

THE BLAIRDRUMMOND GRAPEVINE

ISSUE TWO

AUTUMN 1999

FREE

ANDREW'S GOOD DEED

Andrew McLeod's school holidays fairly got off to a flying start! A visit to the circus and an impression of the trapeze artist on the monkey bars at the park afterwards saw Andrew, from East Coldoch Cottages, spending the rest of his summer in plaster, after a nasty fall resulted in an overnight stay at Stirling Royal and a wrist broken in two places.

Not to let it completely ruin his holiday however, Andrew started charging family and friends to sign his stookie and has now raised £25 for the Childrens Ward at Stirling Royal Infirmary.

Well done, Andrew!!

PETITION TO ASK POLICE & STIRLING COUNCIL TO ADDRESS KIRK LANE SPEEDING

New residents facing the same old problem could be the best way of describing the speed of the traffic using Kirk Lane. Given the number of accidents, and there was another the other day at the Thornhill road junction, you would think that the Police would try to raise their profile.

An approach was made at the last community council meeting to try and tackle the problem of speeding traffic in Kirk Lane. The members expressed their sympathy with the residents, and a motion was agreed to

write to Stirling District Council (SDC) asking for a speed limit of forty miles per hour to be put in place.

It was suggested that other concurrent action to support this request should be carried out, and **Jon Darby** agreed to start a petition and take it round all the residents of Kirk Lane. This should happen in the next two weeks.

Those residents who support reducing the speed limit are asked to either write to or telephone SDC with their thoughts, of course mentioning the fact that the Community Council (CC) backed this. Your local CC representative is **Jimmy Maxwell** at North Farm in Kirk Lane.

MILLENNIUM

What are you doing to celebrate the arrival of the new Millennium? How about joining everyone at the Community Hall and hail the new year in style.

A party is being held in the community hall on Hogmanay. Fireworks, music and dance, a buffet dinner, plus excellent company from your friends & neighbours - what more could you ask for?

Tickets will be £5, with primary age children being admitted free - certainly cheaper than a baby-sitter!

In true community fashion, everyone will be asked to contribute to the buffet ... and

EDITORIAL

Thanks for all the comments about the Grapevine - **most** of them complementary!! You'll be pleased to note that there's more variety this time - a variety of contributors - thanks to everyone who wrote an article.

You may wonder how the Grapevine gets to your door? - a good question! Once produced the Grapevine is hand delivered by 5 or 6 "volunteers" from the Hall Committee - and you thought they just sat around discussing the price of hay and who was stepping out with who! Needless to say, this is not the ideal solution and suggestions for better methods are welcome.

Ed

knowing the culinary skills in the area that alone guarantees good food!

Numbers will be limited so get your tickets from **Louise Maxwell (tel: 841352)** as soon as possible to avoid disappointment. Louise is also looking for volunteers to clean the hall before and after the party.

KINCARDINE-IN-MENTEITH PRIMARY SCHOOL

The school roll currently stands at 28 reports **Mrs Berry**. This is the lowest it has been for

some years. However, as there is only one pupil in P7 to move up to McLaren High, pupil numbers should be up next session.

Earlier in September the football team took part in a five-a-side tournament at the Thornhill Gala. As usual the boys played with great enthusiasm but were eventually knocked out by Callander - a much larger school. Well done to Scott, Stuart, Jack, Ross and Mark.

P.6/7 joined Deanston School in a music workshop in conjunction with Strathclyde University music students. An enjoyable evening was had by all. Photographs from this event are to be included in Stirling Council's presentation at the Millennium Dome in January 2000.

All pupils are "madly" practicing dances for the fund-raising ceilidh on 22nd October. Look out, you Mums, Dads, Grans and Grampas - you'll be expected to match the fancy footwork!!!

Our projects this term are "Vikings" (P.4-7) and "Materials" (P.1-3). If any members of the community have artifacts, expertise, etc., which might enhance our projects we'd love to hear from you.

With a view to the approach of the new Millennium we are busy designing school tea-towels and mugs. These should be available for sale by Christmas.

The school has collection boxes for *Daily Record* tokens, *Safeway School* tokens and *The Times*. All unwanted coupons gratefully received.

To members of the community, who have no connections with the school at present, we would extend an invitation to any of our functions. We usually have a short entertainment by pupils before the Christmas break. Although this is during a school day, please feel free to come along if you wish - check with any parents - or phone us at school for dates and times.

PRIMARY SCHOOL "100" CLUB

Congratulations and a big thank you to all who have and still are supporting our school "100" club. We have now raised over £1100 for school funds.

The winners of the September 100 club draw, as draw by Mrs Berry's P.7 class (so blame them if you didn't get picked!!) were 1st C Beattie (£25), 2nd C Killen (£10) and 3rd R A Graham (£5).

August draw - 1st I Shaw (£25), 2nd I Berry (£10) and 3rd M McLeod (£5).
July draw - 1st H & S Littlejohn (£25), 2nd A Beattie (£10) and 3rd G MacLeod (£5).

If you're interested in being included in the "100" club, and thereby helping raise money for the school, contact Eleanor Graham, West Drip Farm, by Stirling (472523)

HALLOWEEN AT THE HALL

There is to be ghostly goings on in the hall on Friday 29th October when the primary school have its Halloween party. As it is the last of this Millennium all Blairdrummond children of primary school age are to be invited (regardless of which school you attend).

Details and invites will be given out shortly. If you are of school age and don't receive an invite soon please get in contact with Sheila Cullens Tel 841075 .

SCHOOL CEILIDH

Following in the success of last year's family ceilidh Thornhill Community Hall was once again host to a lively evening. Tommy Duncan, a former pupil, once again provided the music, whilst the children sung a selection of traditional Scottish songs and demonstrated their dancing abilities with a series of sometimes quite involved set dances. The floor was never empty and an enjoyable evening was had by all.

At the moment £350 has been raised from the evening for school funds. Anyone with ticket money still to hand in please do so as soon as possible.

BLAIRDRUMMOND YOUTH CLUB

The Youth Club starts a new session on Tuesday 19 October at the Community Hall. Anyone of high school age is welcome. At a very reasonable cost of 50p each week, the club runs from 7pm to 9pm.

The Youth Club has just applied for lottery funding to buy some new equipment. Let's hope we're successful.

As mentioned in the last Grapevine, the Youth Club is on the lookout for another leader to assist with the club - if you're interested or would like to find out more contact Louise Maxwell (tel: 841352).

We look forward to seeing everyone back on the 19th.

WOT A WHOPPER!

I am sure that it will come as no surprise to the longer served members of the community, but a whale was caught in Blairdrummond once! It should of course be remembered that the whole of this area was covered by sea at one time.

Jon Darby explains ... In 1863, the remains of a whale were found in the fields north of the school.

Scotland's most famous geologist (then and now) Thomas Jamieson, was called in and, whilst a guest of Henry Drummond, formulated theories regarding the movement of the earth's crust. Those theories still embody the present thinking.

KINCARDINE-IN-MENTEITH CHURCH HARVEST CEILIDH

On Friday 1st October at 7.30pm, the Community Hall at Blairdrummond was the place to be reports **Rev. Catherine Hepburn**. To the superb, toe tapping music of Tommy Duncan around 50 people (it was hard to count there was so much energetic birling) chatted, dozed off (what wonderful lullabies for the little ones dashing the white sergeant in their dreams), but mainly danced. Young grand children, primary school girls and boys, enthusiastic teenagers, parents, grand parents, and all ages round about; we dashed we reeled we waltzed, quick stepped and fox trotted and we stripped the willow clean. Sandwiches and shortbread provided a much needed renewal of our energy for the second half and it was a delightfully exhausted company who, 15

KINCARDINE-IN-MENTEITH PARISH CHURCH Diary For Autumn, Advent, Christmas and New Year

Sunday Services:	10am at the Kincardine-in-Menteith Parish Church unless otherwise stated – All Welcome
Sunday 24 October 10am	Harvest Thanksgiving
Sunday 7 November 10am	Sacrament of Holy Communion
Sunday 14 November 10am	Remembrance Day Service
Sunday 28 November 10am	1 st Sunday in Advent
Sunday 5 December 10am	Bible Sunday
Friday 10 December 7.30pm	Carol Party with mulled wine and mince pies in Blairdrummond Community Hall . Tickets available from members of the Congregational Board and Kirk Session
Sunday 12 December 10am	3 rd Sunday in Advent
Sunday 12 December 7.30pm	A short evening service for all who find Christmas a difficult and sad time
Sunday 19 December 10am	Christmas Family Service with Nativity Play, followed by mince pies, tea and coffee in the Blairdrummond Community Hall
Tuesday 21 December 10am & Wednesday 22 December 7.30pm	In Gargunnoch Parish Church , for those who would like a quiet hour – or ½ hour: come for as long as you wish or can manage – in the midst of Christmas hustle and bustle. There will be meditations, music and readings to listen to or as background to your own thoughts and there will be times of silence.
Friday 24 December 11.15pm for 11.30pm	At Kincardine-in-Menteith Parish Church , a joint Christmas Eve Service
Saturday 25 December 11am	A short joint Christmas Day Family Service at Gargunnoch Parish Church
Tuesday 28 December 10am & Wednesday 29 th December 7.30pm	In Gargunnoch Parish Church , an hour – or ½ hour: come for as long as you wish or can manage – in which to reflect peacefully on a New Year and a new Millennium
Sunday 2 January 2000 10am	A service to start the New Year and welcome a New Millennium, including an informal celebration of the Sacrament of Holy Communion

Please Note: Children are welcome at every service. Information about Sunday School is available from the minister.

Minister: Rev. Catherine A Hepburn, The Manse, Gargunnoch Tel. 860678
Session Clerk: Mark Sherriff, The Old Manse, Blairdrummond Tel 841236

minutes late - the band did not want to stop - closed. A most enjoyable evening with 'Auld Lang Syne'.

Hearty thanks are due to all who arranged and participated in this very happy evening. It is almost a bonus that we raised £358. Thanks to everyone, see you there next year!

MEDICAL COLUMN

An occasional column on various medical problems – this week, Back Pain by Sue Phillips:

Back pain is very common - Most of us will get it at some time. By thinking about how you use your back in everyday life, you learn better habits which can help your back pain to settle and may help you avoid it in future. You are not likely to do your back any harm by moving around, in fact you will help it get better faster by keeping active.

In the kitchen - Try to raise the washing up bowl on a large upturned bowl so you don't need to stoop. Try sitting on a high stool when cooking, preparing food or washing up.

In the living room - If your back pain is intense, spend less time sitting down (as this can put strain on your back). Try not to sit for more than 20 minutes without getting up, having a stretch and moving around. Get up to change TV channels instead of reaching for the remote control.

Find a chair which is high enough for you. Your feet should be on the ground or on a foot-rest, and your hips should be slightly higher than your knees. A rolled-up towel at the small of your back may help support the natural curve. An upright chair may be more beneficial than a sofa or armchair.

In the bedroom - Research has shown that lying in bed will **NOT** cure your back pain and may even make it worse. Lie down during the day only if your pain is unbearable.

At night, a good supportive pillow is important. Only put your neck and head on the pillow, not your shoulders. If you lie on your side to sleep, choose a pillow which supports your head so that it is in line with the rest of your spine. You could fold up a towel and put it inside the pillow case for extra support.

If you have pain in one leg, you may find it more comfortable to lie on the opposite side with a pillow between your legs.

Lifting and carrying - Whenever possible, avoid lifting and carrying as these can cause back pain. If you do have to lift something, the golden rule is to keep it as close to your body as possible and keep your elbows tucked in. Remember to bend your knees, not your back.

Take as much care when putting things down as you did when picking them up.

If picking up a small child, put one foot in front of the other, bend at the knees, and encourage your toddler to "walk" up your front leg.

"and Finally" Strengthening your back - Strengthening your back muscles and keeping fit is important. Walking is usually helpful - start slowly on flat ground, building up to longer walks and gentle slopes.

Swimming is excellent exercise - try front crawl or swim on your back instead of breast stroke (which can strain your back and neck). When your back pain has settled, using an exercise bike is a good way of getting fit. Keep the handle bars upright and saddle high (to keep you sitting upright), start gradually and build up.

If you smoke, cut down (or better still give up!). Try to eat a healthy diet.

THE SUMMER QUIZ

Time to put you out of your misery. The answers to the summer quiz were:

The Films:

1. SAS (LH) - Summer and Smoke (Lawrence Harvey)
2. SM (KH) - Summer Madness (Katherine Hepburn)

3. SOTSD (JM) - Summer of the Seventeenth Doll (John Mills)
4. SS (JG) - Summer Stock (Judy Garland)
5. NLV (CC) - National Lampoon's Vacation (Chevy Chase)
6. HOTB (RV) - Holiday on the Buses (Reg Varney)
7. COC (SJ,KW) - Carry on Camping (Sid James, Kenneth Williams)
8. BP (BC) - Beach Party (Bob Cummings)
9. NLEV (CC) - National Lampoon's European Vacation (Chevy Chase)
10. CH (EP) - California Holiday (Elvis Presley)

The songs:

11. SITC (MJ) - Summer in the City (Mungo Jerry)
12. STB (EC) - Summer Time Blues (Eddie Cochran)
13. OTB (CR) - On The Beach (Chris Rea)
14. SO69 (BA) - Summer of 69 (Bryan Adams)
15. HCTS (TB) - Here Comes The Sun (The Beatles)
16. SL (JT & ONJ) - Summer Loving (John Travolta & Olivia Newton-John)
17. HCTSS (T) - Here Comes The Summer Sun (Texas)
18. MBS (ELO) - Mr Blue Sky (Electric Light Orchestra)
19. TBTP (DS) - Twistin' By The Pool (Dire Straits)
20. S (LA) - Summertime (Louis Armstrong)
21. SIO (DS) - Summer is Over (Dusty Springfield)
22. SUSA (TBB) - Surfin' USA (The Beach Boys)
23. LHCDOS (NKC) - Lazy Hazy Crazy Days of Summer (Nat King Cole)
24. CS (TSC) - Cruel Summer (The Style Council)

Dave Simpson

Comment: Summer Time Blues (Eddie Cochran)

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THE NEXT NEWSLETTER ... will be in the new year (another vague timescale!). We welcome any articles opinions, event notifications, etc from budding reporters or columnists, young or not so young. Don't worry about typing - we'll do it if you can't. Articles to Dave Simpson (tel 471455 or email dave@westdrip.freereserve.co.uk) Joanne Inglis (tel. 841309) or anyone on the Hall Committee. Deadline for the next edition is **20 January 2000.**