that a change in the season brings, as we approach the Autumn and Winter months.

The 3-5 room have shown an interest in Theatre and puppet shows. Educators have supported this by providing the children with the opportunity to watch and present their own shows using the hand and finger puppets. We continue to have our weekly video links with the Retirement Home and some of the children have been 'buddied up' with the residents. This supports the children and residents to build relationships through sending each other letters, pictures and visits. We have had a very well-known visitor to nursery, who left us a letter and some treasure...Pirate

Pete. The children were very eager to reply to his letter and patiently wait for his reply

As always we value and appreciate contributions from parents and families through the children's E-Learning journals and interactions on our Facebook page, THANK YOU!! And please keep them coming.

We are very excited to announce the relaunch of our BookBug Rhyme Time sessions in Killin Library every Tuesday from 10:30am until 11:00am. These sessions are open to everyone in the community and they are aimed at families with children and young people.

Crianlarich Nursery

The children in Crianlarich are participating in Play in pedals. They will learn how to ride a pedal bike, through the use of games and play within safe off-road environments.



Play on Pedals provides the learning, skills and resources to promote cycling in early years in a fun and interactive way. The sessions and games are designed to support confidence, interactive learning and develop physical skills. The children in Crianlarich are building a relationship with the community by establishing a link with the Community Garden. The children will be learning how to care for our local environment as well as developing an understanding of where fruit and vegetables come from.



Frost Report

The Seasonal and the Unusual

As Summer disappears and Autumn begins to make itself felt there are the seasonal changes in the countryside. Some things seem a little out of tune. After a second year with a lack of house martins nesting and seeing few martins or swallows flying and feeding over nearby fields, it has been a surprise to see a couple of hundred of them on the wires, feeding on the wing and even flying up to the house eaves looking at previous nest sites.

It surely can't be time for hibernation and the large number of frogs recently on the Ardeonaig road was probably them having a rain party/buffet after the many dry weeks that we have had. This last week we have seen two baby hedgehogs near the roadside, I doubt they are large enough to hibernate successfully but let's hope that they find plenty to eat and the cold comes late so that they can reach the necessary weight before hibernation. They are like tiny round pincushions so please look out for them if driving up our road in the dark.

Something that will be very visible all year round up in the far North will be the space station to be built on the Sutherland coast. I must admit that, looking at an artist's impression, it doesn't look invasive at all. In fact, an awful lot less so than the RSPB monstrosity of a tower at Forsinard.

The number of sika deer has recently been increasing in our area. On one estate three have been spotted recently and one shot.

Of course, another significant loss to the countryside has been the loss of Her Majesty who loved this land so much and did so much for conservation and was so knowledgeable. It was good to see that her coffin was made of native British oak, the single wreath of flowers were from Balmoral and included white heather and that the coffin was carried on its first short journey through Balmoral by six gamekeepers. It must be noted that it took eight military to do the same job! She was a constant supporter of rural workers and donated an undisclosed amount to the Gamekeepers' Welfare Trust. Whether or not you are a royalist, you must hope that King Charles will continue to support the countryside. He is said to have told his gamekeepers in his youth that he would love to have been a deerstalker. Maybe he could be recruited for all the extra culling that is planned.

Mr. Fox and his relations have been around again and are beginning to have some rather disgusting habits. In the wooded areas of the Cairngorms, it has been found by DNA analysis of fox poo by scientists at Aberdeen and Grenoble that foxes are eating a large amount of dog poo. Maybe this is due to lack of other food, just adaptation to more human interaction of dog walkers but apparently it contains as many

calories as wild prey. Also a couple in Worcestershire were disturbed one night by a racket in their bathroom and were very surprised to find a fox lurking on the inside windowsill. It is only to be sincerely hoped that these incidents are not at all connected!

If you are visiting the Highlands in the near future look out for giant wild boars. Apparently in at least one place they are killing and eating sheep and the extra protein is leading to extra size.

Stop Press - Beaver damage has just been pointed out to us by a neighbour. For a few days a beaver has been tackling a large tree on the roadside at Ardeonaig. We should have listened to the dog when he tried to tell us that something unusual had plopped into the burn the other day. It was maybe the heavy rain which led them further from the loch. Maybe he's made a home in the old curling pond so look out for floods along here.

Tim Frost

mancave barbers main street callander

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New Scottish legislation for Fire and Smoke alarms – Are you covered?

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Musings From The Manse

This will be my last article for Killin News as I retire on the 1st of November.

Therefore it is with a touch of melancholy that I write these words. Having already delayed my retirement for two years, a part of me is ready to stand down but another part has enjoyed tremendously my time here. I am also aware that I am leaving at a challenging time, nationally, for the Church of Scotland. But as the good book says "there is a time for everything!"

First I would like to thank both my congregation and others in the community for your warm welcome, patient support and the humour and humanity that makes village life special. I have shared in both good times and bad, in joys and in sorrows, with many of you. We have laughed together; we have cried together; we have celebrated together; we have commiserated together. It has been a rich and rewarding yet challenging experience.

As I look back over my ministry I am reminded of what I often say in eulogies (although I have no plans

to die just yet!) that "as the winds of memory blow over the pages of the book recording our lives there will be things there that we are pleased about and things we are disappointed in: things that we did right, things that we did wrong, things we didn't do that should have been done; words spoken that were appropriate, others that were not, and yet others that were never spoken but which should have been." Such is our lot in life. It is a good job that the Gospel is all about love and forgiveness or who among us could stand?

I have tried to be faithful to the Lord who called me to Ministry and who has given us the tremendous hope that is ours in Jesus Christ.

In saying yes to Him we can say yes to life in all its fullness. In Him we have an anchor in dark days and difficult times. These twin pillars I have tried my best to share and communicate to you.

Yet the ministry has not only been one way. You have ministered to me through your kindness, encouragement, and patience. You have inspired me by your examples of faith, courage and fortitude. For that I am a richer person and will

always be grateful.

There will be no Minister after me (there are none available) but we have done our best to secure the future of the building and believe we have done so. It seems likely that Callander will be a "hub" for a Ministry team in the future which will service the surrounding area including Killin. However, this means that more will be expected from local congregations in the future. Therefore for those in the community who still value the presence of a church in the village please support the local congregation in any way you can. Once a church building closes it rarely if ever opens again.

I leave you with one of my favourite Bible verses:

Therefore, brothers and sisters, be steadfast and immovable, always abounding in the work of the Lord, for in the Lord, your labour is not in vain.

1Corinthians 15:58

These last years we have had to deal with Brexit and Covid but we came through that. We are "still standing" (to quote Elton John)! We will also come through these difficult economic times. As someone once said "We do not know what the future holds but we know who holds the future."

Brenda and I plan to settle in Dumfries so as to be closer to family who live in England. We would both like to thank you all for your friendship and support over these past six years.

May God bless you all in the days that lie ahead.

Russel Moffat

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Local Planning Applications

National Park

19 Jul 2022
 Proposal: Siting of 8no. self contained pods and removal of an existing pod (retrospective)
 Location: Pine Trees Leisure Park Crianlarich
 Applicant: Mr & Mrs George and Janet McNaughton
 Application Type: Detailed Planning Permission
 Decision: Current

19 Aug 2022
 Proposal: Formation of new vehicular access
 Location: Land Adjacent To The Manse Main Street Killin
 Applicant: Church Of Scotland
 Application Type: Detailed Planning Permission
 Decision: Current

31 Aug 2022
 Proposal: EIA Screening of installation of water supply mains including a pumping station, break pressure tank and ancillaries, 2 x pressure release valves with layby and dechlorination chamber with layby
 Location: Tyndrum Water Treatment Works Tyndrum
 Applicant: Matthew Taylor
 Application Type: Pre Screening / Scoping Requests
 Decision: Current

07 Sep 2022
 Proposal: Erection of building for storage purposes
 Location: East Of Existing Farm Building Kinnell Estate Killin
 Applicant: Mr Oliver Dowling
 Application Type: Prior Notification
 Decision: Approve

09 Sep 2022
 Proposal: Peatland restoration
 Location: Madams Moor Ledcharrie Estate Killin
 Applicant: Mr And Mrs Angus and Nicola Colquhoun
 Application Type: Prior Notification
 Decision: Prior approval not required

Perth & Kinross Council

27 Jul 2022
 Proposal: Reconstruction of burn bank and erection of retaining wall (in retrospect)
 Location: Pier Cottage Ardtalnaig
 Applicant: Mrs Nicola Legget
 Application Type: planning permission local
 Decision: Awaiting decision

Stirling Council

28 Jul 2022
 Proposal: Change of use and renovation of existing steading buildings to form new dwellinghouse | Duncroisk Killin
 Location: Duncroisk Killin
 Applicant: Mr & Mrs Mark and Henrietta Stroyan
 Application Type: Full
 Decision: Awaiting decision

08 Sep 2022
 Proposal: Erection of raised decking including screen
 Location: Fin Glen Ardeonaig
 Applicant: Mr & Mrs R Frith
 Application Type: Full
 Decision: Approve



Clinics are held in the bowling green pavilion in Killin on the following dates between 9.30 & 11.30am

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 Wed 28th Sept
 Wed 12th Oct
 Wed 26th Oct
 Wed 9th Nov
 Wed 23rd Nov

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Killin & District Volunteer Car Scheme

August and September were busy months for the car scheme, mainly due to the fall in cases of Covid, which in turn meant services, both NHS and social, were opening up more and more. The arrival of the new dental practice, Infinityblu, in the village has also meant an increase in people needing to use our services. We do not charge for short journeys within the village whether it be to the dentist, doctors or other more social groups that you may wish to attend.

We have also decided to remove the screens from our vehicles, which separate the passenger from the driver, although this is up to the individual driver to decide whether or not they are happy to do so and, of course, if Covid cases start to rise again we will have to consider using screens again. We are still asking passengers to wear facemasks at the present time.

We are looking for a new co-ordinator to join our team. The co-ordinator's role is to take telephone calls from people needing to use the car scheme, then finding them a driver. We use the schemes mobile to take calls and arrange journeys, with an easy form to complete for recording purposes. The amount of time they will spend doing

this depends on how many calls they receive and these vary from day to day. The length of time co-ordinators do this for depends on their availability. Ideally it would be for four weeks in every three months, but this is not always possible if other co-ordinators are not available. We currently have two people doing this but could do with at least one more. If you like talking to people this will suit you down to the ground and you will be helping those people in your community who need to use the car scheme. Please call Alicja on 01567 820690 for more information.

**Car Scheme Phone Number
07988 280743**

Scottish Women's Institute Killin

Monthly meetings return on Thursday 6th October 2022 7.30pm, with a new venue: The Community Room, Killin & Ardeonaig Parish Church. The Scottish Women's Institute welcomes members Past, Present & Future to come along, enjoy the speakers, have a cuppa and a chat. SWI membership 2022/23 £35

Killin SWI Syllabus 2022/23

- 6/10/22 Climbing the Eiger, Lisa Higginson
- 3/11/22 Marc Fallon's Young Musicians
- 1/12/22 Members Evening Erin Rosindale
- 2/02/23 Afternoon meeting @ 2.00pm Morag Felgate
- 2/03/23 Working with Metropolitan Police, Hayley Kennedy
- 6/04/23 Gatehouse Nursery, Bridgitte Black.

Visitors always welcome to come along and join in for an evening £5

More Info can be found on the Scottish Woman's Institute Killin Facebook page.

Fiona Boath



The 2022 Stirling Council Residents' Survey is officially underway.

Your View" will give people living locally the chance to have their say on satisfaction levels with the Council and its services, following on from the last survey in 2019.

The survey is open to every Council resident, as well as those who work or study in the Stirling Council area.

The survey will run until 20 October and is accessible via <https://engage.stirling.gov.uk/en-GB/> or via direct link at <https://bit.ly/ResidentsSurvey2022>

Paper copies will also be available in local libraries.



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Ten Years Old and Still Flourishing!

Over two hundred and fifty retired (or semi-retired) residents of west Perthshire are this year celebrating the tenth anniversary of their u3a! Little did the fifteen or so who opened their doors to recruit other people to join them in the summer of 2012 imagine numbers would increase so much in such a short time. On that day a queue snaked outside St Andrew's Church Hall, Callander, prior to opening and extra receipt books had to be hurriedly purchased for the hundred or so who eagerly sought to learn and share in the many activities on offer. These included languages, gardening, painting, country dancing, table tennis, astronomy and poetry among the twenty or so activities on offer. The number of topics continues to grow as more members come forward to offer to share their own expertise or interest in a topic.

These topics have resulted in trips abroad to visit places of historical importance, to gardens, the Scottish Parliament and the local hydro scheme among others. Since the outbreak of covid we have been forced to rely on zoom sessions which, while denying the pleasure of meeting face to face, have at least kept interest alive, and where many other u3as have been forced to close, Callander and West Perthshire u3a has seen just a small drop in membership and more new people wishing to join.

Looking back over those ten years we remember the ceilidh to celebrate our fifth birthday and a barbecue and ceilidh held in Gartmore, which was an enjoyable



night of socialising pure and simple. 2014 saw the Scottish referendum and not to be left out we hosted two "hustings" presenting speakers from both sides. The u3a is of course a non-political organization, which is open to all people irrespective of colour, creed, education or financial situation. It is unfortunate to have the name "University of the Third Age" as university it most definitely is not. Certainly we are all in our third age (or fourth or fifth!) You may well meet a member in their late fifties or even in their nineties!

One of the great successes of the u3a is bringing people (sometimes lonely people) out of their homes to find friendship and stimulation. We look forward to the next ten years with renewed enthusiasm and anticipation.

If you would like to find out more about Callander and West Perthshire u3a and the interest groups currently running, please visit our website.

**Barbara Legg
Founder and Hon. President**

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Letters

Dear All,

I would like to acknowledge and thank the NHS and all our local people who work so diligently for them. You were, and have continued to be, a great support to me during my recent 'episode' of illness, hospitalisation and convalescence.

Grateful thanks to :

- Jean, Andy and Steven for your reassuring visits after my son's first call
- Dr Watson for recognising (and persuading me to see) my need to go to hospital
- All the team in ward A12 in Larbert who were so professional, kind and caring during my stay
- Dr Watson and Dr Mill for your continued care since I came home
- Susan, Evelyn & Fiona for your prompt and caring support at home
- Anne at the surgery for making me laugh so much, and to all the admin team
- Laura, Kirsty, Chelsea and the team at the Pharmacy for all your help

The NHS has really worked for me when I needed them I feel so lucky to live in Scotland and Killin with such fantastic health care.

The story has not been so great regarding Social Care, as I still wait for care provision nearly 2 months after discharge !

So, many more heartfelt thanks to Julie and Susan for your friendship and care xx and to all my fantastic neighbours and friends for your kind words and offers of help. Without you all I could not manage at home.

Thank you everyone ♡

Suzanne Player

Druimbuie Manse Road

Moving on ...

Just to say thank-you to friends, neighbours, the Sula girls, club members (badminton, curling, bike trials, the 'Don't knock me down' cycle ladies) and all who know us who have given us lots of memories to take away with us after 17 years in Killin. Thanks for 'the craic'.

Diane & Bill Devlin

Killin Cemetry

We frequently visit my sister's grave in Killin cemetery and cannot believe how beautifully kept it now is. Well done to the locals who have taken on this task as it's a credit to you and the village. Many thanks.

**Dave & Barbara Watson
(Dunkeld)
(sister of Jessie MacLeod)**



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The Old Co-op

Listen up we have some Fabulous News

We are absolutely delighted to have been successful in our funding bid to the Scottish Land Fund. We are also very hopeful about securing funding from Stirling Council's Place Based Investment Programme, which would give KAT the necessary funding both to purchase the old Co-op building and refurbish it to meet our needs. Now, you'll probably be wondering what's going to happen with the building.

Well, following community consultation and masses of less formal chats to find out what you want it to be and how the village can best benefit; it'll be converted into a Business and Reuse Hub.

What does that mean?

The interior will be divided up into more manageable sections to make best use of the whole building.

The front shop will be a bigger reuse shop; yes, a lot bigger.

This means you'll be able to see loads more goodies.

There'll be a larger store room and some separate, really great spaces for people to "have a go" at projects with experienced support nearby.

The extension to the side at the front will be a self-contained shop unit and available for rent. So, if you know someone like-minded, whose business activity complements ours, get in touch - we'd love to hear from you.

The back of the building will become a business and learning centre.

This area will provide you with rooms for meetings, workshops, formal and informal training opportunities, plus additional office space and hot-desking for hire. There'll also be a handy printer so you can photocopy, scan or print whenever the need arises, and KAT will carve out a little area for their office.

There'll be storage for a remakery and tool library to allow these initiatives to expand, and of course your Community Food Fridge will find

a new home here too.

Exciting times, and is just the start of the journey.

All this is just an outline of what's planned, and rest assured as things progress these plans will evolve and change to ensure every effort is made to meet our community needs and wants.

What happens next?

Discussions now begin in earnest with the Co-op to buy the building asap and start renovations. Funding is still needed to fit out the different areas, so after a wee time to celebrate, it's back to tracking down more money.

We hope to be open by summer 2023, which you may think is an awfully long time, and believe us we're champing at the bit to get going, but these things take time and must be done right.

Look out for more updates of this exciting new venture.

Theresa Elliot
Senior Project Manager



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Crianlarich Primary School



New P1 Pupils

Our new pupils are Madison, Eva, Arlie and Tilly. We also welcome Miss Limonci (Class 2 Teacher) and Evey (P4).



Pupil Council and House Captains

The Pupil Council this year is Emma, Erin, Michaela, Callum, Oktawian, Zoe and Arlie. The new house captains are Erin (Lochay House) and Finlay (Dochart House)



Bike Skills Day

On the 15th September Ramsay from Trailcoach came in and taught us some bike skills. It was great fun!



Community Garden

This year we have been going to the community garden monthly. This is helping us work towards earning the Green Flag.

Behind the Killin News

During the Covid epidemic many celebrations and anniversaries were either not celebrated or marked in a different way.

One that deserves a mention is that it was the 30th anniversary of Killin News in 2021 and another is the fact that two of the original committee members had also then been on the committee for 30 years - and both still play a part in 2022.

In 1991 Angus Inglis was Bank Manager of our now non-existent bank and kept - and still keeps - a careful eye on the KN accounts, in addition to helping with the compiling of the paper.

When Killin News was first discussed one serious problem was the cost of printing a magazine and supplying it free to all residents in Killin and

where was the money to come from? The answer, of course, was advertising. Judy Forster, with her husband, was then running the Post Office and so met a lot of people and she took on the challenge of getting the adverts. Over the years - and also since she retired - she has spent hours and hours - and a lot of driving - contacting and visiting businesses all round Killin and Loch Tay and getting them to advertise. Her chatty persuasion and bulldog tenacity has always successfully brought in enough to keep the paper going. She has now retired from the committee and handed the pursuit of adverts to others but she still continues to deal with mailing copies of the paper to subscribers. Killin News owes a lot to both Judy and Angus so very many thanks to them both.

There are many different tasks involved in keeping Killin News going. Adverts need to be acquired, articles are needed and need checking and, where necessary, editing. Items are then placed on pages using a software package called Quark, checked by proof readers, sent for printing and then delivered all over Killin (and - since the inclusion of 'Strathfillin by the Way' some years ago - also to Crianlarich and Tyndrum.)

Help is always needed so, if you are interested in any of these processes, please do get in touch.

Obituary

Carlotta Edwina Fraser

22 May 1960 – 3 September 2022

Carlotta Fraser (nee Macdonald-Young) died peacefully at her home in Killin on Saturday 3 September, after a long and very brave battle with cancer. First diagnosed in 2008, she overcame the disease, but sadly, it returned in 2019. For the last three years, she has fought so hard to beat it, but in the end, it sadly beat her. Her strength of mind and body and her stoicism in the light of what she was going through, is a true example of someone who never wanted to give up.

Carlotta was born in Lagos, Nigeria and the family moved to Orkney when she was just over two years. She spent a happy childhood there and later attended Kilgraston School in Perthshire which formed a large part of her life, and where she made many lasting friendships.

Following school she moved to Edinburgh to study Catering and Hotel Management and subsequently, established 'Carlotta's Catering Services', very successfully servicing a number of corporate businesses in the city, as well as a number of private events. Her work ethic and commitment to every job was commendable.

Carlotta and her husband Craig moved to Killin in 2003 after running the Lochearnhead Hotel for two years. They ran a Bed and Breakfast in Killin and also continued with outside catering. Latterly, she became the main caterer for Finkgask, a busy wedding venue, providing services for 300 + covers. She also catered for a number of local residents and businesses and always helped out where needed,



with local events, going above and beyond to ensure a first class service.

When they were not working, Carlotta and Craig greatly enjoyed travelling, especially to the Far East and America, where they spent a lot of time. They also enjoyed a number of water sports, in particular, water skiing, which they did many times on Loch Earn. Carlotta was also a keen cyclist at home and abroad; she participated in three Caledonian Etapes, as well as other cycling events in the surrounding area. She could often be seen out cycling first thing in the morning on her beloved pink bike!

Carlotta was greatly loved by family and friends – she leaves behind her devoted husband Craig whom she married in Hong Kong in 1993, her loving sister Rowena, Craig's sister Gillian and husband Robert and their

children, Jennifer and Stewart. She will be sadly missed by everyone, including her many friends and those she worked with.

She will be remembered for her lovely smile, infectious personality and her ability to make people feel special. She was very much part of the community and her loss will be greatly felt by many.

The family would like to thank Russel Moffat for conducting the funeral and to his wife Brenda, who has been a huge support. Thanks also to Ross Anderson for arranging the funeral in a dignified and professional manner. Thank you also for the beautiful church flower arrangements in her memory. A heartfelt thanks to all those who have sent very personal messages of condolence and support in what has been a very difficult time for everyone – your kind words have really helped and have also highlighted the warmth and esteem in which Carlotta was held.

**Rowena Macdonald-Young
Craig Fraser**

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Callander	Gartmore	Lochearnhead	
Deanston	Killearn	Strathblane	

Further new build developments are being planned for Killearn, Balmaha, Croftamie, Kippen and Drymen. Please let us know if you want to live in a village that is not listed above. Information on local housing need and demand helps us plan for the future. For further information about us and a downloadable application pack please visit our website www.rsha.org.uk.

Rural Stirling Housing Association
Stirling Road, Doune FK16 6AA

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enquiries@rsha.org.uk
www.rsha.org.uk

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Beavers

It's been a great start back to our Beavers after the summer holidays. We took our Beavers down to the Invertrossachs Scout campsite on the shores of Loch Venachar to celebrate the 50th birthday of the site which is owned by Stirling & Trossachs Scouts. Joining with Beavers from all over the district there were approximately 140 mainly Beavers but also some Squirrels (age 4-5).

There were a huge variety of activities; we found a tiny little frog on our minibeast hunt but didn't have as much luck pond dipping on the shore of the loch. Icing sugar and chocolate went everywhere when we got the chance to make armpit fudge – we really had to ensure the zip locks were done before the squishing – apparently it was tasty! We got to try out frisbee golf where teamwork was key as it was with our shelter building up in the woods. All the groups came together to enjoy a campfire and with it being a 50th birthday celebration of course there was cake!

We've enjoyed Beavers returning on a Tuesday night using our parachute to have lots of fun but also get to know each other and our new Beavers as well as some teamwork! This term we are working towards our "My Skills" challenge badge. Following a cancellation due to some absolutely torrential rain we eventually made it to explore somewhere new to us in Inchbuie Island home to the Clan MacNab burial ground. A special thank you to Donald McLarty for coming to share his local knowledge with us.

Beavers aged 6&7; they meet in Killin on alternate Tuesdays from 6-7pm. If you'd like your child to join us, please e-mail

**Laura Bathgate
Beaver Leader
07708216065**

Cubs

It has been a slow start to the term after the Summer break with logistics and weather related cancellations. Our main aim this term was to focus on our core Scout skills and our Personal Challenge Award. As part of the award, the Cub Scouts were looking at how the Cub Scout law can be applied across their everyday life. The Cub Scout Law is; Cub Scouts always do their best, think of others

before themselves and do a good turn every day.

We have still been meeting outside whilst there is just enough light.

It has felt a long time since we have been inside for a meeting, so our return to the Lesser Hall after the October break will feel a bit special. The Cubs are meeting weekly on Tuesdays between 7pm and 8.15pm in the Breadalbane Park/ Lesser Hall, Killin in the winter.

(ages 8 to 10.5 years).

**Stephen Rawlinson
Cub Leader
07742 886918**



Scouts

As Scouts return after the Summer break many challenges lie ahead, the most significant of these being how the Scout section continues to meet due to the lack of Scout leaders. One leader is on a leave of absence and the other also runs the Cub Section. To enable the Scout section to continue, 2 members of the group executive have agreed to run the Autumn sessions.

The Scout programme for the Autumn term is focusing on nature & environment. We started the term with a joint meeting with Cubs to play games. Having had to cancel the second week of term due to the good old Scottish weather, torrential rain does not make for an enjoyable hill walk. On the 13/09 we made our way to the Edramucky Trail, Ben Lawers to meet up with Helen Cole, NTS manager & ranger, who kindly shared her knowledge and guided us round the trail, whilst the Scouts investigated the various habitats. An evening well spent. To carry on the theme Scouts will be taking part in "creatures of the night walk" with Bev Clarke and to finish off the Autumn term will be making bat boxes.

Scouts (ages 10.5 to 14years) meet weekly on Tuesdays 7pm – 8.30pm, For more information email

The Queens Death and its Impact to Scouting

Members of the Scout movement were sad to hear of the passing of the Queen. The impact of this on members is significant as the Queen was our Patron and a huge supporter of our Scout values. These values are part of what makes the Scout movement unique and is recognised by members taking their Scout promise. The Cub and Scout promise used to include the line: "To do our Duty to The Queen".

With her passing this has now of course been changed to The King. The full impact of this change was certainly felt when the young people stated their promises, and some undertook their special ceremony of being invested into the Scout movement. Her passing has meant a time of remembrance and reflection for many people, including our Scout members.

2nd Killin & District Scouts Executive Group

The Executive group work away behind the scenes, helping maintain the financial stability of the sections and helping at sections meetings when required. We are still looking for a Treasurer to help us keep the books updated but more crucially the group are looking to recruit new leaders especially for the Cubs & Scouts Sections.

If you'd like to know more please email or complete enquiry form



Upcoming Events

Christmas Fayre 26/11/22 McLaren Hall 11am – 3pm.
(Welcome return after a 2 year break. A great opportunity to shop locally.)

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Did you know that we can now send you a text message to let you know when your prescription is ready to collect? Give us a phone or speak to us next time you are in to find out more.

Lunchtime

If possible please try to avoid coming in for a consultation or prescription between 1-2pm due to staff lunch breaks. If the pharmacist is out, for legal reasons, we can not hand out your prescription or sell certain medicines.

Davidsons Chemists, Myrtle Grove, Main Street, Killin Tel: 01567 829006 killin@wdavidson.co.uk



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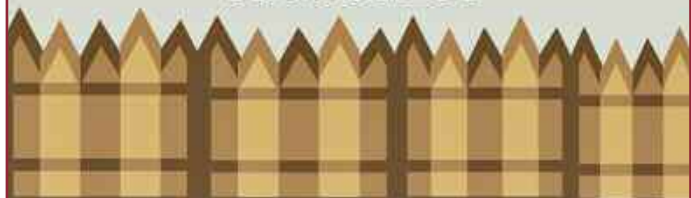
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Mobile Banking Vans - Killin

Royal Bank of Scotland operate weekly on a Tuesday between 10.55 and 11.15 at the Coach Stop.

Bank of Scotland operate every two weeks on a Wednesday between 10.45 and 12.45 at the McLaren Hall. Sept 28, Oct 12, 26, Nov 9, 23. Dec 7

To advertise in the Killin News Advertising Rates from £12 Contact Tel: 01567 820298

Adverts are accepted in good faith and we cannot be held responsible for the goods and services advertised

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Office Phone : 01567 820014

Your copy of Killin News

Just a reminder that copies of Killin News are delivered free to most households but anyone outside normal delivery routes who does not receive a copy can pick up one from the Library.

Would you like to join the KILLIN NEWS Mailing List or send copies to your friends?

If so please send your details to us.
(See above)

Annual cost: UK £20:
Outside UK £35

Please make cheques payable to Killin News

In view of lockdown, existing subscribers will not be due to renew their subscription until July 2022.

We are very sorry, but due to increased printing and postal costs, we have had to increase the UK subscription fee to £20.

Killin Heritage Society

Killin Heritage Society aims to run a programme of talks this Winter and is inviting speakers with a variety of interests and expertise to make for interesting discussions. We plan to use the usual meeting room at NTS Lynedoch and as Sunday afternoon has proved to be the preferred day we will continue on that basis. We will usually meet on the last Sunday of each month, starting on Sunday 30th October. More Information on the first meeting will be circulated as soon as available by emails to regular contacts and posters in the village shops.

Contact: keithmayo2000@yahoo.co.uk

Keith Mayo

Scottish Wildlife Trust

Pitlochry and Highland Perthshire Members Centre

The first post covid meeting will be on Monday 17th October at 7.30pm in the Tryst Hall, Church of Scotland Pitlochry. The speaker will be Blair Wilkie from Police Scotland who will talk about wildlife crime.

The talk will be preceded by a short AGM which will start at 7.15.

For further information contact Catherine Holmes tel:01796 473400 or email c.p.holmes47@btinternet.com

Tuesday Club

The Tuesday Club will commence on 11th October, 2-4pm, in the Church Community Rooms. The subscription will be £10 and subsequently £2 per week. Old and new members are welcome. For further information, please contact Isobel Gallagher on 07554 584965

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What's On In Killin And District

Regular Activities

Monday

- Gentle Yoga, 8.05-9.05pm
Community Rooms
- Adult Badminton, 7-10pm, McLaren Hall
- Junior Badminton, 6pm, Crianlarich Hall
- Bridge, 7.15-9pm, Killin Hotel, contact Marion 829027
- Indoor Bowls, 7.30pm, Lesser Hall (winter months only)
- Outdoor Green Bowls, 6.30pm, Bowling green (summer only)
-

Tuesday

- Bee Creative, 10am-12pm, Community Rooms
- u3a Art, 2-4pm, currently being held in Lochearnhead Hall
- Beavers, 6-7pm, Lesser Hall (every other Tuesday)
- Cubs, 7-8.15pm, Lesser Hall
- Scouts, 7-9pm, Lesser Hall
- Tuesday Club, 2-4pm, Community Rooms
- CAB drop-in session, every 2nd Tuesday: 1pm-3pm, Killin Library

Wednesday

- Walk in the Park, 10.20
- Strength & Balance, 2-3pm, Killin Parish Church
- u3a French, 2.30-4pm, online
- Highland Hustle, 6.30-7.15pm, tennis court or McLaren Hall
- Explorers, 7-9pm (last Wed of month), Lesser Hall
- Youth Club – Wednesdays (Fortnightly), P6/7 6-7pm S1-3 7.30-8.30pm [Sign-Ups: alasdair@cyp.org.uk]
- Pilates 6.45pm and 7.45pm, Community Rooms. Booking essential on 07866 018629
- Multi-Sports Session - Wednesdays (Fortnightly), P5-7 5-6pm S1-3 6-

7pm [Sign-Ups:

- mckennac@activestirling.org.uk
- Note that the multi-sports sessions and youth clubs run on alternate weeks.

Thursday

- Running Club, 6pm, Acharn Forest carpark
- SWI, 7.30pm (1st Thursday of month, Lesser McLaren Hall)

Friday

- Pilates, 9am and 10 am, Community Rooms. Booking essential on 07866 018629
- Yoga, 10.30-11.45, The Big Shed
- Old Mill Talk & Tour event, 11.30-12pm

Saturday

- Football in the Park, 12-17 years, 12-2pm

Sunday

- Football in the Park, 8-11 years, 6-8pm
- Killin Gun Club, 3rd Sun of month March-December. Contact Stuart Ogston 07999 510014 Henry Paterson 01567 820354

Church Services

- **Parish Church**
- Sunday 10am, Morning Worship, Killin Parish Church
- 2nd Sunday of the month, 3pm, Falls of Dochart Retirement Home
- **Episcopal Church**
- See www.strathearn-episcopal-churches.co.uk for details
- **Roman Catholic Church**
- Saturday Mass 3pm 1st Saturday of the month
Services held in the Tin Church.
- Regular Sunday Mass in Callander at 11:30am.

Coming Soon !

October

- 1 KAT AGM p5
- 5 Walk in the Park, p18
- 6 SWI, p29
- 12 Walk in the park, p18
- 16 Youth Group Halloween Event,p8
- 17 SWT Pitlochry, p38
- 19 Walk in the park, p18
- 26 Walk in the park,p18
- 30 Heritage Society talk, p38

November

- 1 Killin Community Council, p7
- 3 SWI, p29
- 24 Strathfillan CDT AGM, p13
- 26 Scouts Christmas Fayre, p36

December

- 1 SWI, p29
- 3 Make your Own Christmas, p11

Killin Library

Books, DVDs, dog waste bags and hearing aid batteries.

Monday	10-1pm 2-5pm
Tuesday	10-1pm 3-7pm
Wednesday	2-5pm
Thursday	Closed
Friday	10-1pm 3-7pm
Saturday	Closed

Mobile Libraries

Please see the council websites for any updates.

Tyndrum/Crianlarich Fortnightly Fridays

Oct 14th, 28th, Nov 11th, 25th
Crianlarich

School 10:45-11:30
Glenfalloch 11:40-12:00
Willow Square 12:05-12:25

Tyndrum

Green Welly 13:40-14:10
Mansefield 14:15-14:45

Glen Lochay/Ardeonaig Fortnightly Mondays

Oct 10th, 24th, Nov 7th, 21st
Glen Lochay 11.45-12.30
Ardeonaig 14.00-14.45

Perth and Kinross Fortnightly Tuesday

Oct 11th, 25th, Nov 8th, 22nd
Tombreck 16.40-17.00

Which bin? Saturdays

1st Oct **8th Oct**

15th Oct **22nd Oct**

29th Oct **5th Nov**

12th Nov **19th Nov**

26th Nov **3rd Dec**

Red = no bin collection
Grey = grey bin + blue bin
Brown = brown bin + blue box
Green = brown bin + green bin

Recycling Centres

Callander

Monday-Friday: 5pm-7.30pm
Saturday: 10am-1.30pm
Sunday: Closed

Aberfeldy

Tuesday and Thursday
9am-7pm
Saturday and Sunday
10am-5pm

Crieff

Broich Road, North Forr
All Year
Monday-Friday 9am-7pm
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9am-5pm

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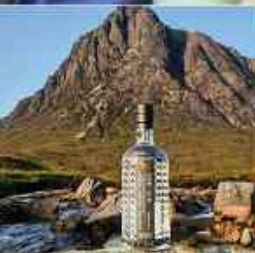
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