



Issue 22

The Grapevine

November 2016

Blair Drummond Grapevine gratefully acknowledges United Auctions generosity in printing this and previous editions of this newsletter.

What's happening??

Come and join us in your
Community Hall



On Sunday 13th November
2-4pm



For a **free** afternoon with activities for all ages

Everyone Welcome

Did we mention the cakes?!



For further Information please contact
Janette Gilliland 01786 470 637

Blair Drummond Community Hall

Following on from the success of the Defibrillator /CPR Training Workshop held in the spring of this year, we are going to organise another session in January 2017, the date has yet to be confirmed.

Trossachs Search & Rescue volunteers will again provide the training. So, if you wish to learn more about CPR and Defibrillator use or, if you have already attended the Workshop and would like a refresher, please get in touch with our Booking Secretary Louise Maxwell (01786 841352), or the Hall Secretary Catherine Killen (01786 860246) to book your place. Places are limited and will be allocated on a first come, first served basis. This training is open to everyone in the community.

A huge 'Thank You' to Briskona for recently installing an internet connection, free of charge, to the Hall. This will be of benefit to all who hire the Hall and greatly adds to the amenities we are able to provide.

Janette Gilliland, Chairperson

Youth Club – Needs YOU!

The Youth Club started again for this season on the 18th October and runs every Tuesday night in Blair Drummond Hall from 7-9pm. There are currently only 9 members attending every week, but room for more! Anyone who is P6 upwards can join. There's always a lot to do and Youth Scotland are sending along a tutor for a physical activity course which will run for 9 weeks.

There is an annual fee of £10, which covers insurance etc., and a weekly charge of £1, which is for hall hire. There is a reasonably priced tuck shop, selling juice, crisps and sweets which is always a hit with the members.

This year at the Christmas Fayre (Friday 25th November), the Youth Club are holding a bottle stall again to raise funds for equipment and outings.....so we are looking for donations of bottles of any type, from food and drink to alcohol and even toiletries. They just need to be unopened and within date, so clear out your kitchen cupboards and lets raise some funds! Donations can be handed in to Youth Club on a Tuesday evening, or given to Mary Inglis, or Lorna FotheringhamThank you.

If you would like more information about the Youth Club, or would like to donate a bottle or two, please contact either **Mary Inglis** on 07443 455978 or **Lorna Fotheringham** on 07851 364227.

Local Info

Weather wise we are set for another above average rainfall year, although September and October have been really lovely, sunny and drier than average. This has allowed the farmers to get a good harvest in. The yields are down on last year's but at the moment with prices creeping up and winter crops sown, and looking good, we should be on for not a bad year. The price rise is thanks to the BREXIT vote. The devalue in the £, has come at a time when farmers are selling more than they are buying, so giving a small boost before an uncertain time ahead.



Amy Bryce(2nd from the right)a member of the winning Scottish Pony Club games team at Curragh

Now many of you will notice or possibly be infuriated by the number of kids/adults on horses, hacking along Chalmerston Road and Ochertyre Road, this will be more prominent over the winter months, as any fields become too wet to ride in. Before I tell you all about our young riders, can I remind all riders to make sure they wear Hi Vis clothing and lights. So who do we have locally? Hannah and Tara Brisbane, Rebecca and Amy Bryce, Ellie Bryce, Ellie Gallagher and Ishbel Lang are all members of West Perthshire Pony Club, competing in all equestrian disciplines, both for their club at area and national level and, in Amy Bryce's case, for her country. In May, Amy was a member in the Scottish games, competing in front of the Queen at Windsor Horse show. Scotland finished 3rd behind Wales and England. She recently competed for Scotland again at the Curragh in Ireland, where this time Scotland won!

Ellie Bryce, Ellie Gallagher, Ishbel Lang and Julie Scott also compete with British Eventing, for this they need an all-round equestrian partner, these competitions are often South of the border and involve 3 phases- dressage, show jumping and cross country, they can be competing alongside Olympians such as Oliver Townend and Nicola Wilson.

Lisanne Killen on Kirk Lane is into Show Jumping, competing successfully herself at lower heights; her horses also compete at a higher level with a professional rider.

Finally, occasionally you may come across the mothers of the young riders “exercising” the said horses, they are incredible easy to spot as they will be chatting and going particularly slowly! Please give plenty of room when passing as if they fall off they are unable to get on without assistance!!

Katie Brisbane

Christmas Fayre

This year's Christmas Fayre takes place on **Friday 25th November** from 7pm till 9pm, in the Blair Drummond Community Hall.

We have over 20 stalls coming along including -

The Wee Cake Stop

Neals Yard Remedies

Stella & Dot

Briarlands Farm

Phoenix Cards

Blair Drummond Youth Club and

Kincardine in Menteith Primary School Parent Council

as well as many of the regular stallholders who have been coming every year.

Again we will be having a Charity Raffle, which will be drawn on the night – the prizes being donated by the stallholders. The money collected from the raffle will be donated this year to Trossachs Search & Rescue.

We hope you will be able to come along and support us, as well as buying some unique Christmas gifts.

Admission is £1 for adults, children 50p and includes mulled wine/tea/juice and mince pie/shortbread.

For more info please contact **Catherine Killen**(Tel: 01786860246)

Graduation



Mary and Colin Scott are pleased to announce that their daughter Dr Erin Scott, Spittalton, Blair Drummond is graduating on 25th November at the University of Stirling with a PhD in Computing Science. The title of her thesis is "Process Algebra with Layers: A Language for Multi-scale Integration Modelling" and is available on the undernoted link, for any interested readers: <http://hdl.handle.net/1893/23516>.

A family celebration was held at Spittalton and the photo below is from that special day (*from left to right: Jane Armstrong, Dr Erin and Evelyn Humphrey*).

Erin is now working as a Postdoctoral Research Assistant at the University of Stirling in conjunction with Queen's University, Belfast, investigating cancer cell growth and the effects of combined treatments.

Births

Sasha and Robert Muir, Woodlane Cottage, Blair Drummond, are delighted to announce the birth of their daughter Anna Charlotte on 12th August 2016, weighing 3.450kg. Mother and baby are both very well.



Blair Drummond Blethers

September's meeting was an opportunity to catch up and chat, whilst enjoying tea and cakes. We were then busy planting bulbs in pots, to take home ready for Christmas and springtime. So we're hoping we can look forward to successful blooms, as autumn is now here!

Our 31st October meeting, reverting to the winter time of 12 – 2 pm, was our annual Bring a Pal lunch, when we enjoyed a super range of soups and sandwiches and lots of catch-ups with folks not seen for some time. It's our fundraiser event of the year and the charities to benefit this time are the Trossachs Search & Rescue and the local Maggie Centre. £171.50 was raised for each charity as monies raised on the day were matched from our funds. Thank you to everyone who donated.

Alison Coates

Blair Drummond Curling Club

One of the Club's long-standing members, Mark Sherriff, sadly passed away in July. Mark was a regular curler and encouraged many to take up the sport, including the current Chairman. Mark is sorely missed on the ice and the Club's thoughts are with Maggie and the family.

The 2016/17 season is now in full swing, with members taking part in both Club League and Scottish Central Province games.

The Club held a Race Night on 1st October in Blair Drummond Community Hall attended by over 70 members and friends. The proceeds of the evening will go towards developing membership and encouraging young people to take up the sport. Over £700 was raised and the Club's thanks go to those who attended the evening and to our sponsors.

If you are interested in taking up the sport please contact Fred Bauer on 07500 354 004 or Active Stirling, who run Try Curling sessions at the Peak.

Fred Bauer, Chairman

Happy 200th Anniversary!

The church building of Kincardine-in-Menteith standing between our primary school and the busy A84 road first opened its door to worshippers in 1816.

It was built in, the then, very new style of 'Gothic-perpendicular', with soaring pillars and tall light-giving windows, and was the first of its kind in the area. What you see today on the outside is very different from what was planned – and what you see today on the inside is very different from what was actually built 200 years ago! So let's go back in time and find out what has been happening.



Across the road from the present Blair Drummond Community Hall, there is a graveyard, and in its vicinity stood a church, a small castle and a house, all in a ruinous condition by the end of the 1700s. The church was dedicated to St Lolan, the house had been the dwelling place of its priest; prior to the reformation (pre 1574); and thereafter by kirk ministers. The castle belonged to the Muschet family, who held the first barony of Kincardine in the 14th Century, and situated slightly to the south. Further back in history, the old register of Cambuskenneth of 1199, speaks of this area and of St Lolan (of whom very little is known!)

When the present church was initially planned, to succeed the ruinous one, it was a plain square building with little architectural merit, and was superseded by a much grander design on the instruction of land-owner George Home-Drummond. The stone for the building came from the local Burnbank quarry. Had you entered it in 1816, you would have found a less colourful interior than today, but you would also have seen galleries on both sides and rear of the building, being accessed by a staircase that ascended between the rear entrance doors. Apparently there was seating for 700+!

Then in 1907, the congregation decided it was time for a change: The galleries and staircase were removed and new oak pews installed. The east wall (nearest the road) was broken through and an extension built including the tall four-panel stained-glass windows. Memorials, some which came from other buildings were mounted on the walls, and a large Communion table appeared. Not long after this, when the Home-Drummonds left the area in 1913, and the estate sold to the Muirs - various articles, (which are still on display) were given to the church.

These include the key to the old church, the board which was mounted on a particular pew declaring “1711 – *This is the place of publick repentance*”, several plates and cups from the 1730s, and a collection of large wooden chairs with Drummond crests.

Following WWI, a window commemorating the fallen was installed as a war memorial and is one of very few in a Scottish parish church. A brass plaque is mounted below with the names of the fallen of WW2. Electricity was not installed until 1946. Between 2001 and 2003 a full survey was carried out of the building and its contents by the Stirling branch of the National Association of Decorative and Fine Arts Society (NADFAS) who compiled an extensive record complete with photographs and plans.

The church however is not a memorial to the past, nor a museum. It is the working sanctuary and place of worship operated by the Church of Scotland for all in the area. We build on the work of those who went before us, and in turn will pass this legacy on to future generations to use for the benefit of the parishioners and the Kingdom of God.

Come in sometime, and walk around a building that has stood here for 200 years. Admire what was built and why it was built, and then sit down and give thanks to God for what you have, and pray for those for whom you have concern, before going out into the sunshine and enjoying the spectacular views from the *Cathedral on the Carse*.

FAITH in FARMING 3 getting the Message out!



At the end of the week of Stirling Bull Sales, the Blair Drummond Hall was packed with folk who came to enjoy the third episode of ***Faith in Farming – “Getting the message out!”*** This crossover event between Christian church and community is designed to value the farming of the area, and allow farmers to tell their own story, so it was fitting that the first guest was Andrew Burnett of Upper Spittalton telling of the Limousin breeding and care that five generations of farming Burnetts are now

involved in. Next up was Eleanor Muir giving us insights into why the Royal Highland Educational Trust work with school-children across Scotland, in the classroom, on farm visits and at the Royal Highland Show; endeavouring to open-up the world of agriculture and food-production to them. A picture quiz meant a few folk were scratching their heads to separate their Suffolks from their Herdwicks, but everyone enjoyed singing *What a wonderful world* and recognising God's share in our harvest and rural life. George and Sybil McPherson from BBC's *This Farming Life* told of the emotional attachment to land and animals that sometimes seems to make little economic sense, but which shapes Scottish life – after all 75% of the Scottish land mass is under agricultural production by some 65,000 workers. *Getting the message out* we certainly did, for the whole event was all caught on camera and live-streamed using (for the very first time) Brikona's newly installed broadband to the Community Hall. If you are quick you can still catch it on www.sanctuaryfirst.org.uk. Thanks are due especially to the volunteer catering-team of Blair Drummond folk who always rise to the challenge and ensure these events 'work'!

God Bless,

Your minister

Rev Andy ACampbell@churchofscotland.org.uk tel 07523420079

Free High Speed Internet for the Blair Drummond Community Hall

Briskona Broadband have helped the community by providing a free High Speed internet connection at the Community Hall, which is now live.

"As rural broadband providers, we understand how important being a community is and we hope that this helps bring the residents together, to make the most of our reliable connection. It will open new and exciting opportunities for the area".

"We are a local family run business and with the help of local communities and businesses, we are always extending our network. We now cover even more of the Clackmannanshire & Stirlingshire area, so to find out if we can get you a connection, please call the office on 01259 726630 - visit www.briskona.com or email: enquiries@briskona.com"

Blair Drummond Hall Diary Dates

Weekly Classes

Tuesday: Youth Club – 7 – 9pm
Wednesday: Ballroom Dancing – 7.30 – 9.30pm

Other Events

Sunday 13th November: Community Fun Open Afternoon. 2 – 4pm

Friday 25th November: Christmas Fayre. 7 – 9 pm. *See advert.*

Monday 28th November: Blair Drummond Blethers. 12- 2pm. Soup & sandwiches. School children's concert

Monday 19th December: Blair Drummond Blethers. 12- 2pm. Soup & sandwiches. Chat afternoon.

Monday 30th January: Blair Drummond Blethers. 12 – 2.00pm.
Burns Lunch.

Anyone wishing to hire the Hall please contact the Booking Secretary. As always, the Hall is regularly used for meetings, kids parties, ceilidhs, and wedding receptions, to name but a few. For more information visit our website: www.blairdrummondhall.co.uk or contact Louise (Booking Secretary) on 01786 841352.

Councillors for our area

Martin Earl

Tel: 01786 4433497 / 07881 310922

earlm@stirling.gov.uk

Alycia Hayes

Tel: 01786 443497 / 07881 310924

hayesa@stirling.gov.uk

Fergus Wood

Tel: 01786 443497 / 07824 496019

woodf@stirling.gov.uk

Callander Young Farmers

It has been a busy summer and autumn for the Callander Young Farmers! We kicked off our packed summer with the Royal Highland Show. The 4 days event is always a major part of the Young Farmers calendar and this year was no different, with the boys' Tug of War team pulling against the best clubs in Scotland! Unfortunately we did not get placed but had a brilliant time and were very happy with making it so far. We had junior and senior teams tough it out in the Handicrafts competitions, with success in the Craftsman section, with second place for a handmade trophy.

Members of Callander YF went on to compete with the Ayrshire YF Tug of War team pulling for Scotland, with 2 Callander members, Louise Steel and Elizabeth Bauld managing to help the Girls team win Bronze, in the World Tug of War Championships in Sweden! A huge achievement and Scotland's first ever medal at world championship level.



The Root, Seed & Produce Event aims to show off the best YF members produce and baking in Clyde & Central Young Farmers region. Callander did fantastically, by winning! Our members all got involved, constructing the ultimate bale castle at Norrieston Farm! As part of the National Bale

Art Competition we used over 70 bales and 10 tractors, trailers and forklifts to assemble a castle that would have made William Wallace proud, and the judges as well apparently, as we were placed 2nd in our region!

The Club visited the famous Grouse Distillery to learn the art of whisky making and how the tippie-of-choice of many of our members was crafted! A trip to the Glasgow Climbing Centre let out our inner Spider-Man and demonstrated who could cope with heights!

As winter approaches the Club is jam packed with weekly rehearsals for the Clyde & Central Concert Competition in January, with the aim of impressing the audience and the judges! Alongside the rehearsals we will also have dances, trips and events to take part in. There are hundreds of things to do! Do you fancy getting involved with our Young Farmers Club? Follow us on Facebook, Instagram, or get in contact by calling our Club phone number - 07564 828416, to get information about our upcoming events and activities.

David Bennie

The Smiddy Farm Shop and Cafe

The Smiddy at Blair Drummond is full-steam-ahead! **We are open for business!**

All of the contractors worked flat out to make sure we were ready for opening on Monday 24th October and for that I'm very grateful.

The interior, with its Blair Drummond Douglas Fir beams, has lots of space and is very light, but still manages to achieve an intimate and cosy feel. There are fantastic views over the Carse and Fintry hills and no matter what the weather brings, we will be cosy, thanks to the under-floor heating. So you can enjoy your coffee and cake along with the views! An outdoor seating area will be in place next Spring.

Things are coming together: we've recruited a great team of enthusiastic, experienced and friendly staff. The products for the shop are loaded into our new till systems for which Manager Linda Finlay is grateful, given the time required looking at spreadsheets! And the range of products, from groceries to gifts, has been carefully selected and I'm sure there will be something for everyone.

Our new butcher, Stewart McClymont, is building up a great working relationship with our suppliers at Old Leckie. Please come and sample our fantastic range of very local beef, lamb and pork. We want to hear from you, what the customers want, so your feedback will be extremely welcome.

Our hope is that the Smiddy will become a hub for the community. I'm sure we'll get lots of passing trade, as the site is right on the A84, but we want locals to use it to top up their larders, grab something tasty for dinner on the way home from work, or meet for coffee and cake. I look forward to seeing you all very soon!

Daisy Muir



No-one wants to hear the 'C' word (that's 'C' for Christmas) too early! With Guy Fawkes Night and Remembrance Day still to come, we don't want to get ahead of ourselves. But please do put a date in your diary for Sunday 4 December at 7.30pm. It's the first day of 'Advent' - an old-fashioned word which just means 'waiting', and it's the day we should start 'waiting on' Christmas, to celebrate the birth of that special child. Carols in the Kirk is an evening to 'get you in the mood' and start enjoying 'the waiting' for Christmas. With music, readings and favourite carols, followed by wine and shortbread and mince pies, it's as festive as possible.

This year (the fourth celebration) we have something different. Firstly it's coming to Blair Drummond to celebrate the 200th anniversary of our local Kincardine in Menteith Church, and secondly, the theme 'The Children can't Wait' has a double significance. Of course we all know how hard it is for the children to wait for the exciting events of Christmas, but for some children waiting means a different thing. The charity our event is going to raise funds for is The Vine Trust – established locally by two ministers in Bo'ness – it seeks to bring urgent treatment to orphaned children with HIV around the world. These children can't wait, for their future could be very short and painful, and their plight touches all our hearts, especially at Christmas.

Please put Carols in the Kirk in your diary – you'll have a great time hearing good singers, funny readings and all those traditional carols – but there will also be an interview with the leader of The Vine Trust to hear about their ambitious equipping of ships, which they sail in treacherous seas to reach the children who need them. Scottish doctors and young people volunteer to go and help and lives are transformed as a result. Your donation will make a difference.

Fiona Campbell

Kincardine in Menteith Church

Wondering what's happening at Christmas in the Kirk? There will be a **Family Service on Sunday 18th December, at 9.30pm**

Of course there will be a **Watch Night Service on Christmas Eve**, at 11.30pm and there will be **Christmas Day worship too at the regular time of 9.30am.**

On **1st January 2017** there will also be a **New Year's Day Service at 9.30am.**

A warm welcome awaits you at all of these services.

Janette Gilliland, Session Clerk

Secondary School Tutoring

I am a qualified Geography and Modern Studies Teacher. I have a wealth of experience teaching at National level 3,4 & 5; Higher and Advanced Higher. In my last post I was a Principal Teacher of Guidance, working mainly with low achieving pupils. I can provide tutoring during evenings and weekends. I live in Blair Drummond. If you wish more information please e-mail gillianreilly@hotmail.co.uk or mobile 07900213413.



Season 3 has begun ! A warm invitation to ladies to our friendly meetings once a month, at 7.30pm in the cosy Kilmadock Church in the main street in Doune (beside the bus stop).

On Tuesday 22 November we welcome Play Therapist Yvonne McCorkindale who will speak about her work, and on Tuesday 13 December we have a seasonal activity evening. Bring a container, a selection of greenery, flowers, berries etc and craft your own Christmas floral decoration with the help of our skilful speaker.

Both evenings celebrate friends, faith and fun, and our speaker is followed by tea/coffee and biscuits.

On Tuesday 24 January we have our Burns Supper followed by entertainment, so sign up early for an enjoyable evening.

More info from **Fiona Campbell** Tel 860678, **Janette Gilliland** Tel 470637 or **Morag Ferrier** 841958

Kincardine in Menteith Primary

New Pupils

We had 4 new p1 pupils join us in August.



Amy, Cameron, Esme and Toli

Sound Start

Every Friday Mrs Moore and Mr Packer are coming into school to teach p4-7 music. We got to choose an instrument that we would like to learn. The choices were from flute, saxophone, euphonium, trumpet, trombone, clarinet and percussion. We also played some fun games and we are really lucky because most schools don't get the opportunity to do this. We will be having Sound Start all year.

Kodaly

We are taking part in a four week block of Kodaly music. Mrs Kushing has been in school to work with us.

Cricket festival

On Wednesday the 5th October 2016 P4-7 went to a cricket festival at Callander Primary School. We did loads of activities and games like throwing a ball at a trampoline and then trying to catch it, continuous cricket and throwing a ball through the holes. Everyone really enjoyed themselves at the cricket.

Netball Tournament

On the 19/10/2016 the P5-7s took part in the McLaren netball tournament. This year there were four pupils from our school taking part, we were playing against other schools in the McLaren cluster.

Interact

Every Tuesday afternoon our school is doing interact drama project that is run by the NHS. Ann-Marie is a drama worker and she is working with Miss Campbell to deliver it to us. We play acting games and we also work in groups to do short mimes. We had to make up a story with a witch, a one legged giant and a bridge.

The Chickens

On the 3rd of October (2016) some more chickens came to our school which were kindly given to us by Lorna Duff. We were given 5 more chickens putting us up to 8 altogether. If you would like to try some of the eggs they are available in the entrance hall of the school.

The Journey of Milk

We have been learning about how you make ice cream and looking at ice experiments in science. We had a visit from Sarah a lady who used to work for Wiseman dairies. We got to dress up and she told us about the journey of milk.

RHET- Wheat

Sara from RHET came to help us harvest our wheat that we have been growing since March. First we had to cut the wheat then we put it in a pillow case and hit it against the wall. We then had to empty it out on to a white tray and drop it on to a blue tray to dry it. We are looking forward to using the wheat to make our own bread. Dylan filmed the machine doing the same process on his farm so that we could see how it was done.

Harvesting the Vegetables

We have had a great harvest this year and we are looking forward to cooking with the vegetables in our kitchen.

SSPCA

We had a visit from the SSPCA to tell us about the work that they do and share how we can be animal friendly citizens.

North Berwick Beach clean

On the 20th of September primary 1-7 went to north Berwick beach to do a beach clean. We all got paired in 2s and went all around the beach looking for litter while doing a scavenger hunt. After lunch we did a competition to collect as many shells as possible. We also met a fisherman and he showed us the lobsters he caught and some people got to hold one. Near the end we had to build sculptures with the shells we had collected and sand there was a sea turtle, the school, a city and a castle. It was great fun and we look forward to next year.

Badminton

Rita from Badminton Scotland came to our school to do badminton session with us. At first she played games with us like around the world where you have to hit the shuttle and run round the court. Then we played small matches in groups of 4 and also learnt some positions and all the lines on the court. Some people went to represent the school at a competition on the 19th October.



Kincardine in Menteith Primary School Parent Council

I would like to take this opportunity to introduce the members of the Parent Council for 2016/2017.

Chairperson	Louisa Jenkins
Secretary	Jillian Reynolds
Treasurer/100 Club	Lorna Duff
Members	Sarah Brisbane Andrew Bauer Steph Kunz
Community Member	Alison Coates

Upcoming Events

The Parent Council organised a Halloween Event for the children at the school, on Monday 31 October. There was cake decorating, dookin' for apples, donuts on a string, arts and crafts and other games.

The Parent Council are having a Chocolate Tombola at the Blair Drummond Christmas Fayre on **Friday 25 November 2016**. We are looking for donations of anything chocolate for our stall. If you wish to donate an item please contact a member of the Parent Council or hand your donation into the School.

The next meeting of the Parent Council is on Thursday 17 November 2016 at 3.30pm in the school. All parents/carers are welcome to attend. If you would like to contact the Parent Council you can email us kimparentcouncil@gmail.com or call Louisa on 07783404285.

Louise Jenkins, Chairperson

Kincardine in Menteith Primary School Parent Council 100 Club

Kincardine in Menteith Parent Council would like to extend a warm invitation to members of the community to get involved with our 100 Club, which is relaunching in January. The 100 Club is a very effective way to raise funds for the school and while it raises funds for school it also gives you the opportunity to win cash prizes! At the end of June the 100 Club paid for 3 iPads for the school and has supported many other projects that have benefited the school community.

The new format will have a £25 prize every month and then a bumper prize in December of £250! For those who are already signed up, Thank You; your numbers will continue to be included in our monthly draws.

How it works and how you can get involved.

You are allocated a number which is put into a monthly draw to win £25. The December draw is a bumper prize of £250. Each number costs £1 per month and this is collected monthly by standing order.

Parents, grandparents, colleagues, friends and any other members of the community are welcome to join. If you would like to join please email kimparentcouncil@gmail.com with your name and address, and indicate how many numbers you wish. Once we have this information we will issue you with your allocated numbers and a Standing Order form, which needs to be completed by you and handed into your bank. Alternatively a Standing Order may be set up by online banking.

Thank you!!

Lorna Duff, Treasurer

BLAIR DRUMMOND ESTATE

Hardwood Logs	£180/ load
Hardwood Logs	£90/ half load
Softwood Logs	£130/ load
Softwood Logs	£65/ half load
Small bags	£5 for hardwood
Small bags	£4 for softwood

Contact: **Bob**

Tel: 01786 841580

Mob: 07732 563106

Doune Health Centre

Seasonal Flu

The drop-in Clinics are now finished. If you missed the opportunity to attend one, please make an appointment with the Practice Nurse, to have a flu or child nasal flu vaccine.

Shingles Vaccine

We will shortly be contacting patients who are now eligible for this vaccine. This is a one-off live injection. There are some medical conditions for certain patients, where this vaccine is unsuitable so each case will be carefully assessed.

NHS Scotland has determined that the vaccine will only be available for patients aged 70 years, with a birthday prior to 1st September 2016. There will also be a catch up programme for those who are 71, 72, 73, 76, 77, 78, and 79. Please note the 74/75 year group are not being invited this time.

Patients who are 80 years and over will not be offered the immunisation. There are useful websites worth looking at, for further information e.g. Immunisation Scotland Shingles 2016. Look for the easy-to-use Eligibility calculator tool, enter your date of birth and you will find out if you can have the vaccine. If you are interested, contact the Clinic and ask, otherwise we will be in touch.

Pneumococcal

This vaccine is offered to all babies, adults 65 years old and over, including patients in at-risk groups, with long term health conditions. It is a single one-off vaccine which protects for life. This particular vaccine has been routinely offered over the years, so many patients will already have been vaccinated. We are trying to contact patients when they reach the age of 65 years. It can be given at any time of the year and can help reduce the risk of the most common type of pneumococcal pneumonia.

Winter illnesses

As the season for cold viruses and flu approaches, please take extra health precautions. Flu infections tend to spread rapidly.

The common cold is a collection of viruses which cannot be helped with antibiotics. Common winter viruses include colds, coughs, sore throats and flu.

Common colds tend to last approximately one week. Medicines bought over the counter which can help with symptoms are painkillers (paracetamol) to relieve temperatures and aches. Decongestants can

relieve a blocked nose, along with steam inhalations. Stay warm, avoid smoking, take plenty of rest, increase fluids to keep hydrated and eat well.

Here are some simple tips for staying safe this winter -

Try to avoid spreading germs. Your hands transfer germs onto surfaces you touch, so be careful and considerate.

Use disposable tissues and use them to catch your coughs and sneezes. Dispose of them into a bin quickly. Wash your hands, using soap and water. Carry, and use, a hand sanitiser.

Keep your home warm, especially if you are in a vulnerable group. Wrap up warm and wear lots of thin layers. Fabrics made from wool, cotton or fleece clothing are ideal.

Wear shoes that have a good grip to prevent falls.

Check on neighbours who are elderly and live alone.

Try and stay active, as exercise can have health benefits. Try to get up and move around often when sitting for lengthy periods in the home. Exercise can help to improve the winter blues during the shorter days. Take up a new exercise, try joining a gym or yoga/Pilates, to improve your strength and flexibility

Eat regularly especially in winter. Try to have a daily hot meal and plenty of fluids throughout the day. Eat more fruit and vegetables, instead of sugary treats, to boost your immune system. Vegetable soups help during the winter.

Ask for a flu vaccine, if you are entitled to one. It protects against 3 different types of flu virus.

Linda Keay, Doune Health Centre

Police Scotland

Road Safety

On 30.8 2016 a road collision occurred on Kirk Lane, Blair Drummond, involving a tractor and a van. The van driver sustained serious injuries. A report regarding the circumstances of the collision was submitted.

A Speed Detection duty has been carried out on the A84 at Blair Drummond and on Main Street, Thornhill.

Theft

During the reporting period (15th October – 25th October), there have been no reported thefts in the area. Despite this good news, we would encourage all local residents to be watchful and aware of any suspicious

activity in the area. We are now moving into autumn/winter months, which mean darker evenings. Historically this has seen an increase in theft in our rural areas. With this in mind, we would like to know about any unusual activity, noting vehicles and VRMs and descriptions of persons. Please make security precautions, such as leaving lights on timers, or curtains drawn whilst out. Ask a neighbour to keep an eye on your property. For further advice on security, including vehicles or plant security, please contact your community officers.

Police Scotland continues to conduct a public consultation survey. It will continue until March 2017. This is an opportunity for locals to tell us what is important to them in their community. The survey can be accessed via www.scotland.police.uk/yourviewcounts.

Your community Policing Sergeant is Alistair Matheson, who is based at Dunblane Police Office, Your community Officers are Police Constable Colin McKerracher and Police Constable Lorna Deans, based at Callander Police Office.

Your Community Officers can be contacted via the email address TrossachsTeithCPT@scotland.pnn.police, or by phoning 101. We regularly publish information on the 'Forth Valley Police' Facebook page and tweet using @Stirling Pol.

PC Colin McKerracher



BLAIR DRUMMOND CHRISTMAS FAYRE

On Friday 25th November from 7pm till 9pm

In Blair Drummond Community Hall

Over 20 stalls including:

Aloe Vera, Blair Drummond Youth Club,
Briarlands Farm, KIMPS Parent Council,
Neal's Yard Remedies, Phoenix Cards
Stella & Dot

Admission: Adults £1 & Children 50p

Includes tea & mince pie



Struthers & Scott Veterinary Surgeons, 70 Main Street, Doune

The Pain Clinic

Did you know Struthers & Scott Veterinary practice now offers a specific clinic for patients suffering from chronic pain? The Pain Clinic is run by Sarah Day, one of our vets who specialises in pain management and holds the General Practitioners Certificate (GPcert) in Western Veterinary Acupuncture and Chronic Pain Management. Pain is a complex disease and requires a multimodal approach to treatment. It can be debilitating for pets and very upsetting for owners. The Pain Clinic is designed to determine how much your pet is suffering.

Often owners would like to know if any more can be done for their pet, or are concerned that their pet is on a lot of medication. The Clinic can assess your pet and help answer these concerns. What conditions can be treated? Osteoarthritis is one of the most common conditions treated at the Pain Clinic. Neuropathic pain is pain arising from nerves or from abnormalities in central processing. Often behavioural changes can be an indication of this pain. Muscular Pain can be debilitating and primarily occurs from injury, or secondary to conditions like osteoarthritis. Muscular pain can be more painful than the primary condition. Post-Operative Pain Control can help speed up post-operative recovery and improve patient comfort. Trauma which may include physical injury such as fractured bones or muscular strains. Working dogs or agility dogs can also present with muscle fatigue. Unknown Cause Of Pain - the integrated approach Sarah uses can help determine the source of pain and therefore look at treatment options.

A multimodal approach is used to treat chronic pain and this is tailored to each individual but may include: medications, acupuncture, physiotherapy, tailored exercise regimes, weight assessments and environmental changes.

If you have any questions or would like to make an appointment at the pain clinic please call Struthers & Scott Vets, on 01786 841304.



ADVENT SALE

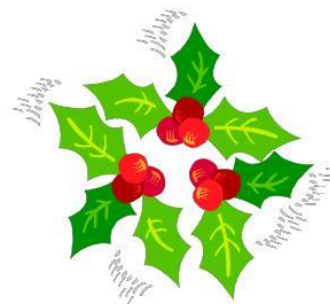
at

CAMPBILL BLAIR

DRUMMOND

SATURDAY 3 DECEMBER 2016

1PM – 4PM



If you know someone who would be interested in advertising in the Blair Drummond Grapevine, our rates are listed below -

¼ page £10

½ page £15

Full page £20

Do you have any photos, ads, articles or letters you would like to contribute, if so please email them to:

christinemcbauer@gmail.com

or

grasslands@hotmail.co.uk

Items for **Issue No 23** should be submitted by **31st January 2017**, sent by **email, in Word, and as a separate attachment.**

If you wish your copy to be sent via email please get in touch, with your email address and we will add you to our ever developing mailing list.

Thank you.

The Blair Drummond Grapevine is a community newsletter produced and distributed by volunteers, free of charge, to approximately 300 households within the Blair Drummond area and beyond. Letters and articles published in the newsletter do not necessarily reflect the views, beliefs or opinions of the Grapevine Editorial Team, who also reserve the right to shorten, edit or refuse the insertion of any contribution.

Contributions will only be published if accompanied by a valid contact name and address; these will be withheld at the author's request. Articles and adverts are accepted and printed in good faith. All contributions should permit publication in both print and digital format.

The Blair Drummond Grapevine is published by the Blair Drummond Community Hall Committee.

Website: www.blairdrummondhall.co.uk

Facebook: **Blair Drummond Community Hall**