

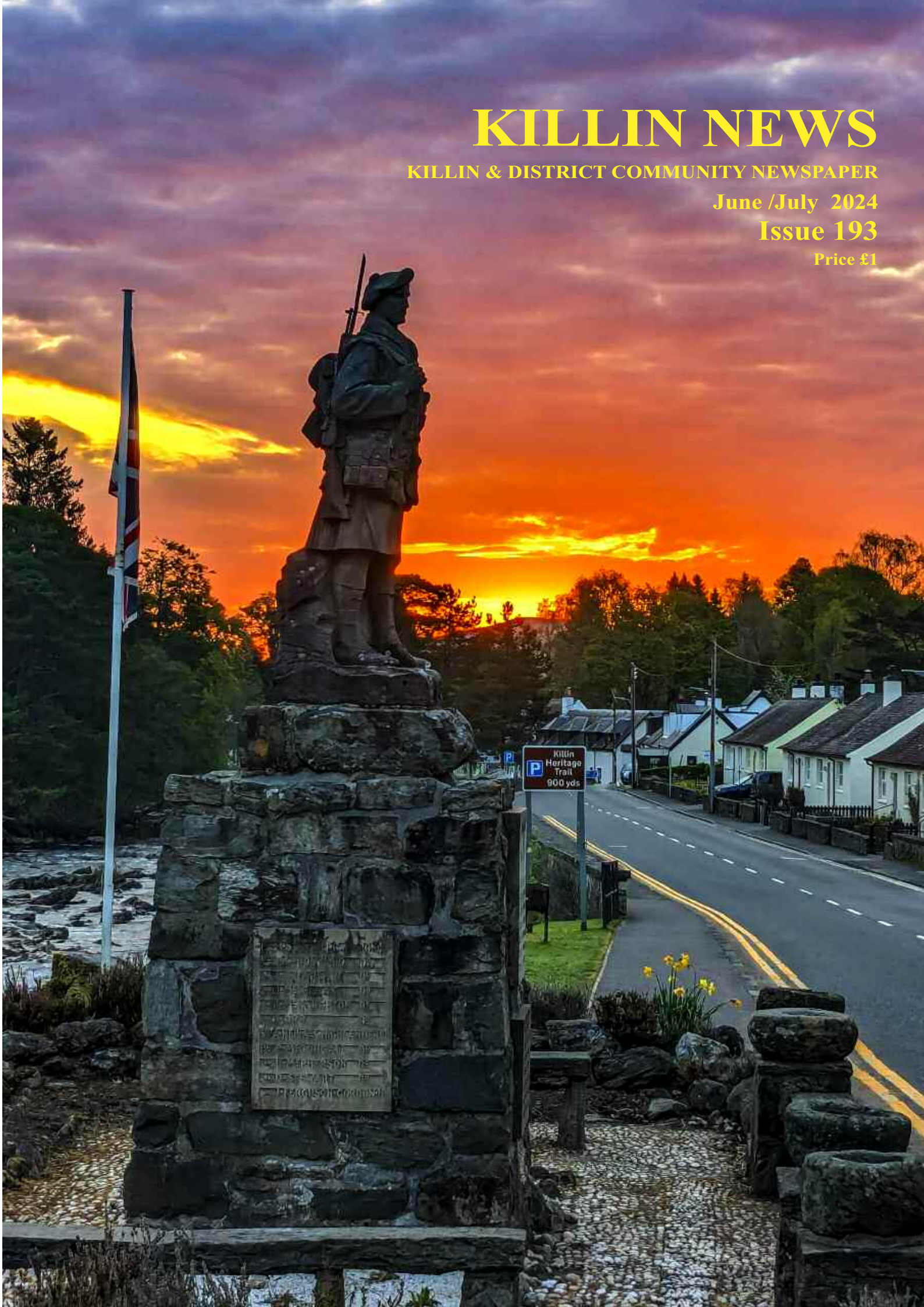
KILLIN NEWS

KILLIN & DISTRICT COMMUNITY NEWSPAPER

June /July 2024

Issue 193

Price £1



Killin News

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.



DEADLINES

Issue 194

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Front Cover

Photo Jason Campbell

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McLaren Hall Fund Raiser

Hopefully lots of locals (and visitors !) will be able to come along and support the fund raising events that are being held on 1st June in aid of the McLaren Hall.

The hall really is the heart of the village, playing such a vital role to so many clubs, activities and events, and needs to be kept in a good state of repair and suitable for the huge variety of roles it is used for.

Full details below :-



The poster features a blue background with yellow stars. At the top, the text 'MCLAREN HALL' is written in large, white, bold letters, with 'SATURDAY 1ST JUNE' below it in smaller white letters. Below this, there are two white arched panels. The left panel contains an illustration of a car boot sale and the text 'CAR BOOT/ TABLE TOP SALE', 'INSIDE OR OUT - YOU CHOOSE', '11AM - 3PM', 'TO BOOK YOUR SPACE PLEASE CONTACT ELIZABETH WOODS - 07818 023505', and '£10 PER TABLE'. The right panel contains an illustration of a bowl of soup and the text 'SOUP LUNCH', 'INSIDE THE HALL', '12 NOON - 2 PM', 'CHOICE OF SOUP, SANDWICHES, TEA, COFFEE & SHORTBEAD', and 'EVERYONE WELCOME'. At the bottom, a yellow banner contains the text 'TO RAISE FUNDS FOR THE IMPROVEMENT OF THE MCLAREN HALL'.

MCLAREN HALL

SATURDAY 1ST JUNE

CAR BOOT/ TABLE TOP SALE

INSIDE OR OUT - YOU CHOOSE

11AM - 3PM

TO BOOK YOUR SPACE
PLEASE CONTACT
ELIZABETH WOODS -
07818 023505
£10 PER TABLE

SOUP LUNCH

INSIDE THE HALL

12 NOON - 2 PM

CHOICE OF SOUP,
SANDWICHES,
TEA, COFFEE &
SHORTBEAD

EVERYONE WELCOME


TO RAISE FUNDS FOR THE
IMPROVEMENT OF THE MCLAREN HALL



The logo for Dryland Garden services features a stylized tree inside a circle, with the text 'Dryland' above and 'Garden services' below.

Andy Drynan
07784 726 609
Killin, Perthshire

drylandgs@gmail.com



A detailed black and white illustration of a large, multi-story stone house with a gabled roof and multiple windows.

DALL LODGE

COUNTRY HOUSE

We would like to express our gratitude towards the Killin News- team and their great work!
Kenneth & Bannan



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Our local honey can be bought from our new honesty stall.

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Tombreck Market Garden

Well, the weather finally improved enough to start preparing the growing areas for our second season here at Tombreck.

We took the silage tarps off plot #2, dug out the surviving docks, rotavated in some manure, and will soon be starting to form it into permanent beds.

Plot #1 got weedy over the winter, so it has been a long job making the beds ready for new crops, adding the first of our own compost which we're very pleased with.

Otherwise, we've got loads of new plants at various stages of growth and are starting to plant out the most advanced ones. Spuds have gone in, tomatoes and cucumbers are in the polytunnel, there's a new raspberry bed, and our apple trees are already in blossom – looks like it'll be a busy year!

Watch out for the return of our veg boxes, hopefully during June, delivering weekly to Killin and other local hubs as before. Make sure



you're signed up to our mailing list to keep up with developments.

Further info via our website as always:

tombreckmarketgarden.co.uk

We've also started a volunteer day on Tuesdays, 9.15am-1pm, so please get in touch if that's of interest.

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Keep the C60 Bus Campaign

As we hope most will now know, the recently cancelled C60 bus service has been reinstated thanks in no small part to the efforts of various active and determined groups. It must also be noted that support extends far beyond the many that could be mentioned here but includes significant support from all affected local villages along the route, a lively and determined WhatsApp team, the C60 Facebook page, village councils and councilors and support from MSP's. I apologize for anyone inadvertently left from this list, however, we could not have achieved this magnificent result without everyone who took time to campaign and support. Thank you.

We have been advised the route will begin again during July 2024 with four round trips expected per day, so although a slightly reduced service, this is a huge step forward in connectivity for the rural community. The 16-seater bus will be based in Callander.

There continues to be discussions surrounding reduced mobility access, route timings including linking with services in Callander to be in Stirling for 0900, alternative options for when delays occur and slight tweaks to drop off points in Callander (Health Centre and McLaren).

The success of this initiative will benefit us all, and clearly demonstrates the overwhelming strength of cooperative spirit that exists within our respective communities.

On behalf of the WhatsApp group and Facebook page, thank you all, sincerely.

Jayne, Louise, Sara, Carla, Charlie, Franny, Mhairi, Natalie, Rona and Sean

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Killin Mountain Rescue Team

Callouts Over the Easter Break

As is often the case for mountain rescue, the turning of Winter to Spring, along with the Easter break, leads to a substantial increase in callout numbers. This year has been particularly so with 300 volunteer hours given over to callouts in a 2 week period.



A particularly challenging callout was for a missing male walker, on the hills of An Caisteal and Beinn a'Chroin in Glen Falloch. Searches began in the evening and into the night with a subsequent search continuing the next morning. The dedication of our mountain rescuers, meant some will have only had a few hours sleep before going out again. Conditions were not easy with low cloud, drizzle and old wet snow. The search was substantially expanded in the morning with assistance from neighbouring teams

including Arrochar, Oban, Ochil, Lomond, Search and Rescue Dogs, Tayside and Tayside Police. Significant resources were utilised through the police and coastguard helicopters. We would like to thank Glen Falloch Estate for their assistance with transport to the remote sections of the hill which greatly increased the efficiency of our search. 41 mountain rescue volunteers worked together during this search, however the male walker was unfortunately found deceased. This is never the outcome we want but are glad we can bring closure to the family and bring their loved ones home. We send our condolences to the family. Subsequent callouts included overdue walkers on Stob Binnein who fortunately turned up shortly after our arrival. Two stranded walkers were reported on snowy Ben More who were fortunately airlifted off the hill by Coastguard helicopter. Two different callouts were also for an exhausted walker and misplaced mountain biker. On their own, these callouts were not challenging but the large number over a small period of time will have put significant pressure on our members.

Thanks to our Supporters

Our mountain rescuers could only continue volunteering their time for those in need, with the support of the people in the background. This is an extensive list from their employer for letting them off work, to their colleagues for picking up the slack as well as the partners and family members picking up the pieces left by the departure of a loved one. For many of the team, they will also have children who need looking after. This burden can fall onto a range of people from grandparents to friends who without a moment of hesitation say yes to a request for help, allowing our mountain rescuers to drop everything and respond.



Indirectly, the support of local businesses, organisations and estates has been phenomenal. This includes the Real Food Cafe and the Mhor franchise who have donated food to ourselves when we have needed it the most. The difference it makes to our rescuers can be significant. Not only is it the sustenance but it is also the good will and support of our community that means we keep on giving a large percentage of our time.



We sincerely send thanks to all those who have donated and assisted to us over the last few months.

If you do have any questions or queries, do please contact the team via email at:
secretary@killinmountainrescue.scot

Stephen Rawlinson
Secretary

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Killin Medical Practice

Cardiovascular Risk Assessment

We would like to extend an open invitation to those people over the age of 40 years with no underlying health conditions to approach the surgery if you would like a cardiovascular risk assessment undertaken. This invitation is open to anyone over the age of 40 years who has not had their cholesterol checked within the preceding five years and we would obtain a blood sample to assess your total cholesterol and HDL cholesterol (good cholesterol).

Cholesterol is a type of blood fat which is made in the liver. It's found in some foods too.

Ann Gillies can obtain a cholesterol blood test, height, weight and blood pressure to undertake a risk assessment. This will identify those more likely to be at risk from heart attack or stroke in future years. We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries and lead to health problems in the future, including heart disease.

By getting a simple cholesterol test and making minor healthy lifestyle changes, most people can keep their cholesterol levels healthy.

Those at higher risk are people with a family history of premature heart disease, (mothers, fathers, brothers or sisters). If they have had angina, heart attack or stroke under the age of 60 years it would be prudent to have your own risk assessment undertaken.

Also if you know of a 1st degree family member diagnosed with hypercholesterolemia and you are over the age of 18 years we recommend this assessment. If you feel this is something you would like to consider with Killin Medical Practice please speak to our admin team who would be happy to offer you an appointment.

Dog Owners

I'm sorry to say we are still having problems with dog owners not clearing up after their dogs. This is not pleasant for the gardeners or staff. Please can you ensure if your dog uses the grass around the building as a toilet, you clear up behind them, thank you

Ann Massey
Practice Manager



RCGP Scottish Patient Forum

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Local Planning Applications

National Park

10 Apr 2024

Proposal: Installation of inlet screen and associated works
Location: Sewage Works Crianlarich
Applicant: Scottish Water
Application Type: Detailed Planning Permission
Decision: Current

Perth & Kinross Council

10 Apr 2024

Proposal: Formation of a 49.9MW battery energy storage facility and associated works
Location: Land 300 Metres West Of Tir Artair Killin FK21 8TX
Applicant: OPDEnergy UK LTD
Application Type: Proposal of Application Notice
Decision: PAN notice sufficient

11 Apr 2024

Proposal: Installation of 49.9MW stand alone battery electricity storage system and ancillary equipment to connect to the grid at Killin Substation
Location: Land 300 Metres West Of Tir Artair Killin
Applicant: OPDEnergy
Application Type: Screening Opinion
Decision: closed

Stirling Council

Nothing to Report

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Killin Drama Club



We were extremely pleased to win a trophy at the Scottish Community Drama Association's Scottish Final at the end of April. This was not for a performance, but for the poster we designed for our 2024 Pantomime.

The competition is open to all clubs across Scotland with the only rules being they must display the SCDA logo and text "SCDA member".

We encourage anyone with any skills that we can use to be involved in the drama club, it is not just for actors.

Lizzie Stevens

Killin Community Choir and Special Guests invite you to an evening of songs you know and love

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Killin Youth Project

Spring is here, summer is on the way and we are making the very most of it at youth group. We kicked off our spring block with dodgeball as we like to do, and everyone really enjoyed being outside for a



good run around. This session block is a large one and the weeks running up to the summer holidays are jam packed full of excellent activities. After our dodgeball session we have had a crochet session, scavenger hunts, special effects and glitter makeup and what's in the box quiz nights. The second half of the block also has lots to offer with flag design in time for the Euros, a surprise session that is top secret, paper boat making and racing, giant garden



games, tie dye t-shirt design, an obstacle course and to round the year off a big summer party! We are also going to squeeze in a group trip bowling in Stirling.

Over on Killin Youth Project's Facebook page you can find details of upcoming sessions, timings and registration details and see some of our amazing session pictures.

Our attention will then turn to the summer and the activities we have planned. It is set to be another fun packed holiday programme of activities so keep an eye out for registration details and timings.

We are nearing the end of our first year of 3 year funding from National Lottery Young Start Grant, the project and it has been a huge success with both

our junior and senior groups now full. We now have 40 young people registered with the project and are achieving our aim to provide varied youth activities to our youth community.

We would like to take this opportunity to thank every one of them. Without their ideas, contributions and input to the direction and design of our session it wouldn't be what it is today. Also a huge thank you to the community for its continued support, it has been greatly appreciated in our first year.



As always it cannot be highlighted enough how thankful we are for our Youth Work Volunteers and the work they do. We always welcome anyone who is interested in volunteering no matter how little time you can give or if you would like to find out more about the project contact:

carla@killincdt.co.uk
Carla Finlay
Project Manager Youth and Sport (KAT)



Strathfillan Community

Strathfillan Community Garden

At last, the weather seems to be warming up, and now the longer days mean more time to get out into the garden and start making the most of our community space. We have lots of seats in the garden, so please feel free to come down and enjoy a seat in the fresh air and sunshine, listen to the birds and relax.

Last month our primary school children had a great time laying a patch of wildflower turf in the garden. Thanks to the Forth Environment Link who provided the funds to purchase the wildflower turf, which will bring more lovely wildflowers to the community garden. We look forward to seeing lots of bees and butterflies this summer.



Strathfillan Seasonal Rangers

The Trust is delighted to announce that Wild Strathfillan Project have allowed us to reallocate some funding to continue the provision of our seasonal ranger program. We have also identified another funding opportunity, which we are hoping will provide further funding to secure two full-time seasonal rangers across the summer.

If you are interested in working for the Trust as a seasonal ranger, we would be happy to hear from you as we are accepting expressions of interest for the role.

For more information on the work of the Wild Strathfillan Project see their website at:

www.trustinthepark.org/wildstrathfillan/

Strathfillan Angling Association

Thank you to Colin McGeoch for organising the improvements to our popular fishing spots. He has also created an updated map of our fisheries, which can be found by heading to our website www.strathfillancdt.org.uk/projects/fishing-in-strathfillan.

The work carried out by John Chisolm of JC Services involved clearing the riverbanks to allow better access for fishing. A big thank you to John for delivering these improvements! The Trust have further plans to improve access to our popular fishing spots, by installing footbridges across certain burns.

The new season permits and maps are available from Crianlarich Stores, the Rod & Reel, the Crianlarich Hotel and the Green Welly Stop. Fishing can also be booked online via the Fishpal website www.Fishpal.com/Scotland/Tay/StrathfillanAA/?dom=tay. Follow us on Facebook and share your photos of your catch and our lovely area. www.facebook.com/Strathfillanfishing/

Gold Panning

With the spawning season over on the 1st of June, gold panners can again purchase permits to pan the rivers of the Tyndrum Community Woodlands. Please head to www.strathfillancdt.org.uk/projects/gold-panning to find out further information and to obtain a permit.

Bike Skills Park

Finally, we have a bit of movement towards opening the Bike Skills Park (BSP) at Dalrigh. Signage has been designed and is currently being manufactured. Our development officers are also working on an opening plan for the BSP. Pre-opening checks and works are required, which will include erecting the signage and tidying up the carpark. We are planning to have a grand opening day, to which members of the community and local businesses will be invited.

If you would like to be part of the BSP opening day, or you have any other questions regarding the BSP, please contact euan@strathfillancdt.org.uk or sheona@strathfillancdt.org.uk

Auchreoch Community Purchase Proposal

Since the last edition of the Killin News, the Trust has unfortunately

decided to withdraw from pursuing a community buyout of the Auchreoch Estate. The Board of Trustees unanimously decided that the Trust did not have the adequate resources and time to further pursue this project.

The Trust would like to thank our partners the Loch Lomond Countryside Trust & the Loch Lomond & Trossachs National Park Authority for all their support and advice throughout the feasibility stage of this proposal. Furthermore, we also thank the landowners and Galbraiths for the assistance and cooperation they provided as we considered our options.

Saplings Summer Sessions

We are delighted to announce that we have received funding from the National Lottery Community Fund Scotland to secure the running of Saplings for the next 2 years. A big thank you to the National Lottery for granting this funding!



This year's Saplings will offer the following exciting activity sessions:

July 10th: Make your own pot with Nicola Lindsay at Crianlarich Village Hall.

July 15th: Cycling in Tyndrum Community Woodland with Trailcoach.

July 23rd: Indoor games day with Dalmally Youth Group.

July 29th: Hands-on estate management with Falcon Frost at Glenfalloch Estate.

August 2nd: Canoeing in Strathfillan with Active Stirling.

If you would like your child to attend any of the sessions listed above, then please head to

www.strathfillancdt.org.uk/projects/saplings to download a booking form. Please return this form via email to Sheona@strathfillancdt.org.uk

Tyndrum Community Consultation

Thank you to all the Tyndrum residents who turned out on 16th of April to have a say on the future of the village. We received lots of great feedback, some of which we have passed onto the Rural Stirling Housing Association, Stirling Council, SEPA and the Loch Lomond & Trossachs National Park.



ty Development Trust

As a result of this consultation, we have had meetings with representatives from both SEPA and the National Park. We will also be hosting a Stirling Council Surgery with Martin Earl on the 25th of May. We thank Martin for hosting this surgery and we thank all residents who attended to put their views and opinions about the village to the councillor.

We are also in the process of organising community consultation events with Rural Stirling Housing Association. Please keep an eye on the community notice boards and our Facebook page for the date. If you'd like to speak with us privately, please get in touch with ellen@strathfillancdt.org.uk or

Crianlarich Community Consultation

The Trust will be hosting a community consultation in Crianlarich Village Hall on Thursday 6th June between 1 – 4 pm.

We are revisiting the Strathfillan Community Place Plan so please come along and tell us about your views on community matters. We want to know about any issues that exist within the village. All information will be fed back to the relevant people and authorities. Everyone from Crianlarich and the surrounding area is very welcome to attend!

A Stirling Council Consultation will be organised as a follow up so please look out for the details of this event.

Wild Strathfillan Landscape Project

We had a very busy morning planting 110 tree whips (Wild Cherry, Hazel, Aspen, Willow, Oak, Wild Apple) in the Community Garden. The trees will be looked after in the community garden for now, with the plan to plant them in our community woodlands in time. A big thanks to the Loch Lomond & Trossachs Countryside Trus for providing the pots and the trees. Thanks to Natalie and Sharon who helped to pot them up, also to Sheona and Alan MacIennan, Margaretanne Browne, Clare West and Dawn Skelton for volunteering your time.

We are about to embark on some work to produce a series of local leaflets that can be given out to visitors covering our community woodland walking trails, our nature,

archaeological, cultural and heritage spotlights, and our cycling trail opportunities. We have generous funding to pay for the production and printing, courtesy of the Wild Strathfillan Project. We need your help to make them as good as they can be.



Please get in touch with Sheona@strathfillancdt.org.uk or Euan@strathfillancdt.org.uk if you want to nominate your 'top spot', 'best fact' or 'must know' about the Strath. If you have the time to volunteer your knowledge and expertise to lead on any of these, we would love to hear from you!



Keeping Strong & Balanced at Home

This month we suggest you consider whether you can get up from the floor easily and do you need some practice? It's a skill we often lose because we don't practice it. If you are going to have a go at this, ensure there is someone around, just in case you do need some help getting back up onto your feet, or just go to kneeling and back up again. The movement is broken into steps, and you can stop at any time and reverse

the move or try all the steps if you think you can.

- Step 1: Face your chair a few steps away
- Step 2: Lunge forward with your strongest leg and hold the sides of the chair seat or arms
- Step 3: Bend your back knee down to the floor
- Step 4: Bring your other knee down to the floor (this may be a good place to stop and get back up again using the chair for support if you are uncertain about getting all the way to the floor)

- Step 5: Bring one hand off the chair and onto the floor
- Step 6: Bring your other arm down to the floor so that you are in four-point kneeling
- Step 7: Lower your hips onto the floor
- Step 8: Lower yourself down until you are lying on the floor

NHS Inform have a really good set of videos you can watch first - <https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall/> or scan the QR code below. If you would like any advice on regaining this skill, contact dawn@strathfillancdt.org.uk



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A Message from the Killin Parent Partnership

We hope you will agree, the first 'Rock n Roll Bingo Night' co-hosted with the NPP in March was a real hit! We had a full hall of families having fun, and raised in total over £1000 for KPP and NPP funds!

The KPP met on the 1st May in school, and we spoke at length about the improvement plans for the grounds at the front of school. It was agreed to hold a *Community Grounds Day on June 1st, between 10-2pm*. Please feel free to pop along for even just an hour to lend your green fingers, hopefully the sun will shine for us!

The annual Duck Race will be held on Saturday 22nd June, details to follow!

We are always grateful for your support, and would especially love to welcome more Dads along to help. It would be great to see more Dads at KPP meetings and helping at events. Please do contact us if you would like to find out more about getting involved.

Chairpersons: Fiona Syme & Kimberley Crooks



KPS Book Reviews

I am reading 'Farmer Duck' by Martin Waddell and Helen Oxenbury. It's about a duck who lives with a lazy farmer. The duck does all the work and the farmer stays in bed! I think it's funny. I would give this 9 out of 10. **Amber, P3**

I am reading 'Horrible Histories – Smashing Saxons' by Terry Deary. There are lots of stories which help me learn about the history of the Saxons. The Saxons lived in the UK and nearby a long time ago. There is a lot of humour involved and some disgusting facts eg they used the skin of a lamb to make paper! 10 out of 10. **Alexander, P5**

I am reading 'Harry Potter and the Philosopher's Stone' by JK Rowling. I listened to the audio book before but the book is better. I will give this book 10 out of 10 and can't wait to read 'Harry Potter and the Chamber of Secrets.'

Arran, P7



We all had a brilliant time at Dalguise this year. Some of our activities included the assault course, the giant swing, archery, laser tag and orienteering. We got to hang out with our class friends and made lots of new friends as well. The food was good too especially the breakfast!

Freddie, P7



Over 160 children, from the McLaren Cluster, took part in the Killin 2k Running event on the 26th March. We ran from the park, up to the Falls of Dochart, past Kinnell and back to the park. It was a good opportunity for children across Stirlingshire to go out and have fun running. At the end, everyone got a medal and some biscuits.

Thomas, P5



KEEP CALM
Drink Coffee and
Eat Cake @
Killin Primary
School
Friday 31st May
10.00 - 11.30
**** ALL WELCOME ****
£3 per person
(under 5s free)

Thank you to David Fraser and Chris McKenna for a fun taster session in Aikido. We learned some basic defence techniques and how to roll safely.

Fred, P7



Killin Primary are having a Community Grounds Day on Saturday 1st June from 10am to 2pm and we'd really appreciate your support to make as much progress as possible!

If you have any spare time/tools and would like to help us, please contact Marion at the office on 01567 820265.





We had a successful Spring Clean Scotland in April. Thank you to Tim and Ruth (EAK) for helping us, the Killin Coop for supplying gloves and to The Real Food Cafe for providing us with extra litter pickers and hi-viz.

Arran, P7



In April we had Kara and Kenna from Rookie Rockstars come to visit us. They spent three afternoons teaching us five cool songs about being strong and confident rock stars. My favourite song was 'Never Give Up'. We had challenge time and question time against the staff which was funny.

Zach, P4

On the night of the concert, lots of people turned up to see us and they clapped and cheered us on. The best bit was when my dad had to come up on the stage and do a rap battle!

Poppy, P5



Thank you to everyone who sponsored us on our annual Sponsored Walk. Class 1 and 2 walked 7km and P3-7 walked 12km. We will let you know the final total raised by your kind donations.



We took part in a Lacrosse Tournament at Balfron High School against lots of other schools. We played well together as a team and it was lots of fun.

Josh, P5



On Thursday 2nd May, a group of us went to Strathyre to compete in the Mini Stuc Hill Race. It was a really hot and sunny day. There were lots of children there from other schools. I found it tricky running up the hills and when I was going down I couldn't stop running! There were lots of people cheering us on.

Angus, P5

I liked the hill race. I ran fast and did the whole race 2 times.

Alfie, P5



Class 3 had a fascinating visit from David Smith (The Stirling History Guy) where we learned more about the Homefront during WW2. He told us about rationing, propaganda posters, schools and gas masks. It was really interesting.

Jamie, P6



Killin Community Council

Bus Service

We are pleased to report that Stirling Council has agreed to run a public transport service between Callander and Killin for a trial period of two years. The service will start around the beginning of July, and there will be four return journeys each day, excluding Sundays. Timetables and other details have yet to be decided, but it seems that the bus will be based in Callander, at least initially, so that will be where the service begins and ends. Stirling Council will be recruiting for drivers, and we hope that local applicants will come forward. As this service is being run on a trial basis, it is to be hoped that it will be well used. The C60 in recent years suffered from poor reliability, a handicap the Council are well aware of, and are determined to avoid themselves.

Local Power Projects

Our village seems to be caught up in a little local power boom. In addition to the ongoing improvements to the transmission grid by SSE and the proposed windfarm at Glen Lednock, there are three separate and independent proposals for battery farms all within a couple of miles of Killin. Two of these are on greenfield sites, Tir Artair and lower Glen Lochay, and one is proposed for the currently mothballed Acharn biomass plant. The rationale behind this boom is that the local grid capacity is much greater than current demand. Partly due to SSE's enhancements and to the fact that Acharn was originally intended as a generator and is already integrated to the regional grid. It is, however, unlikely that these projects will provide much local employment. The battery storage systems are prefabricated off-site and then installed by specialist contractors, who will also provide the security fencing, CCTV and transmission links to the grid. They will require only periodic maintenance. Unlike Glen Lednock Windfarm, these battery farms are not required to provide any Community Benefit. The Community Council will continue to monitor these developments, but we are keen to get some community feedback on this, so if you have any concerns, please let us know; by emailing the Community Council or speaking to one of your Community Councillors. There is already some concern about the visual impact of the proposed Tir Artair development.

Recycling

There have been a number of complaints about the state of the recycling area in the Station Road car park, the systematic removal of public waste bins and general

deterioration in waste collection. As the summer tourist season approaches, these problems will only get worse, and the Community Council has written to Stirling Council to express our concerns. Individual complaints to Stirling from local residents always help to bolster our case. There is also some disquiet about the new booking system for the Callander waste and recycling centre, which allocates a strictly limited 10 minute slot on pre-booking through the Council's website. This short slot can be easily missed through roadworks delays or other perfectly valid reasons, resulting in a wasted journey. Our local Stirling Councillors are advocating a rethink on this, and ask that concerned residents should contact Stirling Council or themselves directly.

Minutes Secretary

We are losing the services of our Minutes Secretary, Jane Calder, who has decided to focus more on other projects, such as our local history and heritage among many others. We cannot thank her enough for her two years of hard labour! We are now, therefore, inviting applications – well, pleading for them really – for the post of KCC Minutes Secretary. If you feel you would like to contribute to the work of the Community Council, we would be delighted to hear from you. Please email communitycouncilkillin@gmail.com for more information.

AGM & Next Meeting

Our AGM will be held on 2nd July in the Lesser McLaren Hall at 7.00pm. It will be followed by a regular meeting of the Community Council. Members of the public are invited to attend.

Andy Aitken

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Killin and Ardeonaig Trust

Old Co-op

Have you seen what's happening at Fassiefern – say what? Fassiefern – the Old Co-op.

It might seem like slow-going, but things are looking up, or at least looking great inside Fassiefern. We're hoping refurbishment works will be completed by the end of May, slightly behind schedule, but not really surprising considering the amount of work.

You'll notice the light and bright building is a huge change from its former self. It's all like this, and we can't wait to show you around, though that might be a little while yet. Since we bought the building, we've had problems changing the electricity meter. It's taken us over ten months just to get Scottish Power to agree to the change only to find out in February they couldn't do this, and SSEN would need to, and this can't be done until the beginning of July! With several other "toing and froing's", this means we're without power until the meter is installed and cannot move into the building. Who knew?! Sounds like a Brian Rix farce doesn't it. Look it up youngsters 😊 So, hopefully this will all be sorted by the time the building is ready. It'll be worth it, I'm sure.

We'll keep you updated via social media or the next Killin News if we are not in by then.

Re-Use Shop

As usual, the **Re-Use** shop is hoping to get ahead of the game by starting to move in stock once we get the keys, (even if we can't open). This means we'll have a quick and smooth transition to our sparkly new premises. New shop planning is underway, and we'll be sure to update everyone as soon as possible.

We are as always, looking for volunteers, now, and for when the new shop opens. No experience necessary, and you can choose to work in either the front or back of the shop. We're still open for donations, particularly things like bric-a-brac and unwanted gifts. Pop in to see us and we'll give you the latest updates or call us on 07470 798 357, email Kirsty@Killincdt.co.uk

The Old Mill

More changes afoot down the road as well, on 27th March the **Old Mill** reopened with a brand-new local heritage display – 'Tales of Killin'. Out the hundreds available, a number considered to be an iconic representation of Killin were selected

and are displayed with living memory stories.

If you haven't seen these, please do come along. The visitors' book is also worth a look through, as we've had many interesting and positive comments; don't forget to leave your own!

We'd like once again to thank members of our Heritage Reference Group for selecting photos and for all their valuable input.

We're currently working on some informative displays about the Old Mill itself and these should be on display by the time this article goes to print.

We're looking for volunteers for the occasional weekend and during the summer. If you enjoy chatting to people about heritage, then this could be for you! We want folk to come down to show people the Healing Stones, talk about local heritage to visitors and to help with events.

Hours to suit and can be regular or ad hoc. Full training will be given so don't worry if you don't know anything about it yet, all you need is enthusiasm! Contact raina@killincdt.co.uk if you are interested.

Our local Makers' Market also reopened at the same time and will run until October, when it's all change for our Christmas offer, but let's not talk about that yet! In the current Market we have new and returning makers and artists' work, including quite a number of artists even more local to Killin. Do come and visit and bag a few unique goodies!

We're still open to new artists and are particularly looking for workers in wood and leather. Please contact Cheryl@killincdt.co.uk in the first instance.

Food Growing Project

A number of you may be wondering what has happened to the **Killin food growing** project. Well, there has been good news and some, well, not so good. The good news is we have over £10,000 of funding to spend thanks to the Heritage Lottery fund via the Countryside Trust, and the Forth Valley Link Seed Fund. A big thank you to volunteers who helped get design information together for this last year. The less good news is that the National Park are not keen to give permission for the garden, and the Countryside Trust's tree nursery alongside on land that Auchlyne Estate was willing to let the project use. The reasons given for this are visual impact of associated buildings

and flood risk. We're working with the Countryside Trust and Planning Department to see what the options are. I'll be in touch with those in the food group once we have got over this sticking point. If you'd like to join the food group mailing list and get involved in developing some food growing capacity for people in Killin, please email raina@killincdt.co.uk

Youth Project

So many super-exciting things happening, and we've not even started chatting about the **Youth Project** yet. Carla and the team have stupendous, jam-packed Spring and Summer sessions planned over the next few months. Fabulous, fun-filled activities, evenings and events, culminating in a cracking, not-to-be-missed summer party. Want to know more? Check out Carla's page. If you'd like to know more or support the Youth Project, even if it's just a few hours, contact carla@killincdt.co.uk

Contacts

As always, when you want to find out about each of the KAT projects and everyone who contributes tirelessly to support our community, take a peek at our website www.killincdt.co.uk Remember, each of these projects is initiated by your ideas detailed in your Community Place Plan. And if you feel **you** can support your community by volunteering or joining us; please don't hesitate to get in touch with theresa@killincdt.co.uk We look forward to bringing you more updates over the coming weeks and thank you as always for your support and collaboration.

Bridget Saddler
chair@killincdt.co.uk

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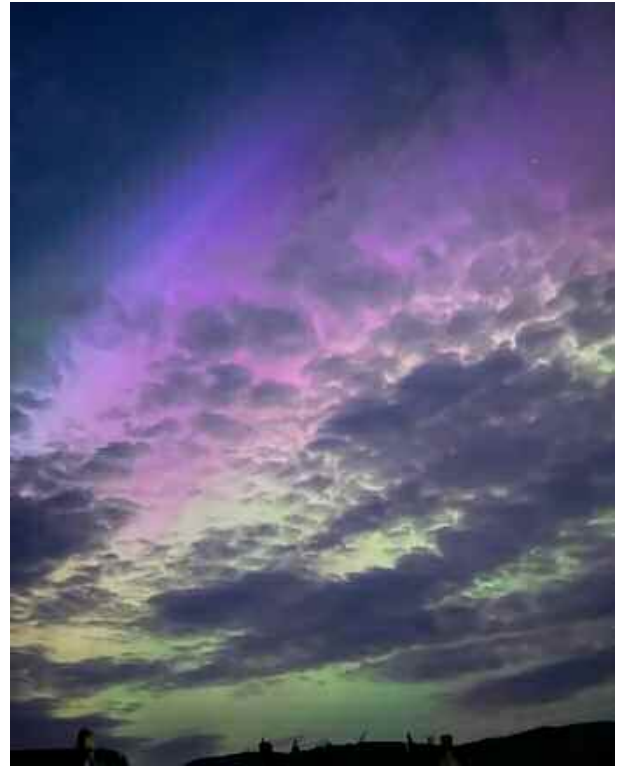
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Aurora Borealis in Killin

Many thanks to Jackie Bremner for these amazing pictures of the Aurora Borealis captured in Breadalbane Park on Friday 10th May



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Ardeonaig Hotel & Restaurant

Located on the south shore of Loch Tay, only seven miles from Killin you will eventually find yourself at the Ardeonaig Hotel. This quaint, and what many of their wonderful reviews describe as a 'hidden gem' is situated in and amongst the idyllic rural Scottish countryside, perfectly highlighting the stunning vistas this lochside hotel has to offer. Originally built as a staging post in 1649, with its quintessential red phone box, doubling as their 'little community library' can be found just outside of the front entrance.

It was during the pandemic that the hotel underwent a refurbishment which now gives subtle nods to its Scottish heritage shown through its décor, interior, breakfast, lunch, and dinner menus. All of which focus on a more classic and traditional Scottish outlook, using local suppliers where they can, getting all their meat from the butchers in Dunkeld for example. Food is served throughout the day seven

days a week and they are currently offering 20% off with their new menu, and while walk ins are welcome, booking is encouraged especially as we approach the busy summer period.

The hotel offers an abundance of rooms to suit whatever you need. They have outside seating, perfect for those rare Scottish sunny days! Inside there is a formal indoor dining room and a downstairs bar which is ideal for walkers, cyclists, or anyone that has a dog with them. There are plenty of other spaces within the hotel, a small and cosy seating area perfect for having a coffee and sitting by the fire, a quiet area ideal for working or reading, as well as the front bar, once known as the local's bar. This has recently been re-opened and is ready to welcome those in the area who fancy a day out, somewhere to bring friends or family, or perhaps you just happen to be passing by and fancy a cup of coffee. A bright, spacious private dining space with views looking out at the loch, able

to cater for around thirty guests is also available to use within the hotel. If you have a birthday, wedding or another event which calls for a celebration coming up this would be the perfect place.

It was in February this year that the hotels new venture of self-catering lodges was completed. They come fully equipped with everything you would want and need to make a memorable getaway, including stunning views from their generous sized lounge area and open plan kitchen, spacious bedrooms with ensuite bathrooms and a private garden area that comes with its very own hot tub. So, if you're looking for your next weekend getaway destination or somewhere to recommend to friends and family on their next visit, this is it.

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www.ardeonaighotel.co.uk

Instagram



The Killin Sports and Recreation Hub held it's first AGM at the end of April and it seems like a good time to pen a few words about the aims of the Hub and what progress we've made so far.

When the Hub was set up we set ourselves 3 main goals :-

- Stabilise the pavilion financially to ensure it's survival.
- Promote the regeneration of sports and recreation facilities within Killin area
- Promote social inclusion

1. Stabilise the pavilion financially to ensure its survival.

Through initial grant funding we were able to give the pavilion a bit of a facelift and this and a more transparent booking and charging system allowed us to encourage greater usage of the pavilion, going from around 1.5 days per month to around every second day now. This increased usage means that the Pavilion is now producing enough rental income to sustain itself. This has been achieved by a great deal of work put in mainly by Fiona Boath and Carla Findlay.

2. Promote the regeneration of sports and recreation facilities within Killin area

The Hub has taken the lead in driving forward several projects aimed at increasing sports and recreational facilities in Killin.

A cycle pump track has been on the village's action plan for more than a decade and we are trying hard to make it a reality. Fundraising is ongoing and we have managed to secure a Grant of £75,000 through Sports Scotland towards it. We are continuing to fundraise for a further £75,000 which would allow us to move into the building phase. A great deal of credit for helping drive this project goes to Chris MacKenna from Active Stirling



The Sports hub has been working on marking of a series of trails through

the Acharn forest to make this beautiful area more accessible for visitors and locals alike. Working with our partners in the Loch Lomond and Trossachs National park, who were the major funder and supplied expertise in the production of the interpretation boards, we have now completed the installation of the trail marking posts and interpretation boards. Trail descriptions now accessible through the Killin Directory. I would like to thank Monica Gaiffi for all the excellent work she put in helping to produce the trail guides.

see map on page 21

Over the last year. We have helped organise a cycling group and have organised 4 "Dr bike" free bike repair and maintenance class days as well as some, "come and try" Electric bike sessions. recently adapted bike come and try days have been held also.

We have been given the loan of 2 E-bikes for the season from Trust in the park to allow us to offer E-bikes on loan for a week at a time to local people who wish to try them.

With the help of TITP and Sustrans we were able to obtain a permanent bike maintenance station which is based at the pavilion.

This Spring we have made a start to renovating some of our existing facilities around the Pavilion. The MUGA pitch/tennis courts had become derelict and unusable. With the hard work of a team of volunteers and by the way, we never have enough volunteers so don't be shy in coming forward! We have brought the area back to life and are ready to use this summer.



before



after

Since the sad passing of Dougie Livingston, The Killin bowling club has decided to disband. The Sports and Recreation Hub has now taken this on and has decided to split the green into half putting and half bowling for this season. The grass has been cut and the 18 hole putting green is in!



We are currently looking at the best way to allow access to the facilities. Possibly a local seasonal membership card and a flat hourly rate for renting bowls, clubs or rackets etc. The Killin hotel has suggested they may be willing to let out the equipment on our behalf which would allow much wider access but these plans are still to be confirmed.

The Pavilion also hosts Killin's award winning "Walk in the Park" group who operate fortnightly on a Monday evening from the Pavilion.

3. Promote social inclusion

The Pavilion is now home to Killin's extremely active and well attended

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Recreation Hub

Youth group, a busy Killin Beavers group and a wide range of clubs and societies. It has hosted everything from children's birthday parties to a murder mystery!

we host a weekly Citizen's Advice Bureau clinic

we host a popular weekly community HUB, all welcome to come along for tea and sandwiches and a natter

we host a fortnightly small business advice hub run by STEPS and very popular

and we have a fortnightly VET clinic.

activities within the Killin area and with an online presence in one easy to find place
<https://linktr.ee/killinsporthub>

The Sports hub has had a busy year and achieve a great deal through the hard work of our trustees and volunteers. If you would like to volunteer drop us a message at the more hands the less work!

If you would like to donate to Killin Sports and Recreation Hub and support us in maintaining and improving recreational facilities in the Killin area please scan the QR code



Davy Fettes

We are piloting a Killin Directory which links businesses, services and



Tel: 01887 820771

Email: aberfeldy@heartlandvets.co.uk

Find us at www.heartlandvets.co.uk & on Facebook
 Clinics are held in the bowling green pavilion in Killin on the following dates between 9.30 & 11.30am

- Wed 08th May
- Wed 22nd May
- Wed 05th June
- Wed 19th June
- Wed 3rd July
- Wed 17th July
- Wed 31st July

Join our Pet Care Health Club.
 This has been set up to enable you to spread the cost of routine preventative health care treatments. You can now pay invoices and order repeat prescriptions through our website.

Repeat prescriptions, food or any other veterinary requirements can be collected on these days, providing they are ordered in advance.

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Killin Trails : Acharn Forest

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- Ⓜ Restaurants
- Ⓜ Public Toilets
- 📍 Viewpoint
- P Parking
- Waypoint locations



Killin Golf Club

Senior Strokeplay Open: Wednesday 8 May

Magic 2's : Paul Melia (Killin), Brian Stock (Crieff)

Nearest the pin Gents: George Ferguson (Cardross)

Nearest the pin Ladies: n/a

Nearest the pin in 2: Roy Smith (Killin)

Gents

1. Kerr Butterworth (St Fillans) 60
2. Brian Stock (Crieff) 66
3. Ken Nesbit (Warksworth) 67

Ladies

1. Mhairi Carruthers (Kyles of Bute) 69
2. Audrey Weaver (Killin) 71

Kiltyrie Trophy (Handicap winner):Kerr Butterworth (St Fillans) 60

Mactaggart Trophy (Best Local h/cap 15 +) : Roy Smith (Killin) 68

Lix Toll Trophy (Best Local h/cap 1 - 14) : Paul Melia (Killin) 68



The Community Hub is open on Thursdays between 12.30-2.30pm in the Killin Pavilion, Main street ,Killin, FK21 8TN.

Gail and her volunteers have a light lunch and a warm welcome for all every Thursday, an opportunity to catch up with friends old and new.

Pop in anytime between 12.30 -2.30pm.

For more information contact Gail on 07951 013470

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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 ran about 30 interest groups this session, 2023/24, covering a wide range of subjects from Ancient History and Art to Travellers' Tales. Have a look at our website www.candwpu3a.org to find out more about our groups, which are set up and run by members themselves.

Most groups are held in Callander or nearby villages in the daytime, although some groups meet on Zoom.

Callander and West Perthshire u3a also offers a programme of speaker events, as well as opportunities to share in social activities and meet new people.

Come along to our AGM at the McLaren Leisure Centre on Thursday 29th August at 2pm to find out more, meet group leaders and sign up for groups.

Both new and returning members will be welcome.

Make the most of life - *'learn, laugh, live.'*

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SJP Approved 12/02/2024

VEGETARIAN CUISINES

Vegetable Curry	8.95	Spinach Bombay Aloo	8.95
Indian Vegetable Curry	8.95	Spinach & Vegetables	8.95
Daal Curry Lentils	8.95	Tinda Bhindi Curry	8.95
Tarka Daal	8.95	Vegetable Patta	8.95
Bacon Curry Aubergine	8.95	Sweet & Sour	8.95
Mushroom & Cauliflower Curry	8.95	Potato, Cauliflower &	8.95
Cauliflower & Potato Curry	8.95	Chiana Patta	
Chana & Mushroom Curry	8.95	Vegetable Parjati Masala	8.95
Pakora Curry	8.95	Brocca Vegetable	8.95
Pakora & Mushroom Curry	8.95	Potato, Cauliflower &	8.95
Mango Kashmiri Vegetable	8.95	Chiana Punjabi Masala	
Spinach Curry	8.95		
Spinach, Mushroom &	8.95		
Cauliflower Curry			

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Vegetable Biryani	8.95	Prawn Biryani	8.95
Mushroom Biryani	8.95	Chicken Tikka Biryani	9.95
Chicken Biryani	9.95	Special Biryani	10.95
Lamb Biryani	9.95	Chicken, Lamb & Prawn	

EUROPEAN DISHES

Fish & Chips	7.95	Cheese Omelette & Chips	7.95
Chicken Nuggets & Chips	6.95	The Main Course Special	8.95
Spampi & Chips	7.95	Omelette & Chips	

HOME STYLE (DESI)

Blindi Gosh Chira	9.95
Karela Gosh	9.95
Keema Karela	9.95
Kofta Masala	9.95
Shahi Mutton	9.95
Mugh Bhatti	9.95
Gosh Handi	9.95

RICE & BREADS

Tandoori Nan	3.50	Plain Paratha	2.95
Tandoori Vegetable Nan	3.95	Garlic Paratha	3.00
Tandoori Mince Nan	3.95	Mince Paratha	3.00
Tandoori Garlic Nan	3.95	Vegetable Paratha	3.50
Tandoori Poshwari Nan Sweet	3.95	Cheese Paratha	3.00
Tandoori Cheese Nan	3.95	Sweet Paratha	3.00
Tandoori Garlic & Cheese Nan	4.20	Lakshmi Rice	3.90
Tandoori Garlic & Conander Nan	4.20	Channa Bhat	
Punjabi Rice	3.95	Kashmiri Rice	3.50
Tandoori Onion & Garlic Nan	4.20	Sind Rice (W/ Ghee)	3.90
Tandoori Chapatti	1.50	Special Rice (W/ Ghee)	3.50
Butter & Chapati	1.50	Mutani Rice	3.50
Ravastani Rippa			
Saffron Rice	2.95		
Plain Rice	2.95		

KORMA DISHES

Chicken	8.95	King Prawn	12.45	Prawn	9.95
Chicken Tikka	9.95	Lamb	9.95		

Kashmiri Saffron Korma
Ceylonese Korma
Parsee Korma
Korma

MEALS DEALS

Set Meal For 1	12.95	Set Meal For 3	33.95
Set Meal For 2	22.95	Mega Munchy Box	12.95

SUNDRIES	SAUCES	DRINKS
Onion Salad 1.50	Curry Sauce 4.50	Cola 1.50
Hot Pickle 0.85	Korma Sauce 6.95	Ice Tea 1.50
Mango Chutney 0.95	Bhoona Sauce 5.95	Fanta 1.50
Paneer Vaghar 1.25	Balti Sauce 5.95	Sprite 1.80
Raita 1.50	Dahi Sauce 5.95	Water 1.50
Fried Onions 1.80	Masala Sauce 6.95	Peppi 1.80
Fried Mushroom 1.50		Butter 2.95
Chice 2.60		

THE MAIN COURSE SPECIALITIES

Create Your Own Curry
Choose Your Base (mild, Medium Or Hot)
Choose Your Meat (chicken, Lamb Or Prawn)
Choose Your Vegetable (ask For Details)

Lamb	10.95	King Prawn	12.45
Chicken Tikka	9.95	Vegetable	8.95
Prawn	10.95		

The Main Course Special	Chasni
Masaledar	Achari
Garam Masala	South Indian Garlic Chili
Paradesi	Masala
Chicken Tikka	Prawns
Pasanda	Jaipur
Mugh Samundri	Kathi
Rogan Josh	Goan
Medium Tandoori Masala	Jalandhar
Mild Karela Coconut Chicken	

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Take away 6 nights a week throughout the season

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Entertainment

On Friday Nights and tribute bands on Saturday nights throughout the season



STARTERS, PAKORAS & PURIS

Vegetable Samosa	5.20
Spicy Potato Fritters	4.80
Mince Samosa	5.50
Mushroom Pakora	4.80
Mixed Pakora	Small 6.50 Large 8.95
Vegetable Pakora	Small 4.95 Large 6.95
Onion Rings	4.80
Chicken Pakora	Small 6.50 Large 8.95
Fish Pakora	6.95
Cauliflower Pakora	4.95
Spicy Onions	1.50
Pappadoms (2)	1.60
Garlic Mushroom	4.95
Tandoori Special Mixed Tikka Starter	6.95
Tandoori Chicken Chaat Starter	6.50
Tandoori Chicken Tikka Starter	6.50
Tandoori Lamb Tikka Starter	6.95
Tandoori Chicken Starter	6.50
Tandoori Lamb Chops	8.95
Tandoori Platter	13.95
Tandoori King Prawn	8.95

CHIPS & STREET FOODS

Chips	Small 2.95 Large 3.95
Large Mix Kebabs	11.50
Chicken Tikka Kebabs	Small 6.95 Large 9.95
Spish Kebabs	Small 6.95 Large 9.95
Small Chicken Tikka Hoagie	6.95
Small Spicy Chicken Hoagie	6.95
Small Chicken Tikka Wrap	5.95
Spicy Chips	Small 3.50 Large 4.95
Chips & Cheese	Small 3.95 Large 5.50
Chips & Sops Chicken	Small 5.95 Large 7.95
Chips Cheese & Chicken Tikka	Small 5.95 Large 7.95

TRADITIONAL CURRIES

Chicken	8.95	Prawn	9.95
Chicken Breast	9.70	King Prawn	11.95
Lamb	9.70		

Bhoona	Mixed vegetable	Dopiaza
Chana	Curry	Spinach
Mushrooms	Magras	Patia
Punjabi Masala	Vindaloo	

TANDOORI THRILLS

Thrill Chicken Tikka Tandoori	10.50
Thrill Chicken Tandoori	10.50
Thrill Lamb Tikka Main Tandoori	11.95
Thrill Seekh Kebab Main Tandoori	10.50
Thrill King Prawn Tandoori	15.95
Egyptian Kebab Chicken Tikka	11.95
Egyptian Kebab Lamb Tikka	11.95
Lamb Chops Main	14.95

PIZZAS

Creates Your Own Pizza	8.95
Any 2 Toppings Pizza	9.95
Margherita Pizza	8.95
Polynesian Pizza	9.95
Rooster Gocler Pizza	9.95
The Mason Way Pizza	9.95
Hot & Spicy Pizza	9.95
Hawaiian Pizza	9.95
Vegetarian Pizza	9.95
Catch Of The Day Pizza	9.95
Italiano Pizza	9.95
Meat Feast Pizza	9.95
Four Seasons Pizza	9.95
Foresters Pizza	9.95
Mega Mix Pizza	9.95
Korma Pizza	10.95
Chasni Pizza	10.95
South Indian Garlic Chili Pizza	10.95



Crianlarich Primary School



Sponsored Walk

We walked 7 miles up and down a hill in Killin. We walked through the woods and we went on a gravel path for the rest of the walk. I fell over and grazed my knee, it got gravel in it but it's ok now. The walk was exhausting but you could see Killin from the top, it was beautiful.

Charlie P6

Eco Club

In Eco club we first looked at where the playground would need weeding or just a tidy in general. We did this so on grounds day everyone would know what needs done. Then we planted some wild flowers to add more colour to our playground. The flowers have already started sprouting. Our next big project will be making compost so we have less food waste in our school.




Erin P7



Rookie Rockstars

During our practice for the Rookie Rockstars concert we were singing songs and doing challenges. The songs were about standing up for yourself and believing in yourself. The challenges were just fun little extras, some of the challenges were rap battles and wrapping each other in toilet paper. Overall Rookie Rockstars was very fun and enjoyable for everyone.

Penny P6

LOOK! What's on Offer at Killin Library 

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Grounds Day

Grounds Day is where parents come in and help with the playground. We first did some weeding then we filled the willow hide and cleaned the inside and shaped it, We also cleaned up the sand on the ground which made a big difference, we cleaned the shed and organised it. We planted some strawberries in the strawberry patch, we tidied the tyres and tubes and we cleaned the class one play area. At the end we got biscuits and juice.

Samvrita P6

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Breadalbane Heritage Society

The autumn and winter schedule of monthly illustrated talks has now ended and will resume in September. A series of summer excursions have been arranged. The Scottish Crannog Centre is an open museum at Dalerb on the shore of Loch Tay which interprets the lives of the people who lived in offshore structures, called crannogs, some 2500 years ago. Mike Benson, the Director of the Centre, recently gave a talk on the new Crannog Centre which opened at Easter, and on **Wednesday June 5** a tour has been arranged for BHS members, starting at 10.15 am. A visit to various ancient sites in Glen Lyon has been provisionally arranged for July, date to be announced. Those interested in joining these excursions should contact Ian Stewart on ian.stewart.bhs@gmail.com

The BHS's website 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 Strathhtay, 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.



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The National Trust for Scotland recently hosted an introductory talk on bees by Anthony McCluskey from Butterfly Conservation, followed by a guided walk on the Morenish Woodland Trail. If you would like to join any of our walks this summer the details are below and also on our website and on our Facebook page.



Bee Walk

Ben Lawers National Nature Reserve Guided walks & events 2024

Wednesday 3rd July: Butterflies and Moths of the Mountain

Discover some of butterflies and moths that inhabit the floristically rich 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.

Tuesdays 9th & 23rd July. 6th & 20th 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.

Friday 12th July and 19th 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 17th July & 14th 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 £10, children £5

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

Meet: 1.30pm Ben Lawers NNR car park.

Wednesday 31st July & 28th August: Hillside safari

Enjoy a walk beside the picturesque Edramucky Burn, experience the rich flora of the lower slopes of this famous nature reserve and the varied wildlife flourishing in restored native plant communities.

Duration: 2½ 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.

Wednesday 4th September: Hidden History (Scottish Archaeology Month).

Explore the rich archaeological landscape on the slopes below Ben Lawers NNR.

Duration: 4 hours

Cost: adults £10, children £5

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

Meet: 10.30am Kiltyrie.

Killin Carers Lunch

Nurses Station
12-2pm



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- Emotional Support

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This event is for carers & cared for to attend. For more information please visit:

www.stirlingcarers.co.uk



A Summer Serenade Summer Tour 2024

Thursday 27 June 2024, 19:30 at the McLaren Hall, Killin

Programme

GIPPS	Seascape
FRANÇAIX	Quatuor
CAPLET	Suite Persane
MCCRAE	Trio
BIRD	Serenade Op 40

SCO Wind Soloists

Join the SCO Wind Soloists on a musical cruise to shores far and wide.

After setting across the Channel with Gipps' warmly evocative Seascape, Gallic wit awaits us in the form of Françaix's delicious Quartet. There's a touch of Middle Eastern exoticism from Caplet's Persian Suite and a reminder of home in the Trio by Kevin McCrae (a former SCO cellist) before we land on the eastern shore of the States for Bird's joyous Serenade, a true gem of the wind music repertoire.

Kindly supported by Eriadne & George Mackintosh and Claire & Anthony Tait.

Tickets online or in person from MacGregor's Community Hub, Killin.

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Bench seat (Killin)



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Further details visit our website news and events page:

www.rsha.org.uk/community-donation-fund/



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- Local food, wholefoods and fruit and veg



Best Kept War Memorial Preparations

The Memorial Committee want to give an update on the Best Kept Memorial preparations.

On Saturday 20th April the actual Memorial was fully weeded including the stone walling, the area round about was cleared up, the big basket was cleared out ready for planting and an immense amount of clearing up was achieved on the riverbank including a lot of the brushwood you can normally see at the back of the memorial. The committee is very indebted to Jenny, Frances, Shona and Ricky who gave us great assistance on the day and helped lighten our workload. On Sunday the 21st, Donald, John and Jim gave us a hand to clear away the brushwood on the riverbank.

The committee is also very grateful to Myra of the Capercaillie and to the Callander Royal British Legion for their very generous donations towards buying our flowers this year. We were able to order plants in the British Legion colours from Gordon. These have now been planted at the sides, in the basket



and in the stone pots. We have also planted donated plants (in similar colours) from Donald. The last flowers should be arriving soon and will be planted accordingly.

We have also received some freshly painted memorial stones from Morag and the children at

Killin PS which are beautiful.

Thanks also to a lot of villagers who have encouraged and supported us over the past few years which has helped us reach the position with the Memorial we have now achieved. All we have to do now is win the competition!!!

Killin War Memorial Committee

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Town Break Dementia Support

Town Break Dementia Support is thrilled to announce the launch of its new monthly service, "Town Break in The Village," in Killin.

The new service, which has been in the pipeline for over six months, aims to provide essential support and companionship to those affected by dementia in the Killin area. Funded by Town Break, this initiative underscores the charity's commitment to its mission of inspiring and enabling people across Forth Valley to live well with dementia.

"Our new service in Killin is a significant step forward in our efforts to support the dementia community," said a spokesperson at Town Break. "Launching this on the first day of Dementia Action Week is symbolic of our dedication to bringing vital services to those who need them."

Moving forward, the Killin group will be held on the second Monday of each month, starting from June 10th, from 12:30pm to 3:00pm. This regular schedule aims to provide a consistent and reliable support network for the local community.

Together, we're making a difference and ensuring that no one faces dementia alone.



Killin Service

WHO ARE TOWN BREAK DEMENTIA SUPPORT?
Established in 1992, Town Break Dementia Support strives to promote well-being, connection, and happiness by offering vital social support to individuals affected by dementia.

Monday 13 May 2024
14:00 - 16:00
Nurses Station, Ballechroisk, Killin, FK21 8TQ.





What's involved?
Introducing "Town Break in The Village," a new monthly rural service designed for individuals affected by dementia, loneliness, or isolation. This new service is also open to local residents keen on learning more about Town Break, including our new service, vision, and focus on dementia. All are invited to participate.

How does it help?
This service aims to build new friendships, share food, and partake in a variety of engaging activities. By offering diverse activities, companionship, and social backing, these services create happiness and foster connections among individuals, nurturing a sense of community.

What's next?
A monthly Town Break in the Village service is scheduled for the second Monday of each month from:
14:00 - 16:00
Nurses Station
Ballechroisk, Killin, FK21 8TQ.

Say Hello
01785 641841
admin@townbreak.org
www.townbreak.org

Our intention is to inspire and enable people across Forth Valley to live well with dementia.
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Obituary to John Strang

“One of the Good Guys” is a great way to describe John. He was a big man with a big heart.

John was born on the 9th of July 1952 to parents Jimmy and Helen, he was the younger of two brothers. They lived on Waddell St in the Gorbals, Glasgow. John had a happy childhood. It was when he was 7 years old that the family moved to Whitacres Rd in South Nitshill on the southside of Glasgow, to new surroundings, with a home overlooking fields with coos and sheep.

John attended Nitshill Primary School where his main interest lay outside of the classroom, namely the football pitch. Football was always of great interest to him and he will be really mad that he never did get to find out if Rangers managed to win the SPL this season. Maybe that will be known by the time this is published.

When he went onto Secondary School he developed a love of music and was a self-taught guitar player. And very good he was too. He loved listening to and playing music, and in his teenage years John and his mates would listen to Santana (Abraxas), Moody Blues (In Search of the Lost Chord) and the Yes album. The guitar would often come out at many of the parties and Angie and American Pie were amongst his most requested tunes.

John and I met at the Bier Keller in St Vincent Street in Glasgow and were married In January 1976.

The early married years are best described as work hard and play hard. John worked as a procurement manager for Digital which would eventually become Compaq and then Hewlett-Packard, based first in Ayr and then Erskine. His job involved a lot of travelling, particularly to the USA, South of France and Eire.

In 1987 our son Craig arrived followed by Rebecca in 1990. Family was all important to him and we enjoyed many holidays to Australia, the USA, Malaysia and Thailand and frequently drove the long way to France to enjoy camping holidays. Nearer to home, we loved the many weekends spent in our caravan in Millport. This was an ideal place for the kids but also for us. Craig and Rebecca had the freedom to be out and about playing and we could spend our time socialising with our many friends.

In 2002 John applied for voluntary redundancy from HP. At the same time, there was a Guest House for sale in Killin and this seemed like an ideal opportunity for a career change. There was one very tense week, in



November of that year, as he waited for confirmation that his severance package had been agreed and that the offer for Breadalbane House had been accepted. So, the next phase of work and family life started when we moved to Killin in March 2003. After 6 years we made the decision to sell the business to the current owners.

When not working John loved golf and was a member of the Killin Golf Club, becoming Club Secretary for a number of years. He played golf as often as he could and also helped arrange golf trips to Turkey for some of the members, himself included. It was a fitting tribute to John that the lads raised a glass of Guinness to toast John on hearing of his passing. Guinness being John's preferred drink after a round of golf.

After we moved to Fingal Road we decided that the family needed a new addition so we acquired a rescue dog, Jimmy (named after John's Dad). Despite being a bit of a reluctant dog owner, they soon became firm friends and many of the Killin residents were used to see them out walking together in all weathers.

John was such a proud Father of the bride when he gave our daughter Rebecca away on her marriage to Robert (Brown). The icing on the cake was when our first grandchild Mirren was born and our grandson

Alistair provided the cherry on top. John was diagnosed with Cancer in 2021. This came as a shock to him and to the family. When John turned 70 in July 2022 I arranged a surprise birthday party for him in the McLaren

Hall with the great help of all my friends on the Killin Local Cancer Committee. If you know Killin this is probably the best kept secret ever. He didn't have a clue! John thought he was going to a Cancer Research event and was reluctant to go but, with a bit of persuasion, he arrived to a brilliant surprise and a fantastic night was had by all. That evening raised £3500 for Cancer Research, an amazing achievement.

It's been a tough 3 years for all of us who knew and loved John and he will certainly be sorely missed. He had really great care in those difficult years from all the health professionals in the village – GPs, Nurses and Pharmacy staff. Nothing was ever too much bother to try to make life a bit more comfortable for him. John passed away on 12th April 2024.

The visits, cards, phone calls, messages, flowers, wine, cakes & soup show how highly he was thought of in this community and further afield. This time would have been all the more difficult without all this support and also without the help of the Dowling family where Jimmy now has a second home.

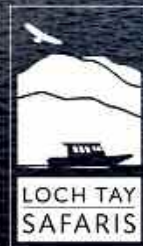
Special thanks also go to our friend, Frances Morrison-Allan, who conducted John's service with such love and compassion.

Marion Strang

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Frost Report

Too Many Mistakes

I was surprised recently when the Fire and Rescue service was needing more funding that 80% of fire stations in Scotland are manned by retained crews as is our own. What this showed was just what a huge percentage of the country is rural. Why then does a government who claim to be working for all the population refuse to listen to or believe anything that country people say, let alone appoint a minister who has the slightest knowledge of rural affairs or the basis of how scientific research works?

If you take the Mail, you may have seen an article based on a visit by Lorna Slater to Glen Falloch Estate and her meeting with our eldest son Falcon. She got off to a bad start when demanding to travel by public transport! Obviously, she had no idea that public transport and rural areas do not really go hand in hand. The day ended with Falcon inviting her to return for a day on the hill to see the reality of deer management, but she never took this up. Too late now Lorna!

This refusal to learn anything would appear to be the reason for so many disastrous mistakes. Farmers were assured that the introduction of sea eagles would not cause damage to sheep. But now £400,000 is being given to compensate farmers and crofters who have 'been impacted by white tailed sea eagle predation.' The tree planting religion has had many ill effects, (apart from the visual effect of felling - if timber is so precious why do they leave so much lying?) It has now been realised that the amount of hill ground which has been fenced for

forestry has reduced the deer's grazing area so moving them into the lower ground at times. There are fewer deer on the hills.

We are all being told that the vital bee is becoming rarer and we need to provide rich and diverse habitats for them to survive. I wouldn't really call a monoculture forest as rich and diverse, and you don't seem to see many bees in there.

Maybe farm fields are more suitable for wildlife? We see many pollinating insects including bees, (good food for many small bird species) voles, mice, (good owl food) and hares and hedgehogs (good predator food) on agricultural land.

As rural folk know only too well, Mr. Fox predate on lambs as well, so has to be controlled. A study by 'Science and Advice for Scottish Agriculture' has found that foxes are the top culprits in lamb predation. Not really news, is it? Any farmer since the first century knew that. There are certainly a good few around here and when folk controlling them have been at dens at night, they have also seen very healthy numbers of hares and hedgehogs, these creatures obviously like the farming life. Of course, there is a case for more biodiversity but let's not forget the wildlife which has evolved over centuries to thrive on agricultural land. It also has the bonus of feeding us!

The worry at the moment is the plan to make a new National Park which could be any one of the shortlisted Lochaber, Loch Awe, Galloway and the borders or, nearer to home, Tay Forest. After the huge amount of wasted money on ventures that

have not succeeded, then instead of promoting worthwhile and promised ventures, the Cairngorms has been criticised in a referendum of the Aviemore and Spey Valley community where 92% said that the park was 'not working well'. The new 'Cairngorm Crofters & Farmers Community' group say 'It is important to acknowledge that agriculture is core to our rural economy and well-being.'

It will be interesting to see if the new political scene learns any lessons. As John Swinney today (May 8) promises to work for the good of all the people.

I guess that we should all learn some lessons. Those of you who are sceptical about natural medicines should take a lesson from an orangutan in Indonesia who was seen to rub the juice of a pain-relieving plant into a nasty facial injury.

Also, that it is not advisable to do as some visitors to Richmond Park are doing - trying to pull antlers off the stags. How long till someone gets an antler where they really don't want it?

Mr Fox has vacated the naughty step to make room for a group of his badger friends who have visited the approach to The Royal Botanic Garden in Edinburgh to gorge on 9,000 tulip bulbs. I wonder how they knew that they were there? And do they have a badger problem in Holland?

Tim Frost

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The Loch Lomond and The Trossachs Countryside Trust invite you to join their nature inspired challenge, and weekly walking & mobility-confidence building activities!

Wednesday Morning Walks

Join our weekly health Walks – every Wednesday @10.20am, from the Sports and Pavilion Hub (occasionally the Capercaille Restaurant, see schedule for details).

Research shows that walking can have huge benefits to our overall wellbeing and physical benefits like increased heart and cardiovascular fitness and keeping your muscles and bones strong. Meeting new people and being part of a community are also some of the social benefits by joining a walking group.

May marks *National Walking Month* and *Mental Health Awareness week*. Statistics from our recent survey show that 73% of our Walk in the Park participants said they *noticed benefits to their mental wellbeing* as part of our health walk programme.

Get In Step with Nature

Walking, especially in nature, is shown to reduce stress and anxiety and improve your mood. Our Killin walks were the inspiration for our recent In Step with Nature theme 'Spring rainbow'. Grace, Health Walk Coordinator for our Killin group set the challenge as at this time of year, going into nature can evoke a rich sensory experience, from the sound of the birds to the smells of spring to the abundance of colour.

So, for this issue, Grace has set you all for a bit of fun, a simple challenge, to spot all the colours of the rainbow in the nature all around you, whilst you are out on your walks, on your walk to work, or in your gardens. Share your experience and what you see with others.

Weekly Strength & Balance Session

Every Wednesday, 2-3pm, Killin & Ardeonaig Parish Church.

In between our health walks or just by themselves, join us for our weekly sessions held in the local parish church, an all accessible and safe environment for our members in the Killin community. Strength and balance exercises focus on building strength, improving balance and mobility, which may help build confidence - you only need to speak to our other participants to discover its benefits. We also like to end our sessions with tea and coffee, as the social element of our sessions is equally important. Our sessions are FREE with no need to book - just turn up!

Welcome boost for people living with dementia!

Finally, we end with some great news for our Walk in the Park project! We are delighted to be amongst 16 dementia projects in Scotland to have recently received funding from Age Scotland About Dementia project in partnership with the Scottish Government.

The Encouraging and Supporting Grassroots Activity Fund will allow us to continue to provide nature-based support for those with lived experience of dementia through our weekly walking schedule and Strength and Balance activities in a safe, supported and fully inclusive



Evening Walk

environment.

By providing regular, structured, and safe nature-based activity we will deliver social, physical and mental health benefits to many in local communities in the Loch Lomond & The Trossachs National Park area.

Contacts

To find out more about all our activities above, or if you are unsure if this is for you, please get in touch with our Walk in the Park team: Call Fiona 07843 842323 or drop us an email to fiona@trustinthepark.org / grace@trustinthepark.org with any questions.

More details can be found at our website www.trustinthepark.org

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

Date	Meeting Place	Walking Route	Wheelchair Accessible	Public Transport
5th June	Pavilion Sports & Recreation Hub	Glen Ogle to Waduck		
12th June	Pavilion Sports & Recreation Hub	Pier Road/Finlraig Castle		
19th June	Pavilion Sports & Recreation Hub	Kenmore		
26th June	Capercaille	Craignavie Road		
3rd July	Pavilion Sports & Recreation Hub	Golf Club Walk		
10th July	Capercaille	Kinnell Estate		
17th July	Pavilion Sports & Recreation Hub	Glen Lochay		
24th July	Capercaille	River Dochert & Old Railway to Memorial		
31st July	Pavilion Sports & Recreation Hub	Loch Circuit/Old Railway		

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

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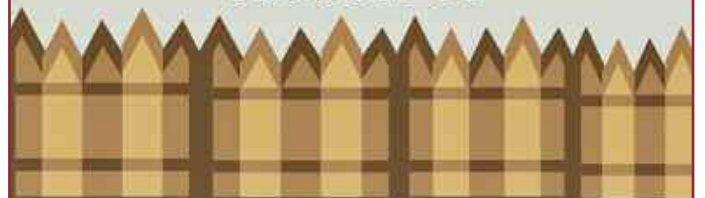
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2nd Killin & District Scout Group Stirling & Trossachs



As we come into the summer term we're looking forward to some outdoor sessions. We're taking on an exciting badge that's lots of fun and a little bit messy – the gardener badge! We've planted out a variety of seeds and can't wait to check on them as they grow, some we're even hoping we might be able to eat whilst others will help to bring colour into gardens and help insects such as bees. We're also going to be making bug hotels and learning about some local wildlife.

Beavers are aged 6&7, they meet in Killin on alternate Tuesdays from 6-7pm. We have space so if you'd like your child to join us please e-mail killinbeavers@yahoo.co.uk

Laura Bathgate
Beaver Leader
07708216065



Eager Beavers working on their gardening badge project.

WELCOME OUR NEW DENTIST

Arina is NOW taking on new NHS, Plan and Private Patients at our Killin Practice!

Arina graduated in 2022 from Victor Babes University of Medicine in Timisoara, Romania as a dentist. Prior to this she worked as a fully qualified Dental Technician.

She is looking forward to building strong relationships when working with her new patients!



Dr. Arina Andreea Bota-Olar



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

Bank of Scotland 29th May last visit, this service will no longer operate after this date.



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

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Please make cheques payable to Killin News

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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)
- Walk in the Park evening walks (every fortnight) 6.50pm for 7pm Killin and Sports and Recreation Hub.

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
- Aikido 7-9 Adults/Children from 13 years.
- Aikido 6-6.30 aged 5 to 7 - 6.30 aged 8 to 12.
- Tombreck Market Garden volunteer day. 9.15 -1pm

Wednesday

- Walk in the Park, 10.20
- Strength & Balance, 2-3pm, Community Rooms fortnightly, various locations
- Highland Hustle, 6.30-7.15pm, McLaren Hall
- Youth Club, P6/7 5.45-7.15pm S1-3 7.30-9.00pm [Sign-Ups: alasdair@cyp.org.uk]
- Multi-Sports Session - Wednesdays (Fortnightly), P5-7 5-6pm, S1-3 6-7pm [sign-ups: mckennac@activestirling.org.uk]
- Killin Comm Choir, 7.30pm-9pm, Killin Church

Thursday

- Running Club, 6pm, Acharn Forest

carpark

- Killin Community Hub, 12.30-2.30 Sports Pavilion
- CAB drop-in session 12.30 2.30, Killin Sports Pavilion
- Golf Club - Junior Coaching Session, 6.30-8 pm. 8-16 years. May to September
- SWI, 7.30pm (1st Thursday of month, Community Rooms)

Friday

- Pilates, 9am, 10am and 11am Community Rooms. Booking essential on 07866 018629
- Yoga, 10.15 - 11.30 McLean Hall, Fearnan.

Saturday

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

Sunday

- Football in the Park, 8-11 years,

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 for details
- **Roman Catholic Church**
- Sunday Mass in Callander at 11:30am

May

- Killin Primary School Coffee and Cake p14

June

- 1 Killin Primary Community Grounds Day. p14
- 1 McLaren Hall, Fundraising event. p3
- 3 Walk in the Park evening walks p35
- 5 Breadalbane Heritage Society members tour p26
- 6 Crianlarich Community Consultation p13
- 7 Killin Carers Lunch p28
- 8 Killin Community Choir concert p9
- 22 Duck Race 2024 p15
- 27 Scottish Chamber Orchestra p28

July

- 2 Community Council AGM p16
- 2 Community Council Meeting p16
- 3 Ben Lawers Guided Walks p27

August

- 2 Killin Carers Lunch p28

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

vPlease see the council websites for any updates. Crianlarich/Tyndrum Fortnightly Fridays

7th June, 21st Jun, 5th July, 19th Jul, 2nd Aug, 16th 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**

**Perth and Kinross
Three week stops, Tuesday
4th June (Cancelled) 25th June,
16th July, 6th Aug, 27th Aug.
Tombreck 16.10-16.30**

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01 June 15 June

22 June 29 June

13 July 20 July

27 July 10 Aug

Red = no bin collection

Grey = grey bin + blue bin

Brown = brown bin + monthly glass box

Green = brown bin + green bin

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Sunday: Closed

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Saturday and Sunday

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