

# KILLIN NEWS

KILLIN & DISTRICT COMMUNITY NEWSPAPER

June / July 2023

Issue 187

Price £1



# Killin News

At last we've had a little bit of sunshine to indicate that Spring is here, albeit between showers and a biting cold wind, so still be canny about putting your plants outside. The rhododendrons and bluebells seem prolific, however, although flowering a bit late it seems to me. Another sign of the arrival of Spring is that the Killin Music Festival is just around the corner and something to look forward to so be sure to get your tickets soon as they always seem to sell out really fast. Many people will have enjoyed the coverage of the Coronation – the nursery school children certainly did as they paraded round the village, despite the rain, in the crowns which they had made themselves. It is also wonderful that the children's link with the Retirement home was recognised by the receipt of a Generations Working Together award.

Killin has an amazing record when it comes to collecting for various charities and currently there are two causes which are active – the Co-op skydive ladies are holding a raffle for Cancer Research UK, before taking to the skies themselves, and the Killin and District Volunteer Car Scheme are hoping to purchase a wheelchair accessible vehicle. Both of these causes are close to the hearts of the villagers. KAT has now taken delivery of the keys to the old Co-op so watch this space for future developments there.

We are lucky to have so many advertisers at the News - they are the life blood of the magazine without which we could not cover all of our costs. Remember, however, this is YOUR magazine and it is YOUR articles which are so important to the community. Please also remember that not everyone has access to Facebook, so keep them coming!

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



## DEADLINES

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Advertising 7th July

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Front Cover  
Pylons No More !  
Photo Gordon Webster



## Provost Dodds Joins with Killin Community in Celebrating Award



Stirling Provost Douglas Dodds joined the people of Killin in celebrating the true worth of friendships - young and old. The Provost was guest of honour as the community hosted a party to showcase their pride in the relationship between Killin Nursery and the Falls of Dochart Retirement Home.

The children and residents were feted in March at the '**Generations Working Together Excellence Awards**' in Glasgow, winning an award for Valuing Generational Diversity.

The nursery and retirement home have been working together informally for 20 years. However, since 2015 weekly visits to the retirement home have been a formal part of the children's learning and development.

### Warmth

The children regularly put on shows, tell stories and play board games

with residents. In return, the residents pass on gardening tips, help with arts and crafts and teach the children noughts and crosses. Provost Dodds said: "The warmth of the Killin community shines through in the relationship between the children and residents.



"It was great to share in the success of the recent reward, which reflects so well on the hard work of the nursery and retirement home. "They say age is just a number and it's clear the residents take as much pleasure from the visits of the

children as the younger ones take from learning new skills from the more experienced members of the community.

### Wonderful

"The weekly visits from the children impact so positively on the wellbeing of both age groups. It's fabulous to see this relationship recognised with the award for Valuing Generational Diversity, which is so richly deserved."

Alexandra Tigwell, Principal Early Childhood Educator at Killin Nursery said: "The children requested a party, fireworks and chocolate trophy cake if we won our award – and that's exactly what we had.

"We'd like to thank Provost Dodds for joining us for a truly wonderful garden party that showcased our work within the community and the true meaning of generations working together."



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# Killin & Crianlarich Nurseries



## Party Time !

After winning the Generations Working Together award for valuing generational diversity the nursery children and staff worked collaboratively with the staff and residents from the Falls of Dochart Retirement home in organising a party to celebrate our success.

The children chose to celebrate by having a party with games, snacks and of course a chocolate trophy cake and we must take the time to thank Amy McDairmid for providing such a delicious cake.

We invited Stirling Provost Douglas Dodds, our local councillor Martin Earl and our families over to the Falls of Dochart retirement where we partied in the garden. It was a lovely day, and we were extremely lucky with sunshine making an appearance too.

The staff and children from nursery are continuing our strong partnership with the retirement home. We have started planting together and have plans for joint exercise and yoga classes in the near future.

## Thistle Room - Nature Walk



Recently the children from the Thistle room spent the morning with local park ranger, Gareth Kett, who led a nature walk to the head of Loch Tay. The children learned about our local environment and wildlife. We were lucky enough to spot a local red squirrel.

In the coming months the children will be working with the educators to plan and develop our outdoor space. We have some new resources that we are excited to use.

## Naming our nursery rooms



Through consultation with the children, the nursery have renamed the play rooms. These are now known as the Thistle room and the Heather room.

## Volunteers

If anyone would like to volunteer their services, whether it be helping us in the garden, planting or sharing knowledge with the children such as birds etc, we would be happy to hear from you. Please contact the nursery.

## Heather Room



The children in The Heather Room have started to discuss what vegetables they would like to plant and grow in our garden. This experience offers a great learning opportunity to the children, helping them to understand how plants grow and develop.

We recently visited Mr and Mrs McLarty's garden to meet and feed their chickens, as the children are learning about living things, how to care for them and how to grow food to eat.

If the children are growing anything at home we would love you to share this via the e-learning journals or our facebook page.



## MacGregors Community Hub

It's a great wee shop we've got here in the village, so popular with both locals and visitors that we've been nominated for one of Stirling MP Alyn Smith's 'Local Hero' Business Recognition Awards. Thank you!

This nomination is a great morale boost to the staff, volunteers and management team that run the community shop and post office. This is not always an easy task and support from the community makes a big difference. As ever, volunteers able to help out in the shop are welcome; there is always plenty to do.

The post office and shop hours have been reduced recently. This is due to a combination of staff shortages and the need to reduce running costs. Hopefully this is a temporary situation, and we will endeavour to keep everyone informed. Apologies for any inconvenience.

On a brighter note, we are about to set up a 'Just Giving' page. This will enable us to raise extra funds to support the community hub. A sponsored walk (with pony) and running the Berlin Marathon have already been suggested, and there might be more! Watch this space...

Thanks again for the nomination.  
MacGregors Community Hub



### Callander and West Perthshire u3a

No longer working full time? Looking for new interests?  
Why not join u3a, a UK-wide organisation, which provides opportunities for people to come together to learn for fun?

Callander and West Perthshire u3a has offered well over twenty interest groups this session, 2022/23, covering a wide range of subjects from Ancient History and Art to Travellers' Tales. Have a look at our website [candwpu3a.org](http://candwpu3a.org) to find out more about our groups, which are set up and run by members themselves. Membership is only £10 for the year and you are free to join as many groups as you wish. Most groups are held in Callander or nearby villages in the daytime, although some groups meet on Zoom.

Chatterbox, which keeps us informed and entertained, is our monthly online newsletter. A series of talks on a variety of subjects took place in the spring and we are now planning our monthly talks programme for session 2023/24, as well as a social event for members in the autumn.

Come along to our AGM at the McLaren Leisure Centre on Thursday 24<sup>th</sup> August, 1.45pm for 2pm. Meet group leaders and sign up for groups 3.15 - 4.30pm.

Both new and returning members will be very welcome.

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Instagram





Fiona McGregor, Health Walk Coordinator for the Loch Lomond & The Trossachs Countryside Trusts' Walk in the Park programme shares some updates since the last edition and some Summer activities for everyone to come along to and participate over the next couple of months.

**What's been happening!**

April and May have got to probably be the busiest times of the year for the Countryside Trusts' Walk in the Park, and this has certainly been no exception in Killin.



Embracing the longer days, our evening walks got off to a great start in April, seeing new faces and existing members joining us for a lovely walk in Killin of the Kinnell Circuit. Followed by a further two walks during May, they have been proving ever more popular now running fortnightly. All our walks are risk assessed, led, and supported by our trained volunteers and we thank them for their continued support. Our next one is scheduled on Monday the 12th of June departing at 7pm from the Pavilion Sports and Recreation Hub where we will be walking the Golf Club walk. Come along and join us, we'd love to see you there!



**Wild Flower Spotted on Walk**

We just love our volunteers and adding to the success of the Killin Clubs and Societies in April were Rosie and Isobel pictured here manning our Walk in the Park stall offering lots of



information and advice. With thanks to them we have since had more members join our health walk programme (and we have room for many more). Thank you Tom for the lovely photograph.

Fast forward another month, we celebrated the National Walking Month of May with some lovely walks including our weekly Wednesday's group who ventured further afield in Tyndrum around the community woodland before popping into The Green Welly for a well-deserved bowl of hot soup and something sweet. For our 'In Step with Nature' challenge we have been encouraging everyone to get outdoors, connect with nature, taking a moment for themselves and spending time with those special people around us to feel the benefits of being active. As well as enjoying and listening to the birds singing, our Killin group have had some lovely moments, sharing with us the wildflowers and unusual bugs they have spotted and discovered during their walks.

In May, we were very lucky to be joined by the volunteers from the Trossachs Search and Rescue team for a morning of CPR and Defibrillator training giving everyone who took part the skills and confidence on the rare event they might be faced with a serious emergency.

**Join us this June and July!**

May also marked Mental Health Awareness week from the 15th to 21st with Anxiety being this year's key theme. Walking and being in nature is proven to have a huge impact on our wellbeing and mental health and linked to a reduction in stress and anxiety is something we should embrace all year round. Join us on any upcoming walks in June and July

which includes some of our favourite local routes. Breathe in the calming effects nature can give us, take a moment to appreciate your surroundings and enjoy what nature can do for your wellbeing.

**Something to do between our walks**

If you are looking for some gentle activity in between our walks, then join us for our weekly 'Strength & Balance' sessions every Wednesday from 2pm to 3pm in the Killin & Ardeonaig Parish Church. These simple exercises are perfect for keeping your muscles and joints supple. Some of our participants have even found that with the help of these sessions they have become more confident to go out by themselves, giving greater 'mobility' independence.



**CPR & Defib Training**

As with our walking programme, if you have a health problem, please check with your GP first

**Get in touch!**

For details about our walks and volunteering please contact Fiona by dropping an email to [fiona@trustinthepark.org](mailto:fiona@trustinthepark.org) alternatively for more details please visit our website [www.trustinthepark.org](http://www.trustinthepark.org)



## Patient Participation Group Local Health and Wellbeing

There has not been a Patient Participation meeting since covid and some things have changed.

So, if you are interested in local healthcare and wellbeing, you are invited to have a chat over tea or coffee on Saturday July 1st between 10 and 12 in the Community Rooms.

**Linda Frost**



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

Wed 24th May  
Wed 7th June  
Wed 21st June  
Wed 5th July  
Wed 19th July  
Wed 2nd August

Join our pet Care Health Plan. This has been set up to enable you to spread the cost of routine preventative health care treatments.

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All homes in Scotland are required to meet the new legislation by February 2022.

Scottish legislation has changed. Introduced in February 2019, the change applies to all households in Scotland and must be met by February 2022. The new Scottish legislation states that an interlinked Fire and Smoke alarm system must be fitted in a property and that there should be adequate Carbon Monoxide protection.

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## Ben Lawers National Nature Reserve Guided walks & events 2023



For further information telephone 01567 820988 or email [benlawers@nts.org.uk](mailto:benlawers@nts.org.uk) or book online at <http://www.nts.org.uk/BenLawers>

### Wednesday 5<sup>th</sup> July: Butterflies and Moths of the Mountain

Discover some of the butterflies and moths that inhabit the rich, floral lower slopes of these mountains, including (weather permitting) the elusive mountain ringlet.

**Duration:** 3 hours

**Cost:** adults £5, children £2.50, family £12.50

**Bring:** walking boots, warm, waterproof and windproof clothing.

**Meet:** 1.30pm Ben Lawers NNR car park. Numbers are limited, so booking is advisable.

### Friday 14<sup>th</sup> July: Mountain Flowers

On this high-level guided walk we aim to see some of the arctic-alpine plants for which these hills are famous. The ascent and descent require a reasonable level of fitness and we will encounter some steep ground.

**Duration:** 8 hours

**Cost:** £35

**Bring:** walking boots, warm, waterproof and windproof clothing, packed lunch and drink.

**Meet:** 9.00am Ben Lawers NNR car park. **Booking is essential.**

### Wednesday 19<sup>th</sup> July: Flora and fauna of the hillside

If you are a hill walker who would like to know more about the plants and wildlife around you or training to be a mountain leader, then this could be the walk for you. Familiarise yourself with some of the characteristic plants and wildlife on the lower slopes of these mountains.

**Duration:** 2½ hours.

**Cost:** adults £10, children £5

**Bring:** walking boots, warm, waterproof and windproof clothing.

**Meet:** 1.30pm Ben Lawers NNR car park. Numbers are limited, so booking is advisable.

### Tuesday 25<sup>th</sup> July: A kids-eye view of Ben Lawers

Join our hands-on exploration and leave no stone unturned on the way to becoming a nature know-it-all.

**Duration:** 2 hours

**Cost:** adults £2, children £5, family £12.50. Adults must be accompanied by a child (and vice versa).

**Bring:** Wellies and waterproofs.

**Meet:** 10.30 am Ben Lawers NNR car park. Numbers are limited, so booking is advisable.

### Friday 28<sup>th</sup> July: Mountain Flowers

On this high-level guided walk we aim to see some of the arctic-alpine plants for which these hills are famous. The ascent and descent require a reasonable level of fitness and we will encounter some steep ground.

**Duration:** 8 hours

**Cost:** £35

**Bring:** walking boots, warm, waterproof and windproof clothing, packed lunch and drink.

**Meet:** 9.00am Ben Lawers NNR car park. **Booking is essential.**

### Tuesday 8<sup>th</sup> August: A kids-eye view of Ben Lawers

Join our hands-on exploration and leave no stone unturned on the way to becoming a nature know-it-all.

**Duration:** 2 hours

**Cost:** adults £2, children £5, family £12.50. Adults must be accompanied by a child (and vice versa).

**Bring:** Wellies and waterproofs.

**Meet:** 10.30 am Ben Lawers NNR car park. Numbers are limited, so booking is advisable.

### Wednesday 16<sup>th</sup> August: Flora and fauna of the hillside

If you are a hill walker who would like to know more about the plants and wildlife around you or training to be a mountain leader, then this could be the walk for you. Familiarise yourself with some of the characteristic plants and wildlife on the lower slopes of these mountains.

**Duration:** 2½ hours.

**Cost:** adults £5, children £2.50

**Bring:** walking boots, warm, waterproof and windproof clothing.

**Meet:** 1.30pm Ben Lawers NNR car park. Numbers are limited, so booking is advisable.

### Tuesday 22<sup>nd</sup> August: A kids-eye view of Ben Lawers

Join our hands-on exploration and leave no stone unturned on the way to becoming a nature know-it-all.

**Duration:** 2 hours

**Cost:** adults £2, children £5, family £12.50. Adults must be accompanied by a child (and vice versa).

**Bring:** Wellies and waterproofs.

**Meet:** 10.30 am Ben Lawers NNR car park. Numbers are limited, so booking is advisable.



# The Killin and District Volunteer Car Scheme

We are currently very busy. In the last 12 months we have carried out almost 400 journeys, covering over 28,000 miles. We are also fundraising to enable us to purchase a second-hand vehicle with disabled access. There are no community-owned wheelchair-accessible vehicles in our area, able to take someone who cannot transfer from a wheelchair into a car, nor one that can take people with very poor mobility, struggling with both pain and physical incapacity. Having such a vehicle will make such a difference to many people using the car scheme, who currently only just manage to get into our cars.

This is a very real concern for our drivers and although they try to help, as much as they are able, it is often a worry that the passenger or driver may end up injuring themselves.

The ways in which we are fundraising include applying for grant funding, where we are doing quite well, although this takes time. We are also using Givey, a fundraising platform on the Internet. There is currently a collection box in the re-use shop and we have been lucky enough to have some donations from local people, including one very generous amount from an anonymous donor, whom we would like to thank very much.

We are looking for a total of £25,000 and currently have approximately a third of this amount.

To donate on Givey, please go to the Killin and District Volunteer Car scheme Facebook page or Website. To donate directly to the car scheme please ring Don on 01567 820690 or speak to any of the KDVCS volunteers, who will tell you how to go about this.

Thank you to all of those who have already donated.

If you need to use the Car Scheme call 07988280743

**Alicja Fraser**

HELP US RAISE FUNDS FOR AN

# ACCESSIBLE PEOPLE CARRIER

Killin and District Volunteer Car Scheme is raising funds for a wheelchair accessible MPV, to help more people access our services.

You can also donate on our Givey Page:  
<https://www.givey.com/fundsforawheelchairaccessiblevehicle>

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Our regular pharmacist Laura has also undergone additional clinical training to become a Pharmacist Independent Prescriber. This means she is able to provide advice and treatment for a wider range of common clinical conditions. If you would like a consultation with Laura, we kindly ask that you phone ahead to arrange an appointment time, as this helps us to optimise our workflow and minimise your waiting time.

### DON'T WAIT TO STOP SMOKING

If you are looking for FREE support to help you quit smoking look no further. Did you know using a structured support programme like our 12 week NHS programme makes you 4 times more likely to quit? We understand how difficult it can be and are here to help so pop in or give us a phone

### COLLECTING PRESCRIPTIONS


Unfortunately due to pharmacy laws we are unable to hand out prescriptions whilst there is no pharmacist on the premises. To avoid you having to make a repeat trip we'd advise avoiding between 12.30-1.30 as the pharmacist may pop out during this time.




# JOIN *us* FOR A Walk **IN** KILLIN ON WEDNESDAYS Always 10:20AM

Date	Meeting Place	Walking Route	CAR PARK	WALKING ROUTE
07 June	Capercaillie	Kinnell Circuit		
14 June	McLaren Hall Car Park	Kilmahog to Leny Falls		
21 June	McLaren Hall Car Park	Loch Circuit/Old Railway		
28 June	McLaren Hall Car Park	Glen Lochay		
05 July	Capercaillie	River Dochart & Old Railway to Memorial		
12 July	McLaren Hall Car Park	Golf Club Walk		
19 July	Capercaillie	Craignavie Road		
26 July	McLaren Hall Car Park	Strathyre		

No need to book, just turn up.  
Walks are followed by optional refreshments in a local coffee shop/hotel  
For more information contact: [fiona@trustinthepark.org](mailto:fiona@trustinthepark.org)  
Or visit [www.trustinthepark/walk-in-the-park/](http://www.trustinthepark/walk-in-the-park/)

 WALK PARK

 Walk in the Park welcomes people living with dementia, and their carers, on our walks.  
Routes identified with this logo are suitable for most abilities. Please contact us for more details.

Walk in the Park is a flagship project of Loch Lomond & The Trossachs National Park Trust. Registered Scottish Charity No: SC043264 Company Limited by Guarantee: 422657

## Bob McGregor Memorial Rideout



It was great to see all the bikes meeting in Killin for the annual Bob MacGregor Memorial rideout. This year's route took them to Pitlochry Kilmecranckie Blair Atholl Kinlochranoch then back to Killin.



## ARTISAN CAFE & DELI

POP UP YARN EVENT  
THURSDAY 27<sup>TH</sup> - SUNDAY 30<sup>TH</sup>  
OCTOBER  
10AM - 4PM

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## Tombreck Market Garden



It's all been a bit of a mad rush on our new market garden here at Tombreck. Ideally, we would have had our growing spaces cultivated and under cover over winter, but since we only arrived here in February, we've had to do what we can to prepare the ground in a much shorter space of time. The silage tarp just about had enough time to kill off the grass on the first growing plot, and we hired in a rotavator, spread lime and manure, and tilled that plot and two more over the course of a week, one sown to green manure and the other to go under the tarp. It looks like we'll now have space to start planting out all our seedlings, which is a relief!

We've also experimented with a 'lazy bed' for new potatoes. This is an old technique which was common among subsistence farmers in the Highlands and Ireland, well suited to rocky or boggy soils where you couldn't pull a plough. Basically, you cut and flip the turf into the middle of the bed, dig a trench on both sides and use the spoil to build the bed up into a gentle curved profile. The potatoes then get planted through the upside-down turf.

'Lazy' didn't feel like the right adjective at the time, but it's a comparatively quick way to create a growing space from scratch. One day I'd like to try using a 'cas chrom' (literally 'crooked foot') which uses a long, curved handle, a step on one side and angled iron blade to cut and lever up the sods without the bending over you have to do with a spade.

See: <https://www.tombreck.co.uk/market-garden> for more information.

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## Bike Skills Park

We're very excited to announce that our first trails began to be built at the start of May. These will be our blue and red trails, so suitable for those with some bike skills. This is a great start, at last, and we really hope to have them ready for use by the school summer holidays.

Thanks to Fiona MacLennan from Diverse Ecology for the photo.



Start of the bike trails being built

Our school cycling sessions with Trailcoach have restarted now the weather has improved. Pupils from both Crianlarich and Killin Primary Schools are getting the opportunity to learn more about cycling safely and building confidence. It's been a successful project, and the children have really enjoyed the sessions.

## Wild Strathfillan Community Heritage Project

Our next meeting for the Strathfillan Community Heritage Group is May 18th at 7pm. We hope to see you there.

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 in the Strathfillan Community Heritage Project, then please either come along to one of our group's meetings, or get in touch by emailing Kelly at the details below.

## Strathfillan Community Woodlands

Camera traps have been installed in the woodlands, which will hopefully provide some interesting results. The British Trust for Ornithology (BTO) undertook a training day in the woodlands, which was very successful, and we're hoping to undertake more surveys, including bats over the coming months. If you would like to get involved in the woodlands, put your name down for woodfuel, or find out more, you can drop Llinos an email at [llinos@strathfillancdt.org.uk](mailto:llinos@strathfillancdt.org.uk)

## Strathfillan Seasonal Rangers

Fortunately, we managed to secure funding from NatureScot to employ rangers for a third season. We're happy to announce that Gavin Macnab will be again donning the high-vis jacket and litter picker for a third season, and he will be joined by Diane Mailer as our second ranger. We would like to welcome them again to the SCDT fold and wish them a good season. The funding for the rangers is limited to visitor impact management. This means they will be dealing with litter and waste, talking with and advising visitors on how to behave in relation to the Scottish Outdoor Access Code, reporting and recording any antisocial behaviours to the Trust, the National Park and the police, and undertaking small scale path maintenance works, such as trimming back vegetation and perhaps helping

## Strathfillan Community

our woodland officer with some path works on Trust owned land. They are not employed to undertake maintenance works around the villages or on private land. This project is supported by NatureScot through the Better Places Fund.



## Strathfillan Community Garden

Spring is starting to show in the community garden. We have winter cabbages a plenty in the polytunnel which will be available in the next few weeks and garlic on the way. We have painted the container and most people have now started planting in the outdoor raised beds, a mix of vegetables and plants, rhubarb is especially plentiful. The school have sweet peas and dahlias on the go. We had a lot of interest from the local community, so ran out of raised bed plots! We approached the Killin Highland Games Committee and have to extend a huge thank you as they have now funded 4 additional raised beds with compost and topsoil and 2 large water butts for the garden. This contribution is much appreciated. We will have a couple of afternoons later in Spring to share ideas, plant together and continue to improve the site for all, maybe even a barbeque, so keep an eye on the SCDT facebook



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page -  
<https://www.facebook.com/groups/2495715407394997/> for updates. We are on the look-out for any large outdoor pots or potato bags if anyone has any lurking at the back of the shed?

### Saplings

This year we are working in partnership with Dalmally Community Trust to deliver our Saplings sessions for both Crianlarich and Dalmally Primary Schools. We are in the process of organising an exciting suite of activities for this summer, and plan to launch the applications for spaces at the beginning of June. So all parents, please keep an eye on your children's school bags and our Facebook Page!

### Getting in touch

You can contact the Trust directly by emailing Kelly at [kelly@strathfillancdt.org.uk](mailto:kelly@strathfillancdt.org.uk) or phoning 07707044484. Kelly is now in the Trust Office in Crianlarich Village Hall every Thursday, 9am to 5pm if you want to drop by. For updates on projects and activities you can check out our Facebook Page [www.facebook.com/StrathfillanCommunity](http://www.facebook.com/StrathfillanCommunity). For more information on our projects and what we do, have a look at our website: <https://www.strathfillancdt.org.uk/home>

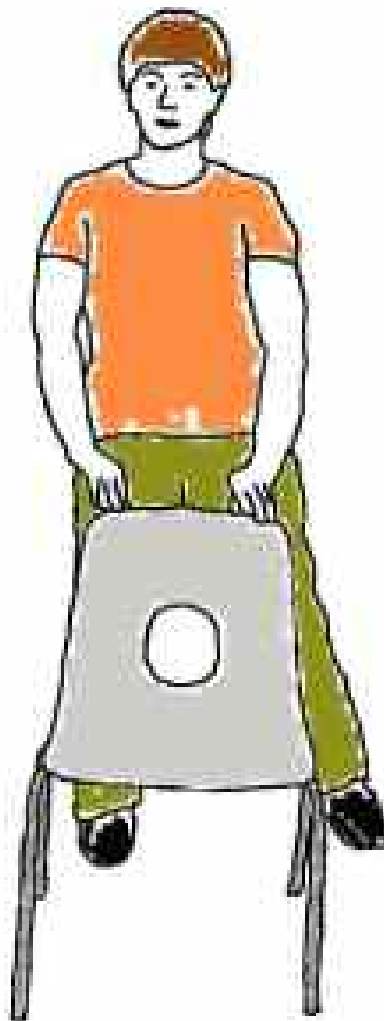
### Keeping strong and balanced at home

For many of us, sideways walking isn't something we do often. Yet if we want to get past people in a narrow space, or work our way along a wall painting, a sideways step is necessary. The

muscles down the sides of our legs and over our hips need regular work to keep tip top so... in this issue we bring you 'sideways walking'.

### Sideways walking

- Stand facing a long support (kitchen counter, wall, long window sill?)
- Take some small side steps, one



direction then another

- Now try to do longer side steps and consciously put the ball of the foot down before the heel, transfer the weight over onto that foot and bring the other foot close to join it (ball then heel)
- Next time, face the direction you are moving rather than facing forward, or even the opposite direction. If you are feeling particularly brave, and with the support there, do this with your eyes closed – Be careful though, this may make you feel a bit wobbly so have the support close to hand and make sure there are no trip hazards in the way!.

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

### Older Peoples Champion

Finally, SCDT would like to welcome Councillor Elaine Watterson as Stirling Council's first ever Older Peoples Champion. Dawn Skelton has spent the last year with Elaine and Martin Earl working on this as Stirling was one of the few Councils in Scotland that did not have one. The Scottish Older Peoples Assembly (SOPA) (<https://www.scotopa.org.uk/>) works closely with Age Scotland to ensure that all Councils across Scotland have a Champion so that older people's voices can be heard. Welcome Elaine and we look forward to working with you to improve the lives of older people.



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**A Message from the Killin Parent Partnership**

Over the past few months, the Killin PTA have continued to support the school and have recently purchased the new projector system for the hall at a cost of over £3700, as well as subsidising the P7 Dalguise trip. We are now working with the school towards new projects.

I'd like to say a big thank you to MacGregors Community Hub who donated an amazing £191 to the PTA following the Christmas card delivery service. And a huge thank you as well to everyone who supported our Easter hamper, we were able to raise a fantastic £140!

The Duck Race returns on Saturday 10th June. This is always a fun event and we look forward to seeing you there cheering on your ducks!!!

The PTA 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, even just to volunteer to help at one of our events, please contact me or the school for more information.

**Hayley Kennedy**

This term we are learning about Italy. We have made Italian flags and made Venetian masks. We drew the natural landmarks on the maps. The capital city is Rome and Italy is shaped like a boot. They make wine in Sardinia. They also make nice pizza, pasta and cheese.

**Bella, P2**



This term Class 2 are learning about woodlands. We visited Mountain Rescue to learn how to keep safe outdoors, and about their work. We had fun pretending to be parts of a tree and we learned about the importance of heartwood and a tree's roots. We are looking forward to learning more about the conservation of our forests when we visit Ben Lawers with The National Trust for Scotland.



We celebrated the crowning of King Charles III on Friday 5th May. We made coronation crowns and had a special coronation lunch. After, we went to see our friends at the Falls of Dochart Retirement Home then we had a parade around the village. Lots of people came out to see us.

**Felix, P3**



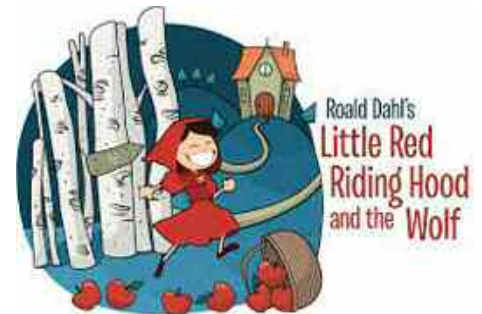


Killin Primary school were invited to participate in the making of a new national tapestry. Our pupils in Class 3 made cords to link together the elements of the Heartland Tapestry. The tapestry will tour the country then will eventually be housed in the new gallery at Inverness castle. Thank you to Margaret Rogers for allowing us to be part of this project.



We would like to wish Mr Ramsey all the best as he moves on from Killin Primary School after 5 years of being Head Teacher. We would like to thank him for all he has done to improve our school during his time here. We would also like to give a warm welcome to Mr Waugh who will be Acting Head Teacher until the end of term.

Killin Primary School will be performing Roald Dahl's Little Red Riding Hood on Thursday 8th June at the McLaren Hall. The show will start at 6.30. Tickets are available from Marion McRae at the school.



This years sponsored walk started and finished in Tyndrum. We walked for almost 5 miles with our friends from Crianlarich Primary School. It was sunny and there were no midges! We saw a lot of trees, a lot of sheep and huge mountains. At lunch time we had a picnic. We all had a fun day.

**Noah, P1**



We went out for the day with Helen and James from the National Trust to identify the different trees we have in Killin. James then gave us some den building tips. We got into groups to see who could make the best den. Ours won the best den for sleeping in! We had a lot of fun building the dens and collecting and identifying bugs.

**Reyss, P6**





# Window Cleaning

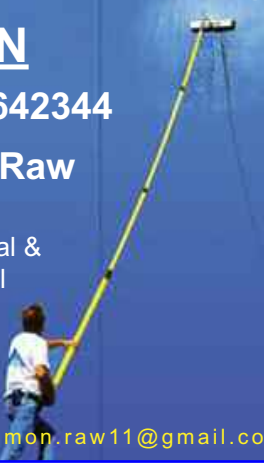
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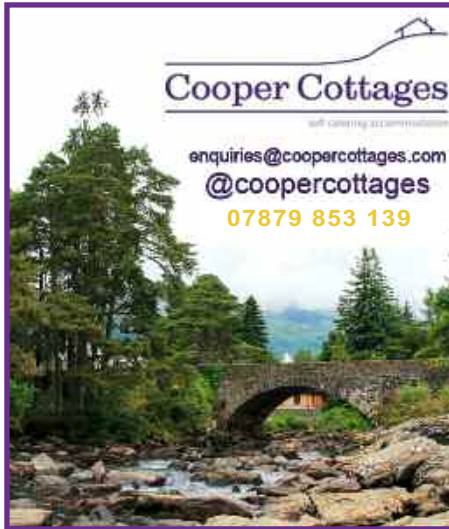
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## Killin Golf Club Results



Captain Peter Nettleton (centre) with Sheila Aitken and Dickie Lewis

### Senior Strokeplay Open: Wednesday 10 May

Magic 2's

R.D Lewis, M White, Hamish Campbell, Richard Downie

Nearest the pin Gents: K. Devine (Glencruitten)

Nearest the pin Ladies: Sheila Aitken (Killin)

Nearest the pin in 2: J Carruthers (Kyles of Bute)

Gents

1. R.D. Lewis (Killin) 63
2. K Butterworth (St Fillans) 65 BIH
3. R Downie (Braes Golf ) 65

Ladies

1. S Aitken (Killin) 64
2. K Dowling (Killin) 72
3. M Carruthers (Kyles of Bute) 74

Kiltyrie Trophy (Handicap winner): RD Lewis (63)

Mactaggart Trophy (Best Local h/cap 15 +): Sheila Aitken (64)

Lix Toll Trophy (Best Local h/cap 1 - 14) : R.D. Lewis (63)



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# KAT Killin and Ardeonaig Trust

So pleased to be bringing you more exciting updates on all your KAT projects.

It's fabulous to see your ideas and suggestions (which were captured in your Community Action Plan), beginning to come to life.

## The Old Co-op

As mentioned last time, the Old Co-op is well overdue for a makeover. We're raring to get started on the refurbishment of the building once some final technicalities have been completed.

So, what will you see happening?

1. RecyKillin will move to the front of the building and will include the Reuse shop, tool library (sign up anytime at [www.recykillin.myturn.com](http://www.recykillin.myturn.com)) and community fridge. The Reuse shop will have lots more space for you to browse for all those things you didn't realise you needed and have a 'quick' blether at the same time.
2. The corrugated building towards the rear will become a community business and learning hub, incorporating space for a 'co-working' area. This is where you can book desk space to work and hold meetings, hire a separate room for one-to-one appointments or run formal or informal learning sessions.
3. The area or unit to the front-left will be available for lease, we'll soon be advertising for a tenant so if you're interested, watch this space and all the other local and social media spaces.

## Reuse Shop Award

Did you see, your wonderful Reuse shop is not only a focal for locals; the team has only gone and won an Alyn Smith Local Hero, Local Business award! 'Alyn's Local Heroes' is all about supporting the fantastic businesses we have all over Stirlingshire, encouraging residents to shop locally, and celebrating the great talent we have across the multiple award-winning sectors of Stirlingshire's diverse economy.' A fitting tribute to Kirsty and all you volunteers who go above and beyond to support our community.

If you don't volunteer already and you'd like to spend a few hours each week, meeting folk and catching up, Kirsty welcomes everyone; we provide full training, tea and coffee ☺

There're loads of different tasks,

something to suit everyone just pop in the shop or email her at [kirsty@killincdt.co.uk](mailto:kirsty@killincdt.co.uk)

## Youth Group

Another "Congratulations" this time to Carla, our Youth Group leader, for her success in securing funding from the National Lottery Young Start Fund. In her update, I think she's rather underplayed the amount of effort and angst this took. This is just fabulous news, meaning we can pay for equipment, activities and cover costs for the next three years! It also means we can now look to employ a Sessional Youth Worker, who'll provide much needed support. As usual, there are masses of things going on with the Youth Group, including dodgeball, an obstacle course, face-painting and food tasting to name but a few; read Carla's full update for more exciting news.

If you'd like to join in or support the Youth Group, contact [carla@killincdt.co.uk](mailto:carla@killincdt.co.uk)

## Community Food Growing Project

Things are beginning to sprout in the Community Food Growing project. Like-minded folk across our community including Auchlyne Estate and the Countryside Trust, are using their mycelium network to link up and discuss potential land for the garden and tree nursery. Ideas are flourishing for a symbiotic 'garden share' relationship between Killin growers and those with extra garden space.

Once again, we'll be digging deep and planting seeds to raise funds for the project and community garden design.

If you feel the pull of the earth and you'd like to know more, please contact [raina@killincdt.co.uk](mailto:raina@killincdt.co.uk)

## Old Mill Update

If you have an interest in all things heritage or are one of our community's ever expanding creative crew, you might recall I mentioned some (more) exciting news about the Old Mill in the last edition.

Perhaps you went along to the Open Day on 29 April for a sneak preview, and maybe you spotted a refit going on. But as you read, the Makers' Market, in partnership with KAT and Creative Stirling will be open! Come and visit; delight in the amazing talents of local artists, find

those extra special gifts to be tucked away for birthdays, Christmas or just for yourself – right now!

Artists from the Killin, Rural Stirlingshire, Highland Perthshire area can still get involved. We offer a fair deal for display space and can provide mentoring to help you improve the presentation of your work and increase sales, contact [raina@killincdt.co.uk](mailto:raina@killincdt.co.uk)

Upstairs you'll also be able to see the culmination of a year's work by Killin Primary school children for our Story Spinning project (check out <https://storyspinningkillin.com>) with storyteller, Amanda Edmiston.

Amanda has done some great work with the children, one of them saying that when she worked with them was "the best day of school, ever!"

## Breadalbane Park

Have you noticed that big, warm, yellow thing in the sky recently? Yup, summer is on its way and Breadalbane Park becomes a focus for so many of our events and gatherings. It's a fabulous setting for us all to congregate and enjoy sunny days and balmy evenings. We all want to maintain and keep improving both the park and the Play Area, so as usual, we still have lots of fundraising to do.

We really do need your help to purchase the next piece of play equipment. We are constantly looking to find grants to help with purchases, and when we can demonstrate the community's support through local fundraising this is made so much easier. If you would like to support your local park and donate even a little, please visit our fundraising page:

<https://www.givengain.com/cc/breadalbane-park--play-park-development/>

Thank you everyone for your support.

## Contact

If you'd like to know more about KAT, or feel you can support the community by volunteering or joining us; please don't hesitate to get in touch [theresa@killincdt.co.uk](mailto:theresa@killincdt.co.uk)



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# Killin Clubs and Societies Fair

In late April, the Killin Community Council helped support an initiative to hold a Clubs and Societies Fair in the McLaren Hall. The idea was to showcase many of the activities and groups that bring so much colour and life to the village. There are over 45 such groups, not to mention the



unofficial ones, and we thought it would be a great opportunity to publicise their activities, get people



involved and encourage new members and volunteers.



On the day, we had over 20 organisations in the main McLaren Hall, each taking a table and, in some cases, more than one. We had the Golf Club and the Curling Club positioned alongside each other, offering the opportunity to try out both in the Lesser Hall (with soft and safe equipment, of course!). Lots of adults and children had a go!

The Killin Cancer Research Committee, as ever, provided teas, coffees and beautiful cakes and tray bakes, while raising much needed funds for their cause.

Outside, we had the Killin Mountain Rescue showing people their vehicle and some of the equipment they use on the hills. The Community bus was also parked outside, encouraging people to sign up as drivers, and most importantly, to use the bus.



Over at the Sports Pavilion, we had the Bowling club offering an opportunity to try out their bowls and the Sports Hub sharing its plans and current activities.



Being a lovely sunny day, the organisers and the participants felt it was an afternoon well spent, raising awareness of what is available in the village and highlighting many of the



clubs and groups offering such great activities, opportunities and involvement for all ages.

We felt that the day was such a pleasant and refreshing experience, clearly enjoyed by everyone who came along (even the odd curious tourist), that we are considering holding another Clubs and Societies Fair in the autumn, when the local folk traditionally consider what to do with their long winter evenings.

**Andy Aitken  
Jane Calder**





# Killin Youth Group

## Youth Group Update

Spring is here and youth group has been outside for some much needed running around with some dodgeball. This kicked off our new block of sessions and we brainstormed activity ideas. As usual the suggestions and ideas for the upcoming block activities were varied, wide ranging and imaginative. For our senior group we are focused on empowering young people to take charge and lead sessions. We have



some excellent young person led sessions coming up for example make-up and face painting with Kara and Noa, feel good and well-being with Isla and Japanese food tasting with Logan and Lieke. Young people will design and lead the sessions and will be as always supported by our wonderful Youth Work Volunteers.

Junior group has had a much more active and outdoors design in mind for their session block. Starting with good old dodgeball, an obstacle course session (possibly with Nerf Guns) and requests for sporting sessions. With the addition of a glitter make-up session there's something for everyone. Killin Youth Forum are working with



MacGregors to design and produce a community garden and have held lots of meetings and design sessions. The teamwork from the young people involved has been amazing to watch and they have enthusiastically participated in designing something wonderful for the community.



Through our partnership with CYP and an amazing team of local Youth Work Volunteers we have over the last 18 months brought youth work provision to the area. Our partnership with CYP was intended to support KAT to prepare for running the project independently in July 2023. We at KAT are delighted to announce that we have successfully secured funding from the National Lottery Young Start Fund to fund Killin Youth Project fully for 3 years.



This is wonderful news for the future and growth of the project allowing us to build on the youth work provision provided to date. The Young Start Fund will provide rental, equipment and activity costs for 3 years and enables us to employ a Sessional Youth Worker to support the project. As this block will be our last block working with our partners at CYP, we would like to thank them wholeheartedly for their guidance and support over the last 18 months. We also want to give our deepest thanks to the volunteers who have made it possible, without volunteers to run sessions the project would not have been possible.

Looking to the future Killin Youth Project will conduct the work it does with three outcomes at the core of the work we do:-

1. Children and young people, living rurally, have access to activities and opportunities to socialise, reducing isolation and loneliness.
2. The youth community are able to connect and engage with the wider community to have their voices heard, increasing feelings of support and connection.
3. Killin Youth Project will provide a safe and nurturing environment for young people to flourish, improving wellbeing.



## Vacancy

We have a part-time vacancy for a Sessional Youth Worker. Please see job advert on page 38 for full details regarding this position.

## Contact

Please get in touch if you are interested in volunteering, no matter how little time you can give, or if you are interested in finding out more about the Sessional Youth Worker position.

[carla@killincdt.co.uk](mailto:carla@killincdt.co.uk)

**Carla Finlay**  
**Project Manager Youth and Sport**  
**(KAT)**

## Breadalbane Heritage Society

The Breadalbane Heritage Society's summer programme of excursions to various places of interest in the area took off in May with a visit to Finlarig Castle and Moirilanich Longhouse at Killin. Visits to other notable places include the Moncrieff Hill Forts, Kenmore Arboretum and a guided tour of Mar estate. Updated information on the excursions will be posted on the BHS website.

Membership of the BHS numbers between 110 and 120 and has now returned to pre-Lockdown levels. The BHS's website <https://breadalbane-heritage.org.uk> features a video of local scenes of interest, and provides up-to-date information about talks and activities, events and publications. Ongoing Society projects include the maintenance of the Killiehassie private burial ground in Strathtay, and the recent publication, in association with the Aberfeldy Museum Group, of an illustrated leaflet, The Aberfeldy and Weem Heritage Trail, with a trail map and information on the many places of interest in the area. QR codes with information at each of these sites are currently being installed. The BHS also provides a free service of assistance with family history research. Recordings of all the recent talks are available on the website.

**Fran Gillespie**

## Killin Floral Association

### VOLUNTEERS NEEDED!

Killin Floral Association is looking for new members. If you enjoy looking after plants, or even if you just want to do something for the community, we would love to hear from you. You don't need to have any knowledge about plants, but of course it helps if you have an interest in them.

The job consists of planting up the various tubs and planters, spread out over the villages, both in Killin and Ardeonaig. These will be planted up in the first half of June, so it would really help if you could get in touch soon! It would be great to have some extra pairs of hands for this job, especially younger ones, as all of us are getting on a bit!

After planting we maintain the planters and tubs: watering, deadheading, removing unwanted weeds, replacing the odd plant that is not doing well, etc. Of course during holiday time, it would be even more helpful to have more volunteers.

It is up to you how much you want to do and how much time you feel you can offer. There is no fixed time schedule and we will be delighted to see you! Just get in touch with:

**Anneke Mayo**

Email: [annekemayo@yahoo.co.uk](mailto:annekemayo@yahoo.co.uk)  
Or Phone Frances on 820427



*All Welcome  
No need to be a member*



### Mains

Homemade soup served with a roll £4.50

Roll and Bacon or Lorne sausage £3.00

Additional fillings £2 each

*(bacon, fried egg, Lorne sausage, Black pudding, Haggis slice)*

Butchers steak burger and cheese £7.00

Butchers Cajun Chicken burger £7.00

Homemade meatfeast Pizza £12.00

Homemade cheese tomato Pizza £9.00

Homemade olive jalapeno pepper Pizza £12.00

Homemade pepperoni Pizza £10.00

Side salad £2.50

Portion Chips £3.50

Mussels in garlic and bacon cream served with pasta £12.50

*Mussels cooked with wine, smoked bacon, onions, garlic and cream*

Fruity Chicken curry £10.00

*Lightly spiced tomato-based curry served with rice*

Lamb Goulash £11.00

*Diced lamb braised in red wine and blend of herbs and spices*

Scottish Beef and Cairngorm Ale Casserole £10.00

*Diced Beef Steak Slow Cooked in carrot, onion and Cairngorm Ale*

Pasta Bolognese £8

*its Spag boll :))*

Pasta Carbonara £8

*Diced bacon and oregano in creamy white wine sauce*

Scampi and chips £9.00

Tomato and bell pepper pasta £9.00

*Where possible all produce is sourced locally and prepared in our kitchen. This may cause a lapse in ordering and food arriving at your table. Please ask about allergens.*

*Butcher meat supplied from The Comrie Butcher.*





# Frost Report



## Disappearing Ducklings and Pole Dancing Squirrels

After daily check-ins for several weeks to a nesting mallard along the road, it was evident that she had hatched her brood but they were nowhere to be seen. The next day she arrived in our garden with 12 little balls of fluff looking for



scraps beneath the bird feeders. Again, she disappeared but returned to the pond. This seems to be the daily routine but where they disappear to, we have no idea. This does mean that the dog's



activities are somewhat curtailed so it is good that Crazy squirrel is here more often. He (or she) tries to get in the windows, dance along the windowsill and get down the birdfeeder pole without skidding all the way down. Obviously would not



get a job as a pole dancer! We see him close enough to see the fleas

on him! Another squirrel is smart enough to ditch the coming in and out of the feeder and just sits in there for the duration although he does poke out his nose for breath of air now and again. It must get pretty sweaty in there.

A few swallows have arrived but, as yet, no martins. It's a dangerous time for ground nesting birds of all species. It has been proved that the safest place for curlews to nest is on grouse moors with their predator control. Even the R.S.P.B. are understanding the issue and are seeking to recruit 'appropriately qualified and experienced contractors' to control foxes and crows to protect the diminishing curlews in N Ireland. This will be done by trapping the crows, shooting the foxes and using dogs if foxes are injured. It is stipulated that this is all to be done out of sight of the public. Writing in The Telegraph, Lord Botham says 'This shows the need to move away from the Disney view of the countryside.'

It has been found that Britain has the third highest density of foxes in Europe. This is leading to a great negative impact on red listed birds. To find out what is sustaining them further studies need to be done and a charity has been set up to fund this. Details of 'the fox diet research appeal', can be found online.

We all know what Disney did for venison sales! The Bambi scenario is coming to the fore again as dealers are finding it hard to sell the huge amount of venison which is the result of the ongoing deer cull. Venison is a healthy food and what appeal does Bambi have that Babe the pig or Shaun the sheep doesn't have? This cull is mandatory and if landowners do not carry out the required cull then Nature Scotland come in to carry it out.

Of course, all these deer are to be shot to protect forests but it has been proved that the conifers planted are actually carbon positive. The wrong trees are being

planted in the wrong places by the wrong methods releasing carbon as the peat is ploughed up. Some of us have known that for a long time but the so-called experts push their views. I'm sure that the remote tribe in Indonesia who are facing the extinction of their way of life due to nickel mining for electric car batteries feel much the same.

To something completely different – if you have around 10 million dollars going spare you could buy a 21,000 acre ranch in South Africa along with the 2,000 southern white rhinos which have been bred there as an answer to their loss due to poaching. The owner is now aged 81 and is retiring. I wish that I had the dollars, but then I expect that the food bills would be a bit steep. That at a time when many owners of slightly smaller pets such as dogs and cats are experiencing money worries about paying for food and vet bills.

One way of making your food go further is not to leave your rucksack unattended if walking on the Isle of Skye as it may get ripped open and the food stolen by ravens.

Equally unwelcome visitors were the beavers who dammed the wee lochan on Glen Ogle head. This resulted in the rising water level affecting local housing and cycle way. This re-introduced species is deemed to be advantageous to the environment. But it is hard to recognise what advantageous effect this incident had.

Mr. Fox is away to his cousins for the weekend as they have found a fabulous spa hotel. It's in a garden in Nottinghamshire where you can sleep in warm comfort underneath the hot tub and exercise in the moonlight with nine like-minded foxes on the trampoline. I wonder how long it will be before they use the hot tub.

**Tim Frost**



## Congratulations



**Rosie Watson**

Rosie Jessica Watson born 24th March at Forth Valley Royal Hospital weighing 7lb 13oz.

Iain and Aimee would like to thank everyone for their kind wishes and gifts.

**Aimee Macleod**

## Killin Heritage Society

We completed our 2022/23 programme of meetings with a very successful "A Dip into Drama" by Glenda Mardon and Myrica Reid of Killin Drama Club. They used a screen presentation, photographs and colourful handmade props to run through the history of the club highlighting many of the pantos and plays they have performed. To make us work for the tea and cakes, they challenged us with a quiz to finish. As the saying goes, "this will be a hard act to follow" with a new season of meetings starting in the Autumn.

It would be good to arrange something during the Summer, perhaps an Open Day showing the artefacts and recent additions to the archives held by the Society or a Show focusing on a particular aspect of the heritage of Killin and Ardeonaig. But for this to happen and to research and book speakers for the 2023/24 Season, we need some help. We currently only have a Chair and Treasurer and could do with a Vice Chair and Secretary. Although these are formal titles, we can be flexible about the sharing of tasks.

So, if you can help us to preserve and promote the heritage of the village and district, drop me a line and let's see how you could join the team. Email me at [keithmayo2000@yahoo.co.uk](mailto:keithmayo2000@yahoo.co.uk)

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**Limited Service 6<sup>th</sup> 7<sup>th</sup> & 8<sup>th</sup> June**

NEW COMPUTER EQUIPMENT

To keep us up to date and enable us to work the most efficient way we are having new computer equipment installed. During this time we will be running a limited service and will only be able to deal with emergencies.

Please make sure you have enough medication to last.

We are also closed for the Public Holiday 5<sup>th</sup> June

We apologise for any inconvenience and hope to be up and running as soon as possible.

Thank you

### Computer Upgrades

Please accept our apologies for the disruption caused whilst our new computer equipment is being installed. Thank you all for your patience.

### Immunisation Message from Jamie

In March I celebrated my ninth year working at Killin Medical Practice. The first training I undertook was the administration of childhood immunisations. I have so many fond memories of meeting new parents, watching their children grow and having the opportunity to provide protection and, yes, make them cry. I often laugh at how covid and face mask wearing protected my identity from the under 5-year-old children, so they stopped running away from me in the Co-op.

I took over the development of the seasonal flu clinics, enjoying our time up in Crianlarich and Killin community halls enjoying the home baking of the skilled ladies on the Cancer Research Committee as they held their annual coffee mornings.

Covid had a significant impact on how we implemented the flu and the new covid vaccine and I take great pride in administering most of the

vaccinations with the support of the Killin Paramedics. I even vaccinated in the wider hubs in Callander, Stirling and Killearn.

Now I am saddened to say vaccinations are no longer a service Killin Medical Practice will offer. A nationwide project to have much larger, experienced and dedicated immunisation teams is in place across every region in Scotland and now extending across rural Stirling.

The new team are currently focusing on under 5 years childhood vaccines and are visiting Killin as often as required. They are based in the Killin Nurses Station, not Killin Medical Practice, and are making appointments for children directly. Unfortunately Killin Medical Practice has no access to this appointment system so we cannot change or remind you when appointments are due.

Since January I have been endeavouring to vaccinate as many over 65s with the one-off pneumococcal vaccine as well as the 70s year olds with Shingles vaccine, however I could not reach everyone. If you are over 70 year's old and under 79 years you are entitled to the Shingles vaccine. This vaccine is

only given once (or as a course of 2 if you received the inactivated version). If you do not know if you have had this, we do still hold your vaccination record and the administration team can facilitate if you choose to enquire if you have had the pneumococcal and/or shingles vaccine.

From now on we must direct all immunisation queries including travel to NHS Forth Valley dedicated immunisation website available at: <https://nhsforthvalley.com/health-services/az-of-services/immunisation>

If you have an enquiry about vaccinations or to reschedule an appointment, please contact the team at: Email: [fv.vaccinationenquiries@nhs.scot](mailto:fv.vaccinationenquiries@nhs.scot) Phone: 0800 130 3120

I wish to express thanks to all our patients who have attended for immunisations across my career at Killin Medical Practice. Myself and Ann Gillies have enjoyed providing the service. This new service provided by NHS Forth Valley will give a more dedicated service to immunisations and in time they will keep the community up to date with the forthcoming winter vaccination service.

Immunisation is one of the biggest health successes of the last century. Some diseases that are caused by viruses can't be cured with antibiotics. The only way to control them is by immunisation.

**Jamie**

### Dog Fouling

We are having a problem with dogs fouling the grassed area around the practice. If your dog has fouled this area please clean up after them, think of the gardener!



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# Local Planning Applications

## National Park

### 12 Jan 2023

**Proposal:** Change of use of ground to to campsite; erection of 4no. holiday letting units; formation of parking / turning area, footpaths and landscaping of the site; installation of drainage treatment plant with soakaway and associated groundworks  
**Location:** Land Southwest of Killin Holiday Home Craignavie Road  
**Applicant:** Ms Caroline Barrett  
**Application Type:** Detailed Planning Permission  
**Decision:** Current

### 16 Jan 2023

**Proposal:** First time public water supply to Bridge of Orchy comprising installation of Break Pressure Tank (BPT), kiosks, substation, and formation of access from the A82 trunk road  
**Location:** Land West Of A82 Tyndrum  
**Applicant:** Scottish Water  
**Application Type:** Detailed Planning Permission  
**Decision:** Current

### 14 Feb 2023

**Proposal:** Stationing of two mobile homes, installation of new hardstanding, parking area, and access  
**Location:** Land At Maragowan Allt Fulleach Killin  
**Applicant:** Ms Sue Rumball  
**Application Type:** Detailed Planning Permission  
**Decision:** Approve

### 14 Mar 2023

**Proposal:** Erection of dwellinghouse; installation of new waste water treatment system and erection of footway crossover  
**Location:** Land South Of 2 Glenfalloch Road Crianlarich  
**Applicant:** Mr Robert Gauld  
**Application Type:** Detailed Planning Permission  
**Decision:** Approve

### 20 Mar 2023

**Proposal:** Demolition of existing sheds and erection of holiday bothy  
**Location:** Carragh Ghlas Main Street Killin  
**Applicant:** Mr Colin McRae  
**Application Type:** Detailed Planning Permission  
**Decision:** Current

### 21 Mar 2023

**Proposal:** Construction of 500m of forestry track  
**Location:** Land South Of Inverardran Crianlarich  
**Applicant:** Mr Andrew Malcolm  
**Application Type:** Prior Notification  
**Decision:** Current

## 24 Mar 2023

**Proposal:** Further application (under section 42) for construction of bike skills park including bike paths, pump track and erection of storage building and WC approved under 2021/0099/DET to modify conditions 1c, 1d, 4, and 6  
**Location:** Land East Of Dalrigh Car Parks, Tyndrum  
**Applicant:** Ms Kelly Claperton-Bates  
**Application Type:** Detailed Planning Permission  
**Decision:** Approve

## 30 Mar 2023

**Proposal:** Prior Notification for Forestry-related Building Works (Non-residential).  
**Location:** Land South Of Inverardran Crianlarich  
**Applicant:** Mr Andrew Malcolm  
**Application Type:** Prior Notification  
**Decision:** Current

## 03 May 2023

**Proposal:** Erection of dwellinghouse, garage and ancillary building  
**Location:** Greenbank Cottage Main Street Killin  
**Applicant:** Mr G Barnaby  
**Application Type:** Detailed Planning Permission  
**Decision:** Current

## 11 May 2023

**Proposal:** Erection of storey and a half extension, dormer window and rear decking  
**Location:** Wester Lix Steading Killin  
**Applicant:** Mrs Kimberley McIntyre  
**Application Type:** Householder Planning Permission  
**Decision:** Current

## Perth & Kinross Council

## 25 Mar 2023

**Proposal:** Erection of a polytunnel  
**Location:** The Farmhouse Tombreck Lawers Aberfeldy  
**Applicant:** Tombreck Market Garden  
**Application Type:** Prior Approval Agriculture  
**Decision:** Awaiting decision

## Stirling Council

## 30 Jan 2023

**Proposal:** Formation of a temporary construction compound (for welfare facilities, parking, as well as storage of plant and machinery and material processing) to service adjacent substation development (21/00570/FUL)  
**Location:** Land 110M South East Of Lochay Power Station Killin  
**Applicant:** Scottish Hydro Electric Transmission Plc  
**Application Type:** Full  
**Decision:** Approve - Temporary Permission

## 01 Feb 2023

**Proposal:** Erection of a 20-metre-high lattice tower and ancillary development, including the formation of a new access track  
**Location:** Meall Odhar Auchmore Killin  
**Applicant:** Cornerstone  
**Application Type:** Full  
**Decision:** Approve with Conditions

## 15 Feb 2023

**Proposal:** 2no. Shepherd Huts to provide additional self-catering accommodation  
**Location:** Killin Log Cabins The Sheiling Killin  
**Applicant:** Mr Andrew Henderson  
**Application Type:** Full  
**Decision:** Withdrawn

## 17 Apr 2023

**Proposal:** Demolition of cottage  
**Location:** Daldravaig Cottage Killin  
**Applicant:** Fred Stroyan  
**Application Type:** Prior Notification/Approval  
**Decision:** Withdrawn

## 01 May 2023

**Proposal:** Erection of 1.5 storey extension to dwellinghouse with flue and erection of deck  
**Location:** Drumnalarig Killin  
**Applicant:** Mr Ellis Watson  
**Application Type:** Full  
**Decision:** Awaiting decision

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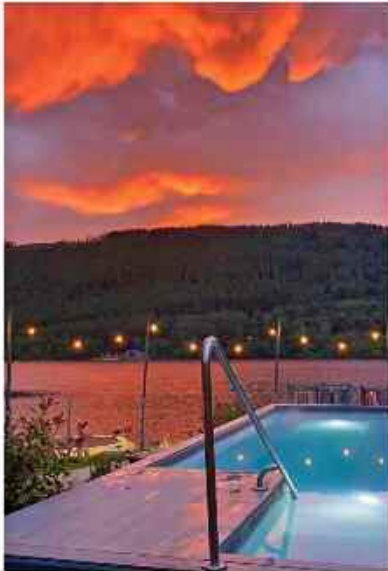
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# The Plants and Wildlife of Loch Tay Marshes



## Loch Tay Marshes

Loch Tay Marshes in Killin lie between Pier Road and the end of Loch Tay. Habitats include woodland, freshwater loch, river and fen with a diverse range of plants, birds, mammals and insects. John Holland, speaker at our Callander SWT talk in February, has spent an unbelievable number of hours recording its plants and animals since 2005: I will apologise now for being unable to do him credit!

The River Tay and its tributaries are a Special Area of Conservation (SAC), designated as a Natura 2000 site for Atlantic salmon and otters, along with protected freshwater pearl mussels and sea, river and brook lamprey. Loch Tay is included as an important clear water loch and at its head is a Site of Special Scientific Interest (SSSI) with one of the most open water transition fens in Stirlingshire.

On a virtual walk down Pier Road the first stop is the ruins of Finlarig Castle with its beheading pit, standing on top of a large wooded mound. Built in the 1620's by Sir Duncan Campbell, it is now surrounded by large old yew and holly trees which provide roosts for several species of bats. Native plants include cuckoo pint, bluebells, wood sorrel, opposite-leaved saxifrage and the rare Moschatel (aka 'Town Hall Clock'), an Ancient Woodland indicator species. Toothwort is parasitic on the sycamores and the Birds' Nest Orchid, without chlorophyll, is a parasite on a fungus. Woodland birds include spotted flycatcher, nuthatch, redwing, brambling, blackcap, warblers and great-spotted woodpecker.

The Carr woodland is very wet and dominated by alder and willows. Special plants include coral root orchid, water avens, wood club-rush and woody nightshade. Pendulate oaks at the edge of the loch are home to beefsteak and 'chicken of the woods' fungi.

This gives way to marshy grassland with snipe, meadow pipit and water rail plus occasional hunting short-eared owls, hen harriers, peregrine, merlin and barn owl. However, summer grazing with sheep has reduced tall herbs such as meadowsweet, valerian, angelica and melancholy thistle, now virtually restricted to the island.

Beavers have been there since 2014 and quiet observers are virtually certain to see them in the evening from late April to June. John has seen them 685 times, once a group



**Moschatel**

of 12 - don't expect to match that! On the island is their obvious, large, untidy lodge. They do not like alder but take a lot of willow which is good for the fen. Their favourite species is aspen, including those wrapped with chicken wire near the Killin Hotel! Otters like to fish around the lodge but a female taking in bedding was probably overstepping the mark! Beavers don't like otters and frequently chase them away but otters generally ignore them and continue to play close by.

On the sandy, grassy ridge are silverweed, sneezewort, yarrow, ladies' bedstraw and harebell, dependent on sheep grazing and trampling by people. Within the SSSI are bladderwort, bottle sedge, lesser water plantain, cinquefoil, water avens and lesser water plantain which forms a pink carpet over the mud.

Ospreys regularly feed on the loch and if a lot of mud is exposed, may also get a variety of spring waders. In the wetlands are snipe, whimbrel, sanderling, knot, turnstone, red-necked phalarope, common sandpiper and an occasional Temminck's stint. Gulls nest on the sandbank: common, lesser black-backed and black-headed, along with common, arctic and sandwich terns. A large number of curlew roost in March and 100's of sand martins, swallows and house martins go through in spring. Water birds seen include goldeneye, red-breasted merganser, goosander, long-tailed ducks, pintail, scoter, pochard, dabchicks, black-throated divers, cormorants and occasionally great-crested and Slavonian grebes. Geese include barnacle, black-fronted bean, bar-headed and pink footed. Along the river Lochay there are kingfishers and wagtail while dippers nest under the old railway bridge.

'Natural' factors threatening this area include climate change, invasive NZ pygmy weed, spawning non-native roach and flooding. It is an easily accessible area and recreational disturbance can threaten habitat and its wildlife. A change from sheep to controlled cattle grazing would benefit plants but would not be a good mix with dogs. Dogs running through the fen or along the 'beach' disturb ground-nesting birds and may trample chicks. Speed boats and jet skiers on the loch disturb wildlife and waves erode the shoreline and wash up into the fen. More education of users to appreciate the wildlife is obviously needed to protect this special area.

**Lesley Hawkins**






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## Spring at BEN LAWERS NNR



The first of the mountain flowers are out: purple saxifrage, a low-growing and colourful plant most often seen around the rocks and crags higher up the hill. It's the most northerly flowering plant in the world where it also grows through the arctic.

Our wildlife is likewise waking up for spring. Common lizards are emerging when the sun comes out, as well as a host of colourful invertebrates like the oil beetle pictured. Young oil beetles wait on flowers for mining bees to pollinate them – then leap onto the bee's back, hitch a ride to its nest, and live there until adulthood, stealing food from the bee larvae.

We're also seeing the first migrants arrive. Wheatears have flown all the way from Africa – they're a pale, starling-sized bird with a distinctive white rump. Some of them will stop here to breed, feeding on the summer profusion of invertebrates on the hill. Others are just using us as a stopping point before flying on to the Canadian tundra – a colossal journey.

All of this wildlife will soon have even more space to grow. We've had an airlift of fencing materials to expand our native woodland, scrub and tall herb restoration areas, connecting up the woodland along the main Ben Lawers path with the restored areas of Meall nan Tarnachan. As part of this, we'll be trialling the use of a small herd of cattle to partly break up the grasses to hopefully promote tree regeneration.



For more info on Ben Lawers go to [www.nts.org.uk/visit/places/ben-lawers](http://www.nts.org.uk/visit/places/ben-lawers)



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- Toys, games and greetings cards
- Bulk food and cleaning product refills
- Local food, wholefoods and fruit and veg







# Crianlarich Primary School

## Bike Skills

On the 9th May, Ramsay from Trailcoach visited us for the final time this year to teach us more bike skills. Half of us went on an adventure around the village and into the community woodland and the rest used the playground to keep developing confidence and bike handling skills. We all had lots of fun!



## Peace Run

On the 16th May some runners from all over the world came to our school to tell us about the Sri Chimnoy Oneness-Home Peace Run. They spoke in their own languages, performed songs, which we joined in with and we tried to guess where each runner came from.



## Penny's Music

Penny Murdoch-Lindsay took part in the Primary Music Day at McLaren High School on the 14th May. She has been working very hard to learn the clarinet all year, well done Penny!



## Sponsored Walk

On the 21st April we went to Tyndrum for our sponsored walk with Killin Primary School. We walked over 5 miles on a very sunny and hot day. Crianlarich Primary School raised £1543, thank you to everyone who sponsored us.

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## Welcoming a New Advertiser, WT Architecture

The support from local businesses to advertise in the Killin News enables our publication to thrive, and most importantly to remain free for locals. We welcome new supporter, WT Architecture, which is known to residents in the surrounds and share this insight to their rural work.

### WT Architecture on their new Argyll studio

After twenty years of working throughout the highlands and islands of Scotland, South Queensferry-based architects WT Architecture decided it was time to be closer to their projects and set up a base in Mid Argyll. Principal Architect Wil Tunnell is no stranger to rural life having lived on the Isle of Coll in the past. 'Much of our work is in remote rural locations,' he says, 'so it has been fantastic to be able to be closer to so many of our clients and more of our building projects'. The practice has specialisms both in adapting old buildings for new uses and designing beautiful contemporary houses in sensitive landscapes. Their work has scooped many national awards and featured on Grand Designs House of the Year. This work for private clients sits along side many years of working with small communities to help them realise their dreams for their community projects.



WT Architecture's Lottery funded village hall on Iona was completed in 2022 and has scooped awards including the Edinburgh Medal for Architecture. The new building was the result of years working closely with the Community Trust in

developing a sustainable brief for the building and ensuring that it fulfilled the real needs of the islanders. As a cold and windy place, where all the pubs and hotels are closed in winter, Iona's hall allows people to come together in a warm place, and provides a range of spaces for different activities from big concerts to a small book-binding group. The designs were developed in rounds of workshops with the people on the island, and had to be sensitive to the historic context and stunning coastal location.

This approach of designing with communities is one the WT team have used to great effect for the similarly ambitious community hub, An Crubh, on Skye. This building has a vibrant community-run cafe, and a well-stocked shop and post office, as well as a big new hall space for the people of the Sleat peninsula. In an area of widely spread houses this new building provides something of a village centre and focus, as well as catering for passers-by and hungry tourists. This means that money from tourism goes straight back in to the community's coffers, and can be used to sustain the whole operation.

The practice really enjoys taking on every new challenge says Architect Tamsin Cunningham, who heads up the Argyll studio in Kilmartin. Her team are currently working with communities on Eigg and Luing, and on buildings in Oban, Balquhider and Mull. 'Whether we are working on an old house for a private client or a bigger public project each provides something new. We really enjoy working with different communities as well, and it's great to really get to know a place through the people who know it best - those who live there.'



## Leave the Walls Alone

It seems to have become an ok thing to tear apart old walls and plunder their stone to erect pointless cairns, unnecessary benches and fake prehistoric monuments. It's not. Please stop it.

These walls may not look like much – time and the elements have taken their toll – but that's the thing about archaeological remains: they are the remnants of a lived past somehow, despite the odds, surviving into the present.

The walls are part of Killin's cultural heritage, weaving through the tapestry of our historic landscape, of farm and town, head dyke and sheep fold, sheiling and trackway, field and forest, mountain and glen. They divided the land, setting boundaries, organising farmwork, evolving as needs changed. They are the product of gruelling, back-breaking labour, young and old wresting the stones from the earth, carrying them, dragging them, piling them, laying them out in lines across the steeps and flats. And all for a vital purpose, because livelihoods depended on them.

It's perverse to destroy real archaeology to build fake archaeology. Please put the stones back where you got them. In time, maybe, only archaeologists will be able to see damage you did.

**Andrew Powell**

## Green Bowls

Every Monday 6.30pm-8.30pm  
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## 2nd Killin & District Scout Group Stirling & Trossachs

# Scouts



night. It was our first taste of summer.

They have also been busy practising their den making skills. We had 4 dens built in one evening in the woods using all natural materials from nearby. Each den had its own unique style and there had been lots of planning, teamwork and labour put into them! We're hoping the nice weather

### Beavers

We've been making the most of the glorious spring weather and light evenings this term with our Beaver Scouts. They raced up to the woods on Sron a' Clachain to complete a SPRING themed scavenger hunt! We found Sticks, Primroses, Rocks, Insects, New shoots and Grass to name just the top option for each letter! There was not a cloud in the sky that

continues for us to have lots more outdoor meetings in the run up to the summer holidays!

Beaver Scouts are 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**



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Buchlyvie	Gargunnoch	Kippen	Tyndrum
Callander	Gartmore	Lochearnhead	
Deanston	Killearn	Strathblane	

Further new build developments are being planned for Killearn, Balmaha, Croftamie, Strathblane 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](http://www.rsha.org.uk).

**Rural Stirling Housing Association**  
Stirling Road, Doune FK16 6AA

01786 841101

[enquiries@rsha.org.uk](mailto:enquiries@rsha.org.uk)

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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, 31 May, 14 Jun, 28 Jun, 12 Jul, 26 Jul, 9 Aug.

## 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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## Your copy of Killin News

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**Carla Finlay on 07463722103 or email [carla@killincdt.co.uk](mailto:carla@killincdt.co.uk).**

#### To apply email CV and covering letter to Theresa Elliott

[theresa@killincdt.co.uk](mailto:theresa@killincdt.co.uk).

**Closing date Friday 9th June 2023**



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# What's On In Killin And District

## Regular Activities

## Coming Soon !

### Monday

- Adult Badminton, 7-9pm, 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)
- Tuesday Club, 2-4pm, Community Rooms
- Pilates 5.45pm and 6.45pm, Community Rooms, booking required on 07866 018629
- CAB drop-in session, every 2nd Tuesday: 1pm-3pm, Killin Library

### Wednesday

- Walk in the Park, 10.20
- Strength & Balance, 2-3pm, Community Rooms
- U3A French, 2.30-4pm, online
- Highland Hustle, 6.30-7.15pm, zoom
- Youth Club – Wednesdays (Fortnightly), P6/7 6-7pm S1-3 7.30-8.30pm [Sign-Ups: [alasdair@cyp.org.uk](mailto:alasdair@cyp.org.uk)]
- Pilates drop-in, 5.20pm, Lesser McLaren Hall
- Multi-Sports Session - Wednesdays (Fortnightly), P5-7 5-6pm, S1-3 6-7pm [sign-ups: [mckennac@activestirling.org.uk](mailto:mckennac@activestirling.org.uk)]
- Killin Comm Choir, 7.30pm-9pm, Killin Church

### 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, 10.15 - 11.30 McLean Hall, Fearnan.
- 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, Check for times with Andy.
- Killin Gun Club, 3<sup>rd</sup> Sun of month March-December. Contact Stuart Ogston 07999 510014 Henry Paterson 01567 820354

### June

- 8 Little Red Riding Hood play, p15
- 10 Duck Race, p14
- 12 Walk in the Park evening, p6
- 16-18 Killin Music Festival
- **July**
- 1 Patient Participation Group, p7
- 5 NTS Walk, p8
- 14 NTS Walk, p8
- 19 NTS Walk, p8
- 25 NTS Walk, p8
- 28 NTS Walk, p8

## Killin Library

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

<b>Monday</b>	10-1pm 2-5pm
<b>Tuesday</b>	10-1pm 3-7pm
<b>Wednesday</b>	2-5pm
<b>Thursday</b>	Closed
<b>Friday</b>	10-1pm 3-7pm
<b>Saturday</b>	Closed

## Church Services

- **Killin & Ardeonaig Parish Church**
- **1st Sunday of the month**  
10:00am Sunday worship including Sunday School
- **2nd Sunday of the month**  
10:00 Sunday worship including communion
- **3rd Sunday of the month**  
10:00am Cafe Church including Sunday School
- **4th Sunday of the month**  
10:00am Sunday worship
- **5th Sunday of the month**  
10:00am Sunday worship
- **Episcopal Church**
- See [www.strathearn-episcopal-churches.co.uk](http://www.strathearn-episcopal-churches.co.uk) for details
- **Roman Catholic Church**
- Sunday Mass in Callander at 11:30am

## Mobile Libraries

Please see the council websites for any updates.

### Crianlarich/Tyndrum Fortnightly Fridays

9th Jun, 23rd Jun, 7th Jul, 21st Jul, 4th Aug

### Crianlarich

School 10:45-11:30

Glenfalloch Rd 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

5th Jun, 19th Jun, 3rd Jul, 17th Jul, 31st Jul

Glen Lochay 11.45-12.30  
Ardeonaig 14.00-14.45

### Perth and Kinross

Fortnightly Tuesday

6th Jun, 20th Jun, 4th Jul, 18th Jul

Tombreck 16.40-17.00

## Which bin? Saturdays

3rd Jun 10th Jun

17th Jun 24th Jun

1st Jul 8th Jul

15th Jul 22nd Jul

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  
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