



Kinross Newsletter

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Founding editor,
Mrs Nan Walker, MBE

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DEADLINE

for the February Issue

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Contributions

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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Post or hand in to:

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CONTENTS

From the Editor.....	2
Letters and Thanks.....	3
News.....	5
Church News.....	18
Sarah Rankin.....	21
Politicians.....	23
Police Box.....	29
Features.....	31
Health and Wellbeing.....	38
Community Councils.....	43
Club and Community Group News.....	47
SWI.....	66
Sport.....	67
Kinross-Shire Centre Programme.....	71
Volunteering.....	72/73
Out and About.....	75
Churches.....	80
Acknowledgements.....	83
Notices.....	84
Emergency Contact Numbers.....	86
Diary.....	88

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Letter From The Editor

I'M DELIGHTED TO BE writing this letter as it means I will soon be able to put down my red pen and, like the rest of the hard-working *Newsletter* team, have a well-deserved rest over the Christmas period.

A special thanks to the team for agreeing to do a January issue this year, and for making it happen. And, a huge thanks to all who contribute in whatever way, from sharing your photos to sending us your news. We couldn't do it without you all.

We've had some pretty cold and icy weather just before this issue went to print, and it would be daft not to expect more of the same in January. Do send us your best snow photos, if we get any - we'd love to feature the best of them in the February edition!

There's still a lot of winter to come, but we can be thankful that the shortest day is at least now well behind us.

The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year! Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne called it "Wintermanoth" meaning 'winter/cold month'.

There are lots of warm space initiatives both in Kinross and further afield to give everyone somewhere warm to be, if it's proving expensive to keep your home warm enough to

be comfortable. The library are offering free 'warm packs' so if you didn't get a hot water bottle for Christmas, there's still time! While no one should have to feel forced out of their house in order to keep warm, at least the warm spaces are an opportunity to enjoy some company when the weather is cold and wet. See p79 for the full list of places in Kinross-shire offering these services.

Kinross is a great place to live for community support and companionship and there is always something going on that you can get involved with to meet people and keep busy. See the diary on p88 to find out What's On in the weeks ahead.

Hannah Phillips, Editor

Milnathort Guide Hall

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If interested, contact
Alison Hamilton at 077647 50212

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

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Abbreviations

PKC: Perth & Kinross Council	CLlr: Councillor
CC: Community Council	CCllr: Community Councillor

About The Kinross Newsletter

The *Kinross Newsletter* has been informing and supporting the community for over 45 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.

Thanks Lawrence!

I WOULD LIKE TO say a huge thank you to 'Lawrence' from Crook of Devon who came to my rescue when I had an accident while cycling near the Golf Ball on Monday 28 November. Your kindness was much appreciated.

Irene, Kinross

Poppy Appeal 2022 – The Take, Kinross & Region

WE PROMISED IN THE last edition, to give an update on what the 2022 Poppy Appeal made in the many outlets, shops and businesses, which kindly let us place our poppy boxes and tins in their premises last November.

The Kinross area tins took an amazing: £1148.10, plus a wonderful £205.50 from Kinross Primary school, and a very generous individual £100 donation.

The Milnathort, Orwell and Portmoak area tins took a fantastic £1005.20. This includes a terrific £130.52 raised by Milnathort and Portmoak schools.

The Poppy Appeal Just Giving Page for this area took a fabulous £300, topped up with Gift Aid.

We did have QR codes on tins, and text donations and we await those numbers nationally.

Thanks to the helpful staff at Sainsbury's Kinross, for taking the poppy boxes /tins, and for letting us do several can collection shifts in store again. The Sainsbury's total is not yet known as this goes to print but will be very substantial.

So, in this area, overall, we are well over £2500 – fabulous.

Renewed and sincere thanks to you all, donors and helpers.

*Andy Middlemiss And Christine Robertson
Scottish Poppy Appeal - Area Organisers
Kinross And Milnathort/Portmoak*

Orwell 70 Plus Committee

ORWELL 70 PLUS COMMITTEE would like to thank everyone who supported our recent Afternoon Tea and helped to make it such a success. Around 50 older people came along to the Town Hall on 19 November and were treated to a traditional afternoon tea, followed by lively entertainment from Moleskin Joe, a three-piece band led by David Easson from Milnathort. An enjoyable time was had by all and we are looking forward to resuming our usual programme in 2023.

The committee would like to thank all who attended the Tea, our first event since the pandemic began, and the local businesses and individuals who kindly supported us:

- *Everyone who bought raffle tickets and / or gave a donation to our funds*
- *Giacopazzi's*
- *David Winton Butchers*
- *Moleskin Joe*
- *Gillian Hanlon*
- *Orwell Church*
- *Milnathort Bowling Club*
- *Light up my Heart*

We would not be able to organise events such as this without the help and support of local people and local businesses and are very grateful to all involved. Thank you.

Orwell 70 Plus Committee

The Kirklands

WE AREN'T SURE ABOUT you but this has been quite the year.

From Covid-19 worries early in the year, to our huge renovation, staffing shortages across the industry and the uncertainty of a new Prime Minister every fortnight, we're pretty glad of our January rest!

We will be closing from 1 to 15 January to give our hard working team a post-Christmas break and to allow us to have some family time. After a well-earned rest, we'll be back and raring to go on Monday 16 January from 5pm.

Despite all the challenges the last year brought, our Christmas Menu and Breakfast with Santa events were a huge success and we are so grateful as always for such a supportive community who help to make The Kirklands such a warm and welcoming place to visit.

Looking forward to seeing you all again come January and wishing everyone a happy, healthy and prosperous new year.

The Kirklands, Kinross

Misleading Graph?

IN THE NOVEMBER *Newsletter*, Kinross-shire Civic Trust presented a graph suggesting an alarming increase in the population of Kinross-shire over the last 20 years.

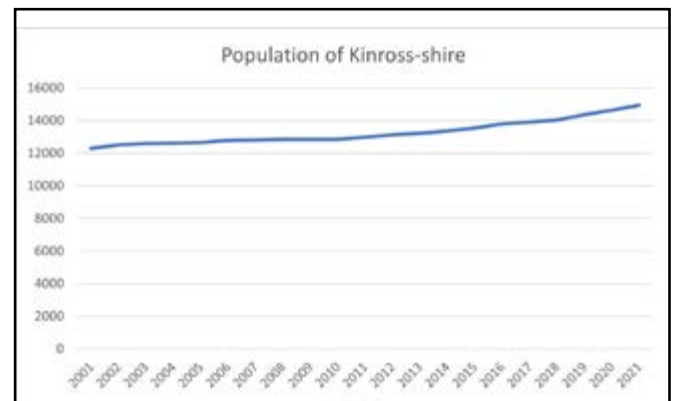
This misleading effect was achieved by failing to start the x axis at zero, a common graph trick to give an incorrect impression, despite the data being accurate.

I enclose a graph showing the correct population effect.

The figures, from the same source as used by the Civic Trust, are that the population has increased by a modest 133 people per year in the past 20 years, or 1% per year.

This is hardly the population explosion impression that the Civic Trust graph intended to give.

Name and address supplied



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NEW RETAIL PARK FOR KINROSS?



PLANS ARE AFOOT FOR a new retail park to be built at the former home of British Car Auctions in Bridgend. This site at the south of Kinross has lain empty for some time and it looks as though developers have finally recognised its retail development potential.

Plans may include four outlets with a discount homeware store with adjoining garden centre, double retail unit to house two complementary supermarkets (e.g. one low cost and one high end) and a drive-through takeaway. The developers have pre-

viously completed similar sites in Aviemore and Cupar.

The developer presented local councillors and community council representatives and PKC officers with information about their previous project, and then provided a draft outline site plan for Kinross. They have not yet submitted a PAN (Pre-Application Notice).

When the PAN has been submitted the public will then be able to comment on the outline plans.

Councillor Neil Freshwater warned,

'If such an application was forthcoming, serious thought would be needed to consider things like jobs, impact on the High Street, access, and the interaction with Loch Leven including linking to the boat house car park and the loch trail. Watch this space.'

Councillor Willie Robertson said, 'One of the things I said to the developers when we met was that as part of any proposal I would want to see a new access road through the BCA site to The Pier. They promised to amend their plans to allow for this.'

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Milnathort & Kinross Area

Carrie Arnott PGDip
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*Happy
New Year*

www.lochlevenslarder.com

We will be closed from Monday 9th to Sunday 15th January to give our staff a well-deserved break!

Our Café will be open, as normal, from Monday 16th January. Our shop will stay closed for stock take on Monday 16th & Tuesday 17th January and will re-open on Wednesday 18th January

Tel: 01592 841000

PUTTING JESUS IN HIS PLACE

1st January	New Year's Day Walk
8th January	New Year's Service – 2023!
15th January	Reconciled through Jesus (Colossians 1:1–2 & 1:15–29) Fiona McDonald (Scottish Bible Society)
22nd January	Fruitful for Jesus (Colossians 1:3–14) Allan McKinnon (Tilsley College)
29th January	Communion Sunday Alison Dunn (LLC)
5th February	Alive with Jesus (Colossians 2:1–23) Robin Kent (LLC)
12th February	Clothed with Jesus (Colossians 3:1–17) Richard Gibb (LLC)
19th February	Working for Jesus (Colossians 3:17–4:1) Graeme Gunn (LLC)
26th February	Communion Sunday Stephen Jones (LLC)
5th March	Proclaimers of Jesus (Colossians 4:2–18) Gavin Matthews (Solas)

Join us in the Loch Leven Community Campus
every Sunday morning from 10:30 am.

info@lochlevenchurch.com
www.lochlevenchurch.com

Find us on Facebook:
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LIGHT SWITCH-ON A GREAT SUCCESS



WHAT A FESTIVE BUZZ the Festive Market was with over 80 stall holders! How lucky we were as it rained everywhere except Kinross apart from that day! There was some wonderful entertainment on stage with Kinross Primary pupils singing carols, Dance Connect and Matthew Dance Academy with various fabulous dances, the Perthshire Ukelele Group, the Velvet Effect (KYTHE) and Windchill performing wonderful festive tunes.

The event finished with our local Masterchef finalist Sarah Rankin turning on the lights with a special visit from Santa accompanied by the Kinross Pipe Band. A special thanks to local company HAKI Access Solutions who provided us with a stage which was extremely helpful.

There are too many people to thank individually but a huge thank you is due to all the volunteers, who helped out during the Festive Street Market with erecting/dismantling stalls, putting up the festoon lighting and stewarding.

Also a special mention to the KLEO team who are always working hard behind the scenes. They are Dave Cuthbert, Rachael Crawshaw, Nigel Ewen, Bill Freeman, Brenda Frier, Mal-

colm McFarlane, Philip Ponton, Alan Thomson, Bouwien Bennet and special mention to Colin Dawes who helps out a lot!



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NEW VOLUNTEER-RUN COMMUNITY BUS ROUTE FOR GLENFARG

IN A BOLD NEW MOVE, a local community group has set up their own weekly bus route to compensate for the lamentable lack of provision by the big transport companies.

Thursday 5 January sees the launch of the Glenfarg Community Transport Group's new weekly route linking Glenfarg to Kinross – and runs just in time for a stop at the Glenfarg Village Hall Cofee Morning!

In an attempt to provide an inclusive form of public transport offering a viable alternative to cars, whilst also improving passenger access to employment and leisure activities, the bus will run twice each Thursday between the Kinross Community Campus Library and Glenfarg Village Hall. It will include stops at Kinross Park & Ride, Loch Leven's Larder, Drunzie, Duncrive, Mawcarse and Cuthill Towers. Timetable details are given below.

The GCTG is a not-for-profit group created in response to a need to improve transport options within Glenfarg and surrounding areas. In October, they were granted Charitable Status (SC520068) and became full members of the Community Transport Association.

Volunteer driver training and operating costs will be part-financed by a micro-grant from the Glenfarg Community Council and an award from the PKC Cost of Living Fund. The ultimate aim is to own their own 16-seat minibus, driven by

volunteer drivers, for use by individuals and groups within the community.

For more information, visit www.glenfarg.org/Community/gctgabout.shtml

Ask them to look out for you at any point along the route! Email transport@glenfarg.org



ALL ABOARD THE THURSDAY BUS!

Kinross – Glenfarg (A)

KHS Campus Library	10.20
Kinross P&R	10.25
Drunzie	10.40
Duncrive	10.40
Glenfarg Village Hall	10.45

Glenfarg – Kinross (B)

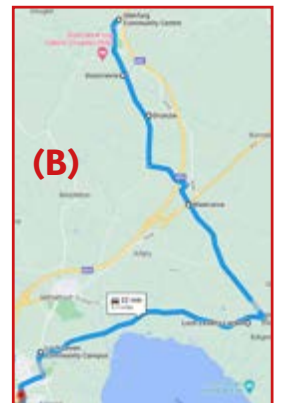
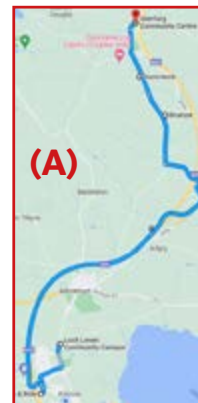
Glenfarg Village Hall	11.45
Duncrive	11.50
Drunzie	11.50
Mawcarse	11.55
Loch Leven's Larder	12.05
KHS Campus Library	12.15
Kinross P&R	12.20

Kinross – Glenfarg (C)

Kinross P&R	12.35
KHS Campus Library	12.40
Loch Leven's Larder	12.50
Mawcarse	13.00
Drunzie	13.05
Duncrive	13.05
Glenfarg Hall	13.10

Glenfarg – Kinross (D)

Glenfarg Village Hall	14.10
Cuthill Towers	14.15
Mawcarse	14.20
Milnathort via M90	14.25
KHS Campus Library	14.35



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HYDRO'S £10k FUEL POVERTY GIFT TO BROKE NOT BROKEN

RUMBLING BRIDGE COMMUNITY HYDRO Society (RBCHS) has given a grant of £10,000 to Broke Not Broken to support its work on alleviating fuel poverty. RBCHS operates a hydroelectric scheme on the River Devon in Kinross-shire which provides funds from its surplus profits to benefit the local community.

Elspeth King, a Director of RBCHS commented, 'The Board of Rumbling Bridge CHS is very pleased to be able to assist Broke Not Broken in their work on fuel poverty. This grant follows on from one of £5000 we gave in April 2022. It is fitting for us as a Community Energy Society to support this crucial work in helping those affected by high energy costs.'

Annie McCormack, chair of Broken Not Broken, said, "Broke Not Broken are delighted to accept this donation of £10,000 from the Rumbling Bridge Community Hydro Society to go towards energy payments for people locally experiencing fuel poverty. Being supported by a local project like this shows us a way forward that we believe is sustainable and creates the kind of Scotland we want to live in.'

This year the charity has seen a 70% increase in foodbank us-



Elspeth King of Rumbling Bridge CHS (left) and Annie McCormack of Broke Not Broken (right)

CHRISTMAS TREE FOR THE COMMUNITY!



LOUISE WALKER AND HER neighbour decided to decorate the old blossom tree in Green Park for Christmas. It's dying slowly but they love it and thought giving it a little Christmas cheer would be something nice for the street! They asked the neighbours to add a bobble or tinsel (nice activity for the local children) and say they will keep all the salvageable decorations again for next year and hope it catches on. Louise told the Newsletter, 'After a hard few years it's important to remember we are in it together, and keep community spirit alive.'

age and over 50% increase in fuel payments over the year so far (up until end October 2022), within Kinross-shire alone. Payments made towards energy costs total over £15,000 and the average payment made was £129. This includes not only gas and electric but also oil.

All of the charity's fuel payments are made through referral. These referrals come through a variety of channels including Health and Social Care partnerships, schools, doctors, women's Aid, SAAFA, PKC Helpline, housing departments and tenancy support through PKC, Hillcrest and Caledonia Housing Associations.

Broke Not Broken also works with The Heat Project based in Blairgowrie to give unbiased expert advice on energy, bills and how to get the most for your money. They come out to people's homes and to community groups to give one on one tailored advice. The Heat Project can then refer that household to Broke Not Broken for energy payments or items to help them save money.

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NEWSLETTER SUPPORTS KINROSS DISABILITY SPORT OPPORTUNITIES

PERTH & KINROSS DISABILITY Sport (PKDS) are delighted to be working in partnership with Kinross-shire ASN, Scottish Disability Sport and a number of local community sports clubs to make sport and physical activity accessible in Kinross-shire, so people of all ages with physical, sensory and learning disabilities or additional support needs can get active and enjoy the benefits that sport and physical activity brings.

PKDS Branch Coordinator, Graeme Doig explained, 'I have always been conscious of the barriers to participation faced by many people in P&K due to its large geographical size. Many people living in rural communities find it challenging to engage in weekly sports. When I got a call from Lynne McKay at Kinross-shire ASN to tell me of the lack of local opportunities for people with disabilities, it was great timing as I have been working on a project in Highland Perthshire which has

seen positive engagement with 12 community sports clubs and so far, 42 people with disabilities taking part.'

'The project aims are to work with local community clubs to shape the development of new weekly sessions for people of all ages and abilities with physical, sensory and learning disabilities or additional support needs, to encourage more people with disabilities to take part in sport and physical activity and to engage with and support local coaches and volunteers in the development and delivery of these sessions – all, at no cost to the participants.'

'I have been busy engaging with a number of local clubs and organisations in Kinross-shire over the past few weeks and everyone has been keen to get involved. Very few of the clubs tell me they have experience working with people with disabilities so this is a great opportunity to support them to be more inclusive.'

Every four weeks we will introduce a new sport session to give everyone a range of opportunities to try and to be supported to join the local club for those sports they enjoy. It's going to be a busy time and over the next few months where we will be delivering tennis, bowling, cricket, football, curling, boccia, badminton, archery, fishing, swimming, dance, fitness and more, all delivered by local coaches and volunteers in the Kinross-shire area.'



'At the end of January, we have organised Disability Inclusion Training through Scottish Disability Sport for all the coaches and volunteers involved in the project. We hope to get as many people as possible attending so we start to create a culture of inclusivity within local sporting opportunities.'

'PKDS is committed to our No Cost Participation approach which sees all our weekly sessions, development and competitive events, education courses and programs delivered at no cost to the participant. For this project, we would like to thank and acknowledge the *Kinross Newsletter* for funding to make this project happen at no cost to those taking part.'

Every session is open to new people of all ages to come along, give it a go and get involved. No experience is required and all equipment is provided.

Please contact Graeme Doig by email at graeme@pkds.org.uk for more information and to get involved.



Share your Sporting Memories

WHAT IS A SPORTING MEMORIES club? It is a place for older adults to come together socially, over a cuppa, to reminisce and talk about sport (although no topic is off limits!). We aim to support those in the community who are lonely or isolated and who would benefit from the company of like-minded individuals, or those who simply enjoy talking about sport.

Do you have a family member, friend or neighbour who would enjoy coming along to a weekly club? They would be guaranteed a friendly welcome from a team of trained volunteers, and would take part in fun, inclusive activities like quizzes, Spot the Ball, and gentle physical activity such as boccia or indoor curling.

To get us started we are looking for a team of enthusiastic, willing volunteers who will be given full training and support from Sporting Memories throughout their volunteer journey, as well as travel expenses and a branded polo top. We love the passion of all our volunteers who love making a difference and simply couldn't do what we do without them. Could you be part of our thriving volunteer team? Pop onto our website to find out about the different volunteer roles.

With the support of the curling community and local people



we hope that Kinross Sporting Memories club will grow to become a fun, friendly and thriving environment for older adults to talk about sport. If you would like to get involved, please contact Gary Waddell by email - gary@thesmf.co.uk or call 07941 123278.

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DISSENT OVER LOCH WATER QUALITY

THERE WAS CONCERN AMONG Kinross ward councillors after a meeting to discuss issues with regard to the health of Loch Leven. In this month's *Newsletter* column (p23), Cllr Willie Robertson noted that the opinions given by Scottish Water and SEPA at the meeting were:

- The large increase in housing in the Loch Leven catchment hasn't really contributed to the deterioration in loch water conditions. (SEPA)
- There appear to be no records as to when untreated sewage needs to bypass the waste water plant. (SW)
- No records are kept of the amounts of untreated sewage that is discharged into Loch Leven annually. (SW)
- In any case, sewage spills into the loch are heavily diluted with flood water and filtered to remove solids. (SW)
- The increase in phosphorous entering the loch comes from agriculture. (SEPA)

He says, 'This despite 20 years of changes around water courses and the creation of field margins, buffer strips and changes to cropping practices to prevent soil run off.'

Cllr Robertson went on to say, 'Neither SEPA or Scottish Water appeared to have any concerns about another large housing allocation for Kinross-shire should this arise in Local Development Plan 3.'

Councillor Dave Cuthbert, who helped organise the meeting (and whose feature in last month's *Newsletter* on Kinross' ability to safely absorb more housing development has caused much local interest) agreed, saying there was factual information that both Scottish Water and SEPA could not supply.

He added, 'There was also confusion over whether large-scale development in



Kinross and Milnathort might be adding to the problem.'

The four councillors, Willie Robertson, Neil Freshwater, Dave Cuthbert and Richard Watters, met representatives from Scottish Water, Sepa and NatureScot in December.

Councillors' reactions were, however, mixed. Richard Watters said, 'This meeting resulted in clarifying the interacting concerns as well as positive steps toward the future. During the meeting, Scottish Water and SEPA gave updates, with some positive news from both organisations.'

According to a SEPA spokesman, 'Rainfall-driven run-off from agricultural land and farm steadings (diffuse pollution) can impact phosphorus levels in watercourses if not managed properly.'

'Staff from SEPA's National Rural Unit have been visiting farms in the North and South Queich catchments since early November to identify areas of risk. All issues found are highlighted to the land

manager, and appropriate timescales given for remedial action agreed, up to a maximum of 12 months. We shall continue with farm visits in the other catchments in the new year.'

Councillor Neil Freshwater said: 'The meeting was frank and useful, but there is still much concern over the extent of the problem. It is still unclear, for example, what level of environmental damage sewage is having, and how much pollution comes from other sources.'

There is still disagreement over the degree of contribution to pollution made by new Kinross housing developments.'

Attention to the issue has widened. MSP Jim Fairlie has visited the site and invited the Scottish Government Minister for the Environment Màiri McAllan to discuss the issues with him.

MSP Liz Smith has said she is 'working closely with Cllr Freshwater, who is seeking a swift resolution to this potentially damaging issue.'

Shedder's Night Out

THE MEN'S SHEDDERS were delighted to be able to get out for a great night at this year's Men's Shed Christmas Dinner. They thoroughly enjoyed the fantastic meal which was put on for them at Milnathort Golf Club. The mince pies were to die for.

The Sheddies also are pleased to report a fantastic turnout of members. Things are certainly looking up!



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TRACKS SEEKS YOUR HELP

AS A REMINDER AND follow up to the article in December's *Newsletter* to help with the cost of the repair work, the maintenance of path links to the LLHT, and to support wider projects to improve rural access in Kinross-shire and Glenfarg, TRACKS are seeking donations from the local community, local businesses and visitors to Kinross and the Trail.

Charitable donations can be made via the following site:

<https://kinross-tracks.org.uk/donate-to-tracks/>

To keep up to date with the trail closures and ongoing projects visit www.kinross-tracks.org.uk and follow us on Facebook at www.facebook.com/TRACKSKinross.

Scottish Charity Registration No. SC030183



PIANO DAY IN DOLLAR

LEARNING TO PLAY THE piano can be quite a solitary activity – so Music In Dollar are hosting a community Piano Day to bring young pianists together to participate in fun workshop and masterclass sessions. Participants will have the opportunity to work with other pianists, get some top tips on technique, and coaching in pieces they are learning. This is an afternoon devoted to the joy of playing the piano!

Date: Sunday 29 January 2023.

Venue: Gibson Auditorium, Dollar Academy, Dollar, FK14 7DU.

Time: 1-5pm

Cost: This is a free event.

Ability: Approximately Grade 2+

Our tutors will be Juliette Philogène and Christopher Baxter – both very experienced tutors.

Further information and a registration form can be obtained from the Concert Secretary, Caroline Anderson at ac-aroline1000@gmail.com. Numbers are limited so please call ASAP.

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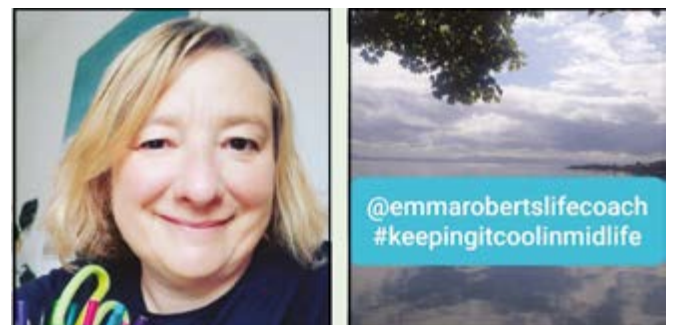
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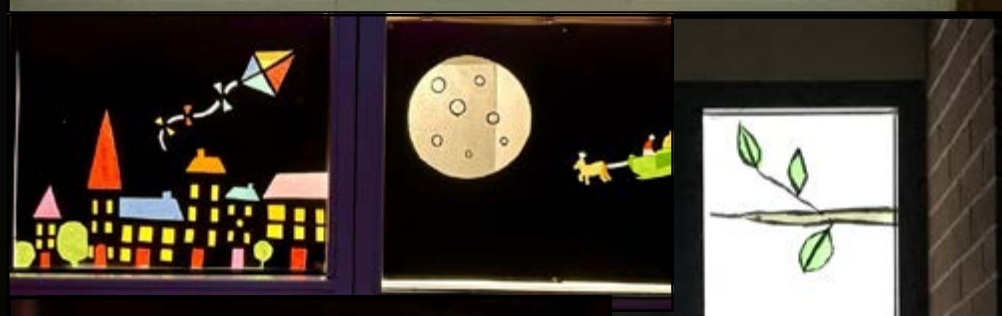
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LIGHT UP THE NIGHT!

LIGHT UP THE NIGHT was back for 2022 and lots of households throughout Kinross-shire took part by lighting up their windows for a weekend to create a wonderful display when exploring local towns and villages.

A huge thank you to all who took part and helped to light up Kinross-shire on a cold November weekend, bringing delight to many children and adults alike out for a winter walk!

Sadly, we don't have room to show all the windows but we've chosen our favourites to show you just a taste of what was on offer.



KINROSS-SHIRE KIRKS COMMIT TO WORKING CLOSELY TOGETHER

THE FOUR CHURCH OF Scotland congregations in Kinross-shire have now all formally agreed a 'Kinross-shire Parish Grouping', committing to working more closely together. The proposals had been previously agreed by the four Kirk Sessions and have now been unanimously approved at congregational meetings at Cleish, Fossoway St. Serf's and Devon-side, Orwell and Portmoak, and Kinross. The proposals have now to be approved by the Presbytery of Perth.

Rev Alan Reid, minister at Kinross and currently Interim Moderator at Orwell and Portmoak, says: 'The most important part of the agreed document is the commitment to work as individual congregations only in what cannot be done together across the parish grouping.' Rev Lis Stenhouse, minister at Cleish and Fossoway, says; 'We've already identified in the document the advantages of shared working in areas such as administration, publicity, online presence, training, spe-

cial interest groups, outreach (including messy church), community engagement, pioneering and the planting of fresh expressions of church.'

The grouping will be guided by a Vision Group with representatives from each congregation supplemented by an annual conference of all the Kirk Sessions to which other Kinross-shire churches and organisations such as KYTHE will be invited to develop areas of shared mission.

The Parish Grouping agreement is separate from, but takes account of, the longer-term proposals in the recently-approved Perth Presbytery Mission

Plan. This envisages the churches working closely together and probably ultimately become one Kinross-shire parish with a team ministry and two less church buildings by closing Cleish and Portmoak churches.

Supporting MAF in Uganda

KINROSS PARISH CHURCH HAS completed a year-long partnership with Mission Aviation Fellowship, supporting their operations in Uganda. MAF works in many countries, using small planes to enable humanitarian and mission partners to arrive safely where overland travel is difficult or dangerous. In Uganda alone, MAF has 68 staff and six planes.

The new Country Director for MAF in Uganda, Ruth Jack, visited the Kinross church in January 2022, marking the start of the partnership. Since then, the church has raised over £2000 through various fun events and also through its Harvest Thanksgiving collection. The church has also supported MAF in its prayers and raised awareness of the charity within Kinross-shire with a MAF plane displayed at Kirkgate Park in June and a stall at the Summer Farmers' Market.

The final event was a MAFternoon Tea in the kirk as a thank you to supporters and attended by some of the MAF staff in Scotland. One of them, Andy Martin, has since written to the church thanking them for their efforts over the year: 'the folks at Kinross Parish Church have been so warm and friendly and are great encouragers. May the Lord continue to bless you as you serve at home and support many around the world.'



Photo: Andy Masson



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1 tsp ground coriander
1 tsp garam masala
1/2 tsp allspice
1/2 tsp cinnamon
Grating of nutmeg
1 tsp plain flour
2 cloves
500ml vegetable stock
5 preserved lemons, quartered
2 sprigs rosemary
2 tbsp pomegranate molasses

Lamb Shank Ragu



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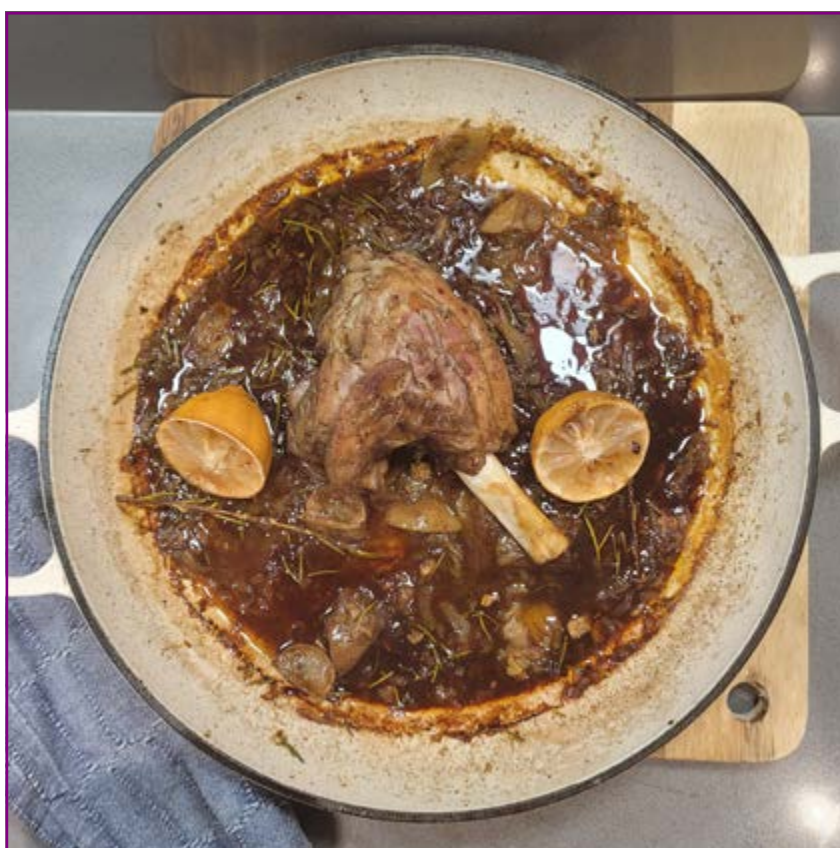
Brown the shank well in olive oil in an oven-proof pan and set aside.

Fry the onions and garlic in the same pan with all the spices adding a little more oil if needed. Deglaze with the stock. Make sure to scrape up all the bits from the browning, these are flavour!

Add the preserved lemons and rosemary and cover. Cook for two hours or until the meat is tender.

Remove the meat and strain off the liquid. Skim the fat from the top and whisk in 1 tsp plain flour over a low heat. Check for seasoning and add the pomegranate molasses. Shred the meat off the bone into the sauce.

Serve with couscous and top with flaked almonds, dried barberries (dried cranberries or fresh pomegranate seeds are good substitutes) and pickled shallots.



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Councillor Willie Robertson

Loch Leven: Myself and my ward councillor colleagues had a meeting with Scottish Water, Sepa and NatureScot yesterday afternoon to discuss the ongoing issues with Loch Leven in early December. The broad outcome of the discussion was;



- The large increase in housing locally hasn't really contributed to the deterioration in the water conditions in the loch – this was from SEPA.
- There are measuring devices at the Kinross waste water treatment plant to detect when untreated sewage needs to bypass the plant but there appears to be no records as to when these events happen – this from Scottish Water.
- No records are kept as to the volumes of untreated sewage that is discharged into Loch Leven annually – Scottish Water.
- In any case sewage spills into the loch are heavily diluted with flood water and filtered to remove solids – Scottish Water (I think this is meant to reassure everyone).
- The increases in phosphorous entering the loch comes mostly from agriculture – this was from SEPA.
- Neither SEPA or Scottish Water appeared to have any concerns about another large housing allocation for Kinross-shire should this arise in Local Development Plan 3.

What I don't understand is that since the problem with algal blooms on the loch became a real issue in the late 90s farming practices around the loch have changed substantially. There are now wide field margins beside watercourses and many burns have been fenced off to prevent cattle destroying the river banks. Also quite large areas of land have been taken out of agriculture altogether and yet the problems with the loch appear to be getting worse.

The majority of the blame for the deterioration in the loch is being placed firmly on farming by SEPA. The problems with our waste water treatment plants not being able to cope during periods of heavy rainfall appear not to be a serious contributory factor. Neither does the increasing amounts of phosphorous, coming from treated sewage, as a result of housebuilding.

Council Budgets: The Council is currently working on the budget for the next financial year which will be agreed in February. There are major cuts in funding from the Scottish government and serious inflationary pressures that have to be dealt with. This will all lead to a reduction in services.

Community Investment Fund: All council wards in Perth & Kinross have a fund that is disbursed by the ward councillors in association with representatives from our community councils and local bodies. In Kinross-shire this year the fund has helped to support organisations and clubs the length and breadth of Kinross-shire and Glenfarg.

Councillor Willie Robertson

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Councillor Dave Cuthbert



British Car Auction Site

KINROSS COMMUNITY COUNCIL were contacted by London & Scottish Property Investment Management (LSPIM) with a view to making a presentation on their plans for the former British Car Auction Site at the foot of Kinross High Street.

The Community Council arranged for P&K Councillors to attend the presentation in conjunction with a Perth and Kinross planning officer.

LSPIM explained that they were looking to place 3 retail units and a drive through take-away on the site, thereby removing the existing asbestos lined buildings.

They said that they were currently in discussions with Marks & Spencer, B&M and Lidl, although the final list might be different.

I said that I would like the site to feature a road through to the Pier, to take the traffic off the backstreets of Kinross, this was enthusiastically supported by the other Councillors present and the Community Council reps. I also asked the developer to be mindful of the residential properties adjacent to the site.

South Kinross Flood Protection Scheme

Development of the site would be dependent on the South Kinross flood defences going ahead, as the site is in a flood risk area. This scheme is behind schedule, principally because of covid, however, the Flood Team tell me that they will be talking to landowners and carrying out public consultation early in 2023. The other bit of news on this is that the Scottish Government has approved the funding for this scheme.

Loch Leven Phosphate Meeting

I helped organise a meeting, which was originally to consist of the four PKC Councillors plus Scottish Water. As time went by, the number of people attending steadily increased, so that the meeting had approximately 16 people attending, including the four councillors plus representatives of PKC, Scottish Water, SEPA, NatureScot and an MSP's aide.

The discussion was full and frank, with councillors outlining that they were concerned that an unknown quantity of untreated sewerage was being discharged into Loch Leven, which meant that the quality of the water in the Loch was being affected and blue green algae was being encouraged.

The discussion was wide-ranging and, at times, somewhat contradictory.

We were told that 84% of phosphate entering the Loch was from agriculture, although this number could not be verified. The frequency and quantities of untreated sewerage discharges were unknown. Scottish Water did not know if monitors were fitted to the outflows, thereby allowing the quantity of discharges to be calculated. SEPA were not sure if the license they issued, insisted on monitors being fitted, though they indicated that they should be.

There was also confusion over whether large scale development in Kinross and Milnathort might be adding to the problem. The rationale being that new developments incorporate SUDS ponds which slow the discharge of rainwater.

The meeting lasted 2 hours and it was agreed would meet again in April by which time there would hopefully be more information available.

Councillor Dave Cuthbert

Councillor Richard Watters

I would like to wish all the readers of the Newsletter A Guid New Year!

Action on Climate Change

Ever since I was first elected to Council in 2017, I have worked with colleagues to keep Perth & Kinross Council committed to action on climate change. We have now received our most recent report from CDP—originally known as the Carbon Disclosure Project. CDP, which began in the year 2000, is a not-for-profit international charity that runs the global disclosure system for investors, companies, and governments. You can go online to www.cdp.net/en/ to learn more about CDP.

CDP's recent report monitors our environmental ambitions and gives Perth & Kinross Council a B ranking for our awareness of the potential local impacts of climate change and for our plans to address those impacts. This is an improvement from the C ranking achieved last year and up from the D ranking in 2019.

The average ranking in the Europe region is C and the average global ranking is D. The Council also received Thematic Scores of A for Adaptation and A- for Mitigation. This shows the great progress that we are making in our awareness of the climate and ecological emergency and what we intend to do to address it.

One of the actions we are taking as the Council to tackle the climate emergency is to build the new Riverside Primary School in Perth as one of the first primary schools in Scotland built to the environmentally-high Passivhaus standards.

Action on Loch Leven

Many individuals, groups, and organisations have raised concerns about the sewage released into the Loch Leven catchment area following a period of intensive rain in early September. This added to the concerns that have already been raised about the deterioration in water quality due to increased phosphates creating harmful algae blooms around the Loch.

Responding to these concerns, all four local councillors requested a meeting with the relevant agencies, including Scottish Water, SEPA, Nature Scot, and the Council. This meeting took place early in December and resulted in clarifying the interacting concerns as well as positive steps toward the future.

Interacting with sewage and phosphates, there are three other issues:

- Mixed sewage and surface water drains being unable to cope during downpours,
- Diffuse pollution within the catchment area, and
- Legacy phosphates in the sediment in the loch.

And all of this interacts with the Climate Emergency impact. The rising temperature of the water in the loch and the projected increase in both frequency and intensity of downpours makes



protecting and restoring nature and biodiversity even more challenging.

During the meeting, Scottish Water and SEPA gave updates on the work they are currently carrying out in the area and future plans for the catchment area, with some positive news from both organisations on current works and future plans.

If you want more background information about the relatively recent increase in phosphates and algae blooms around the loch, you can find it in the March 2022 issue of the newsletter, which has a good article covering the issues and the sources of phosphate around the Loch, following on from a meeting of the Loch Leven Management Group.

All these issues require joint working among all the relevant bodies and agencies, as well as our local communities. The importance of developing a holistic approach to dealing with the problem areas around the loch is imperative and having a more formal group approach, with key actions is surely a core element in reversing the environmental decline in and around the loch.

Action on Warm Spaces

It was a pleasure to join locals at the Kinross and District Men's Shed as part of Perth and Kinross Council's Warm Spaces programme during the cold spell last month. The Warm Spaces have the added benefit of providing a place where people can socialise. Now with the Cost of Living crisis, the continuation of Warm Spaces is imperative.

Councillor Richard Watters

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Councillor Neil Freshwater

New Retail Park For Kinross-shire?

I HAVE SEEN PROPOSALS for a possible planning application to be submitted early next year to create a mid-sized retail park at the former BCA motor auction site at Bridgend in Kinross, containing four outlets. Ward and community councillors met with the potential developers and PKC officers in late November. We heard about plans which could include a discount homeware store with adjoining garden centre, double retail unit to house two complementary supermarkets (e.g. one low cost and one high end) and a drive-through takeaway. The developers have previously completed similar sites in Aviemore and Cupar. The meeting was told that a Pre-Application Notice (PAN) could be submitted soon, at which point the public could comment on outline plans. If such an application was forthcoming, serious thought would be needed to consider things like jobs, impact on the High Street, access, and the interaction with Loch Leven including linking to the boat house car park and the loch trail. Watch this space.

Loch Leven Pollution

LAST WEEK A MEETING with SEPA, Scottish Water, NatureScot and the four ward councillors was held in Kinross to discuss ongoing concerns about increased phosphate enrichment of Loch Leven. In particular, and as reported recently in the Kinross Newsletter, the raw sewage that is diverted into the Loch during heavy rain periods to avoid it backflowing into the clean water system. The meeting was frank and useful, but there is still much concern over the extent of the problem. It is still unclear for example, what level of environmental damage the sewage is having, and how much pollution comes from other sources such as field run-off. It is hoped that there will be a motion on the issue debated at the next full Council meeting in December. A further meeting will take place next year but all members of the Kinross-shire Local Committee are committed to a resolution.

Westfield Liaison Committee & Community Grants

THE QUARTERLY MEETING OF the committee took place in Lochgelly. Most of the issues relate to the access road on PKC side of the site – and in particular ongoing delays in getting road signage installed - but there was constructive discussion with the companies involved, who are listening to community. The new community fund, which will allow organisations to apply for grants of up to £2,000 every quarter is now open. Organisations in the Portmoak CC and neighbouring Fife CC areas can apply. Although the deadline is December for the current quarter's funding round, it was suggested a late application could be considered, and applications for the next round will start in the new year.

Here's the link for the Community Fund contained within the project website: <https://westfield-erf.co.uk/westfield-erf-community-fund/>. And here's the email for applications: enquiries@westfield-erf.co.uk

Deadlines are end Dec 2022, March, June, Sept, Dec 2023.

Seamab School, Rumbling Bridge Visit

I HAD THE PLEASURE of meeting with staff at the Seamab School near Rumbling Bridge together with fellow PKC councillors John Duff in his capacity as Scottish Conservative group leader and Baillie Chris Ahern who is a fellow member of the PKC Learning & Families Committee (pictured). We had a thorough discussion about the vital work that Seamab does in providing education and a home for some of Scotland's most vulnerable children in care. Seamab has approval to build a super new building on its site, to replace the existing (and now inadequate) one, and are in the final stages of fundraising. Visit www.seamab.org.uk to find out more.



Windfarm Proposal For Stronachie

I ATTENDED FOSSOWAY COMMUNITY Council in November and it was reported that a pre-application has been made for a wind farm for up to 26 turbines at Brunt Hill near Stronachie. You can view the proposed layout and other documents via www.energyconsents.scot and search for 'Brunt Hill' under Search>Simple Search.

Councillor Neil Freshwater

Liz Smith, MSP

I AM KEEN TO start my column by updating readers of the *Kinross Newsletter* on the situation at NHS Tayside which has dominated local media over recent weeks.

In November the BBC released details of a case I have been working on for two constituents over a period of around eight years. As many readers will have seen NHS Tayside has come under immense scrutiny for its employment of the disgraced Professor Sam Eljamel who conducted numerous botched surgeries on patients which have left some with lifelong debilitating health conditions.

Just like the constituents I have been representing over this period of time, I have tried everything to find the answers that patients deserve. But, as these answers have not been forthcoming, I am now demanding the Scottish Government establishes an independent public inquiry.

These brave campaigners – many of whom endured huge pain and suffering due to Professor Eljamel's malpractice – have fought tirelessly to get the answers on this scandal that they need and deserve. They just want to know how Eljamel was allowed to continue practising at NHS Tayside long after evidence emerged of how appallingly negligent he was. In the days following Lucy Adam's BBC investigation more former patients have come forward to me with their own harrowing stories.

It is clear a public enquiry is the only way left that will resolve matters for the patients who have suffered in pain for such a long time. Professor Eljamel destroyed the lives of too many people and yet no one has ever been held fully accountable for what happened. His former patients deserve justice and to know the truth.

If any reader knows of anyone who has been a patient of Professor Eljamel and is willing to come forward please ask them to contact my office. The more people we have demanding an enquiry the more likely we are to finally achieve justice.

In other news I have been made aware of the discussions on the amount of untreated sewage which is being diverted into Loch Leven during times of heavy rainfall, meaning an increased pollution from phosphates. This will be highly concerning news for people across Kinross-shire who will be profoundly worried about the impact on local biodiversity. I am working closely with Councillor Neil Freshwater who is seeking a swift resolution to this potentially damaging environmental issue.

Liz Smith, MSP



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Jim Fairlie, MSP

ON MONDAY 5 DECEMBER I visited Milnathort for a series of meetings to discuss important local issues. I was invited to meet with residents concerned by the development of a supermarket near Auld Mart Road to engage with locals who hold concerns about the suitability of the site. Later, I met with organisers of the campaign group 'No Road in the Park' where a proposal was explained to me regarding a housing development that would see a road built through a popular community park. It was very interesting to hear the points of views about both of these proposals, but I stressed the importance that the decision rightly sits with elected Perth and Kinross councillors who take their time to fully consider all planning applications. I will continue to engage with these issues and listen to local voices whilst councillors make their final decisions.

A day prior to a multi-agency meeting, I visited Loch Leven alongside Councillor Richard Watters to discuss issues in relation to algae bloom. The 'eutrophication' of Loch Leven that causes these algae blooms is harmful due to its potential to grow out of control and produce toxic or harmful effects on people, marine wildlife, pets and birds. Key bodies including the Scottish Environment Protection Agency, Scottish Water, Perth and Kinross Council and NatureScot along with scientists from the Centre for Ecology and Hydrology met together to discuss ongoing work that is addressing some of the main causes. It is encouraging to hear of this work but there is still more to be done in an effort to reverse the decline in biodiversity and nature around the Loch. Following on from this meeting I have invited the Minister for Environment, Biodiversity and Land Reform to discuss the issues of rural diffuse pollution, and its impact on the loch.

In Parliament I am a member of the Rural Affairs, Islands and National Environment Committee, which is currently considering Stage 2 of the Hunting with Dogs Bill. The Bill aims to close loopholes in existing legislation that allows illegal hunting activity to persist, whilst recognising that there is a need for predators such as foxes to be controlled in certain circumstances. There is evidence in England that trail hunting is sometimes being used as a cover for illegal hunting.

As a sheep farmer and shepherd over the past 30 years prior to my election I have lived experience of the potential consequences of these proposals, and as such I agree with the general principles of this Bill. We are currently deliberating over amendments to the Bill and I am seeking to clarify the minimum number of guns that should be used by those seeking a licence for a permitted purpose. Throughout our committee meetings my aim has been to find a proportionate balance between the views of our farming communities and protecting our land environment. Foxes can cause significant damage to livestock and other wildlife such as ground nesting birds and it is important that farmers will be able to control predators in an efficient and humane manner. The Committee will continue to shape its opinion prior to Parliament as a whole voting on the Bill in the New Year.

Jim Fairlie, MSP



John Nicolson, MP

I'VE GOT MYSELF INTO a bit of trouble down at Westminster. I've been sent to the Privileges Committee for investigation – sent by a phalanx of Tory MPs, 100 Labour MPs and assorted LibDems and Ulster Unionists. I will be joining Boris Johnson in the dock. I think most people know what he is charged with. So let me tell you why, last Tuesday, a whole afternoon was set aside to debate my case.

I'm a member of the Commons Culture Committee. Nadine Dorries, the ex-Culture Secretary gave evidence to the Committee about a Channel 4 reality series where she lived with 'real' people on a council housing scheme. She said she'd discovered the folk she lived with were actors. It wasn't true. But her claim was serious. It maligned the people concerned. And since, as Culture Secretary, she was considering privatisation, it seemed she had sought the opportunity to traduce the reputation of Channel 4. The Committee, unanimously, and cross party wrote an excoriating report about her. I sent it to the Speaker and asked that time be set aside to debate referring this serious issue to the Privileges Committee.

The Speaker replied to me. He didn't agree to my request. I reported his response by posting a video on Twitter. It attracted a lot of views. What I didn't know was that MPs aren't allowed to say they've received a letter from the Speaker or summarise its contents – even, apparently, if the letter is not marked 'private'.

Now I'm a journalist by profession. I'd never reveal a source when asked not to. Nor would I ever reveal something personal if asked to keep it private. But it seems to me there was a gulf of difference when reporting a matter of public interest. I see the latter as open democracy. The thought never crossed my mind that what I was doing broke parliamentary rules. Indeed none of the senior MPs I spoke to knew either. And the last MP to be referred to Privileges over this was, apparently, in 1937.

I am truly sorry the Speaker was deluged by a pile-on over social media when I revealed his decision. That was never my intention. I abhor abuse and try always to be courteous when using Twitter and Facebook whether I'm having exchanges with members of the public or political opponents. I did not encourage or want people to be rude to him.

I have apologised for inadvertently breaking the rule. But it's important not to be disingenuous when apologising. I believe in open democracy. I don't believe we should withhold information from constituents about Parliamentary procedures and outcomes. If I'd wanted to get the letter into the public domain secretly I could (but never would) have leaked it to a journalist. I didn't. I was quite open.

But, as *The Guardian* pointed out, I'm now in the position of finding myself reported to the Privileges Committee for revealing that Nadine Dorries – who misled a Select Committee – is not being reported to the Privileges Committee. The Committee will decide my fate in the new year.

John Nicolson, MP

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WINTER HOUSEBREAKING

Although housebreaking can occur at any time of the year, during the winter months houses can give the appearance of being empty.

CRIME PREVENTION MEASURES

PERSONAL SAFE/SECURITY BOXES Do not keep valuables at home if possible, particularly gold/jewellery/currency. Bedrooms and lofts are routinely searched during the commission of this type of crime, particularly if the occupants are celebrating a cultural festival. If a storage facility can be provided by your bank or building society then this is the best option.

ALARM SYSTEMS An approved monitored alarm system is recommended as an audible only alarm does not always guarantee police attendance. An audible only alarm, however, is still an effective visual deterrent. All alarm systems must be kept in good order to remain effective.

LIGHTING Good lighting around the outside your home is an important security feature. It increases the opportunity of criminals being seen around your home or garden.

WINDOWS/DOORS Many people focus on securing their front doors and forget about their windows and secondary doors in their homes. Do not leave any opportunity for a thief to enter. Always remove the key from a lock, particularly where there is glazing nearby. A less expensive method is security window film.

INTERNAL LIGHTING Proper use of timer switches for your home gives the impression that someone is at home. Consider placing timers high activate at different times to add to the impression that someone is home. Leaving a radio or TV on also adds to the impression that someone is at home.

GENERAL MAINTENANCE Never leave tools or items that can be used by a thief to gain entry lying around the garden. Ensure shed security.

SOCIAL MEDIA Carefully consider what you are putting on social media, especially if you are going on holiday or attending weddings, functions or posting pictures with jewellery on full show.

UNUSUAL ACTIVITY Report any unusual activity to Police, either by phone (101) in person or at a police office i.e. people offering work in the area, cards being posted through the door offering to carry out work.

CCTV Always seek advice from an approved supplier before installing a system.

Consider **PROPERTY MARKING** items with an ultra violet pen. Check you have adequate insurance coverage. Photograph and keep an inventory of your valuables. Smaller items should be photographed next to a ruler to give scale.

UPDATES

An 18 year old man was arrested for driving under the influence of drugs after a 1 vehicle road traffic collision on the M90 near Kinross on Thursday 8 December. He also had no insurance.

RECENT INCIDENTS

On Wednesday 30 November 2022 around 6.30pm a Council household wheelie bin was set on fire within the area of Bruce Road, Kinnesswood, Kinross whereby Scottish Fire and Rescue had to attend to extinguish same. Two persons were seen to be running from the

area and can be described as suspect one – a white male, skinny build, aged 14 – 17 year of age and wearing a white hooded top with the hood up and suspect two – white male, skinny build, aged 14-17 years of age, short dark hair and wearing dark clothing (CR/0116168/22)

Between 5pm, Wednesday 7 and 6.30am, Thursday 8 December, a catalytic convertor was stolen from a silver Peugeot Boxer, parked in Millbridge, Kinross. Between 12.20pm and 1pm, Thursday 10 November, a quantity of cash was stolen from The Dog House, High Street, Kinross. (CR/90238/22)

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 officer for Kinross-shire: **PC Ben Samson**.

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.

Ways of Following the Police

Twitter: @KinrossPc or twitter.com/policescotland

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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

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THE CARLEITH CAIRN

JUST ALONG THE ALDIE road from Powmill Milkbar, lies an ancient Bronze Age Monument called the Carleith Cairn.

Sitting atop the hill with views out into Fife to the West and then down the Valley to the East toward Wallace Monument, the cairn has some stunning views in each direction.

The cairn can also be reached on foot from the Crook via the Old Golf Course.

The cairn has been surveyed a number of times of the years including the Statistical Account of 1796 which states, 'On the middle of this ground, are the ruins of an old building, perfectly circular, and nearly 24 feet diameter. Not long ago, the proprietor ordered this ground to be planted, and



the stones were dug up to make a fence. When the work people were going on, they found two stone coffins near the centre. They were 4 feet long, and 3 broad, and contained to all appearance some human bones and teeth, and something resembling tallow, which went to ashes as soon as exposed to the air.

Further exploration took place in the twentieth-century but due to tree growth and the previous destruction we don't know much more. A number of people have queried as to where the remains that were found might be today but no information seems to

be on record. A bore hole for explosives can still be seen within the cairn.

Within the local folklore there is mention of a witch by the name of Meg of Aldie.

She was said to have frequented an ancient monument in the area and the cairn here at Carden certainly fits the bill.

Stuart Thomson

NEWSLETTER WEBSITE

A list of future deadlines, and the most recently available back issues can now be found on our NEW WEBSITE

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Ordinary walking uses about 45% of our muscles: Nordic Walking doubles that as you are also utilising the muscles in the upper part of the body, so it burns more calories and is good for helping to strengthen your core muscles. The activity grew out of the summer off-season training for cross-country skiers with the awareness that it can benefit everyone, not just elite athletes.

It has been the subject of a significant amount of research supporting its use for helping with a number of health conditions.

The best part of Nordic Walking is, you can use it for what you want: from enhancing a gentle stroll to high intensity training and all points in-between – the choice is yours.

All you need to take part are a pair of Nordic walking poles and suitable footwear and clothing – it helps to get instruction so you can get the best out of using poles and deciding which type of pole suits you.

If you'd like to try Nordic Walking, sign up for a free 30-minute taster session, or for a 2-hour instruction session (poles are provided). There are two instructors who live in this area.

Check out *norwalkin* on Instagram for photos and maps of some of the routes. Look up the Nordic Walking UK website <https://nordicwalking.co.uk> for the details and location of classes.

If you want to just have a chat about Nordic Walking, text or call Bryony on 07793 725578.

Below: *Burleigh Sands*

Right: *Falkland on the way back from West Lomond*

Above: *Fife Pilgrim Way approaching Rosyth*



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IT'S OK TO NOT LIKE DOGS

A FRIEND OF MINE confided that she gets terrified if she encounters a dog when walking through her local park. I know others who simply don't like dogs, especially those that force their enthusiastic affection on you. We have an ever increasing number of dogs in the Kinross area; for me that is heaven but I was reminded once, when my dog was seriously attacked by a dog near Kinross, that humans don't always control their dogs as well as they should. If you are not a great fan of dogs but understand that we live in a community where compromise is the answer, I want to offer you ways to minimise unwanted affection and maximise your sense of safety.

Ditch the idea that you have to say hello to a friend's dog. Many will thank you for not making eye contact, smiling and speaking to their dog (you've just invited the dog to jump up on you), allowing them to keep their dog calm.

Never stroke a dog on a lead unless you know them and they have had time to consider their choices and come to you. A dog on a lead is trapped. If you surprise them or approach them they may have no choice but to use aggression to make you back off. They only want to create distance. The same goes for dogs in cars. You'd be mad to put your hand in to say hello; how will they make that hand go away if they don't want it? They are entitled to protect their personal space, just like you would if a stranger got handsy with you.

Interpret what you see. A dog with a stiff body, staring at you or your dog, with head low and tail high and twitchy is one you hope the owner interrupts pretty soon. However, if the whole body is fluid and relaxed you are usually safe. Dogs with waggy tails are not always happy, again it is whether the tail is wagged high and stiffly, or mid-way and relaxed.

Fold your arms. Speak the dog's language – body language. Folding arms and turning your head away from the dog, avoiding eye contact, tells them you don't want to interact. This tip is hugely successful at deflecting their attention from you.

Stand totally still if needed. Dogs can't see things that are perfectly still (that's why they stop and crouch sometimes, to make themselves unnoticeable while choosing whether to interact). Being up wind helps too. Yet fast mov-



Photo: Freda Brooks

ing things become very clear to dogs so don't be surprised if they want to join in if you run (running and squealing even better).

Trust that dogs off lead are safe. There's a lot of very decent dog owners around here who never let a dog who has injured another dog or human off the lead (and sometimes muzzled) until they are completely rehabilitated. A decent owner will also not let their dog run up to yours if your dog is on a lead. If you get a scallywag bothering your dog whilst it is on lead, keep walking, stride your dog out of the situation – its more stressful for your dog if you stop.

My dog is only trying to get a laugh when she walks right in front of someone charging on minding their own business, but it's downright annoying so I watch her body language for 'intent' and interrupt it (I can show you dog owners what I mean by that if you wish).


Kinross' outside spaces should forever be a place where dogs have the opportunity to be off lead, so they can learn manners and respond instantly when they are called (99% of the time. No dog or owner is perfect). You are right to expect dogs off lead to be under control and if not, there to be an authority who will do it instead.

If you or your dog are unlucky enough to be injured (or have reasonable and justified fear that you will be, as you don't need to be injured to prosecute) both the Police and Dog Warden

(Animal Welfare Officer) have a duty to act. Don't let them tell you otherwise or their reluctance to put you off. The AWO deals with injury to dogs, the Police both but usually just humans.

I hope I haven't spooked all you dog owners too much. We do have a responsibility to help our dogs fit in with the community and be socially acceptable. In addition to me, there are other great dog trainers around using modern methods who are worthy of your investment. If we dog lovers refresh our dogs' manners in order to enjoy the freedom of our communal areas safely I hope you will now feel better informed to keep yourself feeling safer in the company of our beloved dogs.

*Christine Fotheringham
Retired Dog Behaviourist*



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WEATHERMAN WILLIE



KINROSS' VERY OWN Willie Wilson has been providing the *Newsletter* with weather reports for as long as the *Newsletter* has existed. We visited him and his wife Rita, at their home to find out more.

Willie caught his first fish when he was only 8 years old and landed his first job at Kinross fishery in 1962. His father, a gamekeeper on the Kinross estate, lived in the house where Willie still

join in with the 'tossing schools'. These were highly illegal open air gambling sessions, where men bet on the toss of two coins, while the youngest boys kept a strict lookout for the local police!

Every day, rain or shine, Willie takes weather and temperature measurements for the MET Office. He takes us outside to see the equipment he uses, set up in his garden. Rainfall is measured in a tube and the amount recorded in a notebook, and sunlight is measured using a 'sun card'. The sunshine recorder concentrates sunlight through a glass sphere onto a recording card placed at its focal point. The focus shifts as the sun moves, and a burn trace is left on the card. The length of the burn trace on the card represents the sunshine duration.

Willie also measures water quality in Loch Leven. Even as a youth Willie recalls seeing algae in the loch, but while he happily swum in the water in those days he says the algae has increased to such an extent that he wouldn't dream of doing so now. The algae, he says, have a 17°C trigger point and year on year are arriving earlier and lasting longer than ever before.

Water quality is measured with a Secchi disc, (created in 1865 by Angelo Secchi) a plain white circular disk, 30cm in diameter, used to measure transparency or turbidity in bodies of water.



lives today – although now with his own wife Rita, to whom he has been married for 55 years. Rita grew up on a farm in Cleish and would milk the cows by hand before and after school, in those days a two-mile journey by foot.

As a boy, Willie would go out in the fishing boat with two men and a strokeman. In 1960 there was a record season in fishing with a total catch of 86,000 fish. At that time fishing was prolific on the loch and he remembers up to 52 boats being out at any one time. The loch was heavily populated with perch and brown trout but while this is still the case, angling is now mostly for sport rather than for sustenance.

Upon turning 15, he was allowed to row a boat and join the 60 or so men at the pier every morning, but he was not allowed to





The disc is mounted on a pole or line, and lowered slowly down in the water. The depth at which the disk is no longer visible is taken as an indicator of the transparency of the water, the Secchi depth. Water opacity is not easy to measure and is to some extent, subjective. The quality of the water is of great concern at the moment, and desperately needs remedied. The last upgrade to the waste water treatment plant was made over 40 years ago.



Despite the increasing algal blooms, Willie says of the loch that he just 'Can't leave it alone!' and that he has the 'greatest respect for Loch Leven, which is the most wonderful freshwater site he has ever encountered.' Willie once discovered a pearl from a shell at the side of the loch, so Loch Leven really does hold treasures deep within. He believes that housing, farming and climate

change all play a part in the changing nature of the loch.

Like many, he can remember when the loch completely froze over and it was possible to walk right across to Loch Leven Castle across the ice, and has been involved in rescuing a fair few folk that got themselves into difficulty doing just that.

The conversation turns to the huge and diverse colony of birds in the loch and what the most interesting specimen was that he had ever seen there. He recalls that 35 years ago some pink flamingoes escaped from a private collection in Scotland and came to live on the loch. At first sight the fishermen thought they had had one too many whiskies the night before, but soon realised they were not seeing things. The birds were hardy brutes and survived, and raised young, staying at the loch for a few years!


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Poet's Corner

Thanks to Orla Beaton for sending us this poem.

If you're an aspiring poet, why not share your work with our readers?

Email us at editor@kinrossnewsletter.org

'New Year, It's Okay'

When we are at a low ebb
Is when the worldly arrows of
'New Year, New Me'
'New Year, New Life'
Are permitted to penetrate
Our tender hearts

When we are at a low ebb
Of mid-winter darkness
Climate uncertainty
Life clock ticking
The possibility of 'better' is
A timely distraction from pain

The system knows our soft spot
An old cavern of lack and
Blinds us to what's already here
Hooks us with its promises
Glossy images and dreams
And feeds the mind of 'other'

So, in a quiet still place I ask
'What do I want right now?'
And instead of objects, places, people...
A wise voice says 'it's okay'
Reminds me that 'it's not my fault'
That this is okay, life is okay, you are okay

It is possible to be satisfied with what is
Even on a dark, drier January day
To release the clawing force of desire
On my jaw, my eyes, my gut
To calm the destructive hurricane of want
In my fragile winter mind

To be clear this is not to dampen
Our growth, our dreams, our transformation
But to see clearly the habit of wanting more
To look at the truth in the still mountain water
And remember that right now
This new year, it is okay

January 2023, @orlabeaton

News From The Health Centre



CATCHING FLU COULD INCREASE the risk of your child becoming severely unwell with secondary infections such as strep A.

Help to protect your child and make sure they get their free flu vaccine this winter. If your child is age 2-5, in primary or secondary school it's not too late to take up the offer.

Vaccines are tested for safety and effectiveness before they're allowed to be used. Once they're in use, the safety of vaccines is constantly monitored. For more information visit: nhsinform.scot/childflu or nhsinform.scot/strepA



FRILUFSLIV – SCANDINAVIAN WISDOM FOR WINTER BLUES

LET'S FACE IT, JANUARY is grim for most of us. The festivities are over, maybe we have returned to the daily commute and our bank balance is a touch worse for wear, made all the harsher by the recession this year. We wake up in the dark and return in the dark and sometimes the grey clouds barely seem to rise above the trees. To make matters worse it is often cold, damp and dreary outdoors. It's no wonder then that so many of us in Scotland suffer from winter blues or even Seasonal Affective Disorder (SAD). I have lived with low mood in winter all my life – well, as far back as my teenage years anyway. Some years this has tipped into real depression which has lasted well into spring and other years it has been better. Like all mental illness it is complex but I suspect most of us are affected in some way in the winter. Naturally we have less energy and resilience at this time of year but our society expects us to carry on as normal with all the usual commitments and stresses. Inevitably this can take its toll. Over the years I have found many ways to take care of my mental health through the winter and have happily found more acceptance of it, but I can't be complacent as I can never really tell how it will go until it's over.

What helps me? Reducing stress, not taking on as much as I would in spring or summer. Resting more, yoga nidra (a type of guided relaxation) is my rest of choice. Spending as much time as I can outdoors, especially when the sun is out. Sitting in front of a daylight lamp for about 20-30mins a day. Giving into the atmosphere of winter, reading by the fire wrapped up in a blanket for example. Savouring simple joys, the beauty of a winter's sunset or a warm cup of coffee in my hands. Feeling isolated and alone is a real risk with low mood so I make a special effort to meet up with friends, especially when I feel this way. Being honest and open with my family, reminding them each September is never easy but normally by January we are in a flow. Herbal remedies such as St John's Wort (not suitable for everyone) have also helped me as well as talking therapies from time to time.

WELLBEING CLASSES 2023

MONDAY

Somatic Movement

(Learn to move without pain) on Zoom (11-12)

TUESDAY

Gentle Yoga at Milnathort Town Hall

(10-11.15am)

WEDNESDAY

Gentle Yoga on Zoom (7.15-8.30pm)

THURSDAY

Somatic Movement (Learn to move without pain) at Dance Connect (11.30-12.30)

www.yoga-by-nature.com

07854 196955

IG@yoga.by.nature

FB@orlabeaton

The constant messaging of 'New Year New Me' can also make us feel woefully inadequate at an already fragile time. Recently though, I came across some simple wisdom from Scandinavia, the Norwegian concept of Frilufsliv. Author Katherine May describes its three central tenets as: Live simply. Go outside often. Be kind to the Earth (I include us in that!). To me kindness, taking refuge in simple pleasures and being outside more, sound like the perfect antidote to winter blues. A nice place to rest my mind over the coming weeks. May you be well.

Orla Beaton

Yoga Teacher, Milnathort

www.yoga-by-nature.com

(For some people, symptoms can be severe and have a significant impact on their day-to-day activities. If you are struggling to cope please consider seeing your GP.)

COMPLETE LOOK

THANK YOU AS ALWAYS for being such great customers and helping our small business to thrive. We're looking forward to 2023 and sharing our new treatments with you!

We launched Medik8 Professional Peels, a range of treatments that will rejuvenate the skin to reveal a softer, smoother, more youthful looking complexion, in November and they've been a roaring success.

We are offering the Medik8 12 week WOW programme where our therapists will work with you using in-salon and at-home treatments that will transform your skin. Each treatment is £55 and

we are offering a 6 for 5 deal! Each peel treatment will require a consultation, patch test and pre-treatment products so give us a call to book in your free consultation. We're so excited to be offering these game-changing treatments and can't wait to get started.

If you're feeling like something to take the chill off, our Winter Warmer could be for you. With a full body exfoliation, full body hydrating mask, back massage, pick me up facial, eyelash tint and scalp or foot massage this is the ultimate two hours of absolute bliss. We'll wrap you in a cosy heated blanket for total relaxation.

We try wherever we can to make skincare and wellbeing affordable and offer discounted prices on block bookings on certain treatments and therapies.

Our ever-popular CACI therapies are also available on a Buy 9, get 1 free deal and these non-surgical facelifts have astonishing results. They're available in a range of options targeting eyes, face and neck and are among our most popular treatments.

Whatever your skincare or bodycare needs, we're always happy to talk through what would work best and love seeing you popping in for a chat with the team.

Kinross Hub Jan 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

Mon – for info only	Tue – for info only	Wed	Thu	Fri
2nd AM – booked	3rd Public Holiday	4th	5th 10am to 12.30pm Broke not Broken Danielle will be here to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1pm- 3pm Mindspace Info on supporting mental wellbeing. 07928 859628 or 01738 631657	6th 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
9th AM – booked	10th Booked All day	11th 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	12th 10am to 12.30pm Broke not Broken Danielle will be here to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1.30pm – 3.30pm PKC Employment Support Team Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07442 934454	13th 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
16th AM – booked	17th Booked All day	18th 1pm – 3pm Support Choices will be here to offer independent information and advice about getting social care and support 01350 729130	19th 10am to 12.30pm Mel from Perth and Kinross Domestic Abuse Service with Advice for women over 16 experiencing or having experienced Domestic Abuse. 1.30pm to 3.30pm Debbie from Change Mental Health, available to discuss all things mental wellbeing related, with people living with mental health issues, or people supporting loved ones 07597 576 000.	20th *To Be Confirmed so please phone first. 10am to 12.30pm Karen from PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268 *To Be Confirmed so please phone first.
23rd AM – booked	24th Booked all day	25th 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	26th 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	27th 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

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 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 so please contact us if there is anything else you need or want to discuss with us. We're always available for a friendly, informal chat.

Wellbeing Support Team

Aberfeldy Tel 01887 822462

Blairgowrie Tel 01250 871519

Crieff Tel 01764 657861

Kinross Tel 01577 867318

www.pkc.gov.uk/mentalhealth

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HOW DID YOUR NEW YEAR START?

Winning Ways

by Jo Middlemiss

AS I AM WRITING this in December, I have no idea how my new year is going to start. But, I thought that I would reflect on a New Year a few years ago, when I was living in the heart of the Angus Glens. On my first journey after the New Year, I set off for Edinburgh, the day after the snow, when the roads were clear, and the temperature was going up. The sun was shining, and all was well. I drew into the side of the road to answer my mobile (no hands free in those days!), when I realised that I had drawn into a deep pile of soggy leaves, mud and melting slush. I tried to move off, and my wheels spun and dug in deeper. The harder I tried to get out, the deeper I sank, and the more the wheels spun. I could hear my husband's voice in my head: 'Slow the revs!' I stopped the car. I took some deep breaths, and tried again. More spinning, more churning and deeper sinking. Not good. As usual the cart was before the horse.

I finally asked my Angels to lend a hand. I thought I'd see what they could do, before I made the embarrassing phone call for rescue. Just then an angel did come along in the shape of my wonderful 70-plus neighbour, in her jaunty little jeep. She stopped to help me. We messed about with ropes for a bit, but couldn't find a place for attachment. Then with a stroke of genius, she said that she would nudge me out backwards. So, she nosed up to my car and pushed me out a little, and then went round to the backend, and pushed me forwards out of my dilemma. So I set out on my way again, with gratitude in my heart, delighting that my angel was an inventive friend with a four-wheel drive.

My Milnathort friend, Lucille Henderson, and I used to run workshops for groups, which we called 'Change Your Mind for a Change'. I have to admit that we thought we really could persuade people to change their minds, in order to see the world from a different perspective. Easier said than done. It's much harder to get an old idea out of your head, than it is to get a new one in! But with that in mind, I offer you a few suggestions that might just land as the days grow longer, and we gradually emerge blinking into the spring.

CHANGE YOUR MIND FOR A CHANGE

- **Gratitude:** Think of 3 things that you are grateful for before you get out of bed.
- **Praise:** Notice people who are doing something well, and tell them. Make someone's day by noticing their hair, a smile or a kind act. You will be amazed at the results.
- **Take Time:** to just be with your family or friends. No TV, mobiles or emails. The other things can wait, but precious moments are beyond value and can be created.
- **Forgive:** Life is too short to harbour bad feelings. It does whoever you are forgiving good, but it does you far more good. It is the emotional equivalent of weight loss. Unforgiveness sits around your heart like a stone.
- **Keep Learning:** You are never too old to learn a new skill, or to revive an old one. Staying young at heart is all about giving yourself new challenges.
- **Active Listening:** So often conversations are just anecdote swaps. Sometimes your friend or family member just wants you to listen to them, really listen without being



concerned about what you are going to say next. You needn't say anything, just make those nice little noises and sounds that tells the speaker that you are really listening, 'mm' 'uhuh', nods and smiles.

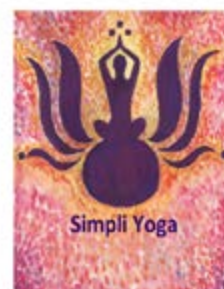
- **Be Still:** Even if it is just for five minutes a day. Time without the radio, TV, mobile or Ipad. Just you and peace and quiet.
- **Choose Your Attitude.** We all get our share of the good, the bad and the tragic, but if we choose our response, we can change our difficult situation into an opportunity for transformation and growth. Whether we are stuck in the mud, ill, or going through an experience of loss, our response is always our choice- a choice for moving forward and letting go, or a choice to look back with blame, regret or resentment.

Research has found that people who live by these pointers report an improved sense of well being and happiness, despite the trials of life.

Doesn't that sound like a good option for 2023? When we look for our blessings they become pretty obvious. Care, share, bless and forgive and watch your New Year take off.

Jo Middlemiss MBE

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ARTEFACTS & CURIOS

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.

Fossoway Community Council News from the December Meeting

<https://www.fossoway.org/community-council/>

Present At The Meeting held on 6 December were: CCLRs S Bruce-Jones, Assoc. CCLlr C Farquar, N Marchant and G Pye; Cllr N Freshwater; eight members of the public (MoP).

Apologies: CCLRs D Cuthbert, W Robertson and R Watters; CCLRs A Cheape, T Duffy and F Hansraj-Jackson.

Police Report

Apologies were received from local police officers. The Police Report includes: Speeding checks have been done around our area, and the A977 and A91 are now on the matrix for regular checks. Five speeders in Carnbo, and also some in CofD were stopped and given official warnings. A MoP asked why these were only warnings and CCLlr Marchant agreed to ask the Police. Fossoway Primary School has been lent a pop-up cop (Kirsty) and the older children are deploying it in various locations. There were 39 calls to the Police from the Fossoway area this month. The fire at the Crook Moss site has been investigated and was not suspicious, and there were no injuries. Speed Watch applicants are being processed.

Police Scotland has issued guidance in relation to housebreakings and security advice as we come into the winter months: <https://www.scotland.police.uk/advice-and-information/your-home/your-house/>

Minutes Of The Previous Meeting

The minutes of the previous meeting were reviewed and signed off with an amendment that whilst there had been a discussion of the possible provision of a crossing and absence of paths, the main concern of Carnbo residents was to continue to stress that the speed reductions promised for March 2002 and other mitigation measures have still not been implemented and to try and establish when they might be.

Matters Arising

Road Safety in FDCC Area (Including A977 Mitigation and Carnbo)

PKC have provided the CC with a list of outstanding work in Kinross-shire. Following discussion at the last meeting the CC have proposed a matrix to categorise the work and used this to prioritise the list provided. The prioritised list was made available at the meeting for CCLRs and MoP, who were asked to mail any comments to the CC.

The CC wrote to PKC officials on 10 November complaining about the lack of information on the timeline for delivering agreed road safety measures, especially in Carnbo, and has received no response. Members of the CC, along with other Kinross shire Community organisations, will attend a meeting with PKC CEO Thomas Glen and Senior Executives on 13 December and personally raise this with them. CCLlr Bruce-Jones noted that this issue was also mentioned at the Kinross-shire Local Area Committee. Cllr Cuthbert had shared with Kinross-shire CCs PKC's Member Briefing Note containing a prioritised programme of Vehicle Activated Sign actions. Regrettably this list does not include any in our areas, in spite of our frequent requests.

A Carnbo resident expressed thanks to the CC for their continued efforts to try and escalate these issues.

A MoP had raised concerns with the CC on the speed of traffic going through Crook of Devon. CCLlr Duffy had responded and invited them to volunteer for our Community Speed Watch project.

CCLlr Bruce-Jones noted that the absence of a VOSA check point on the A977 and A91 is why the goods vehicles use them, and perhaps this would be the only effective solution.

Drum Flooding

Cllr Freshwater said that PKC haven't supported community ditch clearing programmes since 2013 when the funding was removed. CCLlr Bruce-Jones replied that Scottish Water had indicated that they might help fund a programme.

Community Development Trust

Members of the CDT met on 19 November at Blairingone School to start clearing the inside of the building.

Crook and Drum Growing Together

The first stage of the community orchard: planning native pollinator-friendly plants and native daffodils, has been completed. The next stage of planting trees will be done in March.

Seamab School Floodlights

At the last meeting of this CC a MoP raised concerns about floodlights being continuously lit at Seamab School, the CC contacted the school and a local resident also pointed out that fundraisers may not be too impressed by the money being wasted. The lights are now switched off outside normal hours.

Matters arising with no update since last meeting: Fossoway Area Transport, Noise disturbance linked to play areas at Fossoway Primary School, Community Speed watch, Blairingone War Memorial.

Consultations

There are three consultations still open for the public to comment on, and one new one:

Cycling Framework for Active Travel: Cycling framework for active travel - Scottish Government - Citizen Space (*consult. gov.scot*) **Closes 19 Dec 2022**

Your Police 2022-2023: <https://consult.scotland.police.uk/strategy-insight-and-innovation/your-police-2022-2023/> **Closes 31 March 2023**

Scottish Government - Small Landholdings Modernisation: <https://consult.gov.scot/agriculture-and-rural-economy/small-landholdings-modernisation/> **Closes 14 January 2023**

On 14 November 2022, Epower Ltd on behalf of Brunt Hill Ltd (the Applicant) submitted a request for a scoping opinion from the Scottish Ministers for the proposed Brunt Hill Wind Farm. The application area covers forests including Innerdouny Hill, North Hill and Black Hill located approximately 5km North of Carnbo and 4.5km north-west of Kinross. The proposal is for up to 26 wind turbines with an estimated blade tip height of 220 metres, and associated infrastructure. The CC has been asked by the Scottish Government to respond to this request and comments are due by the 9 Jan 2023. At the request of Carnbo residents the details will be sent to them, and a combined response will be discussed in detail at the next CC meeting. The documents are available at: <https://www.energyconsents.scot/ApplicationDetails.aspx?cr=ECU00004654>

New Business

There is a call for the setting up of a paths group in Fossoway. There is money, help and equipment for loan available. This would be a group that keeps paths open to the public by cutting back vegetation and generally improving accessibility of our walkways. Would anyone (public or CC) be interested in taking the lead on this? Cllr Robertson can explain the details. The cycle path from Aldie Road to Drum and the 'Walk Around

Community Council News

Lovely Crook' both have overgrown vegetation and would be good candidates for such a group.

PKC has notified the CC of Holiday waste and recycling arrangements. The flyer will be added to Facebook.

A MoP shared with the CC a letter from RTS Forestry including a scoping proposal for new woodland at Barnhill. The 32.5 hectare site will be mostly diverse conifers with some native broadleaf species.

Community Council Business – Meetings Attended

Cllr Bruce-Jones attended the Kinross-shire Local Area Committee meeting, at which the following items were discussed.

Road safety: Particular emphasis to be made on outstanding projects within the area due to lack of human resources. CCs were asked to submit their top three priority items for their area from PKC's list of outstanding projects.

Blairingone School: PKC are supportive of the proposal for the CDT to acquire it.

Proposed Constituency Boundary Changes: PKC's position is that they should be left as they are.

Presentation by CATCH Loch Leven regarding renewable energy and sourcing heat from the Loch.

Serviced employment land is needed in Kinross shire to create job opportunities – this will be included in LDP3.

Kinross Common Good Fund: Grants have been made to 'Light Up Kinross' and to residents for a Neighbourhood Watch Scheme. It was suggested that applications be made for local pop-up cops. Next meeting will be in January.

Cllr Cheape attended a meeting of the Kinross Fund yesterday evening – there was only one grant application and £5000 was awarded to the Milnathort Guide Hall towards renovation of the roof.

P&K Councillors' Reports

Neil Freshwater: Cllr Freshwater noted that the Budget process was under way, which prompted the CC to ask Cllr Freshwater if there would be any publication of results from the survey into PKC's budget choices, and he undertook to find out.

Grant applications to the Community Investment Fund are currently being reviewed. Hopefully the application for Speed Watch equipment will be approved.

There is a proposal to create a retail park in Kinross.

Planning Applications

22/01842/FLL Erection of a dwelling house at land 160 metres north east of Solsgirth House, Solsgirth. No CC Comment

22/01695/FLL Erection of 2 holiday accommodation units at land 15 metres north west of Ivy Cottage, Gartwhinzean Road, Powmill. Ivy cottage is the, until recently derelict, single storey cottage on the A977 in Powmill which has now been restored. No CC Comment.

Planning Decisions

22/01009/IPL Erection of a dwelling house and garage (in principle) at land 35 metres south west of Tethyknowe House, Blairingone. The application was refused; the CC had made a neutral comment.

22/01010/IPL Erection of a dwelling house (in principle) at land 40 metres south east of Tethyknowe House, Blairingone. The application was refused; the CC had made a neutral comment.

22/01240/FLL Extension to dwelling house and formation of decking at 5 Drummond Park, Crook of Devon, Kinross. The application was approved; the CC had made no comment.

21/01755/FLL Erection of three dwelling houses, three garages and associated works at land 30 metres north east of Rantrie Knowe, Drum. Three residents from Drum made representations at the Planning Committee, on the grounds of increased flooding and that the land is still contaminated. The Officers stated that the new SUDS was designed to capture all

extra water and would slowly release it into the burn. PKC Cllrs accepted this argument and unanimously voted to accept the application. The CC had also objected on the same grounds.

22/01599/FLL Alterations and extensions to dwelling house at High Station, Rumbling Bridge, Kinross. The application was approved; the CC had made no comment.

Local Review Board

21/00001/FLL S42 application to delete condition 6 (access upgrade) of permission 20/01319/FLL at land 180 metres south west of Powmill Cottage, Rumbling Bridge.

The applicant had proposed that he should only be required to upgrade the road in front of his plot and not the entirety of Craigton Farm Lane as per S42 condition 6. The CC had objected to this as there would be no guarantee that owners of the other plots would also upgrade the road in front of their houses and this would not be done together. Nor would there be any passing places created. The appeal was upheld by a majority of PKC Cllrs.

CC Planning Objections

At the last meeting of this CC, Cllr Cuthbert informed us about a new rule recently passed by the Council, which would direct applications directly to the Planning Committee if there was a material planning objection from a CC. This rule is now active, as it has been approved by the Scottish Government as a change to delegation rules.

Development of LDP3

Cllrs Duffy and Marchant attended a meeting with PKC where they discussed the development of LDP3 and PKC's Big Conversation programme. It has been agreed that the CDT will work with the CC to engage the Fossoway District in the development of Local Place Plans which will then be registered with PKC to inform the development of LDP3. This will be supported by PKC.

Cllr Marchant described the new National Planning Framework 4 which sits above individual Council LDPs, and hence its contents will take precedence over PKC's LDP and Policies.

Correspondence

PKC's Leadership Team, including the Chief Executive, will hold their regular meeting in Kinross in December. The CC had been invited to attend – Cllrs Marchant and Duffy have accepted the invitation.

AOCB

Drummond Park Adoption: Mike Barnacle is meeting residents to review some issues. Cllr Farquhar reported that the Crook Moss site merits improvement to the embankment area – Could the Bloom group do this?

The hedge at Muckhart has now been cut, although the Muckhart CC never replied to this CC's emails.

The next meeting of Fossoway and District Community Council will be on Tuesday 3 January 2023 in Crook of Devon Village Hall

Cleish and Blairadam CC

News from the October Meeting

Present were F Principe-Gillespie, C MacLaren, F Whalley, S Gordon, Cllrs W Robertson (via Zoom), D Cuthbert, N Freshwater

Apologies M Traylor, Cllr R Watters, Jamie Leishman

The Chair recorded that we're all very saddened to hear of the sudden death of Nigel Robertson. He was a very active member of the Community Council for many years. He will be missed by the Community and his input to the Community Council will be missed.

Police Report

PC Ben Sampson was unable to attend, so PC Arthur, PC McWilliam stood in to report on Community Policing.

Speeding

Community Officers and Response Officers in the area are aware of the complaints and regularly get out to check the area. In addition, Traffic Officers from Perth are patrolling the area and have issued multiple traffic tickets in recent months. These Officers will continue to patrol the area going forwards. Concerns were raised by the prevalence of speeding by delivery vans in the area, and this appears to be a common experience across the whole area.

Police Engagements

Last month, the Community Police Officer visited Cleish Primary School to engage with the children and staff around road safety.

Coffee with a Cop Events

These have proved popular in other areas, so are being offered locally as an opportunity for the public to engage with Police Officers informally, ask questions and raise any issues or concerns.

Speed Watch

There was some interest in resurrecting this programme as it has been in abeyance since the merger of the separate Police forces into Police Scotland. Previously purchased equipment was absorbed when Police Scotland was created, so communities would need to seek funding to purchase the necessary equipment. The attending Police Officers confirmed that the community Speed Watch programmes were effective when they were operating.

Correspondence

Community Investment Fund Scheme

This was identified as a potential source of funding for a projector and screen to enable a better experience when hosting hybrid Community Council meetings where we have a combination of in-person and remote attendance. Community Council will approach this scheme for funding for this purpose.

Till Hill

Community Council has submitted a request to Till Hill for the Community Council to be considered as a stakeholder in their long-term forest plan. The Forrest Plan governs the future management of the forest and is coming up for renewal; the plan covers areas such as felling, planting, drainage, community access.

Having the Community Council as a recognised stakeholder in this plan will allow us to represent the views of the community as this plan is developed.

Gairney Plantation

A question was raised regarding this plantation which was felled around six years ago and was meant to be replanted but has not been planted nor has it been managed in the intervening time. Cllr Neil Freshwater took an action to follow up in this.

Rules, clarification, nominations for the CC / Elections

Sean Gordon, Charles MacLaren, Francis Principe-Gillespie, Margaret Traylor, Fred Whalley have been elected to the CC for the next term, and this leaves us with three vacancies where the CC will seek to co-opt additional members. The co-opting process cannot start until 6 months after the election.

Planning Objections

Cllr Dave Cuthbert highlighted that at the last full Council meeting a new process was approved that means if a Community Council objects to a planning application, this will automatically trigger referring that application to the full planning committee. This was welcomed by the CC as a recognition of the relevance of the role of the CC as a strong voice to represent the view of the local community.

Road Safety

There are approximately 877 outstanding areas of work in the local area relating to road safety, so the Council is looking for assistance from the Community Councils in helping to prioritise these areas of work based on local knowledge. This would include areas like the cutting of verges on corners, potholes and clearing of road gullies.

Broadband Update

Blairadam Area

Sean Gordon reported that the Local Community Fibre Project has received a quote from Openreach for the 67 properties in the Keltybridge area, and that the next stage was to challenge the Openreach assessment of the existing line speeds for most of the properties in the area to ensure that we have sufficient funding from the Scottish Government Broadband Voucher Scheme to fund the entire project. This work is underway, but the process of proving that the Openreach data is incorrect is extremely slow. Working with Andrew Mitchell from Scottish Government we have for example successfully challenged the line speeds of every single property in Middleton Park and had all these challenges accepted, so we are hopeful of being able to move this project forwards to the next stage with Openreach and Scottish Government funding.

Financial Update

Draft Statement of accounts has been issued for audit, with the current balance being £395.56

Planning

Hillview, Kinnaird. Application approved – Change of use from open space to form extension to garden ground, access and parking in retrospect.

Land 100 metres NE of Blair Fordel Farm. Application refused. Siting of two static caravans or welfare storage use, erection of an animal shelter and associated works in part retrospect.

The Willows Blairforge. Application refused. Change of use from agricultural land farm extension to garden ground interaction garden buildings. In retrospect.

Residential development 140 metres in northeast of the bungalow Benarty Rd. There is an in-principle application to build a housing development on the site of the colliery along the road to Loch Ore Country Park.

CC will request a Development Brief from the developer to understand how the developer plans to protect the amenity of the area.

2 dwelling houses southwest of 14 Main St, Keltybridge. Application to erect two tall, narrow houses on a restricted site and next to listed buildings and various other single-story building in Keltybridge. This has so far had 16 objections from local residents. The Community Council has objected to this application.

Siting of an accommodation unit at Blairfordel Farm. This was a temporary consent (now expired) for a caravan for a farm worker. The new application is for a permanent accommodation unit on the same site on the edge of the farmyard.

Blairadam

Ongoing problems with cars and trucks parting on the pavements in Keltybridge, where there is damage to multiple parts of the pavement.

Cleish

Update on the school: There was supposed to be an interim project to improve the facilities in the existing building which has not happened so far. Cllr Neil Freshwater is going to follow up on this issue.

The minutes of the AGM of Cleish & Blairadam Community Council can be found at <https://cleishandblairadam.org.uk/newsletters-minutes>.



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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.



Kinross & Ochil Walking Group

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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 will 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 3 January, Forth Road Bridge

A walk from Ferrytoll park and ride over the Forth Road Bridge into South Queensferry. We will stop for refreshments at the Rail Bridge Cafe, then return over the bridge.

Tuesday 17 January, Fossoway and the River Devon

A circular walk setting out on the eastern side of the river Devon, following tracks into the countryside. From there the route goes around Lendrickmuir, returning on the other side of the river. There will be lots of wildlife to see including deer, ducks and woodland birds. Most of the walk is on level ground, however, there are three flights of steps along the route and tracks can be very muddy at this time of year.

Tuesday 31 January, Perth Sculpture Trail

The walk will start at the Fergusson gallery in Perth. From there we will cross over the river Tay via the pedestrian route over the railway bridge. This leads to the Perth art trail on the opposite bank. The railway bridge also overlooks allotments below and there may be a chance to visit these. The walk will be about one and a half hours long.

For further details of where to meet us for Tuesday walks, or for general enquiries, please contact Susan Tester on 01786 834535.

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 8 January, Loch Leven's Larder, 6 miles

Starting at Kinross Community Campus, this is a walk along the heritage trail to Loch Leven's Larder, returning to Auld Mart Road in Milnathort and then on to finish at the campus.

Saturday 21 January, Auchlinsky circular walk, 6.1 miles

Leaving Castlehill reservoir, the walk climbs approximately 1000 feet to the top of Seamab hill which overlooks Pool of Muckhart. The walk takes us through commercial pine forest and open grazing land which has been planted by the Woodland Trust with deciduous trees.

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

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Rotary Club of Kinross and District



A very happy New Year to everyone from the Rotary Club of Kinross & District! we had an enjoyable and productive Christmas season and wasn't it great to be out and about among friends and family again!

Santa's Sleigh

Santa's first appearance was at the Lighting Up event on 26 November. At the time of writing, he was still busy making his way round Kinross-shire at weekends. Hopefully he caught up with you. Thanks to all who made donations, in the 'Elf Buckets' or online; an update on funds raised will be in the next *Newsletter*.

Plaid song

Also on 26 November (Rotarians are adept multi-taskers!), the club ran a concert. The fabulous singing duo, Plaid song, played for the whole community to enjoy at Kinross Parish Church. They led us through a musical journey, celebrating in words, pictures and song, some of Scotland's heroes and heroines (and a villain or two as well!) including Lady Nairne, Admiral Cochrane, Violet Jacob, a duchess, Robert Burns and numerous others. It was an absolutely outstanding evening of entertainment and a fundraiser for Rotary, with over £400 raised. Thanks to all who came along, and particularly to our fine entertainers.

Party Time

Rotarians were delighted to be able to assist the Day Centre staff in providing a delicious Christmas lunch and raffle for its members, and at the carol service too. It's always a pleasure to support Nan and her staff.

On 12 December we took time out for our own Christmas party. Fun and fellowship for all; many thanks to all at the Kirklands Hotel for a delicious meal and the customary smiling service! We are indebted to Anthony, Shona and their team for looking after us so well throughout the year.

Mission Aviation Fellowship (MAF)

– Flying for Life

On 28 November, Alisdair Stewart gave us a fascinating insight into the work of this Christian missionary organisation which provides flight (in small aeroplanes) to reach vulnerable people across the world. Since 1945, MAF has been responding to disasters with humanitarian relief; liaising with many other key organisations, these flights carry practical help, spiritual hope and physical healing to thousands of men, women and children. MAF has an aircraft taking off or landing every four minutes somewhere in the world! We were hugely impressed with this organisation and its work. To find out more visit their website at www.maf-uk.org.

On 7 December, with a departure from our usual breakfast meeting, members attended a joint meeting with the Kinross-shire Partnership at Loch Leven's Larder to hear an interesting presentation by the CEO of Perth and Kinross Council.

Join Us

We're looking forward to this New Year providing opportunities for us to serve the local and international community, use our talents and available time and enjoy fun and fellowship. There will be interesting speakers, trips and visits, fundraising activities and social events.

If you're interested in joining us, or finding out more about us, contact secretary.kdrc@gmail.com for further details.

Kinross Garden Group



We had a super talk about garden design from Belinda MacDonald (formerly of Shades of Green) who talked us through some of her favourite projects but also how we could remodel our own gardens and the best way to do it. Start with paper and pencil, a tape measure and a can of black paint! Members are raring for the good weather to come to get started!

Our festive lunch is on Thursday 12 January at the Green Hotel, 12.30 for 1pm, cost is £25. Menus can be obtained from Anne Walker. Please contact her on 01577 863707.

The February meeting will be on 9 February at Kinross Parish Church on Station Road, Kinross at 2pm. Jim Jermyn will talk about the *The Dolomites and Eastern Europe - A Gardener's Paradise*.

Membership fees are £20 this year and £5 for visitors. If you are new to Kinross-shire and interested in meeting fellow garden enthusiasts, you will be made very welcome. Doors will be open from 1.30pm.

For more details contact Caroline Anderson on 01577 864589.

Kinross Camera Club

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



We begin the New Year with a zoom get together to share members pictures. Those of us who have been busy with our cameras during last few weeks and throughout the Christmas and Hogmanay



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celebrations will be able to share seasonal images with everyone. This is a very informal evening where we can have a chat about our images and offer hints and tips on how to improve on our photography. It is always a popular, enjoyable and relaxed evening.

The second meeting of the year is our league 2 competition held in Kinross Church Centre. Our judge for the evening is Douglas Berndt.

Kenny McLean will be presenting his zoom talk called 'Lockdown and Distinctions – An Evolution'. During Lockdown and beyond Kenny started producing a large number of images and, as recently as 2021, entered photographic salons. He then set himself the challenge of gaining photographic distinctions. From still life to landscapes we will hear about Kenny's short journey to inspire us all, even those of us new to photography, to have a go.

The final meeting of January is our highly entertaining 'Digital Knockout' event which will be held in the Kinross Church

Our featured photograph this month is called 'Just Another Sunset' by Jeannie Meacham

Centre. Members are invited to submit digital photographs on any theme they choose. The photographs are displayed in twos on projector screens and the audience are asked to vote for their preferred image. This continues until we are left with only two images, from which a winner is chosen. This is always an enjoyable evening, all taken in good humour, and one not to be missed.

If you enjoy photography and would like to give our club a try or, if you would like to learn more about our activities and events please contact us by email at secretary@kinrosscameraclub.org.uk. All abilities are very welcome and you do not need a fancy camera and lots of gear. You are very welcome to join us for an evening and see if it's for you.

Kinnesswood in Bloom



On 1 December we held our AGM in the Well Country Inn. It was well-attended and the group unanimously agreed to re-elect the existing committee. Jan, our chairperson, gave a report and said what a successful year it has been having gained three awards from Beautiful Scotland.

Our treasure Janice reported a healthy balance and told the group there is still money to spend from two sources of funding. John is to buy an extra battery and charger for the trimmer and other battery-operated tools. Enquiries were to be made about replacing the picnic bench at Benarty View.

There has been no progress on the refurbishment of seating in the bus shelter so this will be followed up. We are also investigating what happened to our road signs when the speed limits were changed. We have since made progress on the road signs.

The question of blister pack recycling was discussed. After contacting the firm which recycles them it became obvious that it was only done through a medical facility. Glenrothes Superdrug are still accepting small amounts and so does the one in Perth so people can still take in their family packs

Kinross In Bloom 200 Club

November Draw

1. No. 55 George Mitchell
2. No. 36 David Izatt
3. No. 85 James and Lorraine Whyte
4. No. 30 Ian Hayles

December Draw

1. No. 30 Ian Hayles
2. No. 55 George Mitchell
3. No. 69 Elaine Sparling
4. No. 71. Marie Taylor



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but we will discontinue our village collection and try to find something else to go in that box.

We agreed to meet in the picture garden on Saturday 10 December to decorate the Christmas tree. There was a great turnout. The tree was erected and well supported in case of high winds. Jean provided warmed mulled wine and Shelagh made delicious shortbread and chocolate tray bake.

We were very pleased to welcome back one of our judges, John MacLennan, to present our Beautiful Scotland awards. We were joined at Portmoak Primary School by headteacher Louise Gordon and staff of the school, the school council and Juliet Camburn from Beautiful Scotland. John has visited our village a couple of times now and gave a short speech saying how much he liked what we are doing. We received certificates for the Gold Award and Best Small Village in Scotland. The trophy for Best Work with Children is a lovely vase. John MacLennan particularly liked the fact that all the children in the school are involved with the work in the polytunnel, raised beds and flower beds. We then had tea and scones prepared by the school and a KIB cake. Finally, Juliette was given a tour of the village and, after many years of us sending in entries and photos, she was able to see the village for herself.

2022 was a good year and we particularly enjoyed being part of the Year of Stories. There are so many stories involved in our heritage. Thank you to all those who have contributed to making Kinnesswood the best small village in Scotland this year.

We look forward to 2023 and hope everyone has a healthy and happy New Year.

Kinross-shire Climate Café

The Climate café meets on the first Tuesday of the month in Loch Leven Library at 7pm. All welcome. Contact Gosia Stanton by email at climatecafe@kleo.org.uk.



Welcome to 2023, another year closer to a net zero carbon future. It is very hard sometimes to stay positive as our world faces not only challenging political and economic problems, but devastating climate change and mass extinctions. However, little steps taken together towards a net zero future can be a powerful way to overcome these impossible challenges.

Our climate café provides a social space for coming together, meeting like-minded people who want to share their experiences, and listening to interesting talks on different aspects of climate change.

Clubs & Community Groups

We meet on the first Tuesday of each month at 7pm in Loch Leven library, except our first meeting of 2023, which will be on 10 January (place and time the same). Our first speaker, David Cairns from the CATCH Project at Loch Leven, will present his idea to capture heat from Loch Leven for district heating in Kinross, which might also reduce green-blue algae in the loch.

The following month we will welcome Ana de Miguel (PKC Waste Reduction Officer) who will return to talk about ways to minimise waste. Future meetings will focus on zero-waste products and local suppliers, eco-homes, ecotourism and yoga in nature. We might also re-visit our local RSPB reserve.

The Climate café would like to thank Loch Leven library staff and Mary Jack in particular for their continuing support of our group.

For more information about the group or the above meetings contact Gosia Stanton by email at climatecafe@kleo.org.uk.

Kinross-shire Local Events Organisation

www.kleo.org.uk



DATE CHECK!

Comedy Night is on 25 February!

Unfortunately we have mixed up our dates and have promoted the wrong date in the last Newsletter and on our website and social media for the Comedy Night. The right date is 25 February, 8pm at Milnathort Town Hall (and not 11 Feb)

It will be an evening packed with laughs with comedians Billy Kirkwood, Rick Molland and Danny O'Brien – A Scotsman, Englishman and an Irishman. Tickets £11

Big Burns Bash

A fun informal event with a lovely 2 course meal, highland dancing and a wee bit of light hearted poetry. Saturday 28 January, 7pm at Kinross Golf Club. Tickets £25.

Tickets for the Burns Bash or the Comedy Night available at Morgans Estate Agent's Kinross or Light Up My Heart in Milnathort or www.kleo.org.uk

Kinross Kacophony Orchestra

The Kacophony Orchestra starts again with conductor Dougie Flower on Wednesday 11 January. Always wanted to play your instrument in a group but never had the chance? An orchestra for adults, all abilities welcome but it is handy if you read music. Wednesday eve-nings from 7pm to 9pm at Loch Leven Community Campus. Fee is £5 a session.

Leven Voices

Leven Voices is a fun, informal drop-in singing group which you can join anytime. No music reading or singing experience is necessary. Tuesday evenings from 10 January onwards with a Horsecross Arts Tutor, 7pm-9pm at Kinross Parish Church. Fee is £4 a session.

For more information about KLEO events go to www.kleo.org.uk or e-mail info@kleo.org.uk

Kinross Cubs

During November the cubs were learning about parliament for UK Parliament week. They took part in a variety of activities including finding out about different laws passed, a walking debate and played Big Ben bingo! Everyone had a great time!

The following week the cubs were doing some pioneering as they used lollipop sticks to make catapults before putting them to the test to see how far they could launch a paper



ball. There was also an international activity as the cubs were learning about the cub scout law in other countries followed by some international games.

For St Andrew's Day at the end of November, the cubs had a Scottish themed meeting. They took part in a mini Highland games involving welly throwing, caber tossing and tug of war. They also learned some basic Gaelic phrases and spoke about Scottish food as well enjoying haggis tasting.

As we moved into December the cubs along with the beavers and scouts went to Perth theatre for a group trip to see the Jack and the Beanstalk pantomime. It was an enjoyable evening as the cubs saw characters such as Jack, Lettie Lou and Maggie Moo the highland coo from their home village of Micklemuchty tackle Beinn Mucklemichthy, the only unclimbable mountain in the land of Middle Perth, in search of the fearsome giant.

This term the cubs have also been focusing on the sports enthusiast badge and, on 7 December, we heard all about the sports they have been following over the past couple of months. We heard about a variety of sports including rugby, football, tennis and biking. Well done to all the cubs who took part.

This term we have presented some awards, invested some new members and also said goodbye to some of our older cubs as well. Congratulations to Zach and Hamish who were invested into the pack at the end of November. We have also appointed some new sixers and seconders. Congratulations to Harris B, Callum, Danny, Harris M, Ryan and Ben. Bravo!

All cubs who took part in the remembrance parade in November were presented a certificate of participation. Congratulations are due to Finlay and Joe who were both presented with a special recognition award for working hard and being kind and helpful last term. Bravo! Finally, we said goodbye to Harry, Aaron and Andrew who were all moving on to scouts. Good luck for the next stage of your scouting journey.

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

In mid-November, the beavers took part in UK Parliament week. They got creative in the kitchen by making Big Ben biscuits and also coloured in pictures as they found out about different laws which have been passed by the UK Government. The following week Esther Blackburn joined us to run the creative part of the evening as the beavers created pictures



to go into their windows for the 'Light up The Night' event. We also played lots of games to burn off energy!

At the start of December the beavers, along with cubs and scouts, visited Perth theatre to see Jack and the Bean-stalk. It was a great night with lots of crowd interaction; 'oh no it wasn't...oh, yes it was'!

On 9 December the beavers focused on their international badge. They tasted cheeses from around the world, learned about flags from different countries and also answered questions about scouting across the globe.

There have been lots of successes over the last month. New lodge leader and assistant lodge leaders were appointed and congratulations go to Hudson and Harris. We also presented certificates of participation to all the beavers who took part in the remembrance parade. Well done everyone! A massive welcome to Oliver and Leon who were both invested into the colony. Lastly, we said goodbye to Hamish and Harris who

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(Nahum Chapter 1 verse 7)

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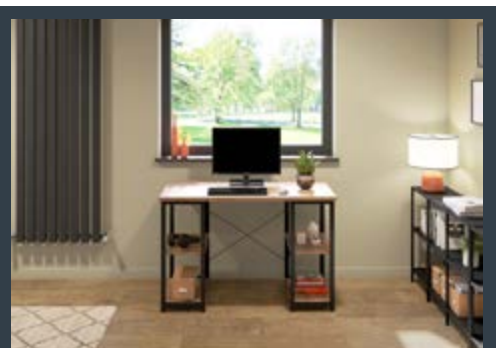
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have moved on to cubs. Good luck with the next part of your scouting journey.

Are you interested in volunteering with scouting? Volunteering is 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 skills which are transferable to the workplace and further education.

Please contact us by email at kinrossbeavers@hotmail.co.uk for more information.

Kinross and District Art Club

www.kadac.co.uk



A good turnout of over 20 members attended the AGM on Tuesday 22 November 2022. Our chair, Dallas Key, addressed the meeting and reflected on the club's successful year. Dallas thanked the keyholders who open and set up for each paintings session and also the committee and the office bearers for their support over the year. Reports from the treasurer and secretary were presented, after which the elections took place. All four office bearers were re-elected for another year, namely Chair, Dallas Key; Vice Chair, Irene Douglas; Secretary, Glenys Andrews; Treasurer, Gillian Ross.

Two new committee members were elected namely Mags Gary and Alice Mee. Both Mags and Alice volunteered to jointly take on the role of Outdoor Painting Coordinator. They follow the late John Tydeman in this role; a role which he

A few of the KADAC members enjoying their Christmas Lunch at the Kirklands Hotel



created and about which he was passionate. Dallas thanked Mags and Alice for agreeing to do this. The meeting was closed at 2.35pm after which members had the opportunity to browse and borrow from the KADAC library of books and DVDs, which were displayed around the hall. Dallas thanked Mary Nobbs for her work organising the library. Hot mince pies were then served to members.

The final painting session of the year took place on Friday 2 December 2022 then, a few days later on Tuesday 6 December, 27 members met for a Christmas lunch at the Kirklands Hotel. Attendees were treated to delicious food served and looked after by the cheery and attentive staff. Members also enjoyed some chocolate treats from Mrs Claus (Tracey). A big thank you to Gerry and Tracey for helping make the afternoon even more christmassy.

Painting sessions resume on Tuesday 10 and Friday 13 January 2023. Annual membership subscriptions will be collected throughout January. New members are always welcome and may come along for a couple of painting sessions to try it out before choosing whether to join the club.

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website. The club meets on Tuesdays and Fridays (2-4pm) in Millbridge Hall.

Kinross-shire Historical Society



The committee are looking forward to welcoming back the members after a long interruption to the talks due to the covid lockdown restrictions. We are restarting with two new committee members, Mrs Sheena Matheson and Mr Ian Russell and a new President, Mr George Sutherland. The first talk will be on Monday 16 January when the speaker will be Dr David Munro who always gives the members a really interesting look at an aspect of our local history. This talk is called *Stories in the Landscapes of Kinross-shire*, relating to the year of stories.

Meetings are held at Kinross Parish Church and start at 7.30pm. The cost of membership this year will be £10 for five talks. Visitors are always welcome (£5 per talk). Parking is available behind the church.

Loch Leven Library

www.culturepk.org.uk



Opening Times

Monday	10am-1pm*
Tuesday	10am-7pm
Wednesday	10am-6pm
Thursday	10am-7pm
Friday	10am-6pm
Saturday	10am-1pm & 1-3pm*
Sunday	Closed

*Reduced service with volunteers. Please make sure you have your library card with you if you wish to take out books.

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Clubs & Community Groups

warm packs containing a blanket, hot water bottle, gloves and socks for both adults and children.

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

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

The next meeting of our friendly Friday book group is on Friday 27 January at 10.30am. Contact the library for further information.

Café book club starts back on Saturday 21 January at 1.30pm–2.20pm (after library closing hours). Anyone is welcome to join in but please phone us on 01577 867205 to let the staff know you if you intend to join them.

The Stuart MacBride author talk which was postponed from 17 November will now take place on Monday 20 February. Please note the slightly earlier start time of 7pm. Tickets are £5 each and available to buy in the library. Please note that we can only accept cash payments.

Friends of Loch Leven Community Library

Following the festive season, we are pleased to be offering a limited library service from Saturday 7 January 2023. We shall provide additional opening hours on Saturdays between 1pm–3pm and on Mondays between 10am–1pm. We look forward to welcoming you to the library in 2023.

Milnathort Bridge Club

With our new 'bridgemates' in operation players are finding little problem in adapting to their use. They are appreciating just how much easier it is to see the results after each hand and simple to use.

At the time of writing, at least 7 tables are expected on 19 December for our Christmas evening. In addition to members (Maggie Sanderson, Susan Scougal, Elma McCulloch, Barry Reagan, Leslie Brown, Susan Malcolm, Sue Cameron and Alicia Hay), all Willie Young's students have accepted the invitation to join us. One student will sit at each table and watch the evening's procedure providing a wonderful opportunity for Willie's pupils to appreciate, not just the play of the hands, but also the very important and accepted essential etiquette of the game of bridge.

SBU has issued an invitation to the club to send a team to play in the Russell French Team of Four in Dundee on Sunday 15 January. This will be the first time that the club has participated as a team in SBU competitions so there is certain degree of fear and trepidation as to how we will perform!

The club will not operate over the Christmas and New Year period but will recommence on Monday 9 January in Orwell Bowling Club hall at the usual time of 6.30pm.

For further information on club activities please contact our secretary, Gloria Wilson, on 01577 862553 or 07961795815.

Meanwhile, belated wishes for a happy Christmas and we wish everyone a prosperous and happy year for 2023.

RESULTS

28 November

**North/South
East/West**

**Willie Young/Jane Smith
Liz Pottie/Jessie Mitchell**

5 December

**North/South
East/West**

**Willie Young/Jane Smith
Jean Bennett/Janet Laird**

12 December

**North/South
East/West**

**Catriona Marshall/Betty Wilson
Alison Houston/Morag Ridings**

For further information on MBC activities please contact secretary Gloria Wilson on 01577 862553 or mobile 07961795815

Kinross Bridge Club

We wish you a very happy 2023!

Kinross Bridge Club Christmas Party

We held our end of season Christmas party on Thursday 15th December with a Howell movement and aggregate scoring. It was a very sociable afternoon, finishing with Xmas refreshments and the results of the afternoon.

1st: **Sandy Greenhill and Jim Marshall**

2nd: **Sandra Fullarton and Jessie Mitchell**

We start the next term on Thursday 12th January and, as before, anyone is welcome to join us. For further information please contact Catriona Marshall on 01577 864482.

Portmoak Community Woodland Group

www.portmoakcw.org.uk



The presents have now been opened and the spruce needles will have made a lovely green carpet on the floor. But everyone seemed to have a great time choosing their tree in Portmoak Moss at our Christmas tree event.

It's traditional for families to argue over which is the perfect tree and because we like a happy ending our solution is to let children take a wee tree of their own, which helps to keep the peace.

Once again, the event was well attended with 159 people turning up, including more young families than ever. We were slightly worried that a hard frost on 11 December would put people off but it was a beautiful sunny day and, with snow on the hills all around us, folk were really in a festive mood.

Portmoak Community Woodland Group added to the Christmas spirit by offering mulled juice and hot chocolate,

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as well as lots of home baking – warm apple crumbles, shortbread, blueberry muffins and cake. We all dressed up a bit - as Santa's helpers, elves and even reindeer - and we hope our visitors enjoyed themselves as much as we did.

We are grateful for very generous donations amounting to just over £1000 which will go towards various projects and equipment for our work in the woods.

This event has become a fixture in many calendars and, speaking of which, we were pleased to sell around a dozen of our own, created by Michael McGinnes from Kinnesswood, and featuring pictures of wildlife in our woodlands.

We had hoped that, this month, we would be looking forward to our Burns ceilidh but regretfully we are unable to go ahead with it, due to a number of circumstances beyond our control.

Of course, we'll be lining up lots of other events and your

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Clubs & Community Groups

suggestions are always welcome, as is your attendance at our friendly meetings at 7.30pm, on the third Tuesday of each month, in the Well Inn, Scotlandwell.

We wish you a very happy 2023.

SPARKS

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

We continue to meet at Kinross Men's Shed, Swansacre, Kinross at 1-5pm every Thursday. A huge thank you to Kinross Men's shed for allowing us to use their fantastic facility!

Perth & Kinross Disability Sport

In October we had a visit from Graeme Doig from Perth & Kinross Disability Sport. We know that Graeme thoroughly enjoys our quiz!

Graeme brought us targets for boccia and a referee pack which was greatly appreciated. We then had a game of boccia with lots of tips on how to improve our game. Many thanks to Graeme for the donations and help and we hope to see him again soon.

Graeme is looking at building on and expanding Disability Sports in the Kinross area. He is meeting with different groups within the next few weeks to look at encouraging more people into sport. Some of his ideas include boccia, curling and archery.

Christmas Baubles, Wreath Making and Music with the Radbourne Family

In October Lorna and Matthew joined us once again. This time we each were shown and assisted to make a Christmas bauble each. Everyone chose a design to put onto glass; these were then fired and foiled before we then got onto soldering them the following week. They all look impressive!

Lorna, her son Matthew, and daughter Fiona joined us on 8 December, and we enjoyed a buffet for everyone with contributions from members. The food was good! Thank you to everyone who brought something.

We each made, or were assisted to make, a Christmas wreath. Lorna brought rounds of oasis, lots of foliage from her garden, Christmas baubles, holly berries and other small decorations. We then arranged the various pieces into the oasis and were able to take our finished wreaths away.

Fiona was very talented on the guitar and played a variety of Christmas carols, with sing along lyrics for us to join in with.

Overall, it was a very enjoyable afternoon! A big thank-you to the Radbournes, the fantastic SPARKS volunteers, and everyone else who helped on the day!

Coffee With A Cop

In early November our new community police officer Ben and his colleague joined us for 'Coffee with a Cop'. They told the group about their role, answered questions and had a chat. They didn't want any coffee, but we did offer! Thanks to them for joining us.

Raise the Roof Civic Reception

On 17 November we had an interesting and enjoyable evening at a civic reception in the council buildings in Perth. It featured artistic pieces from local community groups and displays for the 'Raise the Roof' project, including the SPARKS group glasswork piece. The 'wire women' for each woman celebrated in the projects were displayed too. It was interesting to see other groups' projects and meet people from other groups.

There was also a moving display of artistic pieces called Lost Loves, where families bereaved during the pandemic created memorials for their loved ones.

Thank you to the group volunteers for organising the outing. We travelled by minibus and thanks go to Dave MacKenzie for getting us there and back safely in the wet weather.

Ten Pin Bowling

Some of our members enjoyed a great outing to the ten pin bowling in Dunfermline on 24 November. Everyone did really well and there were a few strikes. John was the champion! Afterwards we went for a reviving coffee and muffin. Thanks to volunteers Alison and John for organising the trip and driving.

Our Meetings

Refreshments are available, usually followed by a quiz, a variety of board games, arts and crafts, boccia and the occasional guest speaker/projects of some kind. Each activity is on a voluntary participatory basis and is open to all disabilities. We aim 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 and meetings take place on Thursdays at 3-5pm in Kinross Men's Shed, Swansacre, Kinross.

Boccia Sessions

We have specific access to the marked Boccia court in Loch Leven Community Campus. This varies from £1 to £2 per session (depending on numbers), just 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 by email at duncanmcintyre1961@icloud.com for more details. We meet on Saturday at 1130am-1230pm in Loch Leven Community Campus, Muirs, Kinross.

Portmoak Hall 100 Club

October Draw

1st	No 37	Dick Crighton Scotlandwell
2nd	No 18	Wilma Barclay Kinnesswood
3rd	No 110	Sandra Dall Easter Balgedie

November Draw

1st	No 75	Alison Bradley Scotlandwell
2nd	No 29	Malcolm Parkin Kinnesswood
3rd	No 74	Z Goudie Kinnesswood



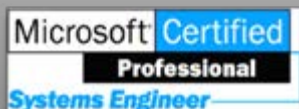


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Common Grounds

www.spanglefish.com/commongroundscharitycafe



Our Tuesday and Saturday coffee mornings continue to be busy and we are pleased to have been able to donate £1000 to our chosen charity, Tree Aid, in November.

Many thanks go to everyone who worked so hard to hold such a successful craft stall at the Kinross festive market on 29 November 2022. Approximately £900 has been raised which is a great result. Our thanks to all those who contributed, bought and/or gave their time to man the stall.

At the time of writing, our thoughts have turned to our Christmas raffle which will be drawn on the 20 December; the first prize is a lovely hamper! We are looking forward to 2023, welcoming old and new friends for a coffee and chat by our cosy wood burning stove!

With the upcoming prelims, is your child in need of extra support in Secondary English and / or Maths?

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Guide Dogs Kinross

www.guidedogs.org.uk

The fantastic festive market at the end of November was our best fundraiser ever! The event, organised by KLEO, was a well-oiled machine. Our own volunteers stayed for the afternoon and evening and worked their socks off. Our guide dog pups and ambassador dog supported us and drew in the crowds. The donations from the people of Kinross-shire were astounding! Thanks also to Skeins and Bobbins, Baillies, Tyrefair, Unorthodox Roasters and Sainsbury's for their donations. Special thanks go to The Bad Gal Nail Club. They collected bottles and gifts donated by their staff and customers. Now they are allowing the collection of mini jam jars filled with coins as donations to guide dogs. Please drop into their shop with your filled jars before the end of January. I will collect them and let you know what the total is.

Our stall also had a very special result as a new volunteer came forward. We welcome anyone who would like to help us. Please check the volunteering page of the Newsletter or visit the Guide Dogs website.

Fundraising is just one of the many roles available, so there may be something else for you to do; for example we still need help with organising and merchandising in Kinross-shire. Please let me know if you would like to chat about ways to help. Whether you are a business, organisation or individual, anyone can become a valued supporter.

Everyone at guide dogs appreciates every penny or volunteered hour donated to benefit visually impaired children and adults. Guide dogs can help give them to regain independence or support them through their sight loss journey.

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Clubs & Community Groups

Meanwhile, we hope you all had a lovely festive season and that the New Year starts off as you wish it to. Thanks again to everyone who has helped guide dogs over the past year.

Contact She61@hotmail.co.uk.

As aye, Sheila Marshall.

Lomond Antique and Collectors Club

Our January meeting is scheduled for 2.30pm on Wednesday 11 January 2023 at the Elizabeth Wilkie Memorial Hall of Fossoway Church. The talk is called 'The Assassination of President Garfield' by Dr Martin Hepworth.

We would welcome any interested new members. If interested, please contact us by email at crwalsh@btinternet.com

Kinross Partnership

Networking Breakfast

We are glad to report that we held another very successful networking breakfast at Loch Leven's Larder on Wednesday 7 December 2022. The event was attended by numerous local business people as well as members of Kinross & District Rotary Club. As well as hearing about activities and plans for the future we were delighted to welcome guest speaker Mr Thomas Glen, Chief Executive of Perth and Kinross Council.

Mr Glen took up his post in November 2021 and has responsibility for leading an organisation of around 6000 people and an annual revenue budget of over £466m. In an insightful and very interesting talk Mr Glen described his vision and aims for the future of the council. He also fully recognises the distinct nature of the challenges and opportunities facing the Kinross-shire community. His emphasis was very clearly placed on the positive culture change required within the council and strengthening the relationship it has with its many partners. As part of that relationship building, he encouraged as many local people, businesses and organisations as possible to involve themselves in the 'The Big Place Conversation' which will commence in early 2023 as part of the local authority's engagement for the next local development plan. The event was arranged and facilitated by Kinross-shire Partnership director Richard Scott from Loch Leven Laundry.

After a winter break in January our next breakfast networking event will take place on Wednesday 1 February when our guest speaker will be local businessman Malcolm Wood from The Real Fresh Chip Co. and Fresh Express Produce. Malcolm will talk about the company's journey from just before the pandemic to where the company is now. To register your interest please email kpnetworkingbreakfast@gmail.com.

Kinross Civic Trust

Miller Homes appeal need for EIA

The Trust is disappointed that Miller Homes has appealed to the Scottish Government Planning and Environmental Appeals Division over the need to carry out an Environmental Impact Assessment (EIA) for their proposed housing development north west of Davies Park in Kinross.

Perth and Kinross Council (PKC) had carried out a 'Screening

Opinion' which concluded that an EIA is necessary.

The development is clearly a 'Schedule 2' development under the the Town and Country Planning (Environmental Impact Assessment) (Scotland) Regulations 2017, in that it is an urban development on an area exceeding 0.5 hectares. In addition it is in a 'sensitive' area in that it is in the catchment of Loch Leven, which is a 'Special Protection Area'.

An EIA is required if such a proposed development is likely to have 'significant effects on the environment' by virtue of factors such as its nature, size or location. PKC decided that it is likely. We await the Scottish Government's decision on whether this will be overruled.

Please have a look at our Facebook page for updates.

Powmill SWI



Our last meeting of 2022 was held on Wednesday 7 December and the theme was Christmas. Our own member Sharon Buchanan led an excellent workshop on Christmas wreath making and table centres (using a food can). All creations looked great! Members also got into the



festive spirit by wearing Christmas jumpers, hats, earrings, necklaces and other festive items!

Competition Results

Favourite Christmas Decoration

1st Sharon Buchanan, 2nd Donna McBain, 3rd Mary Wilson.

Three Mince Pies

1st Sharon Buchanan, 2nd Mary Wilson, 3rd Donna McBain.

Green Finger (Single Bloom)

1st Mary Wilson

Carnbo SWI

Carnbo members enjoyed a Christmas lunch at the Kirklands Hotel on the 19 December. Entertainment was provided by Sheila Reid and Dianne Mitchell.

Our next meeting is on 16 January 2023 at Carnbo Hall at 7.15pm where Allister Stewart will give a talk on Aerospace.

All welcome.

Discover Loch Leven Website

To discover the myriad things to see and do in Kinross-shire and its neighbouring counties, visit

www.visitlochleven.org



Kinross High School team in action at Bell's Sports Centre in the Recreational League

Kinross Volleyball

Local volleyball is thriving both at secondary school and club levels. Kinross High School pupils attend Active School volleyball sessions on Wednesdays with a lunchtime pop in and play session and an after-school coaching and play session. S3/4 pupils attended a Scottish Volleyball coaching and play session at the Pleasance Sports Centre in Edinburgh in early December improving their understanding of the game with skills focus in the morning and games in the afternoon. The High School team also competes in the Perth District Recreational League along with Crieff High, St John's Academy and Strathallan schools.

The Kinross men's team also incorporates secondary school lads and the team is taking time to 'bed in' at both Premier and Recreational League competitions. There are now more youngsters participating in the Monday evening coaching sessions as well as our regular adults. The club held a Christmas fun 3 v 3 tournament on the final Monday before the school holidays. Our Monday night sessions resume on Monday 9 January at the Campus large games hall from 8 till 9.45pm with new members welcome to join in the increasingly popular social sport.

The Club has booked ferry crossings from Newcastle to Ijmuiden for the annual de Haan volleyball tournament in mid- August. Plans are also being made to enter teams in the 2023 Scottish Open Volleyball Tournament on Perth's North Inch over the last weekend of May, the largest volleyball tournament in the UK with teams regularly participating from Belgium and the Faroe Islands.

Kinross Roadrunners

<https://kinrossroadrunners.weebly.com>

Scotland's strange weather continues; from too warm to too cold, it's always changing!

As we move into December, our runners are starting on the annual marcothon challenge. The rules are simple: 1) Run every day in December 2) Yes, that includes Christmas day 3) Run a minimum of 3 miles or 25 minutes, whichever comes first 4) If you take a day off, you are out. It is a bit like whamageddon but much more fun! As you can imagine, our club members are up for the challenge, but how many will make it through the month and log their 31 runs?

Sunday 4 December was the date for the club handicap race. This race is a bit different from the standard as club members are given a start time (based on their average 10k speed) and the aim is to give everyone an equal chance to finish at the same time, so slower runners go first and can potentially win this race. We had a great turnout of 30 runners and the dark horse that won was Anne Macintyre. Well done to Anne and thanks to everyone for the great food afterwards to warm us all up. As usual many calls for bandit handicaps to be reviewed are being ignored.

Our roundup of races continued throughout December and as usual, there are some great races and mad distances to mention. These include the East District XC League, the Glentress half marathon, the Tweed Valley Forest Ultra 65km, the Giffordtown 5km, and the East District XC Champs. Parkrun travelling for the month included York, Faskally forest, Keswick, Gunnersby, Alness, Inverness, Victoria and Holyrood. Lots of the runners are staying close to home to keep up their races within the parkrun challenge.

On these darker nights, we continue with our streetlit runs



Runners on the torchlit heritage trail run



Victorious Anne Macintyre on the club handicap route

around Milnathort and Kinross on Thursday nights. There was also a torchlit run on the heritage trail, with one of our photos this month showing our runners ready to head out into the cold for the heritage trail run (see above).

Our club speed training this month covered a wide variety of sessions including hill reps, 8 x 500m, perimeter sprints and the 2-mile time trial.

Just a reminder 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.

Kinross Junior Curling Club

December was a busy month for the Kinross Junior Curling Club. We had 9 members competing in the Under 14 slam in Forfar. Team Rutherford from Kinross won the High Road final with our other members coming in 3rd place. Then we had 4 under 12s playing in the Quadrangle in Hamilton. We also had 8 juniors competing in the Under 17 slam in Greenacres. It was a very close Low Road final which was won by Team Souter, with Holly Clemie from KJCC and Team Rutherford losing by 1 point. A huge well done to all our members that competed.

We had a great day helping out at the Kinross Festive Market and managed to raise £160 towards our entry fees for competitions. We have also supported the Kinross Rotary Club with the Santa sleigh which was a lot of fun.

January is a busy month for the club with 2 teams competing in the Junior club division in Dumfries at the start of the month as well as an Under 14s competition in Perth and an Under 17s slam in Hamilton.

We would like to take this opportunity to wish everyone a Very Merry Christmas and a Happy New Year

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Weekly Programme For January 2023

WE WILL BE CLOSED MON 2, TUE 3 & WED 4 JAN 2023

Monday	CLOSED 2 JAN	
	Hearing Aid Drop-In Clinic (9 Jan ONLY)	10-12pm
	Exercise Class	11.30am
	Games: Indoor curling, quizzes, Scrabble, dominoes	1.30pm
	'Stride for Life' Walking Group	2.00pm
Tuesday	CLOSED 3 JAN	
	Carers' Cafe (10 Jan ONLY)	10am-12pm
	P&K Visions (17 Jan ONLY)	10-11.45am
	Exercise Class	11.30am
	Sing-A-Long (10 Jan ONLY)	1.30pm
Wednesday	CLOSED 4 JAN	
	Church Service	11.15am
	Burns Lunch (25 Jan ONLY)	12.00pm
	Games: quizzes, Scrabble, dominoes	1.30pm
	Craft Group (TBC)	1.30pm
Thursday	Interactive Games (5 Jan ONLY)	11.30am
	Games: Indoor curling, quizzes, Scrabble	1.15pm
	Art Group	1.30pm
	Exercise Class with Kenny from Live Active	2.00pm
Friday	Football Memories (TBC)	11am-12.00pm
	Exercise Group	11.30am
	Bingo	1.30pm
	Games: dominoes, Scrabble etc	1.30pm



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

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Local Volunteer Opportunities

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, aiming to teach children and others about plants and the environment, and to be a welcoming and supportive place for volunteers to enjoy gardening in a friendly social group. We meet on a Monday morning, and anyone with different abilities or experience is welcome.

For more information please contact Amanda James on 07963 476803, or amandajames1577@gmail.com

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.

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

A Charity Cafe staffed by volunteers on Tuesday and Saturday mornings from 10am-12.30pm in the Guide Hall, Church Street, Milnathort.

Opportunity to serve or bake for the cafe always welcome. Also opportunity to gain recognised hours towards Duke of Edinburgh

Awards and Saltire Awards for young people 16 years or over. Funds raised are used to support charities mainly in Africa.

Contact: Gaylor Hopkins 01337 860535 or Elaine Matthew 01592 840266.

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.

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

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. 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>

AeroSpace Kinross

We are looking for someone to assist with an important aspect of our work that underpins much of the STEM outreach undertaken by Aero Space Kinross.

You would be working with the designated safeguarding officer to review our safeguarding policy, to ensure that it is fit for purpose as we move to the next phase of our development, including the commencement of our second *Build A Plane* project. The work will entail:

- A review of our safeguarding policy and arrangements
- The creation of an updated policy and monitoring procedure that will support the organisation's intended expansion.
- The construction of a training and routine refresher regime for staff and volunteers

If you would like to join our team and if this is an area of our work you feel you could contribute to, please email me on [Karen@aerospacekinross.com](mailto:karen@aerospacekinross.com) with brief details of the way in which your skills and experience could assist us in moving this important project forward.

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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Adult mat based Pilates
 Wed @7.30 pm & Thurs @10.30am

Please contact us to book a space
 - Age 18 Months to Adult

 **REGISTERED TEACHER**

@ www.danceconnect@btinternet.com
 07920424925  Dance Connect

NatureScot Loch Leven NNR



HAPPY NEW YEAR! We hope you've all made the most of the festive period and are positive about the year ahead. Things are still ticking away at Loch Leven NNR and the nature at this time of year can often get us through January, not least helping us shed the Christmas pounds! There are always natural treats to be found here, even on the dreichiest of days. Leafless trees provide great birdwatching and many of our residents like bullfinch (who can often be seen together as Mr and Mrs) with their poignant 'peu' call can be spotted feeding on the last of the seed-heads. Kirkgate Cemetery can be an excellent spot to immerse yourself in passerine birdsong which is soon to start up again. Our resident population of heron on castle Island will be starting to pair up and re-build and repair their nests. Heron are early nesters, and in some years, we have had over 30 pairs on Castle Island, but the recent cold snaps in February have seen their numbers drop in the last two years. Let's hope for a productive January so these magnificent birds can get a good start to their breeding season!

Loch Leven is like a box of chocolates – you never know what you're going to get! Our Phoenix Hide and viewing screen make excellent waterbird-viewing vantage points. We can still have incredible numbers of some species like coot at this time of year and many ducks are already gearing up for the mating season. Male mallards are beginning to bob their bottle-green heads in the hopes of impressing the females. Drake goldeneye have adopted a different technique of head-bobbing which has over 14 different names. The commonest of these is for him to bend his triangular head back to his rump, thrust it forward again and kick his feet up – truly bizarre behaviour! Territorial disputes are not far away either – make sure to have a look for male swans dressed in their best whites, fending off potential challengers.

With this being my first winter at Loch Leven, I'm certainly hoping it'll be a snowy one. It's quite possible at this time of year to have substantial ice cover across the loch. This can be good for our diving ducks in that the water level is lower, allowing them to find food easier, but it can make our bird counts very tricky indeed. Often hundreds of birds will be floating in one amorphous raft and breaking them down in to species isn't for the faint-hearted!

Keep your eye out for the year's first faint splashes of colour – there is always something hidden amongst the frosty ground. The promise of spring always keeps me going at this time of year, even if at times it can seem an age away!

We have a number of regular and new seasonal events on throughout this coming year. Keep an eye on the blog (Loch Leven WordPress), Loch Leven NNR Facebook page and the Loch Leven NNR Instagram to make sure you hear all about it. Here's to 2023!

Ian Park
Seasonal Nature Reserve Officer



Weather



Recent Weather Reports From Kinross

November 2022

Total Rainfall	158.1mm/6.32in	
Heaviest Fall	39.6mm/1.58in	(17 Nov)
Total Sunshine	64.5 hrs	
Sunniest Day	7.6 hrs	(4 Nov)
Min Temp Average	2.09°C	
Lowest Temp	-3.90°C	(20 Nov)
Max Temp Average	10.55°C	
Highest Temp	16.60°C	(11 Nov)

Farming

Cow Commitment

WHEN I HEARD THERE was to be an extra issue of our beloved *Kinross Newsletter*, I admit I let out a wee groan, how would I meet a December deadline in amongst everything else that is going on in the run up to Christmas? I confided this to some friends, they are all farmers' wives and whilst I expected a bit of sympathy, I got none of it! Over our festive lunch they informed me of the havoc caused by the cold snap, the automatic milk bar for the calves which took a great deal of thawing out and the frozen pipes to defrost to quench the thirst of their cattle, they also reminded me (a lowly sheep farmer) that cows need milked every day. The ladies are a nurturing bunch so encouraged me to crack on with a hard-hitting piece on the realities within the farm yard at this hugely busy time of year. It's a challenge I have accepted and I hope I can do it justice.

The first thing to explain is that most beef and dairy animals are housed in livestock buildings from November to April, this is purely due to the weather conditions in most of Scotland that mean the fields are very wet so it's not possible to keep them outside and expect them to either endure pregnancy, thrive and grow or produce milk. So they come inside and once that happens they are entirely, 100 percent reliant



Feed going out...

on the farmer to provide them with everything they require to live a good life. On these farms the average herd size could be between 100-150 cows, their offspring will also be housed plus the previous years offspring getting near to finishing and maybe some bought in cattle too. So up any farm lane in this area, there could easily be 500 mouths to feed twice a day, 500 animals to ensure have clean drinking water, 500 to bed up and keep clean, 500 to keep an eye on. 'That's the art



...and feed going in.

of stockmanship,' comments one of my friends, 'spotting an animal that isn't quite itself is vital, so it can then be treated quickly and nurtured back to good health.'

With such large herds, the farmers use machinery to make the day-to-day process as straightforward as possible, so a typical routine will be to feed the growing animals a cereal ration both morning and night, silage bunkers will be filled up daily with straw bedding topped up a few times a week. Some places use a mixer wagon to deliver a formulated super mix, the cattle love this and are known to be very contented when fed in this way. 'Happy cattle are healthy cattle,' she adds.

This routine is not exceptional I suppose, maybe not that newsworthy even but let's stop to think about this a bit further. It's seven days a week for nearly six months of the year, all year round if the cows are milked. And in Kinross-shire where many farms are run by the family, there is no outside help, no relief workers, no holiday cover, no agency staff to call in. If one of the family has a day off then it is another member that takes over that job and adds it to their own duties. The word for this is relentless and the farmers devotion to it day in day out is what sets them apart. Two of the husbands have farmed all their lives and been involved in milking cows since they were young boys themselves, it turns out neither of them have ever missed a Christmas Day milking, that's over 50 years service. There will be many other farmers locally who have delivered similar devotion to feeding their beasts, the word exceptional does not cover it, does it?

*Happy New Year to you all and wishing
you a healthy and happy 2023.*

Fiona

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 Starts from 13th September

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Evelyn's Fitness Flow
 7.00pm - 7.45pm

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 Milnathort Town Hall, KY13 9XT
[Facebook.com/EvelynsFitnessFlow](https://www.facebook.com/EvelynsFitnessFlow)





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NEW COLDON, GAIRNEYBRIDGE, KINROSS KY13 9JZ

Before The Weather Turned...

READER MOHAMMED RIZWAN sent us this beautiful picture of the River Devon, near the Hydro at Rumbling Bridge.

Taken just before the leaves fell, we thought we'd share it as a reminder of how beautiful Kinross-shire can be during the summer - and how summer is never very far away.



COMMUNITY SPACES KINROSS-SHIRE

We want everyone to have a warm home. If you are struggling to afford to do this, we would encourage you to contact to following agencies for financial support first:

Home Energy Scotland
Monday - Friday 8am - 8pm and
Saturday 9am - 5pm.
0808 808 2282

Welfare Rights
Mon/Tues/Wed & Fri 09:00 - 17:00
Thursday 09:00 - 16:30
01738 476900

Citizens Advice
10am - 3pm Monday to Friday
0808 196 9440

These spaces are already available for local residents to use. Many have activities available.

Kinross Parish Church
Monday & Friday
cuppa and a blether - 1000-1200hrs.

Kinross Men's Shed
15 Swansacre, Kinross
Mon/Wed/Saturday - 1000-1300hrs.
Thursday 7-9pm

Glenfarg Community Centre
Soup lunch Monday 12.30
Coffee morning Thursday 10am
www.glenfargcommunitycentre.com

Kinross Day Centre
Open 9-4 Mon-Fri 01577 863869
Over 65s can get 3 course meal and
activities for £6 (please phone ahead
for this). Hot food available to all at
reasonable prices.

Kinross Library

Mon: 10:00 - 13:00
Tues: 10:00 - 19:00
Wed: 10:00 - 18:00
Thurs: 10:00 - 19:00
Fri: 10:00 - 18:00
Sat: 10:00 - 15:00

Activities including Rhyme Time,
Book Bug, study spaces,
jigsaws for loan, book club.

Orwell & Portmoak Church Office, South Street, Milnathort

Open 10-12 every morning with
cosy space for tea and coffee.

KYTHE
Muir, Kinross, KY13 8FP
Space for young people 11+
Thursday Chill and Chat 3.45-4.45
Friday Drop in 1-4



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07518 913107



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 open 10am – 12noon, Monday and Friday. Otherwise operating remotely. Leave a phone message or email.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952

Assistant Minister: Rev Austin Wicks

Ordained Local Minister: Rev Margaret Michie

Session Clerk: Jaffrey Weir

KEEPING IN TOUCH: contact the Church Office for our weekly email of events and Zoom details.

Regular Services and Events:

Sundays

9.15am **Choir Practice.**

10.30am: **Morning Service**, gathering song about 10.25. **NEW arrangements for young people** which are intended to be flexible: children can meet at the Church Centre from 10.15, teens start at the service and then can leave for the Church Centre. All return for the end of the service. Children and teens can stay for the service if that suits best. Within the church there is a corner for parents with babies and toddlers or they can use the Upper Room and follow the service from there.

Refreshments and Traidcraft stall after the service most weeks.

Sunday morning services are also available live on 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

6pm: **Crossfire** at the church centre. Age P7 upwards.

Mondays

10-12noon: **Church Open** as a warm community space.
Pop in for a cuppa and a chat

8pm: **House Group** – Bible study and fellowship

Tuesdays

10.00am: **NEW - Now weekly: Stepping Stones**
for babies, toddlers and their carers

1.45pm: **House Group**

Wednesdays

11.15am **Midweek Service**, at the church centre.

1.30pm: **Craft Group**

7.45pm: **Men's House Group**

8.00pm: **Women's House Group**

Thursdays

10.30am: **House Group**

11-12noon **Table Talk** – Chat and coffee on Zoom

Fridays

10-12noon: **Church Open** as a warm community space.

Pop in for a cuppa and a chat at our Cosy Space

6pm +: **BB & GA in the church centre.**



OTHER SERVICES AND EVENTS:

January

- Sat 7** 7am – 7pm: **Day of Prayer.** Praise and Prayer to God at the start of 2023. Areas for prayer in church with worship on each hour
- Sun 8** 10.30am: **Morning Service** followed by
11.45am: **Communion** (informal)
No refreshments or Traidcraft stall after the service
- Mon 9** 8.00am: **Silent Meditation**
10.00am: **Cosy Spaces** restarts after Christmas break.
- Tue 10** 10–11am: **Stepping Stones** - for toddlers, babies & carers restarts after Christmas break and will now be **WEEKLY**
1.45pm: **House Group** restarts after Christmas break
7pm: **Guild, on Zoom** - UNIDA Hear our Voice. A Guild project.
- Wed 11** 1.30pm: **Craft Group** restarts after Christmas break
- Thu 12** 10.30am **House Group** restarts after Christmas break
11am: **Table Talk** (Zoom) restarts after Christmas break
- Sun 15** 2.30–4pm: **Let's Sing:** All welcome but aimed in particular at those living with dementia. Tea and a sing-song.
- Thu 19** 9pm: Evening service of **Compline**
- Sat 21** 11.00am: **All Friends Together**
For adults with learning disabilities

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: estenhouse@churchofscotland.org.uk

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: aclassicsoul@aol.com

Updates and changes to the dates below can be found on our church website <https://cleishandfossowaychurches.org.uk>



January 2023

8 January

9.45am Sunday Morning Worship

15 January

9.45am Sunday Morning Worship

22 January

9.45am Sunday Morning Worship

29 January

9.45am Sunday Morning Worship

Fossoway House Group

Our House Group is now meeting every Thurs evening at 7.30pm.
The group is having a break but will meet again on Thurs 12 Jan.

Refresh Thursday

Every Thursday 2-4pm in the Church Hall
Join us for a friendly blether with delicious home baking,
tea and coffee, all are welcome
Refresh has been having a Christmas break
and will start again on 12 Jan 2023

Film Night

Fri 6 Jan 7.30pm in the Church Hall

Fisherman's Friends: One and All

Following the success of their first album, the Fisherman's Friends struggle to adjust to their new-found fame and work

towards a second album

Please join us for the film, some refreshments and a blether, all are welcome

Fossoway Creative Crafts Group

Meets on Monday evenings from 6.30pm in the Church Hall. Please bring your own craft and join us.

The next meeting will be on 9 Jan.

Fossoway Babies and Toddlers

The group meets every Friday 9.30-11.30am, in Fossoway Church Hall. Join us for snacks, play and blether.

The group will start again on Fri 6 Jan

Board Game Night

The group now meets on the 3rd Wed of every month from 6:30-7.30pm.

The next meeting will be on 18 Jan

Youth Group

Our next meeting will be in the church hall on Sunday 29 Jan 7-8.30pm

All are welcome at any of our meetings and services. If you would like any more information 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

Updates and changes to the dates below can be found on our church website : www.cleishandfossowaychurches.org.uk

We are very pleased to announce that our church building is open and we look forward to welcoming you to worship with us in Cleish Church. Refreshments will be served after worship each Sunday.

January 2023

Saturday 8 Jan

11.15am: Morning Worship

Sunday, 15 Jan

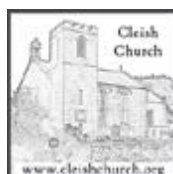
11.15am: Morning Worship

Sunday, 22 Jan

11.15am: Morning Worship.

Sunday, 29 Jan

11.15am: Morning Worship followed by a Congregational Lunch in the Village Hall.



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: All children welcome.

10.00am Portmoak Church

11.30am Orwell Church

Please note that from now on, all joint family services with the Praise Band will be held on the first Sunday of each month, except for January, in Orwell Church at 10:30am.

Messy Church will meet on **Sat 28 Jan** from 4-6pm at Orwell Church with all the usual crafts, fun, and food.

Dates For Your Diary

5 Jan **Ashley House Service** at 2pm



20 Jan **Tea and a Blether** in Orwell Hall from 1:30-3:30pm

5 Feb **Joint Family Service** in Orwell Church at 10:30am
No morning service at 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

Website: orwellportmoakchurch.org.uk

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



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 we don't insist that people wear face coverings, you are very welcome to do so if that helps you feel safer in public spaces. 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. The Liturgy outline can be followed on the website via the simplified 1982 worship book template and the weekly pewsheets.

Please be assured of our prayers and intercessions.

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

*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 January

Sunday 1 (Christmas 2)

Details TBC

Wednesday 3

10am: Midweek Meditative Holy Communion

Sunday 8 (EPIPHANY SUNDAY)

10am: Sung Eucharist

Wednesday 11

10am Midweek Meditative Holy Communion

Sunday 15 (Epiphany 2)

10am: Sung Eucharist

Wednesday 18:

10am Midweek Meditative Holy Communion

Sunday 22 (Epiphany 3)

10am Sung Eucharist

Wednesday 25

10am Midweek Meditative Holy Communion

Saturday 29

(CANDLEMAS SUNDAY and the end of Christmas)

10am Sung Eucharist

Acknowledgements

FOLEY

BETH FOLEY, JOANNE AND FAMILY would like to thank all family and friends for the cards, flowers and messages of sympathy on the sad loss of Charlie.

Thanks also to the Rev Robert Calvert and to Stewart Funeral Directors for their excellent service. A special thank you to Rosemary Tolson for the very appropriate choice of music in the church. Also thank you to The Thistle Hotel for their hospitality afterwards. Charlie was a great character and loved by many and will be sorely missed by all.

MITCHELL

DAVID, JOYCE AND FAMILY would like to thank all friends and family for their support, cards and flowers following the sudden death of Janet.

Thank you to all who cared for her at home and the wonderful staff at Ashley House where she spent her last week. Also huge thanks to Reverend Alan D. Reid for conducting the funeral service.

Many thanks to all at Kinross Day Centre for their support and to those who contributed to the funeral collection for Kinross Day Centre which amounted to £475.

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 Mon 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

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Discover Loch Leven Website

To discover the myriad things to see and do in Kinross-shire and its neighbouring counties, visit
www.visitlochleven.org

Loch Leven Church

(Charity No: SC049050)

Loch Leven Church meets at Loch Leven Community Campus, at 10:30am each Sunday.



We'll be hosting the following services in January:

1 Jan: New Year's Day Walk
(please check our website or Facebook page for more details)

8 Jan: New Year's Service – 2023!

15 Jan: Reconciled through Jesus (Colossians 1:1-2 & 1:15-29)
Fiona McDonald (Scottish Bible Society)

22 Jan: Fruitful for Jesus (Colossians 1:3-14)
Allan McKinnon (Tilsley College)

29 Jan: Communion Sunday – Alison Dunn (LLC)

Everyone, of all ages, is very welcome. 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.

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Scottish Charity SCO45931
Community Benefit Society 7524

NOTICE of AGM

The Annual General Meeting of the Society will be held on Thursday 19 January 2023 at 7pm at Orwell Church, Milnathort

25th March 2023, 10am – 2pm
Loch Leven Community Campus

Better Place to Live Fair



Come and see what Kinross-shire has to offer

KLEO presents

BIG BURNS BASH

Kinross Golf Club
Saturday 28th January 2023

the MAD FERRET BAND

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Local Talent
International Stars
Two Course Dinner
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Very Really Good Live Music

Kinross & District Pipe Band

The Usual Burns Stuff Too – But More!

Tickets only £25
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Morgans, Kinross and online at www.kleo.org



Providing a safe environment over warm drinks and 'eats' for those who identify as neurodiverse to socialize and find mutual empowerment.

Providing an environment that is as inclusive, comfortable and welcoming as possible to those with differing needs, including those who are non-verbal (including dimmed lighting and a craft table.)

A space to offer personal experience and learn new ways of sharing stories of living as neurodiverse people in a majority neurotypical world.

Mondays 7pm – 8.30pm
Family Room, Orwell Church, Milnathort

To find out more, please contact
David Mackenzie Mills or Margaret West
(COTNCommittee@gmail.com)

STEPPING STONES

Starting on Tuesday 10 January we will be meeting WEEKLY in Kinross Parish Church from 10 till 11.30am. Stepping Stones is for parents, carers, babies and toddlers. All welcome.



LET'S SING

Our meeting in January will be on Sunday 15 January and not 8 January. We will return to the 2nd Sunday of the month as usual from February. Usual time 2.30 to 4pm in Kinross Parish Church. Please come along to an afternoon of singing and a cuppa. Everyone is welcome including anyone who has dementia and their carers.



MOBILE LIBRARY 4, 18 January

(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.

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



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

**S.M. Holistic Therapies
P.K.A.V.S. Registered.**

ARE YOU AN UNPAID CARER

I have been working with Perth and Kinross Association of Voluntary Service for unpaid carers for a few years now. Once again they are offering free therapy treatments for unpaid carers in the Kinross and Milnathort area, for those that are registered with the Association, and for anyone that has the therapy vouchers.

It is time to think about you.

Having a relaxing treatment of either Reiki. Crystal therapy, or an Indian Head massage.
Available once a month in Kinross.

To book an appointment phone P.K.A.V.S. on Perth
01738 567076 option 2.

To book a treatment if you have the vouchers contact me
on
01577 864745, or 07970282938 or email me at
shirleyletstalk@hotmail.co.uk

WE NEED YOU

**MILNATHORT
TOWN HALL**

**YOUR TOWN
HALL IS RUN BY
VOLUNTEERS**

Your local Town Hall is used by local groups and families for birthdays, films, community get togethers, fitness and so much more.

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 160 years

THANK YOU

PLEASE CONTACT

ROSEMARY TOLSON 07738984740 OR THROUGH
OUR FACEBOOK PAGE 'FRIENDS OF
MILNATHORT TOWN HALL'

Perth & Kinross School Term Dates

Spring Term Starts: Monday 9 Jan 2023

NEWSLETTER DEADLINES

In very rare circumstances it may be necessary to change a deadline at short notice. Check the *Newsletter* Facebook Page for the latest information.

Issue	Deadline	Publication Date
February	Thursday 12 January	Saturday 28 January

BANK OF SCOTLAND MOBILE BANKING

Service operates fortnightly on a
Tuesday 10am to 1pm

10, 24 January 2023

At the Green Hotel, 2 Muirs, Kinross

www.bankofscotland.co.uk/contactus/mobile-branch/perth.html#kinross



REFUSE COLLECTION AND CHRISTMAS TREE DISPOSAL

COLLECTION DATES will
return to normal from
Saturday 7 January.

Scheduled collection dates
can be found online at
www.pkc.gov.uk/bindates.

Real Christmas trees can
be chopped up and added
to your home compost bin,
chopped up and placed in
your brownlidded bin (if
you have a Garden Waste
Permit) or taken to your
local Recycling Centre.

Real or artificial Christmas
trees presented as excess
waste will not be uplifted.



Public Access AEDs

You may not
be aware that
there are public access defibrillators
all around the county. These have
been put in place by a combination of
organisations including Kinross First
Responders Charity. Some are accessible
24h per day (***You will likely need a
code to access which can be obtained
by calling 999**) and others are only
available during opening hours.

**Please call 999 to ensure you have the
access code and are directed to your
closest available AED.**

Milnathort Area:

- Stewart & Smart Garage – 24h
- Milnathort Golf Club – 24h*
- West Netherton (On the wall of
Henderson's Chartered Surveyors) 24h.
- Donaldson Park Football Pavilion - 24h*

Kinross Area:

- Giacopazzi's Kinross - 24h*
- The Muirs (old phone box) - 24h*
- Corner of Sutherland Drive / Argyle Road
– 24h.
- Kinross Curling Rink - opening hours only.
- Men's Shed on Swansacre - 24h*
- Hunters of Kinross - 24h*
- Cashmere at Loch Leven (Todd and
Duncan) – 24h.
- The Myre Park Football Pavilion - 24h*
- Kinross Primary (Accessed from Station
Road) - 24h*
- Kinross Golf Club - 24h*
- SNH Office next to The Boathouse (Pier)
- 24h.
- Loch Leven Health Centre (the doctor's
surgery) - opening hours only.
- Kinross Rugby Club - only during games/
training.
- Kinross Day Centre - opening hours only.
- Kinross High School / Community Campus
- opening hours only.
- Live Active (Swimming Pool) - opening
hours only.

Wider Area:

- Balado (On the fence at 6 Dawson's
Court) - 24h*
- Carnbo Village Hall – 24h.
- Portmoak Village Hall – 24h.
- Loch Leven's Larder (At the Cricket
Pavilion) - 24h*.
- Glenfarg Village Shop – 24h.
- Crook of Devon Village Hall - 24h*
- Powmill Store - 24h*
- Netherton (Henderson's Chartered
Surveyors) - 24h*.
- Mawcarse (Roadside at Mawburn
Cottage) - 24h*
- Gairneybank (Hatchbank Road) - 24h*
- Kinnesswood Bus Stop (Opposite the
Garage) - 24h*.
- Keltbridge at the Tabernacle Hall - 24h*.

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



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

**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
PLEASE NOTE HOLIDAY OPENING TIMES
MAY BE DIFFERENT**

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.



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
(Weekly on Tuesdays)

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
Cat Forbes, 07517 281119, catforbes79@gmail.com

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.*

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

Bill Freeman	64 Muirs	01577 865045
Lynne McKay (Chair)	5 Springfield Road	01577 531076
Hannah Phillips		07591 228884
Malcolm Wood	The Woodlands, Hatchbank	
Tom Stewart		
Michael Wilson	16 Acremoar Drive, Kinross	01577 861181
Emma Leslie		
Chris Collins		07970 998206

Have a look at our website www.kinrosscommunitycouncil.com

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

Cllr DAVE CUTHBERT (Independent)
Tel: 07468 756234
Email: dcuthbert@pkc.gov.uk
Address: 85 Bowton Road, Kinross, KY13 8EG

Cllr NEIL FRESHWATER (Scottish Conservative & Unionist)
Tel (office): 01738 475108
Email: nfreshwater@pkc.gov.uk
www.facebook.com/neil4kinrossshire

Cllr WILLIE ROBERTSON (Scottish Liberal Democrats)
Mobile: 07909 884042
Email: wbrobertson@pkc.gov.uk

Cllr RICHARD WATTERS (SNP)
Mobile: 07557 812513
Email: rwatters@pkc.gov.uk
Address: 2 High Street, Perth

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

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

January

			Page
Sat	7	Worldwide Day of Prayer	
Sun	8	Kinross and Ochil Walking Group meets	47
Tues	10&17	Stepping Stones, KPC	83
Tues	10	Climate Cafe	53
Tues	10	Leven Voices	53
Wed	11	Kacophony Orchestra	53
Wed	11	Lomond Antique and Collector's Club talk	66
Sun	15	Let's Sing, KPC	83
Mon	16	Stories in the Landscapes of Kinross-shire (talk, KPC)	57
Thurs	19	ASSET AGM	83
Sat	21	Kinross and Ochil Walking Group meets	47
Sat	21	Cafe Book Club	58
Tues	24	Kinross Community Council meets	
Tues	24	Stepping Stones, KPC	83
Fri	27	Friday Book Group (Loch Leven Library)	58
Sat	21-30	Big Garden Birdwatch	
Sat	28	Big Burns Bash	53
Sun	29	Piano Day, Dollar	15
Tues	31	Stepping Stones, KPC	83

February

Wed	1	Networking Breakfast	66
Mon	20	Stuart MacBride, author (talk, Loch Leven Library)	58
Sat	25	Comedy Night, Milnathort	53

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