



Kinross Newsletter

Founded in 1977 by Kinross Community Council
Published by Kinross Newsletter Limited, Company No. SC374361

All profits given away to local good causes by The Kinross Community Council Newsletter, Charitable Company No. SC040913
www.kinrossnewsletter.org www.facebook.com/kinrossnewsletter

Founding editor,
Mrs Nan Walker, MBE

ISSN 1757-4781
Issue No 508

July 2022

DEADLINE

for the August Issue

5pm,

Friday 15 July, 2022

for publication on

Saturday 30 July, 2022

Contributions For Inclusion In The Newsletter

The *Newsletter* welcomes items from community organisations and individuals for publication. This is free of charge. (We only charge for business advertising – see below right.) All items may be subject to editing and we reserve the right not to publish an item. Please also see our Letters Policy and Notes on page 2. Submit your item (except adverts) in one of the following ways:

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(all emails will be acknowledged)

Post or hand in to:

Kinross Newsletter
c/o Ross McConnell Accountants
3 High Street
Kinross
KY13 8AW

Editor

Hannah Phillips.....07591 228884
editor@kinrossnewsletter.org

Advertising Manager

Julia Fulton07936 151223
advertising@kinrossnewsletter.org

Treasurer

Ross McConnell
3 High Street
Kinross KY13 8AW.....01577 865885
treasurer@kinrossnewsletter.org

Subscriptions

Ross McConnell (address as above)
subscriptions@kinrossnewsletter.org

Distribution

David Anderson07747 890375
distribution@kinrossnewsletter.org

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If you wish to place a typed advert on a permanent or semi-permanent basis, contact the Advertising Manager to see if you can go on to our billing list.

For full information on advertising in the *Newsletter*, including terms and conditions, please go to our website www.kinrossnewsletter.org and click on 'Advertising'.

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Advertising Julia Fulton **Treasurer and Subscriptions** Ross McConnell **Distribution** David Anderson

Editor's Page

Cover photo: Hugo Ferreira (HFK Photography) **Cover Design:** Lee Scammacca of Cree8

Letter From The Editor

AS I WRITE THIS letter it's blowing a hoolie outside and the garden looks like it's still in shock after a torrential downpour last night complete with thunder and lightning. The longest night is over and Scottish summer has obviously arrived!

An old and very dear friend who now lives in Australia is planning to visit me with her family in the weeks leading up to Christmas. I haven't seen them for many years and I am excited to be able to show them around Kinross, not a part of Scotland they ever knew well. It's a great thing to be proud of where you live, and Kinross-shire is a very desirable place to be, although an expensive one when it comes to the cost of living (*see p21*).

With the costs of petrol, gas and electricity spiralling out of control for many of us, maybe it's time to think about working as a community to make a change and future-proof our energy supplies. David Cairns has an interesting idea (*see p36*) for using Loch Leven as a heat source, following a similar idea investigated in Burntisland. As with so many things, we would really

need the community to step up get behind the idea in order for everyone to see the benefits.

It can be very easy to just assume someone else will put in all the effort to keep things going. Community Councils and village halls really do need your support in order for them to run so that we can all reap the benefits. They are often fun and rewarding organisations to be a part of!

The Jubilee celebrations (*see p6-8*) showed us that there is certainly an appetite for community events again. If you enjoyed it, please consider volunteering just a little of your time and energy with one of the relevant groups to help make these things happen.

The Kinross Show will be back with us in August and you can read all about it on p12-14. There will be free buses once again, new breeds of sheep to marvel at and some new events to tie in with Scotland's Year of Storytelling.

Hannah Phillips, Editor

Note to Contributors

A great deal of the *Newsletter* comprises reports supplied by local clubs and other organisations. These reports are accepted in good faith and the *Newsletter* accepts no liability for any inaccuracies contained therein. Senders should ensure reports are factually accurate and do not contain material which could cause legal proceedings to be taken against the *Newsletter*.

Letters Policy

Senders must supply their name and contact details. Letters should be truthful and not contain matter which could cause legal proceedings to be taken against the *Newsletter*, which accepts no liability for any inaccuracies contained therein. The *Newsletter* does not necessarily agree with any of the views expressed on the letters or indeed other pages. All letters must contain the sender's address, although this may be withheld from publication on request.

Note to Readers: Advertising

Inclusion of advertisements in the *Newsletter* does not imply any particular endorsement or recommendation of services or companies by Kinross CC or Kinross Newsletter Ltd.

Abbreviations

PKC: Perth & Kinross Council
CC: Community Council

Cllr: Councillor
CCllr: Community Councillor

About The Kinross Newsletter

The *Kinross Newsletter* has been informing and supporting the community for over 40 years.

It began as a way of letting residents know what Kinross Community Council was saying and doing, but soon expanded to be so much more.

Readers use the *Newsletter* to find local trades and services, and our loyal advertisers support the community by enabling us to publish local clubs' reports and essential community information free of charge. Readers, when answering an advertisement, please say you saw it in the *Newsletter*. Thank you.

The *Newsletter* is published by Kinross Newsletter Limited (company no SC374361). Any profits are transferred to charitable company Kinross Community Council Newsletter Limited (charitable company SC040913) to be given away to local good causes.

Letters

ALDI – AT WHAT PRICE?

A DISCOUNT FOOD STORE in Kinross-shire would be welcomed but at what cost to the local community and our daily lives?

Aldi's plan is to draw significant numbers of shoppers into Milnathort from, not just the rest of Kinross-shire but also Fife, Perthshire and Clackmannanshire. So, their apparently grand gesture i.e. 'to serve Milnathort and Kinross', is not quite what it seems; instead of providing for just Milnathort and Kinross (combined population circa 6,250: Source Electoral Register), they are intent on pulling in more than double that number of customers. The result? Up to an additional 10,000 cars per week flooding our already very busy roads, and all of them converging on a small cul-de-sac off the main road. And remember, what comes in has to get out again!

Our roads are becoming increasingly congested, especially at peak times; an Aldi store in this location, with such a huge increase in traffic, will result in yet more traffic problems including long queues and potential gridlock at times.

Pedestrians, including residents, schoolchildren, walkers, cyclists, runners, and users of the heritage trail will all be put at risk from road traffic accidents and the detrimental impact of associated emissions, as well as significant noise.

The road affording access to the proposed store is actually Orwell Road and to get to it, all customers will have to turn off South Street, Milnathort into Auld Mart Road (a cul-de-sac), and then left into Orwell Road. It is NOT direct access and egress as indicated by Aldi in their proposals. Then there is the added problem of vehicles queueing to get in and out of the cul-de-sac. There are existing bus stops very close to the junction, a blind bend, and poor visibility exacerbated by no right turn filter lanes. Add Aldi's articulated (and other) delivery vehicles into the mix and this tight, and already tricky, junction becomes a major problem for both vehicles and pedestrians, especially schoolchildren. Why? The school access from the Milnathort side is only 150 metres (approx.) from the junction. Pupils walk to and from both the Loch Leven Campus and Milnathort Primary School: it is, therefore very likely that some parents will already be thinking, 'not on my watch'. This may lead to even more traffic on the surrounding roads at peak times as children are driven to and from school.

It would be reasonable to assume Aldi have, therefore, conducted a pedestrian/footfall survey as part of their traffic assessment. Surprisingly not, as confirmed by them at the Milnathort Community Council meeting of 9 June, where they stated they have no intention of doing so.

This is not just about those who live on the Auld Mart es-

tate; there are much wider issues and potential detrimental effects lining up for the communities of Milnathort and Kinross. The former faces being swamped by traffic on an unrelenting, daily basis and Kinross will be similarly affected given the road network.

Our daily bread may be cheaper, but it will likely cost us all in the long run, in terms of the impact on our daily lives, if this proposal becomes a reality. Whilst there is support for a discount food store in Kinross-shire, it should be positioned in a fully accessible, appropriate, and safe location.

Here's something to consider; if you can find and recommend a more suitable, properly accessible site, Aldi (and indeed Lidl) will apparently pay you a finder's fee!

So, let's get looking folks!

When asked, Aldi confirmed at the Milnathort Community Council meeting of 9 June (and during additional consultation events) that they had not considered other available sites in the area. So, if you really want a discount food store suited to the needs of the whole of Kinross-shire, you can take positive action by sending a letter of objection into PKC's planning committee about this poorly thought-through Aldi proposal, and suggest that they consider alternative sites. Make them think again about identifying a truly accessible, appropriate and safe location for all of us.

We deserve better!

Concerned Milnathort and Kinross-shire resident

MILNATHORT TOWN HALL VOLUNTEERS WANTED

AS PREVIOUSLY INDICATED, I am standing down from Milnathort Town Hall Committee at the AGM on Wednesday 14 September and would like to see some new volunteers to keep this thriving Hall going.

The current committee are a fabulous group of people who all do as much as they can to help keep the hall going but from September, we will need to have the following posts filled (divided out a bit so as to keep each 'job' as manageable as possible). Chair, Secretary (we have a Minute Secretary) someone to deal with Hall Lets, Invoicing of Hall Lets and li-

Thanks

LIGHT UP KINROSS

A BELATED THANK YOU to all who attended and supported Light Up Kinross at our Disney Family Quiz in April. Congratulations to the winning team and we hope all families enjoyed the evening.

Thanks also to Kinross Rugby Club and Martin, Kinross Activity Centre and Tich Frier. We will be hosting further fundraising events in the future. Please check our Facebook page for updates.



Congratulations!



WILLIAM & WENDY SNEDDON, Kinnesswood are delighted



Happy couple Milan and Charlotte.

to announce the engagement of their daughter **Charlotte Sneddon** to **Milan Vashi**, Birmingham on Silhouette Island, Seychelles. We are delighted for them both.

Charlotte is granddaughter of Billy and the late Emma Sneddon formerly Kinross, and Adelaide and the late David Cormack of Kinross, and great granddaughter of the late Cecelia Sneddon of Kinross.

Letters

aising with Treasurer, someone to help with internal building repairs/upkeep (Perth and Kinross Council are responsible for external repairs), Health and Safety - checking Fire Alarm regularly and any other regular checks including changing the clock at the appropriate times of the year (one switch). If all of these tasks are shared out in a larger committee, none should be too onerous but if you don't feel you could take a position on but would like to support the committee by attending meetings and helping with any fundraisers etc. that would be fantastic.

Please think about whether you can give a few hours a month to keep this iconic and busy building operational and if you want to find anything more out, contact me, Rosemary Tolson at milnathorttownhall1@gmail.com.

Rosemary Tolson

SWI COMPS AT THE KINROSS SHOW

Hi, my name is Jessica Munro and I'm a member of the SWI Kinross Show committee. The Scottish Women's Institute (affectionately referred to as The Rural) is Scotland's leading member organisation created in 1917. Our vision is to build an all-inclusive community, to have fun, form friendships, learn, share and socialise.

With that vision in mind, this year we would like to invite all members of our community – adults and children of all ages – to take part and share in the fun and excitement.

Every year the SWI has its own tent at the Kinross Show, and our members enter their crafts, baking and floral arrangements in competition. The entries are chosen from our SWI show schedule, and the judges are independent and out with the area.

This year we have drawn a special schedule in the hope

that members of our community will also take part, and good news, there are prizes to be won!

For a copy of the schedule and entry forms, please email annbrydo@msn.com. I look forward seeing lots of community entries this year and good luck.

Jessica Munro

DR DONALD DUNCAN BEQUEST COMMITTEE

THE ABOVE COMMITTEE have for many years provided bursaries for educational purposes for applicants whose parents were resident in Kinross at the time of their birth and who have received at least 3 years education in the County of Kinross (primary or secondary school).

Applications are welcome from anyone meeting these criteria and who are to undertake further education. This includes attendance at university, college, or other establishments as long as the Committee is satisfied as to the course or training in question. This includes full time or part time studies. Awards may be given for one year and subsequent years at the discretion of the Committee.

Please note that a maximum of five awards will be given to any applicant.

Applications must be lodged by 30 September 2022 to be considered at the committee meeting to be held later in the year.

Application forms can be obtained from Andersons LLP, Solicitors, 40 High Street, Kinross KY13 8AN or by emailing mail@andersons-kinross.co.uk.

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BEM for Glenys!

KINROSS RESIDENT MRS GLENYS ANDREWS is the proud recipient of the British Empire Medal, awarded to her in the Queen's Birthday Honours List.

Glenys served as President of Perthshire Open Studio for 10 years, from 2011 until 2021. She was also served for 5 five years as president of KADAC.

She has received the British Empire Medal for services to the Arts in Perthshire (Perth and Kinross). Glenys is a civic stalwart of the arts scene.

She has delivered a flawless and growing 'open studios' event each year in an unpaid capacity, using her organisational capabilities, technology skills, tact and diplomacy. Perthshire Open Studios (POS) is now in its 14th year: an annual nine-day event held in September, involving more than 200 artists and makers across Perthshire, Kinross-shire and other neighbouring counties. Each year, 17,000 visitors attend arts venues because of POS. Each year, 200-plus artists gain access to a valuable market of art consumers.

Glenys has always believed in the power of the arts to enable personal expression, attain a sense of achievement and help bind diverse communities together. She is the 'glue' of the wider arts community and something of a treasure in her own right: an amateur artist with a stunning professional resume who realised her true talents as an organiser, advocate and promoter.

Glenys told the *Newsletter*, 'I am quite overwhelmed by the award and the expressions of congratulation!'

She explained, 'My husband and I moved to Kinross on my retirement from my post as Director of Education and Acting Chief Executive of the London Borough of Hillingdon. The choice of location was influenced by my Dad's need for support in his later years in his home in Dunfermline.

'Keen to make some contribution to the community locally I signed up as a volunteer fundraiser for CHAS. For the next 9 years I enjoyed meeting all the individuals and groups who had either done some fundraising or were about to.

'During this time, I began to paint and our afternoons were spent with me at my easel and my husband James working

Glenys Andrews
(Pic: Simon Jauncey)



on his exquisite wood carvings. I joined the Kinross And District Art Club (KADAC) which at that time comprised a small group of seasoned artists. At the first AGM I attended, I was nominated and elected as President, mainly, I suspect because everyone else present had already had that honour!

'In the following year, I was introduced to Perthshire Open Studios and invited to join the then fledgling committee. By the next year I was President of that too! For 3 years, I was President of both! It has been quite a workload at times but very satisfying at the same time. To be presented with this medal of recognition has been very moving and has made me realise how much it means to so many people to have their efforts appreciated by the local community.

'I trust that POS and KADAC will continue to play an important role in promoting creativity and a means of self expression for our many talented artists and crafters.'

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KINROSS CELEBRATES



Jane Byers, Bugler - Perthshire Brass and Stephen Kennedy Piper, Milnathort/Kinross Pipe Band



Above: Loch Leven Voices. Below, a great turn out for the picnic! pieces from local choristers Loch Leven Voices, including a piece, *In Our Service*, composed especially for the occasion by Thomas Hewitt Jones.

KINROSS LIKES A PARTY!

JUBILEE CELEBRATIONS IN KINROSS kicked off with the ceremonial lighting of the Jubilee Beacon in Kirkgate Park on the evening of Thursday 2 June. The beacon was lit by Jamie Montgomery, of Kinross Estate.

A large crowd enjoyed *Diu Regnare*, a piece composed by Stephen Liddell especially for the Jubilee, played by Piper Stephen Kennedy, of the Milnathort/Kinross Pipe Band and Jane Byers', Bugler with the Perthshire Brass, rendition of *Her Majesty*, also composed especially for the Jubilee by veteran Army bugler Andrew Carlisle.

The crowd were particularly appreciative of several choral

Under a warm sun and a beautiful blue sky, Saturday afternoon saw the Picnic In The Park, held at the Market Park and organised by KLEO. Fun for all the family was in abundance, with children's events (organised by Swansacre Playgroup, KYTHE and Saints In the Community) in the afternoon, per-

Photo: Brenda Frier



THE JUBILEE IN STYLE

CLEISH STREET PARTY

THE CLEISH JUBILEE STREET party was the finale of a full week of events organised by the Cleish Village Hall Association's Jubilee Committee following a mammoth fundraising and organisational effort. Around 200 guests enjoyed great weather and a live bluegrass band on the Sunday.

Other events during the week included a photo exhibition of Cleish through the years, organ recital by Matt Edwards, sports day, two live music concerts in the marquee and of course, the legendary Up In Arms pop-up pub.



The official pudding made by Kristen Knowles



performances by local dance groups Dance Connect and Matthew Dance Academy and sets by KYTHE youth bands.

The Orwell Ceilidh Band provided a great opportunity to get those legs moving during their outdoor ceilidh - especially in preparation for the evening treat that lay ahead.

Despite not actually playing in an indoor arena, The Scottish Super Troopers (formerly known as the ABBA Cadabra Tribute Band) still managed to raise the roof with a blistering set of the Swedish band's most popular tunes, including

Waterloo, SOS, Dancing Queen, Mamma Mia, SOS and many, many more.

A glittering cast of musicians, dancers and singers, backed by a superb light show, wowed the audience, who danced and sang along to hit after hit by the Scandinavian superstars.

The Super Troopers claim to be Scotland's premier ABBA tribute band – and on this evidence, it's easy to see why. The crowd boogied from start to finish and, when the band finally left the stage, after several encores, were still roaring for more.

EVERYONE GOT IN ON THE ACT!

THERE WAS NO ESCAPING Jubilee fever on that very special weekend. Kinross Centre users enjoyed a wonderful week of special activities including Jubilee bingo, games, and

a quiz. Everyone agreed the highlight was the Jubilee Concert featuring wonderful local singer Linton Osbourne. Even the Trishaws, the rickshaws used by volunteers to give elderly residents with mobility problems a taste of the open air, were decked out in Jubilee regalia!

A display at the Church Centre (left) and passengers Maisie and Heather enjoying Jubilee Trishaws decked out in balloons and flags (below).





GOSPEL HALL

8 Montgomery Street, Kinross

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Friends and Neighbours 1st and 3rd Sundays

Visit our Facebook page and website for
other activities for everyone including children.

www.kinrossgospelhall.info

EVERYONE WELCOME!

The Lord is good, a stronghold in the day of trouble: and He knoweth them that trust in Him
(Nahum Chapter 1 verse 7)

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"I had a full house of windows fitted when I was renovating my home. Barry is a hard worker and delivered a great service - on time and on budget."

Mrs Lorraine McMillan,
Morar Road,
Crossford



A bit about me...

Originally from Cowdenbeath, I spent the last 10 years living in Dunfermline. I moved to Gallowhill Road, Kinross in August 2016, with my wife Jacqueline and our two year old son, Calum. I'm a time-served joiner with 17 years' experience.



ANDY'S JUBILEE CONCERT IS A TRIUMPH!

KINROSSIAN STALWART, LT COL (Retd) Andy Middlemiss played a sterling role as one of the organisers of a free concert to mark HM The Queen's Platinum Jubilee, held on Thursday 2 June, in Perth Concert Hall. The concert raised over £2000 to continue the work of SSAFA, the Armed Forces charity in Perth and Kinross.

The sell-out performance saw the 1100-seat auditorium full for a concert boasting more than 120 performers aged from four to 85. Two hours of song, music and dance, narrated by the man whose voice is instantly recognisable to those thousands of people who attend the Edinburgh Tattoo, broadcasting legend Alasdair Hutton.

Alongside former Kings' Own Scottish Borderer and SSAFA Branch Chairman Andy Middlemiss, former British Army Director of Music Major Kevin Lamb and ex-Black Watch Pipe Major Alastair Duthie, with his Perth and District Pipe Band, ran the show with – unsurprisingly – military precision.

Vintage tunes that followed the chronology of Her Majesty's life began with a performance by The Jambouree Choir & Cabaret Singers, followed by The Julie Young Dancers (whose medley of dance through the post-war period obviously delighted themselves just as much as it did the audience), the evocative swing vocal harmonies of The McAndrews Sisters and jazz from Perthshire Brass.

The second half of the evening extravaganza was opened with a Jubilee fanfare from The Herald Trumpets of Scotland. The Capital Concert Band were followed by the beautiful and moving songs of folk duo Plaid Song, one of the biggest hits of the evening.

The climax was a moving rendition of Highland Cathedral, performed by the combined talents of the Capital Concert Band, who were joined by the Perth and District Pipe Band entering from the rear of the auditorium and marching onto the stage. It was a very stirring performance that moved many of the audience unashamedly to



Left to right: Stilt walkers Verity and Karen salute (l-r) Lt Col (Retd) Andy Middlemiss, Deputy Lord Lieutenant Alex Cairncross and Perth and Kinross Lord Lieutenant Stephen Leckie

tears. The finish, of course, was a rendition of The National Anthem.

Of the concert, Andy Middlemiss said that it was '...a fabulous, inspiring, moving show. I absolutely loved putting it together'.

Concertgoers described it as: 'Awesome and fabulous. I was foot-tapping all night and Highland Cathedral had the hairs on my neck standing to attention.'

'Great concert! Really enjoyed the variety of talent, the story of the Queen's life and love of Scotland and its music. Well done!'

Former Lord Lieutenant of Perth and Kinross, Sir Melville Jameson, said: 'The Platinum Jubilee Concert last night was quite simply a triumph!'

Others in attendance included Perth and Kinross Lord Lieutenant Stephen Leckie; Xander McDade (on his first major outing as the new Provost) and other civic leaders and emergency services chiefs, the latter in full dress uniform and sporting their new Platinum Jubilee medals.

In an address to the crowd, the Lord Lieu-

tenant shared part of a special message, received from Her Majesty The Queen:

'It is my sincere hope that this weekend will be an opportunity for communities across the United Kingdom, and further afield, to join in a spirit of togetherness, and to celebrate the enormous achievements of the last 70 years. I send my warmest good wishes to you, and all those who will join you, at what I hope will be a joyful and most memorable occasion.'

Following the concert, a team of SSAFA bucket collectors stood by the exits and received over £2000 in donations.

The final word goes to Andy, who said: 'This was a fantastic evening in honour of Her Majesty, the Head of the Armed Forces, and SSAFA's Patron, and I must extend my deepest thanks to everyone who attended, and all the performers, for the time and money they donated all of which will go to helping SSAFA Perth & Kinross carry on its work for our veterans, our serving personnel, and their families as it has for 137 years.'



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 mda-studios.class4kids.co.uk

ALDI QUESTIONS ASKED



MILNATHORT TOWN HALL WAS packed to capacity at the June Milnathort Community Council meeting where Aldi representatives were invited to come and talk about their plans for their new store in Auld Mart Road, due to be built in time for summer 2025, and to field questions from the crowd.

Andy Doyle, Property Director gave a presentation on the proposed supermarket. He was then asked various questions with regards to deliveries, the likely increase in traffic through Kinross and Milnathort and the detrimental effect of the increase in noise and air pollution.

No one seemed to be against the opening of a budget supermarket in Kinross-shire, and the majority believe that it will be very beneficial to local residents. However, those who attended the meeting seemed strongly against the idea of the proposed location, believing that the increased traffic that would descend upon such a small residential area would be detrimental to quality of life. One member of the public said that road users in this area were already struggling to cope, with cars finding navigating to the Muirs tricky due to traffic speed and volume.

Aldi representatives stated that no traffic mitigation would be required (according to a PKC transport assessment and modelling report, access to which was said to be available).

Some estimated that the daily increase in traffic was likely to be about 2000%. Angry Auld Mart resident David Sharman said that the proposed store would 'decimate the residents' quality of life'. He went on to say, 'our current background noise is birdsong'. The site is located close to one of the entrances to the Heritage Trail.

Also under consideration was the health and wellbeing impact on locals, specifically on school children who currently

walk to both Kinross High School and Milnathort and Kinross primaries. The safety of young children around increased traffic was under consideration and it was argued that Active Travel to school was likely to be reduced by parents who would be concerned about the increased risks and who would no longer let children walk.

Kinross-shire residents wanted to know whether the location is fixed, and whether there were alternatives or better sites evaluated. Aldi's response: 'We don't believe there is a better site.'

A planning application has been submitted to the Council. It will soon be possible for members of the public to make their views known on the application at the PKC Planning Portal. www.pkc.gov.uk/publicaccess.

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ALL ABOARD FOR THE KINROSS SHOW!

THE SPOTLIGHT WILL SHINE on farming and agriculture as Kinross Show opens the gates to visitors on Saturday 13 August at RSPB Loch Leven. Following on from the huge public support of Kinross Show in 2021, when nearly 4000 people flocked to the event, the show committee are eager to ensure visitors return and bring their family and friends to enjoy another fantastic day out.

President of Kinross-shire Agricultural Society, Ewan Paterson commented. 'Together with my wife, Laura, we have been involved with Kinross show for many years. I really enjoy setting up and working with our incredible committee and volunteers to transform the field into such a spectacular showground.'

With events returning to normal the much-loved elements of the event that were also truly missed last year will return. This includes the Flower Show, SWI Competitions Marquee and Children's Education/Food and Farming Tent. The free buses will also be running again. They are an integral part of the Kinross Show experience so check out the info on the next page about how to get here.

'Having collected visitor feedback from 2021, a few tweaks will take place and some new activities so keep an eye out for these. We are also moving towards using more local food producers to offer a more diverse range of food and drink for visitors to enjoy. Keep an eye on the website and Facebook page for further information,' adds Ewan.



RETURNING FOR 2022

THE FLOWER SHOW TENT will be open again and with 55 classes, many with a Jubilee Theme, the competitions range from floral art to free range eggs, decorated wellies to pea pods. The full schedule was printed in the June edition of the Newsletter and is also available on the show website. So, if you have never entered before, but have some pretty blooms or tasty vegetables then please do get involved.

Another very popular marquee is located at the main entrance to the show field, it's run by the Scottish Women's Institute (SWI) and their Kinross Show group organise the inter rural competitions alongside huge classes of members home baking and handicrafts. For the first time this year they also have open classes so any local bakers or crafters can compete and join in the fun.

The Royal Highland Education Trust along with Farmer Dawes are planning lots of activities for children and fun for all ages in the Food and Farming tent. A treasure hunt will also be available to keep children busy.

Remember you don't need to have livestock to enter a competition. The Fancy Dress Competition and friendly Dog Show are firm favourites of the day.

NEW FOR 2022

NEW FOR THIS YEAR is a bigger picnic area including an undercover area, ideal for families and anyone looking to take the weight off their feet, enjoy their lunch or a cuppa.

There will be food and drink from more local producers – watch this space!

New sheep classes – in response to popular demand there are now new classes for Blue Texel and Dutch Spotted Sheep.

CRAFT EXHIBITION SPACES & TRADE STANDS STILL AVAILABLE!

WHETHER YOU ARE A local business or club or society, exhibiting at Kinross Show offers an ideal marketing opportunity for your organisation and a unique way to engage with existing customers and meet new people interested in what you do. Outdoor trade stand space starts at just £50 for a 3m x 9m space, with a range of sizes available. For more info please visit the website or contact us by email.

This year we still have space available in the craft tent, this is an ideal environment to sell homemade arts and crafts or Scottish products. The cost is £35 for a table.



Ewan and Laura Paterson



FREE BUSES

FREE BUSES WILL RUN from approx 10.30am to approx 6.30pm. The bus will stop at all the usual bus stops and in the country, if waved down.

Exact timings for the start of the buses will be in your August Newsletter. Buses will run every 30 minutes approx on the two available routes. Return journeys start at RSPB Loch Leven.

ROUTE 1

- Royal Bank Building in Milnathort
- Down to the roundabout at Rowland Pharmacy Kinross
- Turn right along Station Road to the Park and Ride
- Returning back along Station Road
- Turning right down through Kinross High Street
- To the show

ROUTE 2

- Loch Leven's Larder Car Park
- Turning right past the Balgedie Toll
- Continuing through Kinnesswood
- Through Scotlandwell
- Straight down the road, turning right and along the south side of Loch Leven
- To the show

Scotland's Year of Storytelling

TO TIE IN WITH 2022 being Scotland's Year of Storytelling there will be a couple of new features at Kinross Show on the theme of storytelling and preserving the cultural heritage of rural Scotland.

Look out for iconic stories from local legend, Gordon Menzies on the Entertainment Stage. Outside there will be a dry stone walling demonstration with experts repairing the field dyke at the entrance to the showfield.

For our younger visitors we will have a dedicated storytelling corner running with Amanda Edmundson of Botanica Fabula in the Education tent.



Get Writing!

WE HOPE THAT LOTS of young people will enter our story competition about a *A Day On A Farm/In The Countryside*. The competition is open to anyone up to 16 years old.

The closing date is Saturday 6 August. Send your story with your name and age to kinrossshow@gmail.com.

The winning story will be printed in the Newsletter!

Kinross Show, RSPB Loch Leven,
Sat 13 August 2022, 8.30 am – 5.30 pm

Tickets available in advance from
kinross-show.co.uk from mid July.

Tickets cost £13 for adults.

Children under 16 go free.

Parking and bus travel is free.

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DOG SHOW SCHEDULE

SECTION 11

Companion Dog Show

Judging Starts Dog Ring - 1pm prompt

Convenor: Alasdair Cox

Judges: Elaine Warburton and Carlyne Cowan

NOVELTY CLASSES

Class 1.

Open - any variety-Dog/Bitch - **Confined to Kinross-shire**

Class 2.

Dog or Bitch with **Waggiest Tail**

Class 3.

Dog or Bitch with **Most Appealing Eyes**

Class 4.

Dog Or Bitch – any variety – **Handled by a boy or girl 14 years or under**

Fun Prizes for all Dogs that enter in Classes 1 – 4

TROPHY CLASSES

Prize Money: 1st £3, 2nd £2, 3rd £1

Sash and special prize for Best In Show

Class 5.

Kinnesswood Quaich - Puppy – any variety, Dog/ Bitch (6-12 months).

Class 6.

Balkello Quaich - Sporting – any variety, Dog/bitch (Hound, Gun Dog or Terrier).

Class 7.

Farmer Trophy - Non-Sporting – any variety, Dog/ Bitch (Pastoral, Toy, Working or Utility).



Class 8.

The Cairns Cup - Open – any variety – Dog/Bitch).

Class 9.

The Walls Cup - BEST IN SHOW

An advertisement for Loch Levens Larder. At the top left, it says "LOCH LEVENS LARDER" with a logo of a stylized flower. Below this, it says "Summer at" and shows four photos: a basket of bread, the larder building, the interior of a cafe, and more bread. On the right, a large green circle contains the text "Plenty of choice" and a list of options: "Sit in - Larder Café", "Sit in / take away - Greenhouse Café", "Sit out - Outdoor Canopy Café", "Pack a picnic - Deli Counter", and "Always time - Ice Cream Counter". At the bottom right, it provides the phone number "01592 841000" and the website "www.LochLevensLarder.com".

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DAWES OPEN – COME ON IN!

THE SUNSHINE BROUGHT 1250 people out to Hilton of Aldie for the Annual Farmer Dawes Farm Open Day. Local Farmer Alan Sim and his dog Maisie

entertained and thrilled the visitors with their skill in rounding up a group of Romney sheep. There were plenty of activities for people to experience from matching the wool to the various breeds of sheep, grinding corn into flour, or even guessing the weight of the

sheep. Local community groups did a formidable trade, many selling out very early. All the gate money is being donated to CHAS. Farmer Colin Dawes said 'It was a great day of knowledge transfer, farming and food and it was good seeing the community engaging with the local farmers and enjoying the countryside'.

The Farm Open Day raised £2324.86 for CHAS.



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HARMFUL HERBICIDES IN KINROSS

WILLIE ROBERTSON AND HIS fellow ward councillors have recently been contacted by a number of Kinross-shire residents concerned about the way the Council uses herbicides locally to control weeds.

A constituent expressed their dismay at the recent widespread use of herbicides in the streets, roads and parks around Kinross.

He said, 'The continued use of these toxic poisons is unnecessary, unsightly, damaging to wildlife and very costly. I cannot understand why a responsible local authority would permit parks, open spaces and nursery areas within the Primary School to be sprayed with herbicide'.

'There are good examples of good vegetation management in Kinross - the Park and Ride Wildflower area and the Junction Road verge which looks fantastic.'

Further information regarding the use and alternatives of pesticides can be found at www.pan-uk.org/pesticide-free/

Cllr Robertson said he has asked Andrew Parrott, Convenor of Environment Services to look into recommendations on ways to cut our dependency on the use of herbicides and to recommend alternative solutions. He will take this

forward through the Kinross-shire Area Committee whose remit includes making changes to grounds maintenance practices.



Portmoak Festival Widens Its Scope

THE PORTMOAK FESTIVAL HAS been spread over a longer period this year, mostly to accommodate events round the Jubilee but also to show folk what is going on in the community and include groups which would not usually be part of it. One of the advantages was that the children's art exhibition was up for a longer period and seen by a wider audience.

The Woodland Trust sponsored three events this year, a folk afternoon in the orchard (pictured below), a walk with Marje and an afternoon of jazz with the Batchelors of Jazz. Due to the weather this had to be held in the hall and was greatly enjoyed by all.



The Cream Teas were a great chance for folk to get together again, enjoying scones and shortbread provided by the ladies of the Bishopshire Friendship Circle.

The Pudding Club promised to be a highlight for many both young and old. We will have an update on this next month.

Scotlandwell had its own Jubilee Party, a very social event for all ages. The villages looked their best with well-tended flower displays and lots of bunting.

Portmoak Primary School with assistance from Kinnesswood in Bloom had a very successful Environment Day. You



can read more about that on p51 and in the school report on p66.

Organisers of the festival would like to thank the people who organised events, the pubs who hosted a quiz and music night and the Portmoak Hall which as usual was a perfect venue. The school provided the art work and it was a high standard as usual. Thank you to the Woodland Trust for organising the new events. They were very popular as was the Tales in the Kirkyard talk by Dr David Munro (pictured above).

Thanks to those who decorated the hall and put up the art work, set up events and provided scones, cakes, puddings and other delightful refreshments. The other event running through the festival was the Parkrun and we hope to hear soon who were the stars of the different categories.

This year has been a bit of an experiment but we are sure that plenty of people will want to keep the festival going next year in some form. Don't forget that there is still one event to come on 3 July, the Annual Michael Bruce service at 6.30pm in Portmoak Church.

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Michael Bruce Museum Open Again

FOLLOWING THE LAUNCH in 2021 of their appeal in support of essential repairs to the Michael Bruce Cottage Museum and Garden in Kinnesswood, surveys were carried out and a full conservation report outlining a work schedule for the cottage has been recently received from Addison Conservation & Design.

This will allow the Trust to obtain costings for the work that needs to be done. In the meantime, the Michael Bruce Cottage Museum is open to the public once again following its closure during the Covid pandemic lockdown.

On 9 May, Primary 2/3 pupils from Portmoak Primary School explored the history of The Cobbles in Kinnesswood with Trust Chairman Dr David Munro.

Many architectural features dating from the time of the poet Michael Bruce were pointed out and stories were told of people who lived here in times past.

Dropping into the cottage museum, old photographs and a painting revealed what this lane looked like before it was surfaced with tar in 1962.

The annual service of commemoration, held each July, has for many years been an important means of keeping alive the memory of the 'Gentle Poet of Loch Leven'. For the past two years the Covid pandemic reduced this event to a simple ceremony of laying a wreath on the poet's grave.

This year, however, the Trust plan to hold a service once again in Portmoak Parish Church at 6.30pm on Sunday 3 July. The service will be conducted by locum minister Dr Robert Calvert and the address will be given by the Very Rev. Dr Angus Morrison, former minister of the Parishes of Portmoak and Orwell, Moderator of the General Assembly of the Church of Scotland in 2015-16 and Honorary Chaplain to The Queen.



Pic: The Cobbles, Kinnesswood, from a painting by Henry Kerr

CORE PATHS GROUP TAKE ACTION!

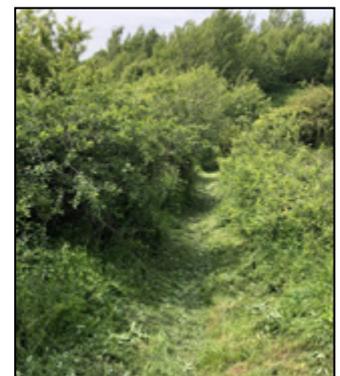
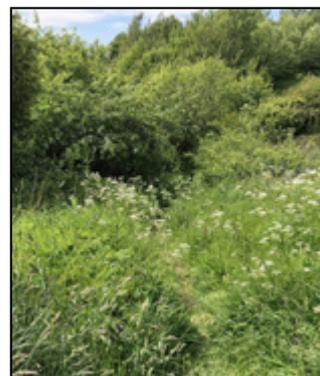
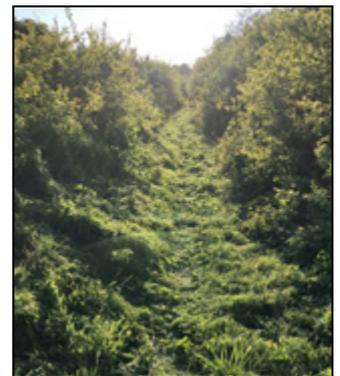
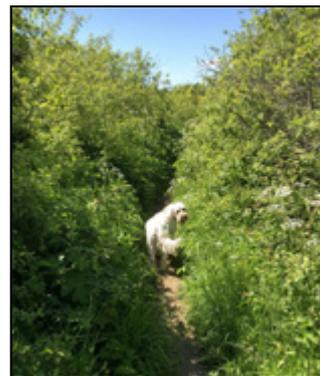
MILNATHORT CORE PATHS GROUP has been very busy recently. They've been clearing the Core Paths around the Community Woodland, the path north of the Community Woodland and the path forming the link to the disused Arlary railway track, as you can see in the before and after pictures below.

The Core Paths Group is made up of volunteers who give up some of their time in the evenings and weekends to clear and maintain the Core Paths in the area.

New volunteers are always needed, however. PPE is provided, as is training in the use of power tools. Volunteers say that it's really satisfying to help clear a path and to provide such a valuable service for the community.

If you'd like to join them, Milnathort Core Paths Group would like to hear from you.

They can be messaged from the Milnathort and Orwell Community Council Facebook page, or emailed at communitycouncilmilnathort@gmail.com.



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KINROSS FEELS COST OF LIVING CRISIS

HOUSEHOLDS IN PERTH AND Kinross are paying on average £1742 per year, making it the 46th most expensive place in Great Britain for energy bills. Out of 408 local authorities in Great Britain, Perth and Kinross came out as 46th most expensive.

According to data from *comparethemarket.com*, households in Perth and Kinross are already paying 26.7% more

than the price cap that is set to be introduced in October this year. The data also shows that people across Scotland are paying more on their bills than compared to England and Wales.

Commenting, MP John Nicolson said, 'People in Perth and Kinross and across Scotland are paying sky-high energy bills, despite Scotland having an abundance of resources – oil, gas,

and wind and wave renewables. We are resource-rich yet people are struggling with their bills.

The measures announced by the Chancellor last month will barely scratch the surface of the rocketing energy bills which households find so hard to meet. And the winter months will get even tougher.'

EUROPEAN SUCCESS FOR KINROSS PIPERS

BACK COMPETING THIS YEAR for the first time since pre-Covid, Kinross has landed another major trophy, taking second place at the prestigious European Pipe Band Championships, held this year under gloriously sunny conditions on Saturday 25 June at Bught Park in Inverness. This is the first major trophy under the excellent stewardship of Pipe

Major Stuart Scott, and is likely to be the first of many to come as he continues to take the band from strength to strength.

The band were also delighted, recently, to turn out at the spectacular Fingask Castle to play for the wedding of long time former band member, Douglas Weir, and his bride, Kathryn. The evening performance went down very well – particularly when Douglas himself joined in with his pipes, and even led the band in a rendition of Highland Cathedral to huge cheers from all the guests!

If you know anyone who plays pipes, side or tenor drum they are always on the lookout for new talent in the community. Email secretary@kinross-pipe-band.co.uk or just go along to St Serfs Hall (next to the Muirs Inn) on a Thursday evening and have a listen.



TRAFFIC NEWS

M90 GLENFARG

Works to resurface the main carriageway

M90 Glenfarg NB (Resurfacing) – 7.30pm on 09/07/2022 to 6.30am on 15/07/2022

TRAFFIC MANAGEMENT

SATURDAY 9 JULY overnight – there will be a lane 2 closures on the north and south of M90 whilst teams carry out barrier works in advance of a contraflow. A shadow contraflow will also be in place overnight to install traffic management equipment.

TEMPORARY PROHIBITION OF DRIVING, PARKING AND LOADING

U238 FOSSOWAY SCHOOL ROAD

6 July 2022 for a period of three days.

THE ORDER WILL TEMPORARILY PROHIBIT all vehicles from driving and temporarily prohibit parking and loading (both sides) of the U238 Fossoway School Road from its junction with the U222 (304361, 700777) to its junction with the private access to the property known as Devonbank (303772, 700688), a distance of 614.7 metres or thereby.

11 July 2022 for a period of two days.

THE ORDER WILL TEMPORARILY PROHIBIT all vehicles from driving and temporarily prohibit parking and loading (both sides) of the U238 Fossoway School Road from its junction with the A977 (303819, 700247) to its junction with the private access to the property known as Heron Cottage (303769, 700391), a distance of 157.3 metres or thereby.



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SARAH RANKIN COOKS!



The **Newsletter** are absolutely delighted to welcome Milnathort's own Masterchef contestant Sarah Rankin as a contributor.

Each month Sarah will present us with a recipe based on ingredients that can be sourced locally, and it is hoped that anyone who tries them out will search out a supplier who specialises in produce grown and sold locally.

This month Sarah shows us a summer salad that is not only easy to construct, but also delicious to eat.

Summer Salads

The sun is shining for at least 10 minutes at a time, so that must mean the Scottish summer is with us. I've got a really simple summer salad that makes use of seasonal ingredients, is a snap to whip up and will work as quick and delicious lunch, starter, or as a great side for a barbecue.

Citrus Burrata Salad

Burrata is a deliciously creamy mozzarella-style cheese with a runny centre. I serve it with bitter red chicory leaves – which work really well against the richness of the cheese – and orange segments.

It's delicious drizzled with a lemon vinaigrette for a zesty punch. Just mix 1 part white wine vinegar with 3 parts olive oil, the juice of half a lemon, a teaspoon of dijon mustard and little lemon zest. Make in a sealed, cleaned jam jar for ease and it'll keep in the fridge for 5 days.

- **One pack Burrata**
- **One head of red chicory with leaves separated and washed, or a bag of mixed bitter leaves**
- **Juice and zest of half a lemon**
- **1 tsp Dijon mustard**
- **Good quality olive oil**
- **White wine vinegar**
- **Rock salt**
- **1 large orange – peeled, pith removed and segmented**

One burrata will serve 1 hungry person or two for a starter, so you can serve it individually or as sharing plate by layering the leaves tossed in vinaigrette and orange pieces on a large platter, and placing the burrata in the centre. Pierce the cheese to let it ooze.

Don't forget to season with a good quality rock salt to really bring out the flavour of the cheese. My current favourite is Blackthorn, made on the Ayrshire coast. Enjoy!

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Jim Fairlie, MSP

I MAY HAVE PUT the cat among the pigeons (or the fox in the henhouse) a little amongst some of my city-based colleagues during a members' business debate on ethical principles in wildlife management. I think, sometimes, those of us who have experience of living and working in the countryside have to bring a bit of a reality check to discussions about wildlife and nature.



Wildlife management is an emotive subject with aspects that can be extremely divisive, with very polarised views on both sides. And I can see both sides.

As a youngster, I spent my time outside, fascinated by birds and animals. I was a dog owner and kept racing pigeons. To me, those birds were thoroughbreds of the sky, an absolute passion for years. For my neighbours, they were vermin that dirtied the washing on their lines!

The majesty of birds of prey, especially the peregrine falcon, truly gripped me. The idea of seeing a peregrine falcon in real life was only a dream to a townie like me.

However, amongst all of that there was also conflict that came from being a keeper of livestock – my pigeons - as well as having a love of and fascination with birds of prey. Think of the effects of seeing a sparrowhawk attacking my racing birds.

The lesson was well made, as I moved into shepherding and sheep farming. Again, my appreciation was challenged when I witnessed various horrendous attacks on livestock that were in my charge. Foxes, crows, gulls, ravens and sea eagles are all absolutely beautiful and intelligent but they are also wild animals who play by nature's rules, which by and large are brutal.

The Scottish Government has undoubtedly been at the forefront of wildlife protection while trying to find the balance that is required to allow farmers and conservationists to protect their respective charges.

I welcome that, but I gently remind everyone that there must be a proper balance for all of those demands on our land.

The elusive peregrine became a regular sighting, buzzards are like sparrows in terms of sightings, sea eagles were regularly passing through and I have witnessed red kite and hen harriers aplenty. Those are all birds we would not have seen 20 years ago, but are now far more numerous than when I was growing up. As I write this, I have just received an invitation to go and see the ringing of a Golden Eagle chick, a key part of the conservation work monitoring the population of Golden Eagles in Scotland.

What I have seen fewer and fewer of are golden plovers, lapwings, curlews, red shanks and oystercatchers. At the same time, I have seen an explosion in the number of ravens and other corvids. Their effect on the numbers of ground nesters has been absolutely devastating. It is disingenuous to say that the two are

not related, because they absolutely are—I have witnessed it with my own eyes.

Protection and balance are equally important, and I hope the Government will continue with the balanced approach that it has so far taken.

Jim Fairlie, MSP

Councillor Willie Robertson



GALLOWHILL ROAD: It has been a real struggle to stop HGVs using the Muirs entrance into Gallowhill Road to access the Persimmon Homes site. However Persimmon Homes have promised to put a stop to this happening and will be erecting No Access for HGV signs and warning their contractors that using this access is not permitted. Gallowhill Road is totally unsuitable for large HGVs.

KINROSS-SHIRE AREA COMMITTEE: The KAC met on 30 June. I will be the convenor of the committee for the next 6 months. At the meeting we had updates on local road safety issues and discussed the future use of Blairingone Primary School. The committee also agreed the sale of a small piece of land in Kinross the proceeds from which will be added to the Kinross Common Good Fund. Myself and my fellow ward councillors, together with the representatives from the Kinross-shire Community Councils are now working on agenda items for the August meeting of the KAC.

COMMUNITY HEATING SYSTEM: I have been contacted by local man David Cairns who has suggested using the heat that builds up in Loch Leven as the source of heat for a community heating system. There is evidence that the water temperature in the loch is rising and will continue to rise so this seems like an excellent way of both reducing this heat build up and in doing so giving local people access to an affordable source of heat for their homes. This is a proven technology and is used successfully in other European countries such as Denmark. David has written an article for this month's *Newsletter* (see p36) which I would ask you to read and let him or I know your thoughts on this idea.

PATHS GROUPS: There are now successful paths groups operating in Milnathort and Portmoak. They do excellent work keeping our core paths open and usable by cutting back the vegetation which blocks them at this time of year. For the first time, that I can remember, the core paths around Milnathort are all open and walkable thanks to the Milnathort Paths Group. We previously had to rely on people carrying Community Service Orders to clear the paths but their availability was never guaranteed. If you would like to know more about how to set up a paths group in your area or would like to volunteer to help please get in touch. Full training is supplied and all volunteers are given PPE.

Councillor Willie Robertson



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Liz Smith, MSP



LIKE MANY OF YOU, I thoroughly enjoyed the events to mark the Platinum Jubilee of HM The Queen at the start of June. The weather was beautiful over the course of the four days showing the UK in all its early summer glory and the celebrations across the country were fantastic to see. Thank you to those across Kinross-shire who organised events to allow communities to come together to mark an extraordinary 70 years. The community events also have more poignancy after the two years in which we were not able to gather with family, friends, and neighbours. I am certainly looking forward to attending community events over the coming weeks and meeting up with many local people.

The summer months are likely to bring another influx of visitors to Kinross-shire and I am delighted that Perth and Kinross Council have committed to the visitor ranger service again this financial year. The service made an enormous difference last summer and was evidently very popular with residents around Loch Leven. I would urge anyone who experiences any issues with inconsiderate camping, fly tipping or any anti-social behaviour to contact the council and ensure that any problems are dealt with promptly.

Summer weather also brings issues with increased traffic and particular complaints about large groups of motorbikes on many of the popular routes around Kinross. Most motorbike owners are responsible road users but in recent years that have been increasing complaints about the noise from some and unfortunately, we have seen tragedy strike on too many occasions. Police Scotland do operate campaigns targeted specifically at motorbike users – offering courses and having officers meet up with groups at popular spots. This is very welcome, and I will raise this issue with Police Scotland to ensure that they know how this issue affects communities and especially those who live along the popular routes.

Parliament will soon be closed for the summer recess, however I still welcome constituents to contact me via Elizabeth.Smith.msp@parliament.scot for any issues you may have over the summer months. I will also be restarting in-person surgeries for constituents who would like to speak to me directly and the dates and locations of these will be promoted across my social media pages. I understand the great importance of local surgeries in connecting constituents with those who represent them, and this personal interaction was greatly missed during the pandemic. You can follow my parliamentary and local activities on Facebook (@LizSmithMSP) and Twitter (@mspliz).

Liz Smith, MSP

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Councillor Neil Freshwater



NEARLY TWO MONTHS HAS passed since the election and time does fly! It has been an interesting month as a new councillor getting to grips with all the practicalities of taking office and getting stuck into local issues. At my first meeting of the Full Council in May, a new minority administration was formed by the SNP who were the largest party following the election. I was pleased to learn that whilst there was possible scepticism by the new administration, there does now appear to be support for the continuation of the devolved Kinross-shire Local Committee. Dates are in the diary for the remainder of the pilot meetings, after which point a decision will be taken on its permanence.

I represented Kinross-shire at the Westfield Liaison Committee in May. Most readers will know the site of the planned waste and energy facility near Portmoak, and whilst the bulk of it is in Fife, a small part of it (mainly the access road) is in Kinross-shire. The developers are keen to ensure that the signage on the new road is installed soon, so I am following up with enquiries to see if this can be done more quickly. I also learnt of a new community fund which will be set up and available to communities in all the Westfield community council areas, including Portmoak. Grants of £1 to 1.5K will be available, with applications considered quarterly. The scheme should go live in July so I will share further details when known.

The proposed Aldi supermarket at Auld Mart Road is causing much discussion in the county and I met with around 30 neighbouring residents to have a walkabout and see first-hand what the proposals will mean for the site. Locals are very keen for a supermarket like Aldi or Lidl in Kinross-shire, but they voiced several concerns on issues such as increased traffic, noise, and inadequacy of the access road. Aldi have now submitted a planning application to Perth & Kinross Council so the formal process of a decision will commence.

Community councils (CCs) were also in full swing. Several issues were raised at Kinross CC including the facilities at Kirkgate Park, relating to the boathouse public toilets not being cleaned and the missing parts of the 'cyclone' swing in the play area, which is much missed. Both matters have now been raised with P&K Council and I should have answers soon. There was a great turnout at Milnathort CC as residents were keen to meet with Aldi who were presenting in relation to their proposed store (see above). An update was also given on the excellent work of the Milnathort core paths group who do excellent work keeping the routes accessible by clearing overgrown vegetation.

It's a good time to remind readers of the opportunity to get involved in community councils. As you will note from other pages of the Newsletter, Kinross-shire has six active CCs, but they only exist because people are willing to get involved (some wards have none I am told). So do check out the dates of your next CC and go along to support.

And finally, I enjoyed some fantastic Jubilee celebrations this month. The weather was kind (if not the midges) for the lighting of the beacon at Kirkgate park, and it was a treat to spot some of the mountain top beacons on the way home. I also enjoyed great festivities, including concerts and a street party in my local village Cleish. A huge thanks to the organisers of all the events in Kinross-shire and congratulations to HM Queen Elizabeth on 70 years in the throne. Long may she reign!

Councillor Neil Freshwater

Politicians

**Councillor
Richard Watters**



IT IS GOOD TO see the 'Country Park' taking shape between Kinross and Milnathort at the Lathro Meadows development. Several of the paths and bridges between Milnathort and Phase One of the Lathro Meadow development are now complete. This section is getting used widely just now as it is a joy to walk through the paths surrounded by areas wildflower meadows in full bloom. When complete, these paths will be a great addition to the area's path network.



Meanwhile, I continue to be involved in a number of constituency cases relating to the Persimmon development, including a few enquiries over when gates and bridges will be replaced—especially the bridge over the North Queich near Lathro Farm. I have been informed by council officers that 'the completion of this is tied to the end of Persimmon's build programme' so I have written to Persimmon asking when these replacements are planned, while continuing to query council officers over the legal planning triggers.

As I mentioned last month, we have made some changes to the committee structure in Council. The main change is the creation of the new 'Climate Change and Sustainability' committee. I have been nominated as the convener of this committee with the vice-convener being Councillor Liz Barratt, the Lib Dem Councillor for Perth City South. Given that Climate Change impacts everyone, we decided that we should keep this committee as politically neutral as possible.

Although the full remit of the committee is still being worked through, the committee will be responsible for ensuring that the council's plans, programmes, and strategies deliver on the Council's obligations and duties towards Climate Change, Sustainable Development, and Biodiversity.

This will include direct responsibility for Countryside Management, Parks and Open Spaces, Trees and Woodlands, Environmental Policy, and Flood Risk Management and Prevention.

A new responsibility will be the distribution of any funding from the new Scottish Government Nature Restoration

Fund, which is intended to promote resilient and sustainable biodiversity throughout the council area. We will oversee the wildlife trials underway throughout Kinross-shire, where the grass will be allowed to grow to attract more wildlife, including Bees, Butterflies, and other valuable pollinators. You can find more information about this at <http://www.pkc.gov.uk/wildlife> where you have the opportunity to enter your feedback into the ongoing consultation.

Another new responsibility is for the provision of an advice service for both residents and businesses on climate-change-mitigation measures—from home energy efficiency to sustainable transport, as highlighted in the Climate Change Strategy and Action Plan. I have already been involved in some potential projects that promote and support community initiatives to tackle the climate and biodiversity crises.

We will also consider new initiatives regarding Council functions such as refuse collection, waste disposal, waste reduction, re-use, and recycling. And we will be alert to how we can respond to other priorities as they arise.

Councillor Richard Watters

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Politicians

John Nicolson, MP



THE INTERNET HAS TRANSFORMED our lives. Whether you're booking holidays, keeping in touch with friends, working, studying, or even looking for the love of your life it's hard now to imagine how we managed before those magic letters 'www' came into our lives.

But there's a dark side to the online world. Once upon a time kids who were being bullied at school could escape to the sanctuary of home. Now their tormentors can pursue them from the moment they wake up in the morning to the moment they go to bed at night.

At Westminster I'm working on a Bill – the Online Safety Bill – which aims to make us all safer. We are trying to work cross party to make it as effective a piece of legislation as we can. And we've been calling witnesses to help us. Some of their testimony has been harrowing.

We've heard from a father who told us that his wee girl was encouraged by trolls to kill herself to escape from her bullies. Tragically she did just that. We also discovered that some people send flashing images to those living with epilepsy in order to trigger seizures which might kill them if they're standing on a station platform or beside a busy road.

Disinformation is the scourge of the online world. During the pandemic countless people worldwide have been persuaded that Covid is a hoax or that the vaccination is dangerous rather than the lifesaver we know it to be. The Russian regime is a leading bad faith actor online. It actively interfered in the American presidential election and the Brexit referendum. Its army of trolls and bots toil daily trying to persuade us that civilians gassed by the regime in Syria or killed by Russian shells in Ukraine are really just actors playing dead for the cameras. I know from my MP mailbag how disturbingly successful these disinformation campaigns can be.

The online internet giants do very little to stop the disinformation, bullying and trolling. Facebook, TikTok and Twitter pretend they are concerned, but they rarely enforce their own guidelines. This allows the human traffickers, child molesters and animal torturers to behave with impunity.

The Bill raises complex moral issues. How do we reduce content that is damaging, but not illegal? How can we tackle disinformation without chilling freedom of speech? We heard from the footballer Rio Ferdinand about the racist abuse that plagues players and their families online. It often comes from anonymous accounts. So, should we ban them? And how would that impact those living with domestic violence who need to keep their identities hidden as they seek advice and support?

A major concern of mine is that the Bill as currently drafted gives the UK Culture Secretary Nadine Dorries too much power. Many Tory MPs agree, and I hope to enlist their support to reduce her proposed power to direct the 'independent' communications regulator Ofcom.

The Bill aims to save lives. If we get it right, it will be a transformative – world leading – piece of legislation. Watch this space.

John Nicolson, MP

Councillor Dave Cuthbert



AT THE TIME OF writing this, I am six weeks into my five-year term as a Councillor representing you. It is becoming clear that the next five years are going to be 'interesting'. The Council is spending more than it gets and there is already an accumulated overspend of £10.015m from the previous five-year term (referred to as a structural deficit).

Inflation is running at approximately 10% and the Council are in the unfortunate position of setting their council tax once a year in April, so they can't put up prices daily like petrol pumps appear to be doing at the moment!

On top of this interest rates are going up and the Council has gross external debt of £743.7m. Much of this is long term debt, so rates are fixed, however, as time goes by the money needed to service the debt will increase, leaving less to spend on services.

All in all, there is going to be huge pressure on the Council's finances.

To resolve this issue, the Council are forming a transformation board, and are planning for this board to look at ways of saving money and to then implement them.

The promise is that: 'a flexible and agile approach will be adopted to the programme and projects may be added, changed or removed if the original benefits and/or outcomes do not offer best value.'

In essence, the Council is going to have to look at everything it does and how it does it, with a view to reducing costs and increasing revenue.

Part of the strategy, which I like is that the Council has produced what it calls the Perth and Kinross Offer. This is what it promises:

- **People will be at the heart of everything that we do**
- **People will be happier, healthier, and more resilient - with communities empowered to make decisions**
- **Perth and Kinross will be a better, greener, and fairer place for people to live, learn, work, play and visit**
- **Resources will be directed to where communities need them most**
- **People's needs will be met in a better way, and we'll make working with us easier**
- **We'll improve our digital services to make contacting and accessing services simpler**
- **Staff are empowered to do what needs to be done to improve people's lives – being solution-focused and thinking 'yes'**

I especially like the bits about empowering communities to make decisions and the Council having a think yes, solution focused, philosophy.

Implementing this will not be easy, as the Council has a history of consulting communities and then doing what they were going to do anyway.

I have been made the Vice Convener of the Kinross-shire Local Area committee, which is a full committee of the Council and will be working towards making this a tool which helps deliver the Perth and Kinross Offer.

I believe hugely in the strength of the Kinross-shire community and in its ability to find out of the box solutions to problems. For example, during the covid lockdowns, a group called Kinross Kindness was formed. This performed amazing work during the lockdowns and I would like to congratulate them for it.

Doing this will not be easy! As I said, the Council is attempting to change the way it works and it is something of a super-tanker, so the change of direction will not be quick!

Watch this space!

Councillor Dave Cuthbert

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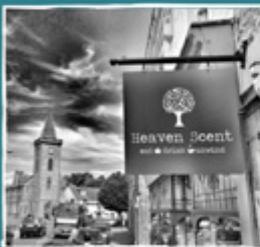
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Recent Housebreakings In Tayside

OFFICERS ARE FOLLOWING POSITIVE lines of enquiry following a number of break-ins across Tayside.

Between 4 - 21 June, a number of incidents have occurred across the Dundee, Birkhill, Fowlis, Invergowrie, Kinross and Monifieth areas.

Suspects have gained access to commercial garage premises, stealing vehicle true keys from offices and then using them to steal customer vehicles.

It is believed that the stolen vehicles are then used for other crimes of dishonesty, including breaking into shops and domestic residences within the Tayside Division.

DI Allan Thomson said: 'These housebreakings have been very damaging for the businesses involved and extensive enquiries are underway to catch those responsible.

'Our enquiries are progressing and I would ask anyone who has seen or heard anything suspicious that might help with our investigation to get in touch as soon as possible.

'I would also like to take this opportunity to encourage all business owners to check that their crime prevention measures are in good working order including any intruder alarms or CCTV. Please also check that your premises is locked securely at close of business and customer keys are stored in a secure place.

'Should you wish to receive crime prevention advice for your premises, whether that be physical security, CCTV, secure key storage options or anything else related to keeping your premises safe, please contact our Partnerships, Interventions and Preventions Department by email at taysidepreventionsandinterventions@scotland.police.uk'

Motorcycle Stops

On Saturday 18 June officers from the Roads Policing Department carried out a day of action on the A85 in relation to motorcyclists. The aim of this was to engage with cyclist and encourage and promote positive driver behaviour. This resulted in 31 motorcycles being stopped and 5 people being warned for construction and use offences.

On Sunday 19 June, 20 motorcycles were stopped on the A977 with warnings issued for number plate offences and one having no MOT. A further 19 bikes were stopped on the A93 with two being warned for number plate offences.

Officers are currently involved with the Rider Refinement Program, a one day course which aims to raise awareness of the importance of road safety and made rider think of the personal consequences of taking risks. The course involves demonstration rides and observed rides with feedback from officers along with vehicle examination and safety checks. Courses are available throughout the North of Scotland in Perth on the following dates:

Sunday 17 July, Saturday 20 August, Saturday 17 September
Sunday 25 September, Saturday 15 October

The cost of the course is £40 per rider and includes lunch. Anyone interested in attending can email operationriderrefinement@scotland.police.uk.

Further information is available at: www.scotland.police.uk.

Updates

An 18 year old man will be reported to the Procurator Fiscal for dangerous driving and failing to stop for police on the B996 near to Gairney Bank on Wednesday 1 June.

A 29 year old man will be reported to the Procurator Fiscal for possession of an offensive weapon in Greenbank Road, Glenfarg on Sunday 5 June.

Anyone with any information that may be useful should contact Tayside Division on 101 or any police officer, quoting the crime reference number listed at each incident. Alternatively information can be passed anonymously via the charity Crimestoppers on 0800 555 111.

Rogue Traders - Who Should I Call...

- ...if I feel threatened, unsafe, or suspicious of a caller?
 - Contact the police immediately on 999
- ...if I see something suspicious in my area, or want more advice about bogus callers?
 - Contact the police on 101.
 - Try and take a note of vehicle details or registration numbers, and descriptions of anyone suspicious.
- ...if I want to contact the police anonymously?
 - Contact the independent charity Crimestoppers on 0800 555 111. You can also visit their website at www.crimestoppers-uk.org
- ...to find out more about home safety services?
 - When circumstances allow, contact your local council for more information. Depending on your circumstances, you may qualify for a free security alarm.

Police Scotland – local community

Telephone 101 for non-emergencies

Community officers for Kinross-shire: **PC Martin Gemmell**.

Email: taysidekinross-shireCPT@scotland.pnn.police.uk

Community Sergeant (Kinross-shire): **Sgt Mark Craig**.

Community Inspector for Perth South (Strathearn, Strathallan, Almond & Earn, Kinross-shire): **PI Craig Stephen**.

PC Spalding is also on Police Scotland Twitter and can be followed on twitter.com/policescotland or [@Kinross](https://twitter.com/Kinross).

Ways of Following the Police:

Twitter: [@KinrossPc](https://twitter.com/KinrossPc) or twitter.com/policescotland

Facebook: www.facebook.com/PoliceScotland

Website: www.scotland.police.uk

Community Watch

Receive email alerts about criminal incidents in your area, crime prevention advice, flood alerts and much more by signing up to Perth and Kinross Community Watch.

The range of information received can be tailored individually; each person signing up can choose which partner agencies they would like to receive messages from. Visit this website for more details: www.pkcommunitywatch.co.uk

Crime Stoppers 0800 555 111

This is a free phone number (unless you are using a mobile phone), which any member of the public can contact at any time if you have information relating to a criminal activity of any sort.

It is, if you wish, confidential and you cannot be contacted if you choose to remain anonymous.

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A Place To Rest Your Weary Bones

FROM M90 JUNCTION 6 Kinross Services to Kincardine A977, take the first right onto B918 to Carnbo. Pass the Golf Ball structure on your left and a few hundred metres on the right before the next junction you will find the 'Lecker Stane'.

The Lecker Stane was used years ago by funeral parties who had to carry coffins all the way from their outlying communities to Kinross for the burial service.

When country dwellers passed away, their bodies were buried in consecrated ground at the Old Parish Churchyard, which is situated near Loch Leven at Kirkgate Park. Only executed criminals and 'sinners' would have been buried in unconsecrated ground.

The Lecker Stane is one of these places where it is thought the coffin rested on the weary journey to the churchyard. It would have been used to place the coffin on while the bearers rested or changed over.

Locally it is thought that liquor was served as a refreshment to the mourners. Some believe that this how the stone got it's name and that it derives from the word 'liquorstone'. These types of stones can be found in various localities in Kincardine, Angus, Kinross and Fife and can be known as Leckerstone, Lickerstones,



Liquorstone) and in Aberdeenshire (Liggarsteen).

However, <https://canmore.org.uk/> (the National Record of the Historic Environment) states that 'The explanation of the name is obviously a misunderstanding as several stones in the county (of Fife) are known as 'Lecker' or 'Lecture' Stane. The name clearly reproduces the 'Lykystyne' of an early document (Reg Prior S Andree, 1) where it is defined as 'a heap of stones' (*acervus lapidum*) i.e. a burial cairn. The cases cited, however, are single stones.'

The coffins were naturally heavy, so the bearers would have probably stopped to take the weight off their shoulders and rest every now and then.

This particular stone measures 6ft 4ins in average length, 4ft in width E-W, and has an average thickness of 6 to 7ins.

The stone has now been placed on some bricks and is an interesting reminder of past days. Someone has cut an indent in the stone for a plaque which has been removed.

Although not in its original position the stone has been placed here to preserve it.

With thanks to David Thom



Connect Counselling Scotland
 Accessible Counselling Service
 Milnathort & Kinross Area

Carrie Arnott PGDip
 Person-Centred Counsellor

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WHAT'S THE C.A.T.C.H?

Loch Leven Climate Action Through Community Heating

ARE YOU FEELING THE pain of out of control energy costs? Are you feeling worried in the face of the Climate Emergency – uncertain what to do, how to make a difference? Are you conscious of the stress on our local environment from the warming atmosphere and what legacy we will leave for our children? Here is an idea which might be able to help us do something positive.

While we wrestle with heating bills and thermostat settings, Loch Leven is too hot. Why not shift the heat from the loch a mile to the west into a District Heating system?

As a resident of Kinross, I have spent the last few months looking at how I can reduce my carbon footprint and improve the energy efficiency of my own home. The more research I have done, the greater the realisation that action needs to be taken on a much wider scale than any one individual can manage. Likewise, government cannot be expected to succeed alone. Whole communities need to make changes in order to shift Scotland's reliance on fossil fuels and future-proof our energy supplies.

Gas boilers will soon not be available – every house will be facing questions about the disruptive introduction of air heat pumps, or will something else emerge? Technology is moving fast. Benefits would come to a community that owns its own energy scheme, with operating profits being returned as reduced bills for heating.

The technologies to enable this are well proven in Europe. In Denmark 64% of housing is connected to district heating systems, gaining secure low carbon energy at low cost, driven as a response to the energy crisis in 1973. In the UK we did not pursue this approach because we had North Sea gas. Everybody got their own boiler, because at the time, that type of energy was cheap. Few of us were aware of the long term cost?

Burntisland has been through a planning process looking at using heat from the river Forth, and there is research which suggests that Loch Leven could provide a similar opportunity. Schemes are being developed throughout the UK. Why should Kinross not be a leader in this space?

To implement such a community-based system in Kinross and Milnathort would involve infrastructure of scale to bring operational efficiencies. Rather than every house having its own energy conversion setup, hot water would be delivered from pipes laid in the streets, direct to radiators and hot water tank heat exchangers.

The loch and rivers have long sustained this community, especially since the 1700s with the mills, fish and tourism. Going down to the loch now, you can't help being aware of the blue-green algae growth, driven by nutrients (phosphorous from fertilisers and sewage) and by the rising temperature. By using the heat from the loch, there is potential to help the eco-system by lowering the temperature of the wa-



Photo : Elaine Craig

ter while delivering a big reduction in our carbon emissions, preserving the global climate.

This idea can only become a reality if there is strong engagement from the folks of Kinross/Milnathort to demand such a system be implemented. The timing is good because of governmental awareness. Funders too are looking for projects to support. Our climate needs our collective action – now.

Register your interest and keep informed, as we begin to explore the options for our area, at CATCH-LochLeven.org.

David Cairns

Trial The Wildflower Trail

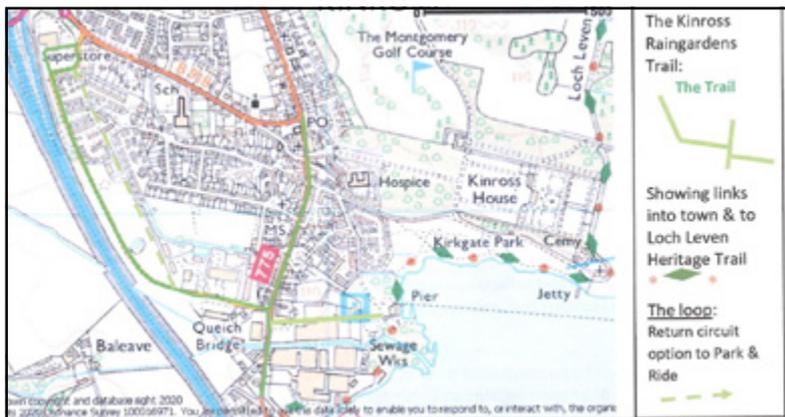
IN JULY THE NEW wildflower raingardens at the Park and Ride will be in bloom, and the wildflower swales along the link road from there down to the Bridgend Industrial Estate will also be showing well with blooms of ox-eye daisies along the roadside swale (and ragged robin within it). This month should be a good time to take a walk and a look. It is hoped the Trail can become a resource for enjoyment of nature and fostering well-being and health. There are specific objectives to achieve the aspirations for the Trail:

- Create an identifiable feature for the town which will enhance the reputation of Kinross-shire
- Enhance and protect the existing excellent raingarden assets along the Trail (swales and wetlands)
- Create an interlinked wildlife corridor from the refurbished Park and Ride, down to join the Loch Leven Heritage Trail, with connections to the Clash Burn, the South Queich and Loch Leven.

There are a number of interesting local features along the route. As well as the variety of raingarden features, there is a flood management area after the church view wetland, a return option (a broad wheelchair friendly



Ox-eye daisies in the new raingarden



Map of Kinross Raingardens Trail, showing connections with the Loch Leven Heritage Trail



Keeping vehicles out of the swales: suggested addition of rumble strip and double yellow lines (snow-drops for early spring enhancement shown too?).



The new wildflower turf at the Park and Ride, Kinross

path along the Clash Burn and back up through Levenfields), connections with routes into town or continue southwards down to the Pier and Boathouse, or turn right at the Weaver's Cottage, and along to the South Queich, Todd and Duncan textile mill and then to Loch Leven.

There is still development work to do: provision of interpretative signs along the route; enhancement of some habitat gaps; replacement of old rusty litter bins; creation of a bench seat and a wheelchair rest place, at the church view wetland mid-way along the Trail.

The Raingardens Trail route from the Park and Ride down to the Loch Leven Heritage Trail has now been recognised

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Features

too, by Tayside Biodiversity Partnership as a pollinator pathway. It provides a continuity of habitats which is important for optimising survival of wildlife populations, and hence for the enjoyment of residents and visitors alike. Buglife have identified several species of wild bees, as well as hover flies and other pollinators, frequenting the wildflower swales and the associated constructed wetland where dragonflies and damselflies can also be seen.

The most direct route down to the Loch Leven shore is around the edge of the former Kinross Car Auctions (a signed public footpath). The vast expanses of sealed impervious surfaces which comprise the car parking areas of the Car Auctions site beg the question where does the rainfall runoff

Pics below: Pollinators - invertebrate biodiversity along the Raingardens Trail.



go in heavy rain? Hopefully not all into the combined sewer which takes the sewage from the office.

A drainage investigation and action to divert any rainfall from the combined sewer is surely a priority, as part of re-development considerations and requirements for any new developers. All that concrete could give the town a direct



road access to the Pier and Boathouse from just south of Kinross, rather than having to negotiate the narrow roads of south-central Kinross? And rainfall runoff should become another set of attractive raingarden features and reduce flood risks and combined sewer overflows.

As always, any comments or suggestions will be gratefully received.

Brian D'Arcy

Before and After? Roadside verge to link the Park and Ride and the swales



Below: Existing land and underneath, proposed

It is hoped to provide a wheelchair rest-place and turning area, with a bench seat alongside. The location faces the attractive constructed wetland, with a view behind it and beyond to Kinross town centre and the church tower.



Health & Wellbeing

News from the Health Centre



THE HEALTH CENTRE IS delighted to tell you that they will be launching a new website on 1 July 2022.

They hope that you like the new site and find the content helpful and informative. To order your prescription

from this date onwards please visit www.lochlevenhealthcentre.co.uk, click on the *Prescriptions* tile and complete the form.

Your prescription will be sent to your chosen pharmacy after two full working days.



News from St Serf's

THE PRACTICE WOULD LIKE patients to know that after 34 years as a GP Partner Dr David Richmond will be retiring on 30 September 2022. Later in 2022 Dr Robert Balfour is joining the practice as a GP Partner and is looking forward to meeting patients.



Naturally
Balanced

Yoga, Tai Chi, Massage and Beauty

I'm Claire, a yoga, tai chi and qi gong instructor. I am also a massage and beauty therapist. I believe that optimal well-being is not found through extremes, but through balance.

My teaching approach is gentle and suitable for absolute beginners, seniors and anyone wishing to add some gentle movement, stretching and relaxation into their routine while cultivating calmness of mind and a peaceful heart.

I invite you to join my local gentle yoga and tai chi classes here in Kinross or book for some private tuition and/or a massage or beauty treatment.

Customised packages may be created to cater for private events.

For more information on services, class schedules or to arrange a booking visit the Naturally Balanced FB page or call or email me. I'd love to hear from you.

Naturally Balanced

☎ 077307779 ✉ naturallybalancedwithclaire@gmail.com

The Newsletter on Facebook

We use our Facebook page to announce:

- our deadline and publication dates
- what's in the next issue
- reminders of some local events
- occasional breaking news



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Poet's Corner

Thanks to our readers for sending us these poems.

If you're an aspiring poet, why not share your work with our readers?
Email us at editor@kinrossnewsletter.org

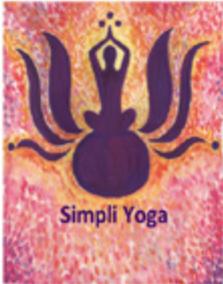
Farewell

I will miss being here
 for here I was
 Just "being"
 While it wrapped around me
 providing a tranquil corner
 In my heart and mind.
 I have laughed
 I have cried
 I have sorted my world
 On the Loch side.
 Alone and with others

that appreciate this privilege
 surrounded by trees and flora, fauna
 and beasts!
 Cycled through several seasons
 and nature never let me down
 I will miss being here
 I will take many memories
 multi faceted and multicoloured.
 Fun and laughter with friends
 Chats with strangers
 Orchestrated in a backdrop
 Of bird song, my songs and more
 and a love of Loch Leven.

Jacqueline Fox (2022)

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LOCAL ADVICE HUB

THE ADVICE HUB IS a partnership between Kinross-shire charity Broke not Broken, P&K Health and Social Care Partnership and Loch Leven HC. It provides a much-needed local drop-in facility to support people with community connections, signposting to benefits services, foodbank support, mental health agencies and community organisations.

If you are experiencing financial difficulty during this time or feel you need support/advice please call Shona Fowler on 07896 280843 to have a chat or email shona.fowler@nhs.scot

If you wish to connect with Broke not Broken directly Danielle is in the advice hub on Thursday mornings or can be contacted on 07518 913107 or email admin@brokennotbroken.org

Declan Jones, the social prescriber, will facilitate these appointments and connect you with local community groups, supportive exercise sessions, walking groups, green/nature prescribing activities, volunteering, learning opportunities or help you link with another agency. Declan can be contacted on 07557 488902 or declanjones@pkc.gov.uk

These are just examples of the support available so please contact us if there is any other information you need or want to discuss with us. We are always available for a friendly, informal chat.



Advice Hub
Need a chat?

Every Thursday
10 - 12.30
Kinross Health Centre

Danielle from Broke Not Broken
will be available for a chat and to see how we can help, every Thursday - just drop by.

BROKE NOT BROKEN

07518 913107
www.brokennotbroken.org

CONTRIBUTORS

**PLEASE SUBMIT YOUR ITEMS
WELL BEFORE THE DEADLINE**

Kinross Hub July Calendar



While these sessions are usually drop-in, currently you must either phone the number for the agency you wish to connect with or contact:
Shona 07896 280843 shona.fowler@nhs.scot Declan 07557 488902 declanjones@pkc.gov.uk

27 PM - Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	28 Booked All day	29 th June AM HomeStart Breast Buddies group If you need more info call - 01738 638847	30 th June 10am to 3.30pm Shona Fowler, NHS Project Worker 07896 280843 Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902	1 st July 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
4	5 Booked All day	6	7 10am to 3.30pm Shona Fowler, NHS Project Worker 07896 280843 1pm- 3pm MindSpace Info on supporting mental wellbeing. 07928 859628 01738 631657	8 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
11 AM - booked PM Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	12 Booked All day	13 AM HomeStart Breast Buddies group If you need more info call - 01738 638847 1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987	14 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107	15 10am to 12.30pm Karen from PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
18 AM - booked	19 Booked all day	20 2pm - 4pm PKC Social Work for signposting and support. 01577 867300	21 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1.30pm to 3.30pm Lynne from Tayside Hearing Voices will offer information and support for anyone experiencing symptoms of psychosis, unusual beliefs or paranoia, also signposting to their service for carers and resilience. 07394 418429	22 11am to 1pm Social Security Scotland offering advice on their benefits – Carers Allowance Supplement, Child Disability Payment, Funeral Support Payment, Best Start Grants etc. 0800 182 2222
25 AM - booked PM - Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	26 Booked all day	27 AM HomeStart Breast Buddies group If you need more info call - 01738 638847 1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987	28 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 2pm -4pm Louise from PKC Housing Team for housing advice and signposting to their service. 07917 552231	29 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902



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Dealing With Stress

STRESS HAS BECOME a serious issue. Millions of us say we feel stress or anxiety daily.

What happens if you keep burning the candle at both ends until you reach physical and emotional exhaustion? Just like the candle, you risk burning yourself out.

Have you heard about the frog who sits in a pan on the cooker? If dropped into a pan of boiling water, he would try to escape. But when the frog

is inside a pan of water that is slowly approaching a boil, it doesn't notice until the water has already reached an unbearable heat—at which point it is too hot for the poor frog to survive.

Have you ever experienced a slow acceptance of the pressures around you, until everything is 'just too much' and you can barely cope? If so, you're not alone. What if we could turn down the heat?

Fight Or Flight

STRESS ACTIVATES YOUR nervous system and floods your bloodstream with adrenaline and cortisol, raising blood pressure, increasing heart rate and spiking blood sugar. This is a fight or flight response. It enabled our ancestors to out-run sabre-toothed tigers, and it's still helpful today for situations like road traffic accidents. But most modern chronic stressors, such as finances or relationships, keep your body in that heightened state, hurting your health.

TALK TO A DOCTOR if you're experiencing:

- *Prolonged periods of poor sleep*
- *Regular, severe headaches*
- *Unexplained weight loss or gain*
- *Feelings of isolation, withdrawal or worthlessness*
- *Constant anger and irritability*
- *Loss of interest in activities*
- *Constant worrying or obsessive thinking*
- *Excessive alcohol or drug use*
- *Inability to concentrate*

Ways We Can All Reduce Our Stress!

Take Screen Breaks

Spending too much time in front of screens in general is associated with lower psychological well-being and increased stress and may negatively affect sleep.

Exercise

Regular movement helps to flush out stress. A study found that participating in aerobic exercise twice a week significantly reduced overall perceived stress.

Eat Better

Alcohol, nicotine and caffeine can only temporarily relieve stress. Eating less processed food and more whole food can help ensure that your body is properly nourished. It may improve your resilience to stress.

Practise Saying No!

Especially true if you are juggling many responsibilities – you could be overwhelmed.

Try Meditation Or Yoga

Learn effective, lasting tools to counter your body's fight-or-flight hormones.

Rest And Play

Poor sleep means your body won't tolerate stress well. Make time for activities that bring you joy; research shows that reduces stress by almost half and lowers your heart rate, too.

Bond With Your Pet

Spending even a short time with a companion animal can cut anxiety levels almost in half.

A Good Life Well-Lived — Memory Of A Friend

Winning Ways

by Jo Middlemiss

PEOPLE DIE. That's true. We all watch in horror with what is happening in Ukraine. We tut-tut, and shake our heads about guns in America, and we genuinely hope that there won't be a famine in Africa this year. But if we are honest, don't we just get on with our lives. What else can we do? I live opposite a cemetery, and funerals come and go. Funerals are never really sad if you don't know the people.

Until the disaster or tragedy is up close and personal, we can protect ourselves from the onslaught of sadness. There have to be defence mechanisms to keep us limited to our sphere of concern, or influence, or else we wouldn't be able to function.

So, it was a surprise that a single phone call about the death of an old friend yanked me back into my past at the speed of light.

My friend Brian was born into a sporty family, the second of four boys, and six years older than me. Our families were friends, but he was on the periphery of my life. However, he was noticeable, because when he was four or five, he was struck by polio, and his little body was pretty much devastated by paralysis. He became ill just after a school sports day, where he won the open class running race.

His parents accepted the situation as well as they could; Brian was carted to and from school by his brothers, and he was not allowed to believe that his disability was to handicap his life. This was in the days before ramps, and special facilities and the grown up boy was a different proposition. His parents decided that university, which he was well qualified for, would be too much, so when he left school they bought him a pub, which he ran successfully for years. He was very handsome, and a quite brilliant piano player, so his pub was a very popular place, and he seemed to be having a great life, despite physical restrictions.

As I said, I was on the fringe of all this, knowing him a little, and meeting occasionally at family parties. You could have knocked me down with a feather, when he phoned up one day and asked me out! I was delighted, and we embarked on a delightful relationship. He had such style, and was funny and



clever, and entertaining. I loved being with him, and I genuinely never gave his disability a thought. I was a young teacher, and he used to call for me at school in a smart car, which he taught me to drive in. He took me to places I could never have dreamt of going, and he introduced me to sensible adults, a world quite alien to me! But mostly we laughed and talked, and I remember it as a very happy time.

One evening he was taking me home, when he announced that we should stop seeing each other. I was so shocked, I couldn't believe my ears.

"Are you sure?" I asked naively. "Don't you think you might be making a mistake?" He crashed his fist down on the steering wheel and shouted at me for the only time ever, "Do you think, I haven't thought about that?!"

He seemed so decisive that I just slipped out of the car, and went home, pretty stunned. My parents were still sitting up in bed, and I went in all upset telling them "Brian has dumped me". My mother amazed me by saying "Poor Brian." I couldn't understand that at all. With the selfishness of youth, I was only thinking of myself. What I didn't know then was that the two mothers had put their heads together, and decided that this match wouldn't be "fair" on me, and applied pressure in the way that only powerful mothers can! Anyway I accepted it, and set about living the wonderful life that I have lived ever since, with absolutely no regrets. Amazingly enough, Brian and

I remained good friends, and followed each others' lives with interest. There were many gaps, when we didn't see each other, but we coincidentally did similar things. We both became Samaritans at the same time, although we didn't know that, and we both studied with the Open University at the same time, so had that in common also. Brian's mother died years later, and within a short time he was married to a great woman that he had worked closely with. They enjoyed many happy years together.

Throughout his adult life, he lived in almost constant pain, with callipers and wheelchairs, dragging himself independently in and out of cars and buildings. Never complaining and unusually cheerful. He eventually took a PhD, and became an expert and champion for disabled people. He died recently of a massive stroke. He was sitting on his bed, and his last words were to tell his wife how much he loved her. So good.

I went to his funeral and dropped a few tears. I was be in good company, for there were a few hundred other people there also. However I smile when I think of the fast cars, the expensive meals and the scheming mothers, who thought that they knew best about everything. Maybe they did, and maybe they didn't! He had a good life and it was well lived and I rejoice to have shared a little bit of it.

Jo Middlemiss MBE

Colin M. Stewart

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ARTEFACTS & CURIOS

Community Council News

The Community Council News is based on draft minutes of local CC meetings. Full draft minutes are posted on local websites and notice boards. Please note, the Community Council News is not a verbatim reproduction of CC minutes. Where there are two months' worth of reports, there will be a considerable amount of editing.

Kinross Community Council News from the May meeting

Present: Cllrs B Freeman, L McKay, D Colliar, H Phillips, T Stewart, Cllrs N Freshwater, W Robertson, D Cuthbert, Sgt Mark Craig, PC Martin Gemmell and 3 members of the public.

Apologies: M Wood, R Watters

Police Report

A guilty plea was entered with relation to the charge of fire-raising at the bird hide last year. Sentencing will occur in 2 weeks. There were 94 calls to the police (21 road traffic). 16 crimes were recorded including 2 no insurance, 2 no MOT, driving licence plates, 4 anti-social behaviour and 2 thefts. Police are concerned about car windows being smashed (M90) by stones being thrown from the motorway bridge. Extra patrols have been despatched. Pop-up cops being used in the area. Community Speedwatch: These have been risk assessed. Kinross-shire Local Area Committee to decide on locations. Funding could be used for cameras, tabards, signs etc. Community Speedwatch helps to empower communities and volunteers. Asbestos dumping – live enquiry at Glenfarg and Gairneybank.

Kinross Town Centre: Report about High Street still to come back from the Council after the consultation. Kinross Area Committee meet on 30 June.

Repainting work at the fountain underway. Cobbles there are disappearing/narrowing.

Planning

New Applications

Balado: proposal of application notice. Extend quarry westwards towards Balado Home Farm. Public event: Tues 31 May 7pm. There will be a presentation and public discussion. There will also be a live web event 16 June 6-8pm.

Aldi: Under Milnathort CC area. We will wait until application comes in before we can comment. Discussion ensued about the suitability of the proposed location. Plot 5 Kinross West has already been purchased.

British Car Auctions site: DC has made an enquiry about his via council offices. HP has written to them on behalf of KCC. Decided: 140m east of Green Hotel – withdrawn.

Reports From Councillors

Dave Cuthbert: It is expected that there will be an SNP administration.

Neil Freshwater: First Full Council meeting tomorrow.

Willie Robertson: Aldi will be at MCC on 9 June.

Loch Leven Energy: a constituent has enquired about using the heat in Loch Leven to power community heating system which could be used for campus, community buildings. The idea is to extract water, remove the heat, and return the water. Burntisland community energy scheme.

Reports From Community Councillors

Bill Freeman: Davis Park has barrier around the slide – steps are damaged. This is due for repair soon.

Toilets at Kirkgate Park have not been maintained or cleaned. NF to action.

Play equipment has piece missing (large twirly thing!) Can we have this fixed please and replacement part. NF

Lynne McKay: Speeding concerns ongoing. End of Springfield

Road drain collapse, also one in Muirs – flooding quite badly. WR. Overgrown hedges at Sainsburys end of Station Road could become an issue again. Road to Kirkgate Park – recurring pot holes. A MoP reported that at the end of the of 30mph limit on Gallowhill Rd, the road narrows dramatically. New access for houses will make this worse. The road needs realigned. Kinross-shire Local Area Committee are to report into the Gallowhill road issues. This will be added to the list. Garage outside Kirklands – issue with the cones.

Hayfield Wildlife Garden: PKC officer to meet with KCC to discuss this again.

Licensing: Jubilee Picnic, 4 June.

AOB

Thanks was expressed to the Masonic Hall for allowing KCC to continue to use their hall for our meetings.

The next meeting of Kinross Community Council will be held in the Masonic Hall on 26 July 2022 at 7.30pm.

Fossoway and District Community Council

News from the June Meeting

Present at the meeting held on 7 June were Cllrs T Duffy, S Bruce-Jones, A Cheape and F Hansraj-Jackson; Assoc.CCllr C Farquar; Cllr D Cuthbert and six members of the public.

Apologies: Cllrs R Watters, N Freshwater and W Robertson; Cllrs G Pye and N Marchant

Matters Arising

Welcome And Goodbyes

We welcome R Watters and W Robertson, who were re-elected as PKC Cllrs, D Cuthbert who has also been re-elected as a Cllr but after a gap. We welcome them and look forward to working together. CCllr G Mudie has had to resign from the Community Council due to time pressure. We thank her for her work.

Community Development Trust: At the public meeting on 18 May in the Crook of Devon Church Hall 38 members signed up and as there are three directors as well the Trust can go ahead. One of the first projects is to investigate the possibility of taking the old school building in Blairingone into community ownership to use as a community hub. The trust encourages membership from the Fossoway area at a cost of £5 annually.

Fossoway Area Transport/DRT: Cllr Watters will enquire into use of Bus 202. The current survey on bus 202 has been shared on the CC Facebook page. Some issues were raised around the reliability of the DRT.

Closure Of Road To Fossoway Primary School During School Hours: Reports that there are plans for the road to the primary school to be closed during school hours for parking and safety reasons. Cllr Cuthbert will enquire what plans the council has for the school road, if any.

Speed Limit At Millennium Walk: this is accessed via the A977 which is currently the national speed limit at 60mph and if the speed limit of 30mph at the entrance to Crook of Devon were to be extended a short distance, this would make crossing the road much safer. Cllr Cuthbert to investigate and report back.

Crook Moss Travellers Site: CCllr Farquar reported visiting the site and speaking to someone. Upgrades are in progress, but there is room for the site to be tidier.

Community Council News

Community Speedwatch: This is paused due to a change of police officer for our area. Questions were raised around how to go about speed limit reductions in Drum from 40mph to 30mph and whether the community speedwatch campaign can take place on safe spots in 40mph zones (instead of being limited to 20mph/30mph roads). Cllr Cuthbert to investigate these queries. Cllr Cuthbert reported that from the police perspective, work on this is progressing, with funding needed for vests and speed measuring guns. Cllr Duffy to liaise with the police for further updates. No updates on speedwatch at Carnbo, PKC committed to having the speed lines at Carnbo set up by the end of June 2022 at the last local committee meeting. Cllr Cuthbert to investigate this.

Devonshaw Whinstone Quarry: The consultation process is ongoing.

Rumbling Bridge Gorge Bridge: The quote received for this was very high. Discussions around whether other quotes for the bridge could be sought. Cllrs Cheape and Duffy to investigate other funding. It was suggested this could be considered as another project for the Community Development Trust.

Crook & Drum Growing Together: There will be a stall selling plants at the Aldi farm open day on 19th June, alongside Fossoway Gathering. Entry is £3, with proceeds going to CHAS.

Hedges from Rumbling Bridge to Muckhart: This CC is still waiting for a response from Muckhart CC.

Road Adoptions: We still need to find out whether the spur of the U241 road in Drum is currently adopted by PKC.

Access to Cash in Kinross-shire: The CC agreed that Cllr Marchant would contact Bank of Scotland to seek an update on the services they operate in Kinross.

War Memorial: This is moving towards a conclusion

New Business

Fossoway Primary School Gates: The CC had received an email raising concern that the school gates were closed outside school hours which blocks access to children from playing there. PKC reported that this was due to antisocial behaviour. Cllr Duffy has written to PKC seeking their views but is still awaiting a response. A second email, sent after a report that a member of the public had approached a child telling them they were not allowed to play in the school playground has also gone unanswered. No evidence of consultation or mediation in place. The parent council also note that the school gates shouldn't be locked as it provides the children somewhere safe and not muddy to play, especially as the A977 is a busy road and it would not be safe for the children to cross the road. Cllr Duffy and Cllr Cuthbert will discuss this and investigate further.

Cycling routes: A local resident has been looking at options to extend safe cycling routes to add a route for cycling from Carnbo to Fossoway primary school and shared a questionnaire on Facebook which was shared from the Fossoway CC Facebook page to get more responses.

Library survey: PKC libraries are carrying out a survey to find out more about how their services are used. The survey is available on the Fossoway CC Facebook page.

Community Council Business

Meetings Attended: Cllr Cheape shared updates from the Kinrossshire fund meeting. Funds were awarded to Penney's community woodland, Fossoway Tennis Club and the Duke of Edinburgh Award P&K.

Minutes Secretary: Cllr Hansraj-Jackson is going to be minutes secretary for the time being.

Councillors' Reports

D Cuthbert: many council workers are still working from home, which may see a move of council sites to more remote areas. Cllr Cuthbert will chair the local area committee after 6

months to give him time to settle in. He is currently the lead for the community transport group which includes buses.

No reports received from Cllrs Watters, Freshwater or Robertson.

Planning

Planning Applications

22/00540/FLL Erection of fence at Linnbank Main Street Crook Of Devon. The applicant currently has a 630mm parapet wall fronting their garden onto Main Street. They are seeking to add a trellis fence which will add a further 800mm in height to the wall. They are requesting this as their garden sits below street level and want to have more privacy. No CC Comment

22/00768/FLL Extension to garage at 2 Braehead Rumbling Bridge. Extract from Design Statement: the clients brief is to create additional ancillary space within an extended garage. This will provide a gym space, games room and additional living space with connection to the large garden. The proposed extension is to the rear of the garage and does not appear to impact the neighbours with respect to light nor overlooking them. No CC comment

22/00823/FLL Alterations and extension to dwelling house at 1 Barnhill Farm Powmill, Dollar. This application is for an extension to an existing 4 bed 2 storey farmhouse. The extension will be physically linked to the existing house via a shared utility room and will be single storey providing a fully fitted 2 bed annexe with kitchen. In addition the existing house will be reclad with a mix of powder coated and wood cladding. The farm sits in a rural location behind Devonshaw Quarry. N.B. The application does not contain a design statement which would be expected for this size of extension and which is inferred in the policy. No CC comment

Planning Decisions

21/01209/FLL Erection of a dwelling house and garage/studio (revised design) at Land 50 Metres South West Of Mitchell House Main Street Crook Of Devon. Application approved. CC had made a neutral comment regarding flooding concern as this house will be very close to the River Devon. The PKC Flooding Team also initially objected to the application for exactly the same reason as ourselves. This resulted in a request for a new flood risk assessment which has led to planning conditions and the plans were then approved.

22/00556/FLL Extensions to dwelling house, erection of porch and formation of raised decking at Ivybank Drum Kinross. Application refused mainly due to size and detrimental impact on neighbours. CC had made no comment

22/00823/FLL Erection of replacement clubhouse at Fossoway Tennis Club Church Road Crook Of Devon. Application approved. CC had made a supportive comment

There is no meeting in July. The next meeting of Fossoway and District Community Council will be held on Tuesday 2 August 2022 at 7.30pm, in Crook of Devon Village Hall. All welcome!

Milnathort Community Council

News from the May Meeting

Present at the meeting held on 9 June were M Thomson (CC chairman); N Bingham (CC), A Ward(CC), A Macrae (CC), K Heneghan (CC -Associate Member), P Britton(Treasurer), Cllr D Cuthbert, Cllr N Freshwater, Cllr W Robertson, Cllr R Watters, and approximate 50 members of the public and 4 Aldi representatives. Apologies were received from Michelle (CC).

Aldi Presentation & Q&A

Andy Doyle, Property Director gave a presentation on the proposed Aldi supermarket at Auld Mart Road. He then responded to a lot of great questions from the crowd with regards to, deliveries, increase on traffic, increase on noise

pollution, impact on air pollution, health and wellbeing impact on locals specifically on school children, whether the location is fixed, whether there were alternatives or better sites evaluated.

Correspondence:

The Tayside Bus Alliance is carrying out a study to consider improvements to transport in the Tayside area. The study will largely consider measures which aim to improve bus services and encourage bus use.

A key part of the study is drawing on the expert voices in the Tayside area, seeking to align the needs and responsibilities of all. The Tayside Bus Alliance has identified your organisation as key to ensuring we consider the transport needs of everyone in our society.

Please help us to understand the views of those you represent, regarding the transport challenges in the Tayside area and how they can be addressed, by completing a short survey, linked below.

https://systraltd.researchfeedback.net/Tayside_BPF_CaseForChange

Please complete this survey by 17th June 2022 to ensure the views of those you represent are captured.

Dog’s Trust Home from Home expansion

I have recently been employed by the Dogs Trust, the UKs largest dog welfare charity, as a Home-from-Home Coordinator. This means I run the fostering scheme whereby we place unwanted dogs into temporary homes with foster carers, until a new forever home is found. This scheme is successful nationwide, but the exciting news is that we are now active in Perthshire.

Foster caring is the perfect way for dog lovers who are not in a position to adopt a dog of their own, experience the joy of looking after a dog whilst also preparing that dog for its new home. Not only does it benefit the carers, but it helps support people otherwise struggling to find somewhere to rehome their dog.

The scheme’s success wholly relies on having a great bank of foster carers and we are looking to recruit as many suitable carers as we can. I hoped that you might be able to help, even on a temporary or one-off basis, by allowing a small number of leaflets or poster to be available in any of your community halls or notice boards for members of the public in your area to pick up. This could be for just one week or even a day to help spread the message and both recruit foster carers as well as let local people know of the help, we are now able to provide for the community’s dog loving population.

Megan Wilkinson

Megan.Wilkinson@dogstrust.org.uk

NHS SHARE, The Scottish Health Research Register - Important Information

The need for health research is essential so new treatments can be developed for conditions such as asthma, cancer, dementia, heart failure and mental health issues. We would like to improve the prevention and treatment of disease, which is why we are asking for your help.

SHARE: The Scottish Health Research Register and Biobank, is a register of people aged 11 years and over, who are interested in helping health research and being contacted by SHARE if a health project relevant to you becomes available.

Health research can be anything from filling in a survey about your diet, to researching a new medication for an illness you may have. We need healthy people and those with medical conditions to join. SHARE also seeks your permission to keep any leftover blood following routine tests (e.g. if you have given a blood test at your GP). This leftover sample is anonymised and can be used to help genetic research.

I would like to ask if you might be willing to help promote SHARE by displaying our poster on your notice board at work

or in your community hall. We also have information postcards you could share with your colleagues, friends and family. If you are willing to support our initiative, please get in touch to confirm how many posters and postcards we can send to you along with your preferred delivery address.

Please sign up to SHARE today at www.registerforshare.org or scan the QR code below. If you prefer to speak with someone, please contact us on tel: 01382 383471.

Glass Recycling ‘Selfie’ Competition

At Perth and Kinross Council’s Waste Services Team we are currently running a competition to encourage Glass Recycling. The campaign encourages members of the public to take a ‘selfie’ whilst recycling their glass at a local recycling point. This photo can then be posted in the comments of any of our glass recycling posts on Facebook or alternatively, can be uploaded to Twitter or Instagram using #glassbottlefamily.

The competition will last 3 weeks and there will be 3 winners decided on the 20th of June. These winners will each receive a £30 Perth Gift Card.

Planning Matters

Applications Submitted:

22/00739/FLL P8 Kinross-shire Part change of use to dwelling house to form a beauty salon at 29 Croft Wynd, Milnathort

22/00853/FLL P8 Kinross-shire Erection of a dwelling house and associated works at L and 85 Metres South East Of Whispering Pines, Mawcarse

Core Paths

Kevin Heneghan gave an update.

There are 32 core paths covering 24 miles in the Milnathort and Orwell area.

We extended a core path, by clearing access path and strimming verges, it took 2 people 2 hours to trim the same amount of area that the Flail would have taken 30 minutes to clear.

Kevin looking into funding to purchase the materials required to replace the benches and also to acquire our own flail.

Discussion with developer to replace the large gate at the entrance at South Street/Lathro with a more suitable gate for pedestrians and cyclist, as the current gate is unwieldy.

Platinum Jubilee Celebrations

Neill wished to thank Megan from the Milnathort Primary PTA and Laura, Milnathort Primary School Head and all the local businesses that have helped support the Platinum Treasure Trail. Saplings are being sourced from the Green Canopy Scheme for Planting in Tillywhally wood.

The next meeting of Milnathort and Orwell Community Council will be held at 7.30pm on Thursday, 14 July, 2022, in Milnathort Town Hall.

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Club & Community Group News

Kinross High School

Celebrating Success



New S1 Pupils

We loved meeting our new S1 pupils for the first time in June and they enjoyed two very successful Induction Days in school. Our S6 helpers were brilliant and they are looking forward to continuing to support the pupils when they return in August. We have already received many positive comments from our new S1 parents and carers about the days.

We recently said a fond farewell to our S6 leavers and shared a barbecue with them to wish them well on their next steps. They will be missed!

Espacios Increíbles

We celebrated the success of our *Espacios Increíbles* team who won the national final against 15 other schools across Scotland!



Espacios Increíbles is a national, inter-disciplinary competition that combines and celebrates Spanish language learning with aspects of design and technology.

The pupils in Spanish researched and learnt about a Spanish speaking country, in our case Bolivia, and developed writing, speaking and presenting skills in Spanish to help the Art and Design department develop designs for the building showing designing, drawing and 3-D model making skills.

The project was inspired by the colours of the Bolivian flag and their meanings. In the final we had three buildings, the first being a veteran centre inspired by the red in the flag, the second being a maker space for local artisans inspired by the yellow in the flag and lastly a community kitchen and foodbank inspired by the green of the flag. These were presented to members of the judging panel by six pupils from Modern Languages who presented our designs in Spanish, where we were delighted to receive the first place prize.

Young Chef Competition



Congratulations to winners Jake (1st), Rachel (2nd) and Romy (3rd) in the competition to make a dish fit for a Queen. We were lucky enough to have Sarah Rankin, Masterchef Finalist along to judge! She even brought along her special apron. Other judges included Andrew Scott from Heaven Scent and Edward Denovan from the Balgedie Toll



Tavern. Thanks also to the Rotary Club who sponsored this event, providing funding for purchasing ingredients and prize money for our winners.

Science Education Scottish Conference

On Saturday 11 June 2022, Kinross High School hosted the Association for Science Education Scottish Conference. This event had around 100 delegates from all over Scotland and the North of England.

The keynote speech was given by Bruce Robertson, author of the Teaching Delusion trilogy. Bruce has left signed copies of these books for all staff in our Professional Learning Library.

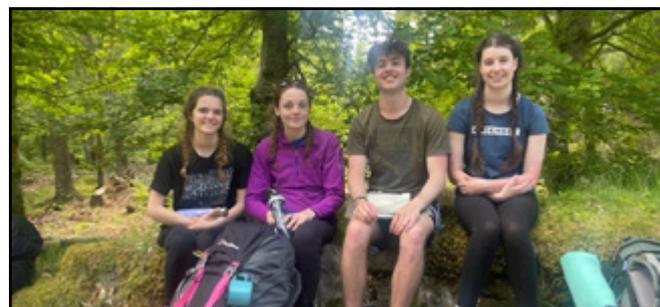
This fantastic day was a result of outstanding preparation and organisation from Colin Oates in our Science Faculty over the past few months – very well done to Colin! Thanks also to all staff and our brilliant team of S6 helpers.

We are a Reading School!

Kinross High School has achieved a Reading School accreditation from Scottish Book Trust! Congratulations to all involved who worked so hard to make this award possible. The English Department has worked for almost a year to gather evidence of how we promote reading for pleasure across the school.

Duke of Edinburgh

Massive congratulations to Hannah, Niamh, Ross and Lucy who, despite all the 'ifs, buts and maybes' they have dealt with over the past three years, completed their Gold Duke of Edinburgh expedition having traipsed from Ardgay in the east to Ullapool in the west! We could not be more proud of this fab four. From an initial 35 candidates at Bronze in 2019, they have remained and shown incredible determination and have embraced all the changes and challenges that the pandemic has thrown at them. Many thanks to all our fabulous volunteers who made their journey from Bronze to Gold possible.



Sonny: A Collaboration Project



This charity album is dedicated to the memory of Sonny Hoggan. Recording this has given us the chance to meet up and discuss our memories of Sonny while remembering him through his favourite music. We have recorded cover tracks of some of these songs while also writing our own pieces to include in the track list.

We are very pleased to now accept pre-orders of this album *Sonny: A Collaboration Project*. The album will include 10 tracks, all recorded and mixed within the school's recording studio. Your purchase of the album will include a hard copy of the CD featuring artwork of Sonny.

All profits will be donated to The Lighthouse Charity for Perth and the suggested minimum donation is £10.

We hope our work will raise awareness of suicide prevention and mental health issues, while also allowing us all to remember Sonny for the person he was. You can buy your copy from the school shop (see the QR code above).

Sunshine on Leith – School Show

Our School Show was a great success and we were delighted to welcome the community back into the campus to watch our talented pupils perform. Well done to all of them and to everyone who helped organise such a fantastic show.

Awards Evening

We are so proud of all our award-winners who invited their parents and carers to come and see them receive their trophies and certificates at the recent Awards Evening. Congratulations to them all!

Kinross Climate Cafe

Everyone is welcome. For more information contact Gosia Stanton by email at climatecafe@kleo.org.uk.



On 6 June we visited Loch Leven RSPB Vane Farm. Head Warden Vicky Turnbull guided our walk through the nature reserve to the wetland hides, where we saw an amazing abundance of wetland waders including adults of greylags, shellducks, Canadian geese and mute swans with their youngs. Lapwings were soaring the skies (their chicks are well camouflaged from predators and were impossible to spot). Black-headed gulls were sitting on their nests and a skylark was mesmerising us with its song. It was an amazing experience of this beautiful nature spot on our doorstep.

Vicky told us that RSPB management on the reserve is aimed at creating a welcoming habitat for the protected species; lapwings and red shanks in particular. There is a tricky balance to strike when dealing with predation of lapwings and managing vegetation, but the staff of RSPB and the volunteers are doing a great job.

We are now breaking for summer. Our meetings resume in September. For more information contact Gosia Stanton by email at climatecafe@kleo.org.uk.

Kinnesswood in Bloom

June has been a busy month. Saturday work parties have continued with each area of the village being tackled in turn. Like the Forth Road Bridge we have no sooner finished weeding and planting in one area before it's time to start again! Sometimes our own gardens get a wee bit neglected.



We wanted to make the village extra colourful for the Portmoak Festival and it certainly was with bunting along the main street and our wee figures placed around the village. Thank you Mary, Fiona, Donna and Norma for dressing the figures and Gillian for drawing the faces for the first time. In addition, there is a bit of a bee theme this year. Margaret and Fiona have been busy over the last few months crocheting bees and honeycombs and they have been buzzing around the bee garden, the tots garden and the school among other places.

Gordon has devised two trails this year, the bee trail and the year of stories trail. Use your smartphone to download the codes and you will be directed to a map showing where to go in the village as well as a bit of information about the



characters and facts about bees. The bee trail is mostly for younger children but all ages will enjoy it. The Portmoak pupils have been involved in artwork, research and creative writing.

The Environment Day at the school on 10 June was a great success with many visitors, parents and grandparents. The weather was kind if a bit blowy. Jan, Pat, Diane, Linda, John and Norma helped out at the different stations and learned a great deal in the process; more details can be found elsewhere in the Newsletter. We were particularly proud to show off the polytunnel and the plants growing there. We have some fabulous vegetables, strawberries and grapes growing inside as well as the raised beds outside. John should get special mention for the amount of time he spends in there and we hope to see an outside tap soon to save some of the fetching of water. In the summer holidays we will be putting surplus crops in the bus shelter.

We have applied for a grant from the Platinum Jubilee Fund and hope to install an information board about local wildflowers. Various people are working to identify the most common wildflowers in the area. Our local councillors have been very supportive about this project, so fingers crossed!

The date for our judges to visit is 3 August. They are new judges to us, so we hope to get the village looking at its best by then. In the meantime, Carol has to prepare the portfolio for the beginning of July; a task for a rainy day. We hope that everyone out there is enjoying their gardens as much as we are.



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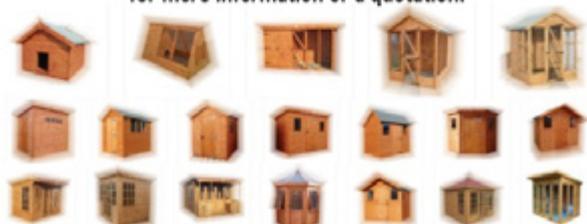
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Recipe



Supplied by Kinnesswood in Bloom

It has to be a recipe involving bees this month!

Chinese Honey Prawns

Ingredients

For the prawns:

- 16 large prawns, peeled and deveined
- ¼ cup chicken stock
- 1 tbsp light soy sauce
- 3 tbsp sugar
- 3 tbsp honey
- 1 cup plain (all-purpose) flour
- 4 spring onions (pale parts finely chopped and green parts finely chopped)
- 2 tsp cornflour, dissolved in 2 tbsp water
- Vegetable oil for frying
- 1 tsp sesame seeds

For the marinade:

- 1 tbsp wine
- 1 egg white, lightly whisked
- ½ tsp sea salt

Method

In a large bowl, place the prawns and the marinade ingredients. Mix thoroughly to break up the egg white. Allow to marinate for 10 minutes.

In another bowl, mix together the chicken stock, soy sauce, sugar and honey.

Place the flour in a large tray or bowl. Add the prawns and the marinade and use your hands to pat and press the liquid and flour together around the prawns to form a rough coating.

Fill a wok or saucepan to about one third of capacity with the vegetable oil. Heat over high heat. The oil is hot enough for frying at 325°F or 165°C or when a wooden spoon dipped into the oil forms small little bubbles. Shake excess flour from the prawns. Cook the prawns in 2 to 3 batches for about 3 minutes or until golden and cooked through. Drain on kitchen paper.

In a clean wok or pan over medium-high heat, add 1 tablespoon of oil and then add the pale part of the spring onion. Cook for about 10 seconds. Then add the chicken stock mixture. Cook for 2-3 minutes until the sugar has dissolved. Add the cornstarch mixture. Cook for another minute or until the sauce has thickened slightly. Add the prawns and toss until evenly coated. Transfer to a serving plate and sprinkle with sesame seeds and the green part of the spring onion.

Circle Dancing

During the summer months, circle dance classes will be held on Wednesday only. The Tuesday sessions end on 28 June and resume on Tuesday 16 August. For further information please phone Lynne on 07931 398098. A big thank you to all my lovely dancers.

Kinross Garden Group



We are so pleased to have finally started our summer programme of visits to gardens after a two year delay. In June the group had an excellent outing to Thirlstane Castle at Lauder. The castle tour was very interesting and the weather was great.

The next visit will be on 14 July to Braco Castle gardens, Dunblane, for lunch and then finishing off at Kirklands Garden in Saline where we will also have tea (£3). The bus will start from Milnathort at 10am. Members can pay for this trip by dropping off a cheque or cash for £20 (made out to Kinross Community Garden Group) to Ann Walker as soon as possible. Alternatively, pay online.

The visit after this will be to Kelburn Castle and Country Estate near Largs on 18 August. Payment for this is due by 10 August.

For more details about the outing programme or membership please contact Caroline Anderson on 01577 864589.

Common Grounds



www.spanglefish.com/
commongroundscharitycafe

We continue to welcome old and new friends to our coffee mornings held every Tuesday and Saturday. The first Friday of the month is also included; the next date is 1 July 2022.

During the coffee mornings on Friday 3 and Saturday 4 July we were able to celebrate the Queen's Platinum Jubilee with great success. Both mornings were well attended and there was a definite party atmosphere with some royal memorabilia on show and fun quizzes. We were also delighted with the generous donations; over £300 was collected.

Following on from our project lunch, Lucille H and Elspeth C took a vintage stall in Dunfermline on 21 May to raise money for Haiti Help and raised a welcome amount of £159.

Our charity in June is Ethiopia Medical Project and Migrateful is the choice for July.

Milnathort & Kinross Bridge Clubs



Despite losing members to golf, bowling, other sporting activities and holidays the attendance each week has averaged 70-80% of the total club membership which is very commendable.

On Monday 13 June, our ever diligent club secretary, Gloria Wilson, organised a small surprise to celebrate two members having a 'big birthday' (noting that every birthday over 21 years for our members is a 'big birthday') and also to welcome one of our long standing members, Linda Bayne, back to face-to-face bridge after a two year break. Linda showed that she hadn't lost her bridge acumen as she took second spot with her partner Shireen Paterson East West. We continue with the sanitising routine protocol and the pre-booking system to ensure a safe environment for our members.

Visitors are very welcome to join an evening's play. For more information contact Gloria Wilson on 07961795812 or 01577 862553.

Results

30 May

North/South

Willie Young &

Jane Smith

East/West

Sandy Greenhill &

Nicol Tomney

Club & Community Group News

6 June

North/South	East/West
Margo Campbell & Elizabeth Harley	Nicol Tomney & Sandy Greenhill

13 June

North/South	East/West
Willie Young & Jane Smith	Margo Campbell & Elizabeth Harley

20 June

North/South	East/West
Sandy Greenhill & Marion Forbes	Beryl Harley & Jan King.

Kinross and District Art Club

www.kadac.co.uk



Although Kinross and District Art Club is in recess at present, on Tuesday 14 June eight members met up for an 'en plein air' painting session in Kinnesswood. Despite a dull and slightly cool day, the group gathered to experience a few delightful hours of drawing and painting outside, enjoying the warm camaraderie and admiring the loch views.

A second outdoor painting day, planned for Friday 17 June, was, unfortunately, postponed due to a wet weather forecast. It has been rescheduled for Friday 8 July 2022. Fingers crossed for some sunny and warm summer weather.

Members are also preparing for our Annual Exhibition. It is planned for Friday 2 September to Sunday 4 September in Cleish Village Hall. The KADAC committee and exhibition subcommittee have finalised the fine details whilst members are completing and framing their artworks in readiness for the exhibition. More details will follow in the August Newsletter.

Finally, the most delightful news has been left till the end of this report. Congratulations to our current secretary, Glenys Andrews, on being named in the Queen's Birthday Honours list and awarded the British Empire Medal for services to the

A tranquil scene of some KADAC members enjoying painting 'en plein air'



arts in Perthshire for her 10 years as president of Perthshire Open Studios. Glenys was also chair of KADAC for five years. The club has participated in the annual Open Studios event over the past 11 years.

Congratulations Glenys on your richly deserved award.

We meet on Tuesdays and Fridays (2-4pm) in Millbridge Hall. After the summer recess, painting sessions resume on Tuesday 23 August and Friday 26 August 2022.

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website.

Kinross Cubs

The start of May saw the cubs continue to prepare for their camp at Fordell Firs. They took part in a teamwork activity and they were asked to make something that could be used at a camp from bamboo canes and string. The cubs came up with some brilliant ideas which included a table, windbreak and cooking station.

In the middle of May the cubs had their first camp under canvas in nearly three years as they camp at Fordell Firs near Dunfermline. The weather was great and they took part in lots of fun activities which included following a blind trail, caving, a water fight and they also got to try out the slip and slide sheet.

Back to our weekly meetings and in the second half of May the cubs were down the Kirkgate Park working on their Athletics Plus badge. They were doing a variety of challenges including spoon and potato race, standing jump, skipping 50m with a rope, assisted blind fold race and throwing a football-sized ball as far as they could, using a chest push and overhead throw.

On our return to the hall some awards were handed out. Congratulations to Andrew, Aaron and Ewan who were presented with a special recognition award for working hard and being kind and helpful last term. Bravo! We also said goodbye to Angus, Fraser and Ewan who are all moving on to Scouts. Good luck for the next stage of your scouting journey.

At the end of May, we enjoyed a great evening as we went for a bike ride out to Burleigh Sands and then back to the hall. Whilst at Burleigh Sands we were delighted to invest Finlay and Joe into the pack. The great weather continued into the start of June as the cubs had a fun evening in the local woods working in groups building dens.

The good weather wasn't to last though and our planned activity for the following week had to be changed due to the heavy rain so we remained in the hall and had a games night instead.

Congratulations are due to our new sixer and seconders Joe, Rupert, Harry, Ryan, Ailah and Rose.

We currently have some spaces for young people aged between 8 and 10 years old. If your child would like to join us then please send an email to the address below for more information.

Volunteering can make a huge difference to young people's lives, as well as your own. From having something to look forward to every week to learning in the great outdoors, being a volunteer is good for you, supporting your own confidence and skills, health and happiness, and community. If you would like to get involved with 1st Kinross Cubs, then please email kinrosscubs@hotmail.com for more details.



Kinross Beavers

It's been another busy month for beavers. On 13 May we had a great night building dens in the woods beside Kirkgate park. No one was that keen to stay overnight, but there were some very impressive builds indeed!

Continuing the outdoor theme the following week we learned about being safe in the mountains. We were extremely fortunate to have Mark Fraser from the Ochil Mountain Rescue Team talk us through his rescue kit and show us the team landrover. We even got to get hands on with being rescued. We also discussed key kit to take into the hills to ensure we are prepared when venturing out.

Taking this information, we climbed East Lomond for a sponsored walk to raise funds for CHAS the following week. Everyone did really well to reach the summit and we enjoyed the views across Fife and over to Edinburgh.

On the Platinum Jubilee weekend of our Patron, we celebrated by taking part in a quiz about HM The Queen before enjoying a Jubilee themed scavenger hunt in the garden. For the second part of the evening, the beavers went on a haggis hunt which ended up at Central Fish and Chips takeaway where everyone was given a free box of haggis and chips. A huge shout out and thanks to Central for providing

this for the beavers and leaders, it was greatly appreciated. It was then back to the hall and the beavers were also given a Jubilee cupcake to take home.

On 10 June we were all at Kirkgate Park to work through the cyclist badge. We had two stations to complete, namely being in control of a bike and learning about safety and maintenance. As expected, the beavers all did brilliantly!

Amongst all this there were appointments and awards given out. Congratulations to Noah who was appointed as the new assistant Lodge Leader for the Blue Lodge and also congratulations to Ally and Caiden who were both presented with special recognition awards for working hard and being kind and helpful last term. Congratulations to Charlie who was invested into the colony. Bravo to all!

Thanks also to all the parent helpers who came along to support us this month, it's very much appreciated.

Interested in volunteering with Scouting? It's easier than you think. We have opportunities both behind the scenes and directly supporting young people in our group. With full support and training, you can volunteer on a flexible basis. Not only is it incredibly rewarding and great fun, but you will also learn some brilliant transferable skills. Contact kinrossbeavers@hotmail.co.uk for more information.



Kinross In Bloom 200 Club

June Draw

1st	No 10	Teresa Bowstead
2nd	No 43	Bar Lemmon
3rd	No 53	Jean Miller
4th	No 22	Kate Francis

Kinross-shire Local Events Organisation

www.kleo.org.uk



Big crowds at Picnic in the Park

What a wonderful day it was on Saturday 4 June at the Jubilee Picnic in the Park to celebrate the Queen's Platinum Jubilee. It was a very hot sunny day and people came out en masse to enjoy all the fun entertainment at the Market Park. Local dance groups and bands performed on the stage that was provided by local company Haki Access Solutions and the whole event finished with a fabulous performance by tribute band ABBA Gold. It was wonderful to see the whole community come out and enjoy themselves.

Many thanks to all the volunteers who helped out with the site preparations and for their stewarding duties at the gates. Also our great appreciation to Jamie Montgomery and the Green Hotel for allowing us to organise the event at the Market Park. A special thanks to Rab Brown from Haki Access Solutions who designed and build the stage for us and to Saints in the Community who came with a wonderful street-football facility. We are very grateful to Perth and Kinross Council who provided us with a grant for this event and the Turfhill depot who provided us with bins, yellow vests and litter pickers.

Of course, we also send our huge thanks to all those who came along and supported the event so enthusiastically. We hope you all had a wonderful day out!

Early bird tickets for concert Karen Matheson (singer from Capercaillie!)

Widely recognised as the compelling vocals of Celtic super-group Capercaillie, Karen Matheson has made a solo album. It is a musical love letter to her families' Hebridean roots, with a collection of timeless Gaelic songs that evoke the character and atmosphere of island life, through waulking songs, love songs, lullabies, mouth music and evocative poems to the surroundings. Karen Matheson will perform with her guestband in Kinross on Friday 11 November, 8pm at Loch Leven Community Campus

You can buy early bird tickets now! Prices are £18 (adult), £13 (child). Full price after 1 September is £20 and £15. For tickets visit our website or TicketWeb.

Kinross Summer Market

There is no Farmers' Market in July but, like last year, KLEO will organise another bigger market at the Market Park on Saturday 27 August from 10am to 3pm. This market will be a community event to celebrate summer with a great variety of food, drink and craft stalls and there will hopefully be some great entertainment from local musicians too!



If you would like to book a stall space at this market, please send an email to info@kleo.org.uk. All stalls are fully booked but there is still space for bringing your own gazebo stall. We can provide a trestle table if needed. The fee for a stall space is £35 or £20 for community groups and charities.

The markets on 24 September and 22 October will return to the High Street. The festive street market is on Saturday 26 November.

Leven Voices and Kacophony Orchestra

Community choir Leven Voices and the Kacophony Orchestra are on a summer break now. Sessions from Leven Voices will




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start again on 6 September and the Kacophony Orchestra will start on 31 August.

For more information about Leven Voices or the Kacophony Orchestra please contact Bouwien Bennet on 01577 863107 or by email at bouwien@kleo.org.uk

For more information about KLEO events visit our website.

Kinross in Bloom

June was a busy month with all the planters being emptied and then filled with our summer plants. We postponed hanging up the baskets for three weeks, as we felt they weren't quite ready. Once again, our thanks to the Rugby Club who very kindly accommodated the change of date.

Now the polytunnel is empty and our job for the summer is to ensure that all the plants are fed and watered. We are still looking for more volunteers to help with watering around the town. We are looking for people who can drive the buggy and water the hanging baskets and planters on a few occasions from June to September.

Finally, Crosswell Fountain is finished! At the end of May we had stonemasons reconstructing the lions heads around the fountain (see photo opposite).

The smaller planters at Springfield corner have all been given a paint and copper tape applied to them to stop (hopefully!) the snails eating the plants.

Mungle's statue has been cleaned and we can now read the inscription on the statue thanks to Bria Little, sign writer.

Our next meeting will be at 7pm on Wednesday 6 July. Anyone can attend and we would love to see you!

If you would like to help in any way (formally or informally) please contact susan.mitchell50@gmail.com.



hear all the racing pundits talking knowledgeably about the skill of the jockeys and the likelihood of winning or losing. It was thrilling to be out enjoying fellowship and fun again.

Swingathon Update

Richard Scott's world record-breaking swingathon was truly an exhausting feat for Richard and the supporting team of rotarians, other volunteers and Stirling University Film and Media graduates filming the whole affair for verification. A total of over £1600 was raised for the 'Rotary Covid Response to Vaccination' and continued prevention methods worldwide. Thanks to everyone who donated – on the day, at Loch Leven Laundry or through JustGiving.

New Members

Recently inducted member Catherine Smith gave us a fascinating account of her working life. She started her nursing career in Kent in 1974, changing in 2000 to the voluntary sector, working for several major charities associated with healthcare. In 2018 she joined Public Health England to support the Covid-19 response. Finally, she retired and we are excited to have her directing her formidable energy and drive to our club!

With great pleasure we welcomed two more new members to our club on 23 May; Anne Taylor and Yvonne Smith.

President George Lawrie reminded us of the four way test which asks people to consider, of the things we think, say or do:

- *Is it the truth?*
- *Is it fair to all concerned?*
- *Will it build good will?*
- *Will it build better friendships?*

These are the guiding principles of Rotary across the world; a good organisation to get to know.

KVGROS

At a breakfast meeting on 14 June, David Aird spoke to us about Kinross-shire Volunteer Group and Rural Outreach Scheme which operates a befriending and driving service for the residents of Kinross-shire and Glenfarg, mostly for health appointments (some charges apply). Volunteers not only provide door-to-door transport by private car, but also remain in attendance and provide assistance, as required, throughout the appointment.

Kinross & District Rotary Club

www.ribi.org

At last, with restrictions lifting and better weather, we are getting out and about.



Rotary On The Move

On Tuesday 17 May our monthly breakfast meeting took us up to Loch Leven's Larder for bacon rolls and an informal gathering. We then proceeded to visit the extraordinary set up that is Kinross Wooden Products.

John Ross, who runs the organisation with his equally industrious wife Kirsteen, talked us through his vision and practice with enormous enthusiasm.

John has been passionate about recycling and upcycling for over 20 years but the pandemic brought the need for his services into sharp focus. Companies needed to change their ways of working, office spaces needed to be changed. All those desks could not be thrown into landfill; what a waste that would be! John collects and re-purposes all those desks and chairs. They make something wonderful out of things that would be thrown away. It was a fabulous and inspiring visit.

A Night at the Races

A group of Rotarians and friends went to Perth Races for a fun night out on 11 May, having started the day with a visit to the gallops. It was a glorious evening and we had a very exciting time. We were also treated to some fine hospitality from Arlary Stables. Lucinda Russell and Peter Scudamore guided us on where to place our few pennies or pounds. It was thrilling to see the horses pounding up the tracks and to

Club & Community Group News

KGVROS has worked through the inevitable impacts of Covid-19 and now needs more drivers as the next round of flu and covid vaccinations is already close! Can you

- Volunteer as a driver? You decide on your personal availability and expenses are covered.
- Suggest the service to someone who would benefit from it?
- Help to raise funds or contribute to fund raising efforts to support this vital community service?

For any enquiries, contact KGVROS on 01577 840196 or email administator@kgvandros.org.uk

Young Chef Competition

We are also delighted to be working closely again with the young people in our community. On 20 May, we held a Young Chef competition with junior pupils cooking up royal recipes to create 'A Dish Fit For a Queen'. Judges were Sarah Rankin, our local Master Chef contestant, Andrew Scott from Heaven Sent and Edward Denovan from Balgedie Toll Tavern. They encouraged and taught the contestants throughout the afternoon. We were all amazed at the skill levels of these young people. First year pupil Jake was a worthy winner with Rachel in second place and Romy third. Very well done to all contestants.

Primary Schools Quiz Triumph

A team from Portmoak Primary School travelled to the Beach Ballroom in Aberdeen on Saturday 11 June to compete in the District Final of the quiz. Rotary District 1010 is a vast area, and the team achieved the brilliant result of third equal out of 23 teams competing. The school wins £200 for equipment. Very well done to Cameron, Liam, Luka, Willow and reserve Cody!



New Rotary Year

On 6 June we held our club assembly at an informal meeting at the Kirklands Hotel. Incoming president for the next Rotary Year, Jo Middlemiss, led a session during which we analysed and discussed our progress and next steps across a range of areas.

Join us

Now is a great time to join us. You would be made very welcome to come and meet us at an evening or breakfast meeting, or on Zoom. There are so many activities that you can get involved with, as much and when you can. Contact us by email at secretary.kdrc@gmail.com for further details.

Anyone wishing to attend any of our meetings should contact secretary.kdrc@gmail.com

Portmoak Community Woodland Group

www.portmoakcw.org.uk



In good time for the school holidays, we've launched a new booklet to help children enjoy Kilmagad Wood, the beautiful woodland on the side of the hill above Scotlandwell.

This is a companion to our popular 'Bogtastic' booklet, in which Captain Carbon takes youngsters on an adventure round Portmoak Moss. The new one is called 'Treetastic' and once again Captain Carbon – a climate change superhero – invites you to use your senses to see, smell and hear the different kinds of plants and birds that live in the wood.



In the centre of the booklet there's a map with points of interest to discover and, by the end of your adventure, you should be able to identify some of the different trees which grow there. The booklets are available in a dispenser just inside the main entrance gate, across the road from Portmoak kirk car park.

The launch took place during a guided nature walk, led by PCWG member Marjorie Smith, who was responsible for commissioning the booklet. It was under the banner of the Portmoak Festival and the group have been pleased to participate in this and other events during June.

The weather was also fine enough for a folk music concert featuring local musicians in Chris's Place at the heart of the orchard in Kilmagad Wood. It's a perfect little amphitheatre and we hope there'll be more live music there in the future.

There was supposed to be 'Jazz on a Summer's Day' in the middle of the month but by then the spell of dry weather had broken and sudden showers with blustery winds made it too risky to set up instruments and equipment outside. Luckily, we have Portmoak village hall just across the road which meant that around 50 people spent a pleasant afternoon listening to the Batchelor's of Jazz playing some well-known numbers and some less familiar takes on old standards, like 'Benny's from Heaven'.

After this rare digression from our core activities we're back on track for the rest of the summer, with plans to

pull Himalayan Balsam, to stop it invading the Moss and a public fungal foray with an expert guide to help you identify mushrooms and toadstools, also in the Moss. That's not until the end of August and there'll be more details to come.

Kinross Centre

Now that the better weather is here, we are enjoying displays of some lovely blooms at the front of the centre. Thank-you, as always, to Kinross in Bloom who take such great care to tend to the flowers throughout the year.

Service users enjoyed a wonderful week of special activities to mark the celebration of the Queen's Jubilee. This included Jubilee bingo, games, and a quiz. Everyone would agree that the highlight was the Jubilee Concert featuring music provided by wonderful local singer Linton Osbourne. Service users enjoyed a chance to have a sing-along to some familiar classic tunes, as well as take to the dance floor!



The regular weekly activities continue to keep everyone busy. As well as exercise for the brain with quizzes and games, there are physical activities in groups led by staff as well as instructors from Live Active. Those with a creative flair can enjoy the crafts session on Wednesdays and the art group which takes place on Thursdays.

This month we are looking forward to another trip on a barge at Ratho on 7 July. This is always a keenly awaited day out and we are grateful to the staff there who always make us so welcome. Other regular events include the PK Vision group and the Reminiscence group which are held monthly.

We would love you to be involved with the Kinross Centre, either as a service user, a volunteer or as a supporter. If you would like further information, please contact Nan Cook on 01577 863869.

Loch Leven Library

www.culturepk.org.uk



Storytime Sessions

Come along and join Loch Leven Community Library's fun storytime sessions with your child on Friday mornings. Sessions will run weekly, every Friday, at 11.30am–12pm. These drop-in sessions are for preschool-age children and there is no need to book. For any queries, please contact the library.

Bookbug Sessions

These are held at Loch Leven Community Library every Wednesday afternoon at 2–2.30pm and Saturday morning at 10–10.30am. They offer fun, friendly sessions of songs, rhymes, and stories and are suitable for babies, toddlers, and preschool children to enjoy with their parents and carers. To book a spot at any session, please contact the library.

Café Books

Our monthly Café Book club meetings are informal get-togethers over a coffee to chat about our favourite books and pick up some recommendations on what to read next. This is an opportunity to meet with other book lovers and share your passion for books. Please contact the library in the first instance if you intend to come along.

Summer Reading Challenge

The Summer Reading Challenge is back and, this year, the Reading Agency is teaming up with the Science Museum Group for an incredibly special science-themed challenge that will inspire you to use your imagination and creativity! Gadgeteers will feature amazing books, awesome rewards, and plenty of ideas for cool experiments and activities to discover the science all around you. Pop into your local library from June 25 to sign up!

Maker_Space Club

These sessions are back! They are informal, creative sessions for children aged 9-12. Children can use their imaginations and experiment with digital technology, drawing and cardboard construction. Activities include designing models in 3D, digital drawing and painting, designing and drawing, and creating stop-motion movies.

The next session is on 7 July between 10.30am-12pm at Loch Leven Community Library. Admission is free but spaces are limited so please book a spot online via Eventbrite <https://bit.ly/lochlevenMSC>

Summer Exhibitions

This summer, Perth Museum and Art Gallery will be offering up two fantastic exhibitions.

Sin, organised in partnership with the National Gallery in London, will bring together masterpieces from the 16th century to the present day, exploring the concept of sin through visual art. Perth is the first and only stop in Scotland on this exclusive travelling exhibition, which will tour only four venues across the UK.

Visitors will get a chance to get up close and personal with works by Rembrandt, Lucas Cranach the Elder, Jan Steen, Jan Gossaert, Tracey Emin, Ron Mueck, and more. These masterworks will sit alongside treasures from Perth Museum & Art Gallery's own collections that reflect various aspects of sin, such as works by JD Fergusson and Giovanni Antonio Galli and many curious items that may surprise visitors with their connection to the theme. Sin is open from the 18 June–25 September at Perth Museum and Art Gallery.

Following their successful Shadow World installation in 2021, Glasgow-based artists Zoe Walker and Neil Bromwich will be presenting The Serpent of Capitalism. This new and thought-provoking art installation will invite you to think about capitalism in our society and what the alternatives might be.

To accompany the large-scale inflatable serpent sculpture, a series of drawings and photographs by Walker & Bromwich will re-imagine the shifting world around us and trace the shaping of societies, religions, ideas, and beliefs.

The Serpent of Capitalism by Walker & Bromwich is open from 2–30 October at Perth Museum and Art Gallery.

Opening Times

Monday	Closed
Tuesday	10am-7pm
Wednesday	10am-6pm
Thursday	10am-7pm
Friday	10am-6pm
Saturday	10am-1pm
Sunday	Closed

You can contact us by phone on 01577 867205 or by email at lochlevenlibrary@culturepk.org.uk.



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VIRUS REMOVAL

Company Review

Geoff Ingh ★★★★★
A most prompt and professional response to my emergency call. Being caught up in a dividing order the collection, repair and delivery were carried out with complete safety. All repair work explained in advance and carried out at a reasonable cost. Recommended.

Company Review

Bob McInch ★★★★★
Very pleased to have our issue sorted out efficiently and promptly.

Company Review

Andrew Clark ★★★★★
Excellent service. If in future I have any more problems (being a Senior Citizen) with my computer I would certainly use the company again. His advice was invaluable.

8 Mountview Road, Perth PH1 1LD

01738 479 564

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Picture of the month is this fabulous Long Exposure image 'Charing Cross' by David Sharman.

Kinross Camera Club

kinrosscameraclub.org.uk/wp/
www.facebook.com/KinrossCCLub

Find us on Facebook

Kinross Camera Club is a small, friendly, sociable club and we welcome new members throughout the year. If you have an interest in photography (whether you are a beginner who has just picked up your camera or have many years of experience) you will find a warm welcome. Our season runs from September to April and offers a broad mix of excellent speakers, instructional talks, entertaining club nights and helpful practical sessions.

For the 2022/23 season we plan to schedule a combination of Zoom meetings for those who are unable to attend in person and we will also be back in the main hall of Kinross Church Centre for some in person meetings where we can enjoy a catch up over coffee and biscuits. Our regular club nights take place on Thursdays at 7.30pm at the Kinross Church Centre, 64 High Street, Kinross, KY13 8AJ

Full details of our new exciting schedule will be available soon so please check out our website and Facebook page.

In the meantime, if you have any questions and would like to know more about our club, please drop an email to our secretary at secretary@kinrosscameraclub.org.uk.



Kinross-shire Civic Trust

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www.kinross-shirecivictrust.org

Find us on Facebook

Email: KinrossshireCivicTrustSecy@gmail.com



Annual General Meeting

The Trust sent out its AGM documents by email in May, with members given the opportunity to submit comments via a survey. The following is a precis of the reports.

Chairman's Report

In his Chairman's report, Alistair Smith expressed sadness at the recent passing of George Pease. George was one of the founder members of the Trust 31 years ago and was always a very enthusiastic supporter. He was a planner by profession and was a very helpful and active member of the Planning Committee. His cheerful and enthusiastic spirit is something the Trust will miss.

Despite the continuation of Covid, the Trust has been able to continue with our activities with Planning, the very successful Raingarden Challenge, started last year, and a very successful Well Kept County Competition.

We have continued to pursue our concerns regarding Persimmon's applications for more houses than were allocated in the Local Development Plan and the general concerns about the possibilities of increased pollution of Loch Leven, a National Nature Reserve, due to the increased number of houses.

Last year we held a very successful Well Kept County Competition in the summer. The judging was held on two wonderful days which showed all the villages and hamlets of

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Club & Community Group News

to their very best. The judges were delighted that everyone had made strenuous efforts to bring their areas up to the best and were congratulated. Unfortunately, we were unable to hold the usual presentation gathering which is the time for everyone to gather together and celebrate.

The winners of the Best Kept Village were Kinnesswood, the winners of the Best Kept Hamlet were Glenlomond, a first for them, and the winners of the Most Improved Village/Hamlet were Powmill.

The 2022 competition for the Well Kept County will be held at the end of September, in accordance with our policy of moving the event through the year.

Planning Report

Eileen Thomas, Chair of the Trust's Planning Committee, reported that in the year 1 April 2021 to 31 March 2022 there were 190 Kinross-shire planning applications (up ten on the year before). The Trust submitted 16 objections and made neutral comments on two. Of the applications we objected to, six were refused by the local authority, two were approved, six were withdrawn and two are still to be determined. [Since the report was written, one of these has been refused.]

We had a couple of small successes where our comments appeared to result in more sympathetic proposals being submitted prior to approval.

Four of the applications we objected to were on farmland at Blairfordel, where a previous owner had sold off the farmland in small plots. The local authority has issued six enforcement notices relating to the former Blairfordel farmland.

The most significant decision of the year was the Scottish Government Reporter allowing Persimmon's appeal over PKC's refusal of their application to build 169 houses on phase 2 of Lathro Farm.

Raingardens Challenge

Members were sent copies of two updates by Brian D'Arcy about the Raingardens projects.

Accounts

Members were sent copies of the annual accounts and invited to renew their annual subscription which is £15 per household.

Raingardens Update

Summer at last – and rainfall too! The plants are growing everywhere and with any luck we won't need to water the new features at the Park and Ride for a while. It will take a few years for the plants to establish at the Park and Ride but some flowers have already begun to appear. There is still a lot of work to be done, but we have had a lot of help from various good people and interest is growing. The last area we would like to address is in South Kinross, where there is an opportunity to see if raingardens can be retrofitted as part of a strategy to reduce the frequency and amount of storm sewage overflowing into Loch Leven during wet weather.

We are getting help from SRUC, Edinburgh (King's Campus) with soil analysis for the Park and Ride, which we want to write up as a case study for the UK's susdrain site (susdrain.org/case-studies/)

We are also talking to staff in SRUC about a short video of the Raingardens Trail (see p37).



Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

www.ramblers.org.uk/kinross-ochil

Fresh air, exercise, good company and wonderful views. We offer all this and visits to some of the spectacular scenery and lesser known places that surround us. We are a friendly and relaxed group and, if you'd like to try a walk with us, you'll be made very welcome.

Tuesday Short Walks

Unless otherwise stated, these walks are usually about two hours long and a fairly gentle four miles. We often follow the walk with a visit to a cafe, farm-shop or pub for refreshments, but this is entirely optional.

Tuesday 5 July, The Pineapple, Airth and Dunmore Conservation Village

The walk begins at The Pineapple, a stunning stone building owned by the National Trust. We continue with a circular walk through the estate of Dunmore Park, going down to the Forth and into the pretty village of Dunmore.

Tuesday 19 July, Muckhart Meander

An easy walk on footpaths and quiet back roads.

For further details of Tuesday walks, or for general enquiries, please contact Sandra Wilkinson on 01577 865472.

Weekend Longer Walks

Weekend walks are a degree more challenging and of varied longer lengths. We advise bringing along a packed lunch and flask or drink. We also recommend that you have appropriate outdoor clothing and footwear.

Sunday 10 July, Pentland Hills walk, 8 miles

This is a circular walk on paths of varying quality alongside reservoirs, then leading into the Pentland Hills and providing excellent views of Edinburgh.

Saturday 23 July, Dunkeld, Bishops, Fiddler's and Inver paths, 6.5 miles

A delightful gentle walk past the cathedral and along Bishops path with its spectacular trees. The Fiddler's path takes us along the bank of the river Tay in a circular route, joining up with the Inver path. We return to Dunkeld via the Beatrix Potter Garden.

Sunday 7 August, East Lomond circuit from Falkland, 6.5 miles

A very steep ascent from the village of Falkland, then downhill to Craigmead and Maspie Den.

For further details of where to meet us for weekend walks, or for general enquiries, please contact Ken Staples on 07810 180283.

**All local emergency contact details
are in our Notices section**

Kinross Inner Wheel



We recently celebrated the 40th anniversary of the founding of the club, on the very date of the awarding of its charter. Members enjoyed a delicious lunch at the Kirkland's Hotel and welcomed 3 former members along with 19 present ones. The cake, made by secretary Christine, was cut by founder members Betty Birrell and Doreen Thomson (see photo below). Charitable funds were disbursed to WaterAid, Mary's Meals and Broke Not Broken.

We meet again in September and wish all members a happy and healthy summer. Anyone wishing information on the club, please email jenny101@icloud.com.



Guide Dogs

Our fundraising group had a lovely day out at Hilton of Aldie for Farmer Dawes' open day. Whether you just came to say hello, bought something from the stall or took part in our tombola, we were delighted to see you and thank-you for supporting us. We are still not up to full strength in our fundraising group; a co-ordinator role is free so, if you can organise a friendly group and join in the fundraising, we'd love to hear from you.

After last month's newsletter I had a couple of emails looking for talks from us and a new volunteer got in touch. If you are interested in helping us or would like a group talk please email She61@hotmail.co.uk.

I will be looking after a couple of other people's guide dog pups in the next few weeks, which will help the 'empty nest' feeling without my own pup. Watch this space for next month's pups.

Guide dogs are recruiting puppy raisers in this area again. So now is the time to get involved if you want to help raise a life changing guide dog. I am always up for a chat and can answer questions about aspects of puppy raising.

Many thanks to all of Kinross-shire for your support.

Fairtrade

Fairtrade, Organic and Healthy!



If you are looking for ways to eat healthily, stretch the pennies and support producers in other countries, please try our lentils, toor dal and dried chickpeas. The dried chickpeas are very economical and you can use them in curries or make hummus. As it says on the bags, by buying these products from our Traidcraft stall at the Farmer's Market you are 'Changing Lives One Bag at a Time!' You can also visit the www.jts.co.uk website and get lots of delicious recipes using the lentils and the other sauces and chutneys.



We look forward to seeing you in August but, in the meantime, you can contact us to buy our products from the Kinross Parish Church or the Orwell Church offices.



When sending your club item to the Newsletter, please put the name of your club in the email subject line

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Boys Brigade and Girls Association



End of Session Success

The 1st Kinross Company celebrated their 102nd year with a shorter version of their usual annual presentation evening at Kinross Church Centre.

Rev. Alan Reid welcomed parents and friends before inspecting the Company. Company Captain William Constable gave a report on the session's activities before Christine Reid presented members of the three sections with their badges and trophies.

Main trophy winners:- Junior section best recruit, Grace Mather; Best 2nd year, Catherine Savage; Best 3rd year, Andrew Thomson; Best Junior overall, Catherine Savage; Company section Melville Trophy (best member overall), Zara Webster.

Andrew Thomson was also runner up in the national BB Jubilee colouring competition featuring over 500 entries from around the UK! Along with other entries, the Queen was presented with a special BB card featuring the top 70 coloured pictures.

Company section members are now looking forward to their annual summer camp at Kenmore in mid-July after a two year break due to Covid-19. They have also been busy erecting their marquee for three local events; the Perth Mela, the Lochore Triathlon and the Kelty Jubilee Youth Spectacular.

All sections will now enjoy a summer break with the new session resuming in September.

Right top: Company Section Melville Trophy Winner Zara Webster

Right below: Junior Section Trophy Winners



Broke Not Broken

It has been a while since we have been able to update the community on what we have been up to but, as a result, we have lots to say.



This summer we are excited to continue with our family days out with our Tuesday Trips. These trips are for those referred to us for a family day out with no costs or stress and they always prove popular.

Our cookery group is a project looking at connecting people experiencing isolation due to a variety of factors, who love food and cooking. We had our first face to face meet-up over some plates of delicious food. It was a lovely event full of chat and laughs and getting to know each other. We have some great plans for the next few months including some time with Kinross' very own Masterchef!

This year we have started two new projects; a parents and tots group through referral only, and our women's group For Women Who. Details on events for the women's group will be on social media so look out for that. We have planned a trip to Edinburgh Festival and an event in collaboration with Perth Women and Perth Museum. We had a launch event with Esther Kent and talked about women who have inspired us. If you are wondering why we are running these groups, young new parents and women are a large proportion of food bank users and experience a lot of isolation and loneliness, which we are hoping these groups will reduce.

Unfortunately, the food bank continues to be incredibly busy, supporting nearly 100 people this week alone (June 2022) as the cost of living crisis ramps up worries and anxieties for all of us, but hits those on low or no income the hardest. In our

area this includes people in work, single parents, children, unpaid carers, people with disabilities and older people. If you can donate, please continue to do so.

Our school uniform bank is a good indicator of how people who don't meet the eligibility threshold for support are having a hard time. If on Universal Credit, you need to earn less than £625 a month to be eligible for free school meals and the other benefits that come hand in hand with that. At the moment that might not even cover your gas and electric bills. This is why our projects remain so important and are so varied. The school uniform bank currently has over 100 applications.

Following on from our event in December on gender based violence, we held a well-attended Gypsy/Traveller Awareness training session led by David Donaldson, learning about the challenges faced by our Gypsy/Traveller community. We learnt a lot about our own unconscious bias, and about the more conscious and direct racism they experience in our area and across Scotland and what we can do to change that.

We continue to be incredibly well supported by our local community for financial support and would like to thank Rumbling Bridge Community Hydro Society, Kinross Parish Church, Whisky Auctioneer Ltd as well as the huge number of individual private and anonymous donations that we receive. These enable us to have flexible, unrestricted funding.

We have also been successful in receiving project specific funding from the Scottish Women's Fund, PKAVS/Mental health, NHS Tayside, Robertson's Trust, Perth and Kinross Council, Scottish Government, National Lottery, Arthur and Margaret Thompson Trust and remain grateful to our existing funders too.

As ever, we are incredibly grateful to our volunteers who make all this work, often with a smile and a joke to make the hard times go a bit easier. Thanks also to our board, who work incredibly hard securing funding, adding up the figures, co-ordinating the food, volunteers and the many others threads that come together to make this a really great community asset for the whole of Kinross-shire. One last thanks goes to Danielle Ramage, our project co-ordinator, who works so hard, and with such empathy and warmth. We are so lucky to have her.

If you can please, follow us on Facebook (@BrokeNot), Twitter (@broke_not) or Instagram (@brokenotbrokencharity).

If you would like to volunteer please call us or email volunteering@brokenotbroken.org to speak to our lovely volunteer co-ordinator Katie.

If you need support please get in touch. We know asking for help is difficult, but we will try really hard to make it as easy and dignified as we can. You can call or text 07518 913107, email admin@brokenotbroken.org or you can message us on Facebook and we will get back to you as soon as we can.

Kinross and District Town Twinning Association



Rosyth Passenger Ferry Link Welcomed

The recent announcement that the Rosyth to Zeebrugge DFDS ferry link for both passengers and freight might re-open for business in 2023 was welcomed by Kinross and District Town Twinning Association. The local ferry link, which is our most direct ferry link with Europe, would make travel so much easier; particularly given that our postponed official twinning visit to Gacé (delayed by two years due to Covid-19) has been re-scheduled for the summer of 2023. Next summer's visit is scheduled for the last week of July and both Kinross-shire families and their host link families in and around Gacé are very much looking forward to it.

New individuals, couples and families will be made most welcome. What better way to have a holiday abroad where you are only paying for your travel? The Gacéan twinning committee funds tourist visits to local attractions as well as further afield, for example, a day trip to Paris. Anyone interested or considering joining us for next summer's trip should contact secretary David Munro on 01577 8612126.



SPARKS (Supportive Project for Activities and Recreation in Kinross-shire)

We decided to meet on Zoom from the end of 2021 until March 2022, due to the rise of Covid-19 at that time. Once restrictions started to ease we were able to meet in person and getting back to some 'normality' has been a huge benefit for everyone! We meet at Kinross Men's Shed, Swansacre, Kinross at 1-3pm every Thursday and a huge thank-you goes to them for allowing us to use their fantastic facility!

Refreshments are available, usually followed by a quiz, board games, arts and crafts; Boccia and the occasional guest speaker and project. Each activity is on a voluntary participatory basis and is open to all disabilities. The aim is for people to have a chat and reduce isolation within Kinross-shire. We ask for a small weekly donation of 50p or £1, to cover the cost of refreshments.

Boccia

We have specific access to the marked Boccia court in Loch Leven Community Campus. We meet on Saturdays at 11.30am-12noon and there is a fee of £1 to £2 per session (depending on numbers), to cover the cost of the court. We would like to encourage more people to come along. Everyone is welcome, and we have a lot of fun and laughter every week! Contact Duncan at duncanmcintyre1961@icloud.com for more details.

22 Women Project at Perth Museum

We have been involved in a project to research and create a piece to commemorate one of 22 women who have been significant within the Perth and Kinross area. The group chose to research Isobel Moncrieff's life, incorporating her creation of Monart Glass and because of her connection to John Moncrieff Lighting in Kinross.

A few of the group spent several weeks researching her life and work by visiting the AK Bell Library and Museum in Perth. They found information on her early years, her personality, the site of the original factory, and the grounds of her original house called Summerbank.

Once the information was collated, we contacted artist Lorna Radbourne. Over seven weeks Lorna, along with her son Matthew, taught and assisted the group to design a piece of glass each, representing something about Mrs Moncrieff. We each painted our individual designs, had them fired, then fitted them all together, soldering joins, and blackening the seams to create a stunning result. Lorna has very kindly offered to come and work with the group on a regular basis in future, so we look forward to keeping in touch.

Korstia Reiki Studio

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Club & Community Group News

Towards the end of the project writer Sharon Sampson Jones visited us. She chatted to us in small groups to find out more about SPARKs, including our experiences of the project. This written piece will accompany our artwork when it is displayed in the new museum.

Volunteers, PAs, and family members (who may not always attend the group but were essential to support some more tricky elements of the project), were a huge support to enable this to come together, so a massive thank you goes to them!

There will be a get together at the Men's Shed in early July, when the group, Lorna, and elected representatives will be invited to see the finished piece and hand over to the museum.

Bowling and Museum Trips

A couple of weeks ago, we enjoyed our first outing since the easing of restrictions. We went to Hollywood Bowl in Dunfermline and had a couple of games, over two lanes. Star players were Lindsay and Graham, also John who very impressively achieved several consecutive strikes!

A trip to the National Museum in Edinburgh is coming up and we are very much looking forward to it. Thanks to Kinross Day Centre for letting us use the bus and to Dave MacKenzie for driving.

Volunteers

Special thanks go to our fantastic volunteers, John, Alison, and Jean! These three are an invaluable support to SPARKs in multiple ways, and we all appreciate the massive commitment you give. Thank you! *If you want to get in touch, please email us at sparkskinross@outlook.com.*

Kinross Trishaws

We enjoyed a fabulous weekend of Platinum Jubilee celebration rides taking passengers from Causeway Court, Kinross and Ashley House, Milnathort and out on local paths and roads. Our passengers felt like royalty and we were met with waves, curtsies, bows, and smiles on our travels. Thanks to everyone in our wonderful community who stopped for a chat and those passing us on the road who took the time to toot and wave. It was a lovely, uplifting and very positive experience.



If you know someone that would enjoy a ride on the trishaws and wants to feel the wind in their hair, please email KinrossTrishaws@gmail.com to book a ride.

Vision PK

It is great to say that the social group for people with a Visual impairment has met twice and we are enjoying the opportunity to meet with others. It is a friendly group with a good flow of conversation and sometimes a laugh. Vision PK and the Kinross Centre are working together to provide

facilitation, a venue and refreshments. Anyone with a visual impairment is welcome to join.

The group will meet every first and third Tuesday of the month at 10am–11.45am, in the garden room of the Kinross Centre, 64 High Street, Kinross, KY13 8AS. For more information, please contact Lidia on 07900707542 or by email at lidia.dye@visionpk.org.uk

Kinross Guides

Places are available in 3rd Kinross Guides. We currently meet on Monday evenings in Millbridge Hall, Kinross at 7.30–9pm. Each week, we work on a variety of activities and challenges. To date this year, we have made a number of natural face masks, lemonade and teas. Creating bouncy balls was another favourite activity. Currently the girls are busy completing their natural remedies and confectionery challenges. For the Queen's Jubilee we are also creating a royal family tree. Come along and try us out. If you are interested contact us by email at mbs21@btinternet.com.

Portmoak Primary School

Communicate Climate Day

In June, we opened our school grounds to members of the community, inviting them to visit to see the range of initiatives that we have embarked on over the last two years to do our bit in the fight against climate change and to care for our environment. At Portmoak Primary School, we are on a journey to become a Gold Rights Respecting School. Climate change is affecting children's rights now and will continue to affect them in the future. One theme of our Communicate Climate Day was for pupils to share with the community the actions that we can all take to reduce our carbon footprint and look after our planet.

In collaboration with Kinnesswood in Bloom, there were different stations around the grounds for people to visit to hear from pupils about each of the initiatives, and to see examples of what we have been doing. Some of our pupils have written about these below:

The Willow by Katie, Maeve and Ollie

We have an area of willow trees in our school grounds which form one of our outdoor classrooms. On our open day, some of us demonstrated how to tie the willow to make it into arches. Last year, we had to cut back some of our willow trees as they were becoming too big and dangerous, but we reused this wood to make bark for the floor of our outdoor classroom.

The Queen's Green Canopy by Caitlin, Fraser and Danny

We planted more than 135 trees to form a hedge as part of the Queen's Green Canopy initiative to celebrate the Queen's Jubilee. We explained to our visitors all about biodiversity and how our hedge helps to provide this. We also showed people our orchard area which has ten different fruit trees.

The Amphibian Ladder by Mirren

We talked to people all about the amphibian ladders that we have in our school grounds. The way the ladders work is that when amphibians fall in they can climb up the ladder. What are the ladders made of? The ladders are covered in mesh net so the amphibians can grip on. Without the ladders the amphibians would die. Here's a few facts about amphibians; frogs have long back legs but toads have shorter back legs so they have to crawl but frogs have to leap.

The Pond by Òran

We showed people where our pond is. The pond is a wonderful

place and it is a wonderful place for nature. Amphibians such as frogs and newts live there and can drink there.

The 'Portmoak Grows Together' Exhibition by Rosie, Grace and Eilidh

When people came to our station, we started by greeting people to make them feel welcome then we started to tell them what we have been doing. We told them about the fundraisers (we raised over £7000) and that we spent it on tools, peat-free compost and a polycrub, which is a very strong polytunnel. We talked to people about what we grew in the polycrub and told them about harvesting the vegetables. We described how P2/3 did maths about the vegetables and how we did cooking (we made leek and potato soup and crisps). The dinner ladies also put some of the vegetables in our school dinner.

The Raingarden by Charlotte and Alexa

We were talking to people about our raingarden. We were telling the visitors how the raingarden stops lots of water rushing into the drains and, instead, it waters the plants below in the raingarden. We talked about the different types of plants and animals that like to live in the raingarden. We also talked about what it was made of because, although the outside frame looks like wood, it's actually recycled plastic so it doesn't rot. Isn't that amazing?! We got 45 visitors on the day.

The Polytunnel and Raised Beds (quotes from Siena, Oscar, Heidi and Freya)

- I was talking about the polytunnel, the raised beds and the shed. Some parents came to see all the stations in Portmoak.
- I loved how kind the visitors were.
- We talked to lots of different people. I also got to talk my mum and my sister.

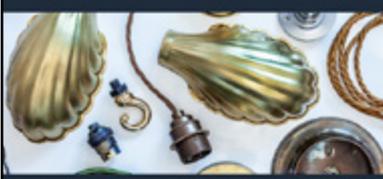
- I was telling everyone about all of the plants that we are growing.

Climate Change and Children's Rights by Emilie, Robert and Jack

Our job was to welcome and greet people when they came in. We gave them maps of where the different stations were and we showed them our children's rights display board. We liked that we could tell people all about climate change. We also gave people a rights leaflet and a climate change leaflet. The climate change leaflet gave suggestions about what people can do themselves to stop climate change. Some examples are below:

- Plant trees because trees clean the air.
- Provide opportunities for biodiversity by planting wildflower seeds, letting parts of your garden grow wild, create homes for bugs and bees, feeding the birds in your garden and creating a pond.
- Grow your own fruits and vegetables; this means your food won't need to be packaged and transported.
- Use peat-free compost as we need to protect our peat bogs so they keep storing up carbon dioxide and help in the fight against climate change.
- Use less energy; switch off appliances and lights when you are not using them.
- Reduce, re-use and recycle! Don't send things to landfill.





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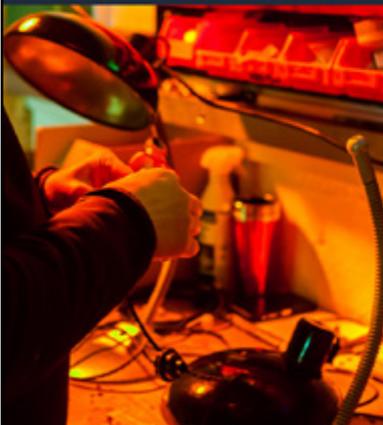
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Carnbo SWI

President Heather Dennis welcomed members dressed in red, white and blue to our Jubilee celebration and the last meeting before the summer recess. Donations were collected for Broke not Broken and pennies for friendship were also given. Heather thanked all who took part in our fundraising walk for MacMillan earlier this month. £55 was raised.

After business we had a royal quiz led by Angela Browning. This was followed by a pot luck supper provided by members and we enjoyed time to socialise before Heather wished us all a safe journey home.

Flower of the month

1. Linda Band 2. Barbara Nicol.

Royal Memorabilia

1. Angela Browning 2. Josephine Paterson.

Ann Bernard Trophy, a card decorated with freestyle embroidery, was won by Josephine Paterson.

Glenfarg SWI

At our AGM in May, president Margaret Scott handed over the badge of Office to incoming President Linda Martin and welcomed her new Committee. Entertainment was provided by four members, who presented 'Four Corners', allowing members to taste food and collect recipes from France, Germany, Italy and Poland.

The following annual trophies were presented by Margaret Scott.

Jubilee Cup for most points in 2021/22

Alison Harrison

Rosebowl for Flower of the Month 2021/22

Linda Martin

Endeavour Cup for most entries throughout the year 2021/22

Lillias Johnston.

May competition results are as follows:

Individual bowl of trifle

1st Sheena Chisholm, 2nd Alison Harrison, 3rd Lillias Johnston;

Purse Sewn

1st Lillias Johnston, 2nd Alison Harrison;

Flower of the month

1st Alison Harrison, 2nd Margaret Scott, 3rd Lillias Johnston.

The vote of thanks was given by Margaret Scott.

Our next meeting will take place at 2pm on Thursday 8 September 2022 in Glenfarg Village Hall. Visitors are welcome. simply turn up, bring your own cup and £4 for entry.



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Milnathort SWI

President Jean Paterson welcomed members to our meeting on 19 May. Business items were discussed and we also agreed to meet for afternoon tea on 16 June at Mona's of Muckhart (details below). Our next project will be the entries for Kinross Show. Members then agreed that we should change our meetings to afternoons at 2pm in Milnathort Town Hall for a trial period.

Jean 'officially' introduced Jessica Munro, one of our members, who took us through the art of decoupage. We were all given a small oval casket, choice of serviette to decorate, and then the fun began. Some members were very proficient and concentrated on the task in hand, whilst a few of us found things a little too intricate. We thanked Jessica for a most enjoyable evening and were able to see all the lovely work she had done in the past.

Competitions

Celebration card

1st Shirley McCouat;

Three pieces of rocky road

1st Denise Stephenson;

Flower of the month

1st Jean Paterson, 2nd Kathleen King.

Jean then drew the raffle and thanked everyone for coming, wishing them a safe journey home.

On 16 June we had an excellent afternoon tea at Mona's of Muckhart. There were lots of lovely, well-presented savouries, cream scones, and mini cakes, which were great because it enabled us to sample lots of different goodies. It was a lovely afternoon which everyone enjoyed. Jean then reminded us that our meeting on 15 September would be held at 2pm instead of 7.15pm. We look forward to seeing everyone after a (hopefully) warm summer break.

Powmill SWI

President Tricia Greer welcomed members for the annual AGM. Tellers for the evening were Agnes Murray and Fiona and Moira from Blairingone SWI. Tricia gave a summary of the activities and achievements over the last year and thanked the committee for all their hard work. The elected committee members for 2022/2023 are Sharon Buchanan, Tricia Greer, Maz Thorn, Alison Stirling, Gillian Taylor, Anne McKay, Fiona Harley and Debbie Carter.

The Trophies were then presented as follows:

Most Points Trophy: Tricia Greer, Jessie Gibson;

Clock: Fiona Black

Pat Reay Trophy: Tricia Greer;

Eileen White Trophy: Sharon Buchanan

There followed a discussion about community entries and stewards and baking for the Kinross Show.

Tea and biscuits were then served.

Portmoak Hall 100 Club

May Draw

1st	No 73	Jonathan Drever	Kinnesswood
2nd	No 1	James Gardner	Scotlandwell
3rd	No 22	A.N Burnside	Scotlandwell



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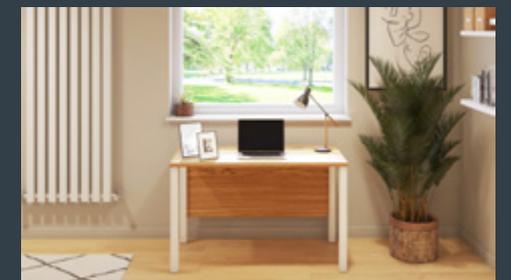
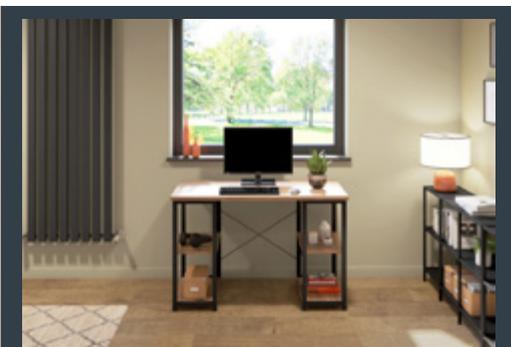
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Sports News

Kinross Otters

Kinross Otters held their annual general meeting recently as they entered their 50th year as a swim club.

Chairman Nigel Martin told members the club is in 'rude health', despite the challenges that have faced all organisation through the Covid-19 struggles. With a four-squad structure thriving, plus the addition for the first time of a Masters section, Otters have emerged from the pandemic in better shape than many other clubs across the country.

Detailing the recent record numbers who qualified for the Scottish National Age Group Championships, the intake of new members, the establishment of a confidential adversity fund for those struggling financially, and the generous donation of £900 to the fund from Kinross Parish Church in memory of the late Eilidh Neave, Nigel spoke with pride of the Otters' ethos of a 'community club with a competitive edge'.

He said to members: "I would like to thank each of you for giving so much of your time to make our wee club a great club. It is because of you the club has emerged from the challenge of the pandemic and quickly regained its stride, and I could not be prouder of what you have achieved over the last year."

The club kick-started its 50th anniversary celebrations with a ceilidh in Milnathort Town Hall at the end of June and hope to mark the milestone with other events through the year and more inspirational visits from professional swimmers after the overwhelming success of the training session put on by Olympian Ross Murdoch that was part of the prize for winning Scottish Swimming's Club of the Year accolade in 2019.

Both the ceilidh and the Murdoch masterclass were reminders that, whilst the achievements of the Otters' top swimmers will always be celebrated, the club goes far beyond personal bests and the achievement of qualification times for national championships.



with great uncertainty with regards to the Covid-19 situation, but which ended on a massive high with the club securing two trophies for the first time in living memory:

Kinross Colts 2009 Blues

FFDL U13 Development Cup Winners 2022

Kinross Colts 2008

FFDL U14 Division 2 League Champions 2022

First up were our 2009s Blues. The team play in the Fife Football Development League 2 and participated in the Development Cup. This saw the team playing in the group stage then progressing into the knockout phase of the competition. They won their quarter final against Valleyfield, enjoying home advantage with a great turn out of local support. They were then drawn against Crossford in what turned out to be a tense semi-final, again in front of a strong home support, with a single goal winning it for Kinross.

The final was a fantastic occasion held at Bayview Stadium in Methill, with the pitch, if not the stands, bathed in sunshine. The final was against Bayside and based on previous meetings this season we knew it would be a tight affair. The 1st half saw lots of effort however, with both teams suffering a little from nerves, it was goalless at half time. Both teams relaxed into the 2nd half with Bayside taking the lead. However rather than deflate them, this seemed to galvanise the Colts who were level shortly after. The game seemed destined for a penalty shoot out until the Colts strikers combined to create a fantastic goal with 90 seconds left on the clock. Queue wild celebrations from the kids at full time.

Head Coach Scott Fenton said 'The Cup has been a wonderful conclusion to our first season playing 11s. We endured a challenging preseason but the kids have worked so hard in

Kinross Colts

Double Success for Kinross Colts

Our 2021/22 season has drawn to an end with the final games being played in late June. It was a season that started



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training and we only lost 3 games all season. Hopefully the cup win gives the players a real confidence boost as we prepare for Division 1 next season’.

Within a week, the Colts were heading to Lochgelly in numbers for the culmination of the U14 competition. The league had been a tight affair all season with three teams battling it out – Rosyth, Fair City and Kinross Colts – at one point the Colts were 10 points adrift of 1st place. However, after 30 games, Kinross and Rosyth couldn’t be separated, equal on points (70), and an equal number of wins, draws and losses. As a result, a play off was required to decide the champions.

The final was played at Purvis Park, Lochgelly with both teams bringing a large support. The weather conditions were challenging with a very stiff breeze that favoured Rosyth in the first half but even with this advantage they could not contain The Colts in the early exchanges. Kinross looked really up for it, going close on a couple of occasions and it wasn’t long before they went ahead through a great strike. This seemed to spur Rosyth on and they started to get into the match leading to an equaliser shortly before a great free kick led to a mix up in the Colts box leading to another goal. 1-2 to Rosyth at half time.

The second half started and now Kinross had the advantage of the wind. And they certainly used it. The Colts started at a high tempo not allowing Rosyth out of their half and it wasn’t long before they had an equaliser The Colts were on top but Rosyth had the occasional venture forward and looked dangerous. It looked like Rosyth had scored a third but the goal was ruled to be offside. With the scores tied we were wondering if a winner was going to come. However, the Colts stepped up with one of the strikes of the season to make it 3-2 and sparked a bit of madness amongst the Kinross supporters.

With time running out Rosyth pressed hard for an equaliser and went close on a few occasions. However the team kept their focus and saw the game out and were crowned league champions.



Head Coach Ian Hetherington said, ‘Our players showed tremendous grit and resilience to come back from 10 points behind the league leaders and win a play off match to secure the title. The core of the team have been playing together since they were about 7 and they are a fantastic group to coach. I hope they continue their hard work and most importantly keep on enjoying their football playing at Kinross Colts.’

Kinross Colts is a community football club registered with the SYFA. We have children’s and youth football teams at every age group from under-5s to under-17s as well as a women’s team, two adult amateur teams and an over-35s team. If you’d like to get involved, please send us a message via our Facebook page or email info@kinrosscoltsfcj.co.uk.

Kinross Cricket Club



Seniors: A winning streak

Following the win against Doune last month, the seniors travelled to Edinburgh South in early June for the first of two fixtures. Kinross-shire won the toss and put Edinburgh into bat first. This quickly proved to be a great decision as Greg Dick took the first wicket with his 4th delivery. John Ross bowled his first over taking a further two wickets with his first two deliveries. Another wicket fell in the third over and by the end of the 4th over Edinburgh were 4 wickets down for only 3 runs. The tight opening spell continued as Dick and Ross finished 8 overs for only 3 runs. Ross having bowled four overs for two wickets and no runs scored. Will Main took the 5th wicket in the 10th over with the score on 9. Edinburgh held things together until the 27th over when John Ross came back on to bowl and took his 3rd wicket with the score on 72. The Edinburgh tail didn’t last long as Joe Jennings and new player Paddy Burrell finished the innings with Edinburgh all out for 74. Paddy finished with 3 wickets for only 2 runs, John Ross – 3 wickets for 7 runs. In replay, Paddy and Graham Glover opened the Kinross-shire innings with a partnership of 54 before Glover was out bowled. The damage was done as Burrell batted on with Brian Jennings before he fell on 31 and Greg Dick came in and pasted the 75-run target.

Away to Heriots CC

On Sunday 12 June, a full-strength Kinross-shire team travelled to Goldenacre, home of current Scottish National League and Scottish Cup Champions, Heriots CC. This was the clubs first visit to one of the finest cricket grounds as they faced the Heriots Development XI. These are the teenage future stars of national league cricket with several already featuring in national age teams. The wicket was perfect for batting and Heriots raced to an early start of 85 before the first wicket fell to James Ross, with his first ball of the game. Another wicket fell after a fantastic direct hit run out from Greg Dicks throw. It was a tough day for the bowlers as Heriots continued to score aggressively on a batting friendly wicket with lightning-fast outfield. Heriots finished their 30 overs with 149 runs for only 4 wickets.

Undaunted, James Ross opened the batting with Greg Dick and quickly found the surface just as good for Kinross-shire. With 22 runs coming from just 16 deliveries Greg mis-timed a drive and was bowled. Will Main joined Ross and the pair hit boundaries to all areas of the ground. With the score on 91, Ross was bowled on a personal total of 49. Main continued to hit out with excellent support from Roland Childs. Childs was bowled with the score on 113 and



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two overs later Main was caught with his total on 44. At this stage Kinross-shire required 32 to win with Will Clayton and Ivan Groenewald batting. They showed considerable control as they steered the side to a 6-wicket win with 6 overs to spare.

Both Edinburgh South and Heriots have return fixtures at Loch Leven's Larder in the second half of June. Match reports next month. The Perth and Kinross mid-week 100 series starts on 20 June.

Juniors: Another Tournament win for Portmoak Primary School

The Kinross-shire primary school tournament took place at the Loch Leven's Larder cricket ground on Monday 23 May. All local schools were represented with 14 teams competing for the qualifying place in the regional finals. The weather held and there were many great performances from all schools. In the end it was Portmoak who were victorious and went through to the regional finals in Perth.

July Fixtures

Sunday 3 July 1pm Home	Dollar CC
Wednesday 6 July 6pm North Inch	Breadalbane v Kinross
Sunday 10 July 1pm Home	Callander CC
Wednesday 13 July	Free
Sunday 17 July	Free
Wednesday 20 July 6pm North Inch	Meigle vs Kinross
Sunday 24 July 1pm Home	Kinross v Stewarts Melville
Wednesday 27 July 6.30pm Home	KCC XI v Chairman's XI T20 & BBQ

More information can be found on the club Facebook page or by emailing secretary@kinrosscc.co.uk

Kinross Road Runners

<https://kinrossroadrunners.weebly.com>



As we close our fundraising page for Run24Ukraine, just a final mention of the total raised which was £5,349. Well done to all for raising so much money for a good cause, and a special mention to Caroline Jones who has been put forward for fundraiser of the month with Justgiving.

If you remember from our last newsletter, we have now had the Loch Leven Half Marathon. This took place on 14 May. We



had 524 starters for the race. First male was Jamie Lessels of Fife Athletic Club. First female was Rowena Halliday of Dunbar Running Club. KRR results were first local malem David Scott who came in 3rd overall. First local female was Fiona O'Reilly who came in 146th overall. Congratulations to all who took part on what was a windy but sunny day. Our photos are all from the half marathon and show the hard work that goes on to organise and run a race.

At the time of writing the KRR Milnathort Dash is due to take place on 23 June. With 200 runners all trying to get the coveted position of King and Queen of the hill, it should be a good race for all. Pictures to follow next month.

As well as the Loch Leven Half Marathon, other races this month included the Dumyat hill race, Edinburgh to North Berwick road race, Edinburgh Marathon, Edinburgh half Marathon, Dunblane 12k, Black Rock 5, Templeton Trail race, Rattray Blair Half Marathon, Glen Lyon Trail race, Blair Castle Trail Weekender and the Chariots of Fire Beach Race. We also had Matt Newton and Karen Ritchie taking part in the Cape Wrath Ultra which is 400km from Fort William to Cape Wrath. Both of them performed brilliantly with Matt finishing in 12th place overall. Well done to all who took part in the races; there are too many names to mention individually.

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Gillian Kemp finishing the race – looking as good as when she started.

Travelling to Parkruns continued with visits to Stonehaven, Montrose, Fountain Abbey, Hays Lodge, Maastricht, Littlehampton Prom, Penrith, Kirkwall and Millfield North Yorkshire. We had Andrew Aird running his 300th park run this month, well done to Andrew. Thanks again also to those who are volunteering each week to make sure that the events are well organised and please remember to volunteer as well if you run in parkrun.

Trail runs this month included Falkland Estate, Glenvale trail run and Muckhart trail run.

There were also speed training sessions including 8 x 2 mins, 10 x 200 metres (x2), Ladder reps. Tempo reps, 2 mile time trial, 5 x 4 mins and 6 x 90 secs. Thanks to all the coaches for organising these events and the runners taking part.

Just a reminder as always that the club training sessions fit all abilities and involve a variety of running activities as you can see from the list of this month's sessions. Interval sessions improve running speed, trail runs build up strength and stamina, and slower chatty runs are good for socialising. The club welcomes all abilities and whether you are new to running or experienced, just looking for new routes to try out or to meet new faces, there is something for everyone. If you fancy getting involved or trying out a run with the club, visit our website and get in touch. However you run, enjoy it and stay safe.

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The bowling season is well underway and the competitions are progressing quite well. There is only one friendly to report on this month; four mixed rinks travelled to Newburgh and the outcome was a draw. We unfortunately had to cancel our game against Menstrie due to the lack of players.

The Scott Trophy is a 2-bowl competition open to all members but, as the lady members were away playing in Scottish ties, only gents entered this year and the winner was Tom Reid.

None of our members have qualified for Ayr this year. The gents pair Graeme Duncan and Bobby Brian reached the semi-final and the ladies did not progress past the quarter finals. The ladies pairs and triples were both beaten in the area semi-final of the East of Scotland competition held at Abbeyview Bowling Club. The gents travelled to Paton and Baldwins Bowling Club to play in the Balfour competition but lost out to Clackmannan Bowling Club.

The county games have started but both the ladies triples and the pairs were beaten in the first round. The gents county games have just started so we wish them well.

The club ran a 'try bowls' afternoon on Sunday 12 June. Unfortunately the weather was not kind to us but 20 people, including members, turned up to play. During one heavy shower of rain everyone came into the club for tea, coffee and a chat. Anyone who is interested in coming to the bowls please contact the club or a member. Free coaching is also available.

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Kinross Badminton Club

The club continues to run on Tuesdays from 8pm at the Community Campus. It has been great to welcome a number of new members and guests each week, and in some weeks we have opened up an extra court to accommodate the extra numbers.

Due to requests from the players, the club has decided to continue to operate through the summer, so we will not finish at the end of June as previously communicated. As always, new potential members are welcome, with new players getting their first night free.

For the latest updates on the club, or to contact us, please use the club Facebook page.

Kinross Tennis

With lovely weather and plenty of keen players, it has been non-stop on the courts at Kinross Tennis Club this month.

We hosted a junior competition for our youngest players and had a mini Red, Orange, and Green Ball tournament. 26 players entered across the 3 competitions and 46 matches were played in total! Well done to all who took part and especially to our winners Isla, Ariana, and Caitlin!

We have many new players who have taken up playing in league matches and have been enjoying some competitive play against other clubs across Tayside. Our ladies 1st team won 8-4 against St Andrews. The ladies 2nd team is a joint team with Glenfarg and are enjoying their matches, winning at both Glenrothes and St Andrews. The gents team had a successful win at Glenfarg winning 12-0 with some close tie breaks! We also have a mixed team who recently won 7-1

against Dunning. So overall a huge success to all our players at the tennis club!

Finally, we hosted our first Father's Day Social event last month. It was lovely to see some new faces on court with children bringing along their Dad for a hit. We welcome all new members to come along to our social events. (Days and times are all on our website).

Kinross Volleyball

Free summer outdoor volleyball sessions are now in full swing with an increasing number of youngsters joining the club's adult members. Sessions are on Monday evenings on



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Left: the men's team and above, the mixed team from the Scottish Open tournament

the campus grass at 7.30–9 pm. These free outdoor sessions will continue throughout the summer until the indoor season starts back in September (weather permitting).

With strong numbers we now have to use two courts and we are pleased to see some new start beginners joining us.

Active Schools sessions after school on Wednesday afternoons have also proved popular, especially with primary 7 pupils from local primary schools who have been attending the transition coaching sessions in good numbers.

Beach volleyball sessions have also resumed at Perth's Darnhall beach courts on Sunday mornings at 10am–12noon followed by adult sessions at 12noon–1pm.

Kinross entered two teams in Perth's Scottish Open Volleyball Tournament over the last weekend of May. The summer sunshine was very much in evidence as 88 teams from around the UK and abroad played their matches on the 32 outdoor

courts of the North Inch. Both Kinross teams featured a large number of junior players who gained valuable playing experience over the busy weekend.

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BT Openreach works 31 August 2022 for four days.

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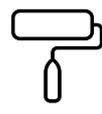
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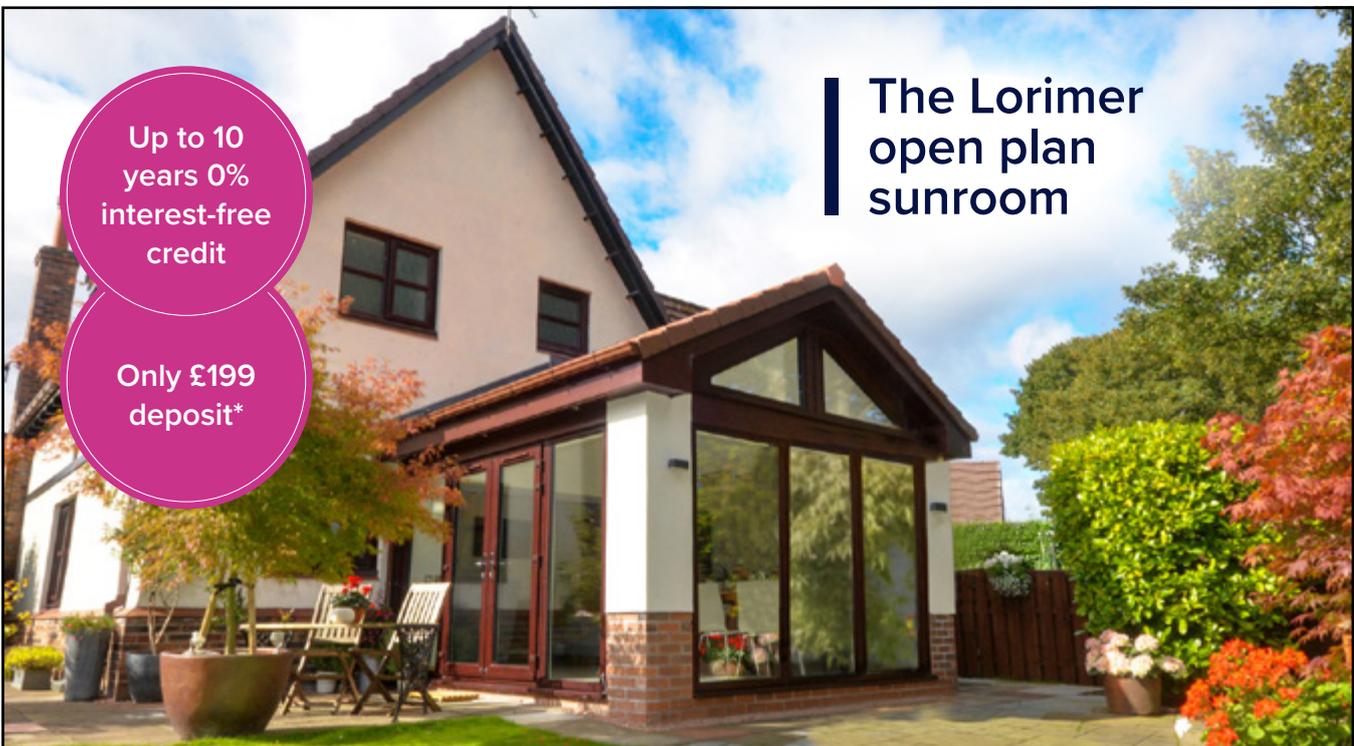


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Weekly Programme For July 2022

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	‘Stride for Life’ Walking Group	2.00pm
Tuesday	PKC Visions (5 & 19 July)	10-11.45am
	Carers Cafe (12 July ONLY)	10-12pm
	Exercise Group	11.30am
	Games (with safety measures)	
Wednesday	Indoor curling, quizzes, Scrabble	1.30pm
	Church Service	11.15am
	(Only for our own service users)	
	Reminiscence Group Garden Room	1.30pm
	Games – with safety measures	
	Indoor curling, quizzes, Scrabble	1.30pm
Thursday	Tai Chi	1.30pm
	Craft Group	1.30pm
	Ratho Barge Trip (7 July ONLY)	Day trip
	Interactive Games	11.30am
	Games – with safety measures	
	Indoor curling, quizzes, Scrabble	1.15pm
Friday	Art Group	1.30pm
	Exercise Class with Live Active	2.00pm
	Exercise Group	11.30am
	Bingo – with safety measures	1.30pm
	Games – with safety measures	
	Dominoes, Scrabble etc	1.30pm



Film shows • Cards
Dominoes • Art Class
Exercises • Chiropody
Trips • Daily Papers

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Local Volunteer Opportunities

Broke not Broken

Broke not Broken is a voluntary organisation working for the prevention and relief of poverty by providing support and practical assistance to individuals and families experiencing hardship. Please contact admin@brokennotbroken.org to help.

Greyhound Rescue Fife

Greyhound Rescue Fife at Baltree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at www.greyhoundrescuefife.com

KLEO

(Kinross-shire Local Events Organisation): If you enjoy local events on your doorstep, like the monthly Kinross Farmers' market and the winter festival events (concerts, comedy and the festive street market), please join the KLEO team! For more info about KLEO events, go to www.kleo.org.uk. If interested, please contact Bouwien Bennet at info@kleo.org.uk or call 01577 863107.

Guide Dogs Kinross

Support group. We are always looking for new volunteers. Contact Sheila at She61@hotmail.co.uk.

RSPB Scotland Loch Leven

RSPB Scotland Loch Leven: We need volunteer fundraisers to help support the wonderful world of nature on our doorstep. Pin badges, bucket collections, events and sponsored walks – if you'd like to join our team, please contact Lyndsay Stobie at: Lyndsay.Stobie@rspb.org.uk or call 01577 862355.

Kinross (Marshall) Museum

The Museum Trust is looking for volunteers to help care for Kinross-shire's heritage collections and man the Museum Study Room in the Loch Leven Community Campus on Thursdays and Saturdays. If you would like to know more, drop by or contact the Museum on 01577 867153 or email: information@kinrossmuseum.org.uk

Swansacre Playgroup

A long established charity playgroup for children aged 2-5 years, we need volunteers to help support us with play sessions. For more information, please email swansacre@gmail.com

Kinross Heart Start

Campaign to secure funds for public access defibrillators in Kinross. Contact Pamela Hunter to find out how you can volunteer on 01577 862419.

Light Up Kinross

Light Up Kinross is a small local charity with responsibility for Kinross Christmas lights and decorations. We require additional volunteers to assist with fundraising and administration of the lights. If you are interested, please contact David Colliar, email davidcolliar@tiscali.co.uk or Bill Freeman, email billywhizkid78@gmail.com or contact our Facebook page.

Common Grounds

Charity café staffed by volunteers on Tuesdays, Wednesday, Fridays and Saturdays in Guide Hall, Church Street, Milnathort. Open to public 10am-12.30pm. Opportunity to serve in café or bake for the café. Also opportunity to gain recognised hours towards Duke of Edinburgh Awards and Saltire Awards for young people 16 years and over. Funds raised are used to support charities mainly in Africa. Contact: Convener Elspeth Caldwell on 01577 863350 or Secretary Linda Freeman on 01577 865045 for more information.

Seamab

Seamab is a residential school that cares for some of the most vulnerable children in Scotland. We are looking for volunteers to help us place and manage collecting cans. Volunteering for Seamab makes a huge difference to the lives of the children and is a great way to meet people and develop new skills. For more information contact Melloney Flinn at mflinn@seamab.org.uk or call 01577 840307.

SSAFA

The Armed Forces charity is always on the look out for new volunteers in a variety of roles: client case working (free training is provided), admin office roles, fundraising or PR/media work. Contact the Branch Secretary 07594 650900.

Kinross-shire Day Centre

We are looking for volunteers to serve meals and help with day trips and activities, such as bingo and singing, for a lively bunch of over-aged teenagers (over 65s). If you would like to find out more, we would love to hear from you. Pop in and speak to Nan or telephone 01577 863869.

Milnathort Town Hall Committee

Can you spare a couple of hours a month? We are looking for volunteers to join us. For more information please contact us at milnathorttownhall1@gmail.com.

Volunteering with Aberlour!

We are currently recruiting new volunteers to support Aberlour, Scotland's Children's Charity. If you have a genuine interest in the wellbeing of children and families and live in Perth and Kinross we would love to hear from you. To find out more, visit www.aberlour.org.uk/volunteer, or contact Shonagh (Volunteer Coordinator) on 07864 625069/shonagh.ferguson@aberlour.org.uk.

SPARKS

SPARKS are a group allowing adults of all ages who have support needs or disabilities to meet together with their carers to improve their health and wellbeing. Volunteers will be supported by workers Roseanne Gray – P&K Community Learning & Development Worker and Shona Fowler – NHS Project Worker. For more information please call 01577 867216 / 867218 or 07769 243282 / 07896 280843.

Scotland's Gardens

Do you love gardens? Might you be interested in meeting local garden owners, helping to support local gardens that currently open for charity, plus those that are considering it? If so, and you would like to know more, please ring Lizzie on 01577 862900.

Duke of Edinburgh

The Kinross-shire Duke of Edinburgh Open Group was established over 13 years ago as wholly parent run group. Everyone is a volunteer and we are licensed to run the Duke of Edinburgh's Award programme for young people in the area via Perth and Kinross Council.

We have a wide range of adult volunteering opportunities available, be that help with admin and fundraising to those who want to lead expeditions out in the hills. There is something for every parent or adult here.

We also welcome back those participants who have completed their awards, are over 18 and wish to give back to the Group. We can arrange all necessary training and also support adult volunteers financially to complete any relevant qualifications that they may require.

Contact us at dofekinrossshire@gmail.com or visit www.dofe.org/run/volunteer for more information.

The Potager Garden

The Potager Garden is a small community garden in Bowton Road, Kinross, KY13 8EQ. It is a registered charity run by volunteers, a main aim being to give education to schoolchildren about plants, gardening and the environment. If you would like more information about our volunteering opportunities, please

contact the Convenor, Amanda James, on 01577 840809, or amandajames1577@gmail.com

Interested in Guiding?

Girl Guide Troops In Milnathort, Kinross & Portmoak Need Helpers. Volunteer with Girl Guiding and help make a difference to the lives of girls. Be an inspiration for girls and young women and help them realise their full potential and share some unforgettable moments along the way. Register on line at go.girlguiding.org.uk and I will get back to you. If you would like to volunteer and would like a little more information, please just give me a buzz. Call Alison on 07764 750212

Friends of CHAS Kinross

Friends of CHAS Kinross, a local volunteer fundraising group, came together in 2020 to help raise funds for Children's Hospices Across Scotland. Their first fundraising initiative (an online raffle) was a resounding success, raising an amazing £2,500. Led by local entrepreneur Beth Gibson, the group are now looking for new members to help them plan their next fundraiser.

Do you enjoy meeting people? Making a difference? Planning fun and creative events? Then please think about Friends of CHAS – Kinross. They'd love for you to join them.

If you'd like to learn more about the group or are interested in joining, please contact community fundraiser Lyndsay Stobie at: lyndsaystobie@chas.org.uk or 07557 370746.

Kinross-shire Volunteer Group and Rural Outreach Scheme

Could you spare a few hours and become a volunteer driver for Kinross-shire Volunteer Group & Rural Outreach Scheme?

KVG/ROS has been operating for over 40 years and delivers a vital service to help the elderly and disabled attend Hospital/Health Centre/Dentist appointments.

We are looking for additional drivers to ensure we can meet the demand for this very popular service

If you are interested contact David Aird on 01577 830370 or email: d.aird@outlook.com

Guide Dogs Kinross

We are looking for a volunteer coordinator to take over from myself to help run our small, but perfectly formed fundraising group, please get in touch.

Also looking for fundraising volunteers to help man our stalls at market or other events. Give an hour or more. You will be made very welcome.

Email she61@hotmail.co.uk

1st Kinross Cubs

1st Kinross Cubs is a part of the 1st Kinross Scout Group and offers the young children of Kinross-shire the opportunity to gain new skills and experiences under the guidance of the Scout Association. Every year the Scout Association help over 450,000 young people in the UK enjoy new adventures; to experience the outdoors, interact with others, gain confidence and have the opportunity to reach their full potential. It's not just young people who can get in on the action. Working alongside our youth members are thousands of adult volunteers, with a huge variety of roles and opportunities available. Why not strengthen your CV while making a real impact on the lives of young people? How much time you give is up to you, and you don't need any previous experience. We currently have several volunteering roles available with the cub section, and whatever you choose, we'll make sure you're properly trained and supported. If you are interested and would like more information about our volunteering opportunities, then please contact Daryl on 01577830346 or email kinrossbeavers@hotmail.co.uk

Kinross in Bloom

Volunteer group which provides and maintains floral displays to enhance the environment in Kinross. If you are interested in volunteering, please contact susan.mitchell50@gmail.com

RSPB

Volunteer with the Education Team at RSPB Scotland's Loch Leven nature reserve!

Become a Schools on Reserves Leader and help us inspire children through outdoor learning.

Share in the excitement as a volunteer and help deliver our education programme to visiting schools, where activities range from hands-on exploration of meadows, woods and ponds to playing environmental games.

This opportunity is flexible and allows you to start in a more supporting role if you wish.

Work with a friendly team of staff and volunteers, learn new skills and gain valuable experience in outdoor education.

For more information, contact Learning Officer Sarah Cooper on 07729 105 725 or email sarah.cooper1@rspb.org.uk

Apply here: <https://volunteer.rspb.org.uk/opportunities/26507-schools-on-reserves-leader-loch-leven-2022-03-01>

Fossoway and District Community Council

Fossoway is located within Perth & Kinross and includes the settlements of Blairingone, Powmill, Crook of Devon & Drum, Rumbling Bridge and Carnbo. The Fossoway and District Community Council is a group of volunteers, elected by the Community who work together for the benefit of the Community. We meet with members of the public on the first Tuesday of every month from 7.30pm to 9pm and discuss issues that affect the community which can range from planning applications to local crime to concerns about community facilities. Our meetings rotate around public buildings in our villages.

We have a volunteering opportunity for a young person ideally in the higher years to join us as an associate community council member for the period of 1 year.

- The individual would be asked to attend our monthly evening meetings to act as minute taker. They would have an opportunity to see how a community council operates and meet a diverse group of people.

- We are also seeking the individuals help in considering new opportunities for us to enhance our engagement with the community especially through the use of social media. This could be in the form of a project led by the individual with outcomes reported to the Community Council. The project could be used as part of their exam submission for subjects such as Business Management or contribute to volunteering for a Duke of Edinburgh award.

- The Fossoway District is also in the process of establishing a community development trust. Presently we are looking for community engagement opportunities to seek members of the trust and again the individual could support these events and help raise our profile with the younger generation.

- Ideally the candidate would be confident using Microsoft Office and social media tools.

- Training and mentorship will be provided

If you are interested please send us an email – fossoway.cc@gmail.com stating why this would be of interest to you.

You can find out more by looking at www.fossoway.org/dcc:about

CHAS

CHAS are looking for volunteers in our Housekeeping, Complementary Therapy and Garden teams at Rachel House, Kinross.

For further information please email volunteering@chas.org.uk

To apply online please visit our website <https://www.chas.org.uk>

Organisations: If you would like a volunteer appeal to be added to the list above, please email the Newsletter Editor. Please let us know if you no longer need your appeal to be listed.



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Feeding Up Before Migration

MID-SUMMER ON THE LOCH is a magical time to visit! Look out for screaming swifts as they fill the skies above the loch at dusk. These will be family groups, feeding up ready to depart to their winter home in Africa. The loch can sometimes support thousands of swifts, martins and swallows on a summer evening – a fantastic spectacle. The loch will be full of duck broods – look out for broods of tufted duck. Many gadwall and mallard broods will be fully grown now but some will be a bit further behind and will still need the supervision of their mother to learn to how feed and survive. Many swan cygnets will now be fully grown, but it can take 8-10 months for them to leave the comfort of their parents!

July is a great time for botany. We are leading a Botany Walk on 12 July. We will also be running an Osprey Watch and Purple Hairstreak Walk in early August. Please email LochLeven_NNR@nature.scot for more information or bookings.

July is the month we conduct our lesser-butterfly orchid colony count – last year we had a record 681 flowering orchids!

Look out for northern marsh orchid as well as



Northern Marsh Orchid (left) and Lesser-Butterfly Orchid (right)



you walk around the heritage trail. These orchids were quite common in people's gardens throughout 'no mow May'. Other plants to look out for are common spotted orchid, large-flowered hemp nettle, viper's bugloss (see inset pic) and tansy.

Osprey will be seen more regularly as we head into late summer. They will be fishing on the loch more regularly as they will be feeding big chicks! Osprey fledge in late July, so we will start to see juveniles fishing on the loch throughout August. We can see multiple osprey on the loch, feeding up before their perilous 2000 mile journey.

Unfortunately, we do see blue-green algae blooms on the loch during the summer months. If you are planning on entering the water, look out for physical signs of blue-green algae; this includes a green/blue colour in the water which

can form a scum like material on the surface. Please take note of any signage in the area. We would advise against any swimming/dogs in the water when the algae is present.

July is a good butterfly month. Look out for ringlet and meadow brown butterflies on the Burleigh meadow. Common blue can also be seen around the loch, and it amazes me every time I see my first of the year as to how amazing the blue colouration on them is!

Keep an eye out on our social media pages for updates on our summer events.

Recent wildlife highlights include; duck broods, common blue butterflies, thousands of swifts, foxes, young roe deer, active badgers and short-eared owl.

As always, keep an eye on the blog (Loch Leven WordPress), Loch Leven NNR Facebook page and the Loch Leven NNR Instagram for regular updates.

Cheers!

Simon Ritchie
Loch Leven National
Nature Reserve Officer

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Fri 0930-1230 and Sat 10-12

Location – behind Loch Leven Laundry and Baillies

Contact LINETTE MANN – 07732 902419



A Sleepout Under The Stars?

WITH THE SUMMER SEASON in full swing there have been plenty of wonderful wildlife sightings at RSPB Loch Leven. Highlights have included the lovely sound of garden and sedge warbler, blackcap, and whitethroat singing out on the reserve. The swallows are also back in town and have started to nest once more in their usual spot above the toilet rafters. We will be expecting some noisy chicks soon. These small birds fly all the way from Africa each year to breed and are extremely vulnerable to starvation during these crossings. Migrating swallows cover 200 miles a day, mainly during daylight, so Loch Leven provides an excellent space for these birds to feed and recharge.

Our wonderful lapwing volunteers Mike and Keil have been doing an incredible job monitoring the lapwing breeding success. We are halfway through the breeding season now and still have a few lapwings on nests, but most have now hatched. If you are lucky, you may be able to see little chicks bobbing about outside the hides.

Additional to our annual lapwing monitoring we have been doing some ringing to understand the movements and successes of our fledged chicks. We were lucky to be joined by Jen Smart, head for conservation science with RSPB, who came to ring them. So far, we have rung 13 chicks, so keep your eyes peeled for some colourful rings on lapwing legs when visiting the reserve – all gathered information is useful, especially pictures.

Our volunteers have been working hard at planting a variety of wildflower seeds which have grown into amazing plug plants. We will be planting them into our wildflower meadow and around the visitor centre to improve the flower diversity around the reserve for all the amazing insects.

We have some exciting events coming this month too including our annual Big Wild Sleepout on Saturday 30 July. Come for a night camping under the stars and connect with nature as the nocturnal wildlife comes to life on the reserve. Join in with bat and moth walks, enjoy wildlife and bushcraft activities and toast marshmallows on the fire. There will be toilets, wash basins, hot water, and a BBQ on offer.

Our Nature tots sessions have also made a return this year, with the next on Friday 8 July all about Brilliant Bugs. Come along with your budding wildlife adventurers for a journey through the seasons. This popular monthly event, for families with children aged 5 and under, starts with a story and is packed with creative ideas and surprises; getting you outside and playing in nature. Please dress for the weather – pack your wellies! To book onto our events please visit events.rspb.org.uk/lochleven.

For more information and reserve updates please keep an eye on our socials on Facebook at [@RSPBTaysideFife](https://www.facebook.com/RSPBTaysideFife) and Twitter [@RSPBLochLeven](https://twitter.com/RSPBLochLeven).

Rachel Gooday
Visitor Experience Officer

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Mums and their babies

THE STORY COMPETITION WE are running for Kinross Show is called *A Day On A Farm*. It's for children, with classes for separate age groups and good prizes. The committee is hoping for lots of entries and I'm looking forward to reading the tales when I display them in the tent at Kinross Show on Saturday 13 August at RSPB Loch Leven.

It's tricky writing a story, quite a challenge for the young ones so I thought I'd give it a go myself... here goes.

'A day away from the farm, that'll do the trick, keep you from dwelling on the empty nest,' said Andrew. We'd dropped our youngest off to start university in Edinburgh the day before, carried bulging boxes into the halls of residence, made up his bed and filled the cupboards with a big shop. He didn't give us a backward glance but I returned home feeling a bit like butter without jam, beans without toast or gin without tonic, fundamentally fine but just not quite right.

As the road split we followed the top side, a dull face of forestry covering the steep hills on our left was of little interest, our heads turned to the green fields sloping down to the river and as we navigated round the first corner, our focus fell completely on the most amazing glen opening out in front of us. We exchanged one of those looks, split second mutual appreciation, smiles crossed our faces simultaneously, we were both going to love our day out in this corner of the Angus countryside. Equally stunned by the traditional farm steadings with quaint houses dotted around, the journey of seven miles to the church car park was broken up only with appreciative nods and the occasional 'wow' as we marvelled at how this newly discovered hidden valley had remained so unspoilt by development.

With expectations of peace and quiet we rolled into the car park and set out to explore and stretch our legs. Andrew is drawn to information boards. He would need at least fifteen minutes to read and digest everything so I laced up my walking boots, heading off in the direction of some mooing I had heard

when I opened the car door. The noise seemed to signal urgency and I felt my legs hurry me up the lane. My instincts weren't far out as I found myself facing a fence with over 100 mooing cows lined up its entire length. Beyond the front row of blaring bovines, which I had worked out were newly separated from their calves, were even more suckler cows also mooing intermittently for their offspring. I stood alongside the mothers, feeling their despair at missing the calf they had carried for nine months and reared for the same duration.

Andrew caught up and we walked to the peak of the hill above the farm. He had studied the path and had worked out how to navigate up. Snuggled into the top of the hillside is Loch Brandy, it's 2000ft high and as we sat on a rocky outcrop eating our lunch the roaring of the mothers bounced up the hill from time to time reminding me of my own feelings about our family growing up. We agreed it didn't seem a minute ago since we brought our daughter home from hospital, followed by our sons, three and six years later.

With no hurry home we descended the hill and enjoyed a leisurely meal at the hotel, we sat outside in the late summer sun soaking up the solitude and beauty of Glen Clova for a bit longer. Before leaving I visited the cows again, only a few remained in the paddock pacing the fence. The others had ventured off up the hillside, quiet now and resting before they headed out further to the better grazing and on to rejuvenating pastures. They were accepting that nothing stays the same forever, it was time for me to do the same.

Fiona

Weather



Recent Weather Reports From Kinross

May 2022

Total Rainfall	69.2mm/2.76in	
Heaviest Fall	9.6ml/0.37in	(9 May)
Total Sunshine	141.7 hrs	
Sunniest Day	9.8hrs	(18 May)
Max Temp Average	15.17c	
Highest Temp	18.3c	(8 May)
Min Temp Average	4.51c	
Lowest Temp	-1.4c	(28 May)



STORY COMPETITION

"A day on the farm or a day in the countryside"

Prizes include a day out on a farm, book tokens and more. Winning entry will be published in Kinross Newsletter.

YEAR OF STORIES
— 2022 —

Open to children up to 16 years old. Closing date: Saturday 6th August 2022, please send photo of story with name and age to kinrossshow@gmail.com Entries will be displayed in Children's Education Tent at Kinross Show on Saturday 13th August at RSPB Loch Leven.

Pruning, Weeding, Feeding And Watering

IT'S BEEN A BIT of a mix weather-wise this month, hasn't it? One day it's blazing hot sunshine and the next it's tipping down with rain. Unfortunately, the rain has been mostly at weekends, so I haven't got as much done as I'd hoped.

I've still got a fair bit of stuff waiting to be planted out which really isn't like me, it's usually all out by early June. I blame the compost – for some reason, seedlings have taken an age to actually do anything, and that's never happened to me before. Next year, I think I'm going to invest in some branded, high-quality compost instead of cheap supermarket stuff and see how I get on.

Anyway, enough of the moaning. What's to do in the garden in July?

First off, some pruning. I'll be cutting back the early-flowering perennials such as geraniums, lupins and dicentra (bleeding heart), they're starting to look a bit messy and cutting them back now



should encourage a second flush. You can also prune back Lilac shrubs after they've flowered to encourage more flowers next year.

Annuals also enjoy a bit of a haircut – early on, a trim will encourage the plants to bush out and produce more shoots and flowers, especially with plants such as fuchsias, bidens and bacopa. Once blooms start to fade later in the season,



a trim will divert the plant's energy to creating new blooms instead of seed heads.

Weeding. That's it, that's all I'm going to say about weeding after all my complaints last month!

Feeding and watering are vital during the summer, even if it's raining. I try and water my hanging baskets every couple of days (I've got a reservoir in the bottom and water-thingsy crystals) and pots (you know I have loads) every three or four days – or when things start to look slightly limp. I usually feed once a fortnight. This seems to work

well for me though smaller pots may need watered more often.

I'll also start to think about ordering some spring bulbs this month to make the most of any 'early bird' deals out there. Every spring I look at the bulbs growing and think, 'You know, I could really do with some X.' If anyone could let me know what 'X' is, it would be most appreciated, as I can't for the life of me remember!

So, what's looking lush in the garden at the moment? It's a little early for the annuals to be in full bloom so I'm kind of stuck with lots of greenery and a few flowers. One of the summer Clematis is currently looking a bit smashing. Pic of Clematis. And the Delphiniums are growing very tall and majestic looking – it'll soon be time to cut them back after they've flowered, but they're providing some much-needed colour at the moment – and food for the bees!

Right, it looks like that's me for another month – wishing you all the best for the glorious (hopefully) month of July. Enjoy your gardens!

Teresa Stirling



**Grass Cutting, Rotovating,
Hedge Trimming, Tree Pruning,
Turfing, Slab Laying
& Fencingwork undertaken**

I. Robertson,
Station Road, Crook of Devon
Telephone : **Fossway 01577 840526**

**CONTRIBUTORS – please send your item
well before the deadline if you can**



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info@mprconsultants.scot

TICK TOCK CLOCK & WATCH REPAIRS

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TICK TOCK

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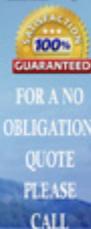
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E: douglas.erskine123@btinternet.com



NEW COLDON, GAIRNEYBRIDGE, KINROSS KY13 9JZ

Kinross-shire Churches Together



Kinross Parish Church

Church of Scotland (Charity no SC012555)

*Following Christ | Spreading the Word |
Serving the Community*

10 Station Road, Kinross KY13 8TG

Website: www.kinrossparishchurch.org

Facebook: Kinross Parish Church of Scotland

YouTube: Kinross Parish Worship

Instagram: kpcscotland

E-mail: office@kinrossparishchurch.org

Office Tel: (01577) 862570

The Church Office is operating remotely. Leave a phone message or email.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952

Ordained Local Minister: Rev Margaret Michie

Session Clerk: Jaffrey Weir

KEEPING IN TOUCH: contact the Church Office to receive our weekly email of events.

**MOST OF OUR REGULAR ACTIVITIES
ARE TAKING A BREAK OVER THE SUMMER**

Regular Services and Events:

Sundays

10.30am: Morning Service, gathering song about 10.25am. Children's and Young People's groups meet during the service. Refreshments and Traidcraft stall after the service.

Sunday morning services are also available live on the church website, YouTube and Facebook. Thereafter available to view on YouTube, Facebook and the church's website. Listen by phone on 01577 528270, or request a CD from the church office.

6pm: Sunday Evening Prayer, on Zoom

Other Services and Events:

July

Sun 3 **10.30am** Morning Service, followed by an informal Communion.

Mon 4 **8am:** Silent Meditation

Tues 5 **10–11am** 'Stepping Stones' for toddlers, babies and their parents and carers.

Wed 6 **1.30pm:** Craft Group (then break until 10 Aug)

Sun 10 **No 'Let's Sing' this month.** Restart on 14 Aug.

Thurs 21 **9pm:** Evening service of **Compline**

Sat 16 **No 'All Friends Together' this month.** Restart on 20 Aug



Sun 26 **10.30am:** Morning Service to launch Family Week.

August

Mon 1 – Fri 5 **Family Week: 'Waste Watchers'.**

9.45am – 12 noon, plus events in afternoons and evenings. Free, but please register in advance. See church website or contact church office

Fossoway, St Serf's & Devonside Church

Church of Scotland

(Charity number SC013157)

Church Road, Crook of Devon,

Kinross-shire, KY13 0UY

www.cleishandfossowaychurches.org.uk

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: estenhous@churchofscotland.org.uk

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: aclassicsoul@aol.com



July 2022

Sunday, 3 July

9.45am Morning Worship, Refreshments and the Fairtrade stall will be available after the service
Sorry – there will be no Zoom service this Sunday.

Sunday, 10 July

9.45am: Morning Worship.

Sunday, 17 July

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— Argyll House, 45 High Street, KINROSS KY13 8AA —
Tel: 01577 864607 email: regency@stewartfuneralgroup.co.uk

Church Information

9.45am: Morning Worship.

Sunday, 24 July

9.45am: Morning Worship.

Sunday, 31 July

9.45am: Morning Worship.

Refresh Thursday

Thursdays 2-4pm in the Church Hall – but we will be taking a little break after 30 June and will start again on 1 September.

Film Evening

Fri 1 July 7.30pm – 9.30pm in the Church Hall

The Duke (12A): The Duke In 1961, Kempton Bunton, a 60-year-old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. Only 50 years later did the full story emerge...

Please join us for the film, a cuppa and a blether and even some popcorn, all are welcome

Fossoway Crafts

Monday evenings from 6.30pm in the Church Hall. Bring your own craft and join us.

Fossoway House Group

Our House Group, WhatsApp Group and emails will all be taking a break from June 30 and will start again in September.

Fossoway Babies and Toddlers

Every Friday in July 9.30 – 11.30am. Fossoway Church Hall. Snacks, play and blether.

If you would like any more information or to join with us for any of the Zoom services please contact the Rev Lis Stenhouse 01577 842128.

Cleish Parish Church

Church of Scotland

(Charity No: SC003168)

Minister: Rev Lis Stenhouse BD (Hons)

Tel: 01577 842128

Email: estenhouse@churchofscotland.org.uk

Session Clerk: Neil Maclure

Email: neil.maclure19@gmail.com Tel: 01577 864826

Please visit our website: www.cleishandfossowaychurches.org.uk

We look forward to welcoming you to worship with us.

July 2022

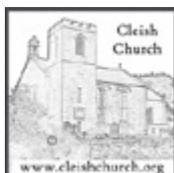
Sunday, 3 July

11.15am: Morning Worship, Traidcraft Stall

Sunday, 10 July

11.15am: Morning Worship.

Sunday, 17 July



11.15am: Morning Worship.

Sunday, 24 July

11.15am: Morning Worship.

Sunday, 31 July

11.15am: Morning Worship.

If you would like any more information or to join with us for any of the Zoom services, please contact the Rev Lis Stenhouse (01577 84212) who will be happy to send you the link.

St James' Catholic Church

5 High Street, Kinross, KY13 8AW

Parish Priest: Father Martin Pletts. Tel: 01577 863329

www.catholickinross.com

Email: Fr.MartinPletts@gmail.com

facebook.com/parishpriestkinross/

facebook.com/stjamesprayergroup/

Saturday Vigil Mass – 7pm

Sunday Mass – 9am

Catechism Class (during term-time) on Monday after school till 4.30pm.

Tuesday 5.45-6.45pm Holy Hour (with Holy Rosary and Adoration of the Blessed Sacrament), followed by Holy Mass at 7pm.

Wednesday 10am Holy Mass

Friday 10am Holy Mass

Holy Rosary or Seasonal Devotions: Wed and Fri 9.15-9.45am

Confessions: After the Saturday Vigil Mass and after weekday Masses and on request.

For the full parish timetable see the newsletter section on the parish website: www.catholickinross.com

St Paul's Scottish Episcopal Church

(Part of the Worldwide Anglican Communion)

Muir, Kinross, KY13 8AY

Fr David Mackenzie Mills, Rector.

Tel: 01577 863795

Email: frdavidkinross@gmail.com

You can also find us on Facebook

www.facebook.com/stpaulsepiscopalchurchkinross

NB – The Rector will be on Sabbatical from Easter Monday until the Autumn. Whilst he is away, in the first instance, please contact Malcolm Strang Steel (07970 744102; steel@greenheadfarm.co.uk) for services and other matters relating to St Paul's.*

*The church building is open for services in person. Our Sunday morning services begin at 10am, unless otherwise advertised. (Our church bell rings from 9.45am.) We will provide regular updates on our website. Please do refer to it regularly. Although government guidelines removed the need for social distancing, we maintain a 1m distancing policy in the church building and face coverings may be worn. We look forward to seeing you!

Our services are also broadcast from the church building as livestreams via 'Zoom' and Facebook Live. Thereafter, recordings of these services can be viewed on our Facebook page.

Please be assured of our prayers and intercessions, especially if Covid-19 has directly affected you and your family.

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;



Pilates with Tim Clarke
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*the rains fall soft upon your fields and, until we meet again,
may God hold you in the palm of His hand.*

Events and Services in July

Sunday 3: (Week of Proper 14)

10am Sung Eucharist Celebrant and Preacher: Rev. F. M. Shaw

Sunday 10: (Week of Proper 15)

10am Sung Eucharist Celebrant and Preacher: Rev. F. M. Shaw

Sunday 17: (Week of Proper 16)

10am Sung Eucharist. Celebrant and Preacher: Rev. Peter Bellenes

Sunday 24: (Week of Proper 17)

10am Sung Eucharist. Celebrant and Preacher: Rev. Peter Bellenes

Sunday 31: (Week of Proper 18)

10am Sung Eucharist Celebrant and Preacher:
Rev. Canon Richard Grosse

Orwell and Portmoak Parish Church

Church of Scotland (Charity number SC015523)

Interim Moderator – Rev Alan Reid

Telephone 01577 862952

Email: areid@churchofscotland.org.uk

Locum – Rev Dr Robert Calvert

Sunday Worship, and Junior Church:

10am Portmoak Church

11.30am Orwell Church

All children welcome.



The wearing of masks in church is no longer a legal requirement, but can still be worn if desired.

Please note that joint services will be held on the first Sunday of each month in alternate churches at 10.30am.

3 July 10.30am: Joint family service in Portmoak Church
No morning service at Orwell Church

6.30pm: Michael Bruce Service of Commemoration in Portmoak Church

Please check the church website or Facebook page for further information on all services in case anything changes. The Church Office and Shop is once again open from 10am to 12pm, from Monday to Friday.

Office email: orwellandportmoakchurch@gmail.com

**EMERGENCY CONTACTS
are in our Notices section**

Website: orwellportmoakchurch.org.uk

Loch Leven Church

(Charity No: SC049050)

Loch Leven Church meets at Loch Leven Community Campus, at 10:30am each Sunday. Our sermon series

from until August is ‘What does the Bible say about...?’ and we’ll be hosting the following services in July:

3 July: What does the Bible say about sex?
Stephen Jones (LLC)

10 July: What does the Bible say about work and rest?
Marc Heath (LLC)

17 July: Summer event – check the website for details

24 July: Summer event – check the website for details

31 July: Communion Service Tim Power (LLC)

Everyone, of all ages, is very welcome and there are separate activities for children during the service. To find out more about us, please visit our Facebook page ‘We Love Loch Leven’, our website www.lochlevenchurch.com, or email us at info@lochlevenchurch.com



Kinross Christian Fellowship

Jesus said, ‘I am among you as one who serves.’

Sunday morning service at 10.30am (refreshments and blether at 10am), Millbridge Hall, Old Causeway, Kinross.

Lively praise (children participate), reverent worship open to the leading of the Holy Spirit, prayer, ministry and solid Bible-based preaching and teaching. An all-round family service for families, which includes Sunday School. Communion every second Sunday, as is our evening service at 6.30pm; a time for praise, worship, sharing and joy in The Lord Jesus. (Followed by light refreshments and more blether.)

Everyone is welcome to either service or to both, so please come and taste and see that the LORD is good.

Kinross Gospel Hall

8 Montgomery Street, Kinross www.kinrossgospelhall.info
Tel 07818 050785

Friends and Neighbours Teas on the first and third Sundays of the month. All necessary precautions will be observed to maintain safe conditions. We look forward to seeing old friends and welcoming new ones. Everyone welcome.



Baby & Toddler Groups

Monday

Milnathort Babies and Toddlers

Orwell Church Hall 9.30 -11am

Tuesday

Portmoak Babies and Toddlers

Portmoak Church Hall
9.45-11.30am

Stepping Stones

Kinross Parish Church 10-11am
(First Tuesday of each month)

Wednesday

Breast Buddies

Health Centre 10-12pm

Glenfarg Babies and Toddlers

Village Hall 9.30am

Muckhart Babies and Toddlers

Church Hall 9.30-11am

Thursday

Montgomery Toddlers

Kinross Gospel Hall 9.30 -11am

Friday

Loch Leven Babies and Toddlers

Masonic Hall, Kinross 9.30-11.30am

Portmoak Babies and Toddlers

Portmoak Church Hall
9.45-11.30am

Fossoway Babies and Toddlers

Crook of Devon Church Hall
9.30-11.30am

Please let us know if you have any information to add to this list.



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Notices

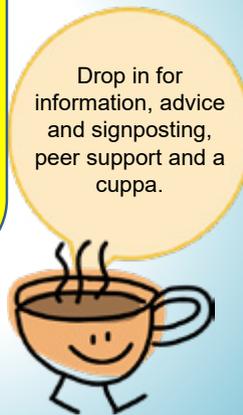
KINROSS CARERS DROP IN

Cancelled dates
Tuesday 12th July and
9th August 2022
Will commence
Tuesday 13th September 2022

This drop in centre is for all
"UNPAID CARERS"
PKC & PKAVS Carer support
workers available for advice and
support

KINROSS CENTRE (Garden Room)
High Street Kinross
2nd TUESDAY EACH MONTH
10:00 – 12:00

Contact Gail Boath
Tel. 07760 363 800
Or PKAVS
01738 567076



Drop in for
information, advice
and signposting,
peer support and a
cuppa.



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Your local Town Hall is used by
local groups and families for
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All this right on your doorstep.

**CAN YOU SPARE A FEW HOURS A
MONTH?**

Simply put, without a committee, Milnathort Town Hall would have to
close its doors... so, do you have a few hours a month to help?
Your time will help keep this wonderful, newly renovated building
continue to be a valuable resource at the heart of our community.



**HELP KEEP
MILNATHORT
TOWN HALL IN
THE HEART OF
OUR COMMUNITY**

For at least another 100 years
THANK YOU

PLEASE CONTACT

ROSEMARY TOLSON 07738984740 OR THROUGH
OUR FACEBOOK PAGE 'FRIENDS OF
MILNATHORT TOWN HALL'

Sunday Ceilidhs

Milnathort Town Hall 2-5pm

July 17 Johnny Duncan

Aug 28 Gavin Piper

Sept 25 Alan Small

Oct 23 Nicola Braid and Gordon Hadow

Oct 30 Concert Leonard Brown supporting
artist Fin Hope

Nov 20 George Rennie

Dec 11 Wayne Robertson

Kinross Garden Group

2021/22 Season

Summer Garden Visit

Braco, Dunblane and Kirklands

Thursday 14 July

Coach departs Thistle Hotel 10am

Cost £20



Notice of Kinross Partnership AGM 2022

The Annual general meeting
of the Partnership

will be held on Tuesday, 12 July
at 7pm in the Green Hotel, Kinross.

MOBILE LIBRARY 6, 20 July (Fortnightly, Wednesdays)

Kinnesswood (Opposite Shop)	09.30 – 10:00
Portmoak Hall	10:05 – 10:20
Scotlandwell (Leslie Road)	10:25 – 10:50
Levenmouth Farm	11:00 – 11:20
Hatchbank Rd (Gairneybank, Kinross)	11:40 – 12:00
Powmill (Mill Gardens)	13:20 – 13:40
Crook of Devon (Village Inn)	13:45 – 14:45
Carnbo (Pitcairnie Lane)	15:00 – 15:30
Whyte Court (Kinross)	15:45 – 16:15

Contact us by phone on 01577 867205

or by email at lochlevenlibrary@culturepk.org.uk.

Hold the Date

Portmoak Village hall is holding a Ceilidh in aid of Hall funds on Saturday 27 August.

Ticketing information will follow in the August Newsletter

Ukraine Hub Café

A Ukraine Hub Café, for Ukrainians who have recently arrived in the area and their host families, is taking place at Kinross Parish Church.

For more information and dates of the next cafés, please contact the Church Office on 01577 862570 or office@kinrossparishchurch.org

Grants For Good Causes

Kinross Community Council Newsletter Limited (KCCNL), Charity No. SC040913



All profits from the *Kinross Newsletter* are transferred to a charitable company, KCCNL, and given away to local good causes. Groups and individuals are invited to apply to KCCNL for grant funding. Decisions on grants are made at two meetings per year. The deadlines for grant applications are:

31 March and 30 September

More information is available on the *kinross.cc* website. Applications may be downloaded from the website or obtained from the Applications Administrator, Barry Davies, Tel 01577 865004 or email barrydavies57@btinternet.com

LOCAL CHEMIST INFORMATION

Rowlands Pharmacy, Kinross

Mon – Fri 9am-6pm
Saturday 9am-5pm
Tel 01577 862422



Davidson's Chemist, Milnathort

Mon – Fri: 9am-6pm (Open lunchtime)
Saturday: 9am-12.30pm
Tel: 01577 862219
Sundays: Nearest open pharmacy: Asda, Dunfermline

Perth Citizens Advice Bureau



Perth CAB can help you. Our advice is free, confidential, impartial and independent.

Advice line: 01738 450580

Appointment line: 01738 450581

Clients can access advice in the following ways:

- **By calling us** on 01738 450580 between 10am and 3pm any weekday. If the query is quick for us to deal with, we will do so and if it requires more time or research then we will arrange for an adviser to get back to them either via e-mail or with a telephone appointment.
- **Webchat** from our Perth CAB website www.perthcab.org.uk/ this is available from 10am each weekday, currently until 1pm but we hope to expand these hours soon
- **Via e-mail** to advice@perthcab.org.uk

Debt and Money Advice Service

Perth CAB has a team of specialist debt advisers. Advice is free, confidential, impartial and independent. To talk to a specialist debt adviser call 01738 450590 or email David Ogston (Senior Debt Adviser) using the following email address: David.Ogston@Perthcab.casonline.org.uk

Perth & Kinross School Term Dates 2022

Summer term 2022

Term ends: Thursday 30 June 2022

In-Service days: Monday 15 August 2022 & Tuesday 16 August 2022

Autumn term starts: Wednesday 17 August 2022

NEWSLETTER DEADLINES

More deadlines for the months ahead can be found on our website.

In very rare circumstances it may be necessary to change a deadline at short notice. Check the *Newsletter* website for latest information: www.kinrossnewsletter.org

Issue	Deadline	Publication Date
August	Friday 15 July	Saturday 30 July
September	Friday 19 August	Saturday 3 August

100th Birthday and Diamond Wedding Anniversaries

Do you know a Perth & Kinross resident who is celebrating their 100th or 105th+ birthday?

Do you know a Perth & Kinross couple celebrating their 60th, 65th or 70th wedding anniversary?

PKC can arrange delivery of flowers or for a local councillor to present a basket of flowers to the person or couple on their special day.

Tel: 01738 475051 Email: CivicServices@pkc.gov.uk

Situations Vacant

Kinross Curling

Part time Bar and Catering Staff

Kinross Curling Rink (behind the Green Hotel) are looking for staff to work in the bar. The job is seasonal, running from mid-September to early April, and work could be daytime, evening or weekend. Catering is simple; soup, sandwiches, home baking etc. Experience would be an advantage, but those willing to learn will be considered. For more information please send an email to office@kinrosscurling.co.uk. We look forward to hearing from you.

1st Muckhart Brownies has spaces available for new members!

Brownies offer girls aged 7-10 exciting opportunities to try new things and discover their potential. They go on adventures, camps and holidays.

We meet on Tuesdays in the Coronation hall, our meetings run alongside Rainbows (for girls aged 4-7).

Register your daughter's interest in joining at:

girlguiding.org.uk/joinus or contact

MErskine@girlguidingtayandochil.com

DOLLAR MUSEUM

Dollar Museum is a lively, award-winning visitor attraction. It is situated at the top of the Burnside, by the entrance to the Mill Green and Dollar Glen. We are open at weekends until Xmas: from 11-1 and 2-4.30 pm on Saturdays and 2-4.30 pm on Sundays.

New for this season is a Working Model of Dollar Mine as it was before closure in 1973. It has been made by Mick Rice, who last year presented us with an impressive working model of Dollar Railway Station as it was in 1964. Our other exhibitions include: The History of Dollar, Castle Campbell, Dollar Academy, the Devon Valley Railway, Robert Burns in Dollar, Prehistoric items excavated in the local area, Local Witches, and a small display on: Were the Romans in Dollar? Children will enjoy Granny's Kitchen and the Children's Corner where they may play with the Dolls' House and our collection of Victorian toys. Upstairs there is a Reading Room with a wide range of local books, photos and maps where you are welcome to browse, and our volunteers can help you with research.

Entry is free and all are welcome. There is disabled access. The Museum will also open on request at other times for visiting groups and researchers – please contact dollarmuseum@btconnect.com or see the museum website.

For Sale

Items for Sale

The *Newsletter* publishes items for sale listed on the *kinross.cc* website. If interested in purchasing an item, we suggest **checking the website for current availability** (www.kinross.cc then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on www.kinross.cc and it will automatically be published in the next available *Newsletter*, subject to space.

Dell C1660w Laser Printer

£50

A4 colour laser printer in very good condition. Includes black, cyan and magenta ink cartridges.
Jane Morrison 07859 403911

22" Dell Monitor

Free

In good working order

Double Bed Mattress

Free

Small double bed mattress. 4ft wide. Used once. Collection from Kinross

Seller Details for above 2 items:

Pauline Watson 01577 862685
pauline@thegreyhouse.co.uk

Dressing Table

£35

MDF kidney shaped dressing table with glass top (width 100 cm/depth 51cm). Good condition.

Seller Details:

Jo Houldsworth 07798850686
jo.houldsworth@btinternet.com

Full Length Dress

£50 ono

Red lace, size 14

Mother of the Bride dress

£120 ono

Full length blue dress with beige lace overlay and silver bolero jacket. Size 16

Full Kilt Outfit

£150 ono

Green day jacket and kilt in Ancient Buchanan tartan. Evening jacket and waistcoat. All size 40-42". Worn twice.

Seller Details for above 3 items:

Margaret 07803 173738

BANK OF SCOTLAND MOBILE BANKING

Service operates fortnightly on a
Tuesday 10am to 1pm

12 July 2022

26 July 2022

At the Green Hotel, 2 Muirs, Kinross

www.bankofscotland.co.uk/contactus/mobile-branch/perth.html#kinross

**MOBILE POST VAN AT
BUCHAN AVENUE,
KINNESSWOOD**

**MONDAYS 13.45 till 14.45
WEDNESDAYS 12.45 till 13.45**

**KINROSS DELIVERY OFFICE
ROYAL MAIL
87 High St, Kinross KY13 8AR
OPENING TIMES**

MONDAY	8-10am
TUESDAY	8-10am
WEDNESDAY	8-10am
THURSDAY	8-10am and 4-7pm
FRIDAY	8-10am
SATURDAY	8am-12pm
SUNDAY	CLOSED

Homes For Cats Wanted

FifeCat Shelter, a Scottish Registered Charity, is always looking for homes for rescued cats.

Cats can be visited, by appointment, at Causeway Cattery, Scotlandwell.

Contact Rhona on 01383 830286.



Wellbeing Support Team
Free, local, recovery-focussed support in rural Perth and Kinross

Do you need support with:

Stress?
Confidence?
Depression?
Assertiveness?
Change?
Anxiety?
Relaxation?

Your Future

Perth and Kinross Health and Social Care Partnership
Supporting health and independence

Wellbeing Support Team
Kinross 01577 867318
www.pkc.gov.uk/mentalhealth

EMERGENCY CONTACT NUMBERS

Medical

Loch Leven Health Centre	01577 862112
Loch Leven Health Centre Out of Hours	01577 865252
NHS 24	111
Perth Royal Infirmary main switchboard	01382 660111
Perth Royal Infirmary (Admissions and Enquiries Desk)	01738 473734
Ninewells Hospital, Dundee	01382 660111
Victoria Hospital, Kirkcaldy	01592 643355
Queen Margaret Hospital, Dunfermline	01383 623623
Rowlands Pharmacy, Kinross	01577 862422
Davidson's Chemist, Milnathort	01577 862219

Police, non-emergency 101

Police, Fire, Ambulance & Coastguard Emergencies 999

Gas (worried about gas safety) 0800 111 999

Water (loss of supply, foul water emergency) 0845 600 8855

Floods SEPA Floodline recorded messages 0345 988 1188

Perth & Kinross Council (PKC)

Customer Service Centre (Mon- Fri, 8am-6pm) 01738 475000

Reporting non-emergency Road and Lighting faults (CLARENCE) 0800 232323

PKC Out of Hours emergency numbers

Adult care services	0345 301 11 20
Anti-social behaviour helpline (*42* telephone and leave a voicemail)	01738 476173*42*
Child protection	01738 476768
Council housing emergency repairs	01738 476000
Dangerous buildings	01738 476476
Environmental Health	01738 476476
Flooding	01738 476476
Homelessness	0800 917 0708
Mental health services	0345 301 11 20
Roads (e.g. reporting blockage)	01738 476476

Traveline Scotland 0871 200 22 33

Loch Leven Community Campus 01577 867200

Kinross High School 01577 867100

Community Councils

- Kinross:** Chair: Lynne McKay, 01577 531076
Email: kinrosscommunitycouncil@gmail.com
- Milnathort & Orwell:** Chair: Malcolm Thomson, 07980 885175
Email: communitycouncilmilnathort@gmail.com
- Portmoak:** Email: portmoakcommunitycouncil@pkc.gov.uk
- Fossoway & District:** Chair: Trudy Duffy-Wigman, 01577 840669
Email: fossoway.cc@gmail.com
- Cleish & Blairadam:** Sec: Patty Fraser, 01577 850253
Email: cleishcommunitycouncil@pkc.gov.uk

Kinross Community Councillors

David Colliar	10 Rannoch Place	01577 864037
Bill Freeman	64 Muirs	01577 865045
Lynne McKay (Chair)	5 Springfield Road	01577 531076
Thomas Stewart	Gellybank Farm	01577 864603
Hannah Phillips	9 Lomond Mews	07591 228884
Malcolm Wood	The Woodlands, Hatchbank	

Portmoak Community Councillors

S McGregor	(Secretary)	
A Davidson	(Treasurer)	
Susan Forde		01592 840128
Dave Morris		01592 840500

Have a look at our website: www.portmoak.org

Perth and Kinross Councillors Kinross-shire Ward

- CLr DAVE CUTHBERT** (*Independent*)
Tel: 07468 756234
Email: dcuthbert@pkc.gov.uk
Address: 85 Bowton Road, Kinross, KY13 8EG
- CLr NEIL FRESHWATER** (*Scottish Conservative & Unionist*)
Tel (office): 01738 475108
Email: nfreshwater@pkc.gov.uk
www.facebook.com/neil4kinrossshire
- CLr WILLIE ROBERTSON** (*Scottish Liberal Democrats*)
Mobile: 07909 884042
- CLr RICHARD WATTERS** (*SNP*)
Mobile: 07557 812513.
Email: rwatters@pkc.gov.uk
Address: Applegarth, Sunnypark, Kinross, KY13 8BX

John Nicolson MP

Member of Parliament for Ochil and South Perthshire

Telephone: 020 7219 3000
Email: john.nicolson.mp@parliament.uk
Twitter: <https://twitter.com/mrjohnnicolson>
Facebook: <https://facebook.com/JohnNicolsonSNP>
Instagram: <https://www.instagram.com/johnnicolsonmp>

Member of the Scottish Parliament for Perthshire South & Kinross-shire

Jim Fairlie, MSP

Constituency office: 63 Glasgow Road, Perth, PH2 0PE
Telephone: 01738 620540
Email: Jim.Fairlie.msp@parliament.scot

Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:
The Scottish Parliament, Edinburgh, EH99 1SP

Claire Baker MSP (Labour) Tel: 0131 348 6769
Email: claire.baker.msp@parliament.scot

Murdo Fraser MSP (Conservative) Tel: 0131 348 5293
Email: murdo.fraser.msp@parliament.scot

Dean Lockhart MSP (Conservative) Tel: 0131 348 5993
Email: dean.lockhart.msp@parliament.scot

Alex Rowley MSP (Labour) Tel: 0131 348 6826
Email: alex.rowley.msp@parliament.scot

Mark Ruskell MSP (Green) Tel: 0131 348 6468
Email: mark.ruskell.msp@parliament.scot

Liz Smith MSP (Conservative) Tel: 0131 348 6762
Email: elizabeth.smith.msp@parliament.scot

Alexander Stewart MSP (Conservative) Tel: 0131 348 6134
Email: alexander.stewart.msp@parliament.scot

Mobile Library Service

See p95 for details. For more information, see: www.culturepk.org.uk/libraries and click on 'Services in the Community'

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone: 01738 626666 or 08457 909090
email: jo@samaritans.org

Visit us at 3 King's Place, Perth, PH2 8AA

Mondays	1630 – 2130	Thursdays	1630 – 1900
Wednesdays	0830 – 1100	Fridays	1000 – 1630
and	1930 – 2130	Sundays	0800 – 2130

No pressure, no names, no judgment.
We're here for you, anytime.

Enquire

Are you looking for information about your child's rights to support in school? If so, contact **Enquire**, the national advice and information service for additional support for learning.

Enquire offer: a confidential telephone helpline and online enquiry service, practical guides, fact sheets and newsletters, helpful materials for children and young people with additional support needs.

For more information contact: Tel 0345 123 2303

Website: www.enquire.org.uk

Enquire is funded by the Scottish Government and managed by Children in Scotland.

Diary

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The Kinross Community Council Newsletter

is available from:

Greens of Kinross	High Street, Kinross	Buchan's Garage	Main Street, Kinnesswood
Baillies	High Street, Kinross	Shop	Main Street, Kinnesswood
Sainsburys	Station Road, Kinross	Fossoway Store	Crook of Devon
Giacopazzis	Lathro, Kinross	Fossoway Garage	Crook of Devon
Keystore More	Green Road, Kinross	Mona's Coffee Shop	Muckhart
Giacopazzis	New Road, Milnathort	Powmill Stores	Powmill
Stewart & Smart	Stirling Road, Milnathort	Loch Leven's Larder	Near Wester Balgedie
Heaven Scent	South Street, Milnathort	Glenfarg Village Shop	Glenfarg