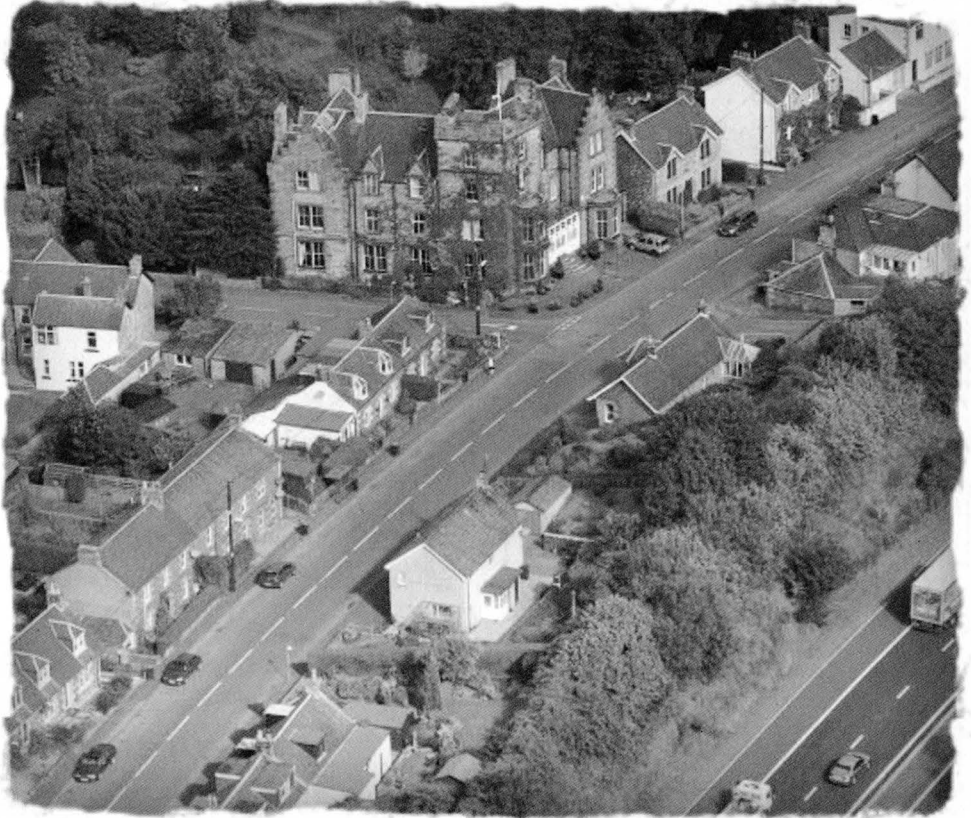


THE GLENFARG NEWSLETTER

Issue 196

October 2011



In your October issue

What can you see in the skies?

Autumnal Recipes

Busy Explorer Scouts

and much more...

SUGGESTED DONATION



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DEADLINE FOR NEXT ISSUE

We always try our best to make sure that your newsletter is available promptly at the start of every even month. If you would like to contribute to the December issue, please inform us with details by the 1st of November to allow us adequate time to plan the issue. Contributions should reach us no later than 15th of November.

Thank you.

The views expressed by contributors to this newsletter are entirely their own. Publication within this newsletter does not imply that the Editors or Community Council agrees with, or supports, those views. The editors will not be held responsible for any factual inaccuracies, or incorrect inferences drawn.

ADVERTISE IN THE GLENFARG NEWSLETTER

You can advertise in the Newsletter for very reasonable rates. Each issue costs:

£10 for a full page

£5 for a half page

£3 for a quarter page (full year £15 - 6 issues for the price of 5!)

Advert enquiries should be made by initially contacting the editorial team.

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Cover photograph
Aerial view of Glenfarg
by Charlie Kinnaird

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Community Council

Chair: Colin Campbell
830 240

Secretary: Kate Armstrong
830 343

P&K councillor

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01337 840 218

Police

**Police non-emergency contact number (free phone)
Crimestoppers**

**0300 111 2222
0800 555 111**

Household Utilities

Scottish Water Helpline

0845 601 8855

Scottish Hydro Electric Helpline

0845 300 999

Other Local Services/Organisations

Minister

Rev Alec Wark
(alecwark@yahoo.co.uk)

01738 850 607

Church Session Clerk

Alex Johnston
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830776

Arngask School

Mrs Lynn Strachan, Head Teacher

867 250

Accordion & Fiddle

Mr R. Robertson

830 642

Baby & Toddlers

Claire Silcock

830 781

Badminton Club

Alan Clark

830 246

**Dance Connect
(Tap/Ballet)**

Rachel Webb

07760 972 359

Beavers

Jacqui Macmillan

830 155

Bowling Club

Janet Ewart, Kinross

863 929

Bridge Club

Jean Ross

830 212

Cubs

Christine Morton

830 210

Curling - Men's

Gary Rutherford

830 360

| | | |
|--|---|---------------|
| Curling - Women's | Fiona Rutherford | 830 360 |
| Matthew Dance Academy | Nikki Matthew | 07869 120 989 |
| Folk Club | Caroline Waring | 830 239 |
| Glenfarg & Duncricvie In Bloom | Sybil Galbraith | 830 347 |
| Glenfarg Oil Buying Syndicate (G.O.B.S) | Dave Arnold (kadavar@waitrose.com) | 830 136 |
| Knit and Knatter | Ineke Watt | 830 345 |
| Ladies' Badminton | Annette Eadie | 830 547 |
| Old Folks Association | Christine Meldrum | 830 437 |
| Rainbows | Emma Roe | 830 586 |
| Red Cross | Bill Connolly | 830 200 |
| Riding for the Disabled | Angela Stocks | 830 262 |
| Scouts | Andrew Vaughan | 830 128 |
| Sunday School | Rev Alec Wark | 01738 850 607 |
| SWRI | Ursula Stewart (mac@newtoft.com) | 830 469 |
| Tennis Club | Sadie Allan (s_allan@hotmail.co.uk) | 830 807 |
| Village Hall | Emma Roe (glenfargvillagehallbookings@gmail.com) | 830 586 |
| Wine Club | Steve Mee | 830 395 |
| Yoga | Caroline Waring | 830 239 |
| Zumba | Susan Thomson | 07894 834 481 |

Editorial



I can't believe it's time to sit down and write an editorial knowing it's autumn already. Maybe it's the fact that I feel a bit deprived of summer yet again this year - a couple of runs of sunny days but a bit of a let down overall I felt!

As the darker (and colder) days are firmly upon us, I'm nervously anticipating what winter might bring this year. I hope for a bit of a reprieve this year from the sub zero conditions we all experienced last year!

Weather aside, it's great to see another action-packed issue full of news, features and upcoming events to entertain you as the nights draw in. As hallowe'en approaches, why not attempt our seasonal recipes or take some tips on carving your pumpkins to make lanterns.

Plenty of people in the village have also been busy with various adventures, including Charlie Kinnaird's microlite flight across Glenfarg. Do you wonder what Glenfarg looks like from the sky? Check out the photographs on pages 8 and 9 to find out! Elliot the Aardvark has also been 'Snout-N-About' finding out interesting facts about autumn for you to discover.

Having 'signed off' a couple of issues ago to take more of a backseat role on the editorial team, I did not expect to be in the position of writing

another editorial so soon. However Deborah Widley, who has carried out the lead editor role for this issue and our last issue in August, recently notified us that she felt she had to hand in her resignation. I would like to say a massive thank you to Deborah, on behalf of the entire editorial team for all she contributed during her short time with the team. We were delighted and motivated by having someone in our midst with such enthusiasm and passion for her local community and with fresh new ideas for the newsletter, which I'm sure you will have seen the evidence of in the recent issues, and were all sad to receive her resignation. Taking on the responsibility of putting together the entire issue and organising team meetings, as well as cheerfully 'nobbling' people to send in news, notices, articles and adverts on time is no small undertaking and we sincerely appreciate her mammoth efforts and wish her well for the future.

Please note for future reference that the email address for contacting the newsletter has changed. Correspondence can now be sent to us at the following address:

newsletter@glenfargcc.org.uk

Any of the editorial team can also be reached by using our contact details, found on page 2.

Cara Chalmers

Subscribe to the Glenfarg Newsletter!

We are delighted to announce that we are now in a position to be able to offer an annual subscription to the Glenfarg Newsletter.

Subscription for the year (6 issues) will be available from 2012, with the February 2012 issue being the first to be delivered to those who wish it. The minimum annual donation would be £6 for the year, meaning potentially no extra cost than to collect your copy from Glenfarg Village Store. We are now collating expressions of interest via our NEW EMAIL ADDRESS:

newsletter@glenfargcc.org.uk

Those who do not have access to email may express their interest in a subscription based service by placing their contact details in the Glenfarg Newsletter donations tin in Glenfarg Village Store. A member of the newsletter team will be in touch regarding further details to interested parties.

Please also let us know if you would be interested in receiving an electronic copy of the newsletter in PDF format as this is also something we can consider.

DUE TO PUBLIC DEMAND

GLENFARG SCOUT GROUP
WILL BE HOLDING THEIR
SECOND
PUDDING NIGHT



ON
SUNDAY 13TH NOVEMBER
4.30PM - 6.30PM

AT GLENFARG VILLAGE
HALL

FOLLOWING THE
REMEMBRANCE SUNDAY
SERVICE

Photography in issue 195 (August 2011)

The Editorial Team wishes to acknowledge photography which appeared in the August 2011 of the Glenfarg Newsletter. Thanks to Philip Ponton, who kindly submitted the cover photograph and fete photographs found on pages 38 to 41. If anyone has any photographs they would like to see appear in the newsletter, please get in touch at our NEW EMAIL ADDRESS:
newsletter@glenfargcc.org.uk.

Congratulations...

...to Will Macpherson, Bill and Jan's son, and Lorna Oxtoby (or "Blondie" as she is affectionately known to the family), who were married in Scarborough on September 17th. They will live in Abernethy.



Glenfarg & Duncrervie in Bloom

As many of you will have seen, work on the landscaped area adjacent to the school has been progressing well and, by the time you read this, should be finished. The planting in the area, to be known as the Train Stop, has been specifically chosen to give not only an interesting mix of plants but also year-long colour and textures. GDIB donated £500 to the overall costs of this project in addition to our contribution of £500 in kind.

The information panel has been designed to appeal to locals and visitors alike, giving an insight into not only the railway through Glenfarg but also what life was like in the village of yesteryear.

In line with GDIB policy of recycling whenever possible, the stones from the old broken wall near the school were moved to the Greenbank Road entrance to the Glenfarg Green where they have been used to create a verge retainer.

The large planters used along the south verge of Main Street were previously tattie boxes and the small boxes on the opposite side of the road were previously crates for transporting vehicle spare parts. Since some of them are coming to the end of their lives it is planned to replace them with new planters over the coming months ready for planting in 2012.

This year's displays and hanging baskets have been extremely colourful and long-lasting despite the frequently inclement weather but thanks mainly to how well the watering volunteers have carried out their duties. The baskets this year were purchased from Logie Plants near Newburgh which may be of interest to the gardeners among you.

Now is the time for us all to start planning for next year, and yes that means us all and includes you! It is always good to have everyone's opinions on what we're doing right and, even more important, what we're doing wrong. The perfect opportunity to do this will be at GDIB's AGM on Thursday 27th Oct in the village hall at 7.30pm. Please come along and join in the open discussion and planning session which will take place after we have taken care of the very brief formalities of the AGM.

On Sunday October 30th there is a need for as many volunteers as possible to come along to the Glenfarg Green to help in the Autumn clear up, cut back and prune. Come along armed with secateurs and loppers if you have some but most of all bring a pair of willing hands.

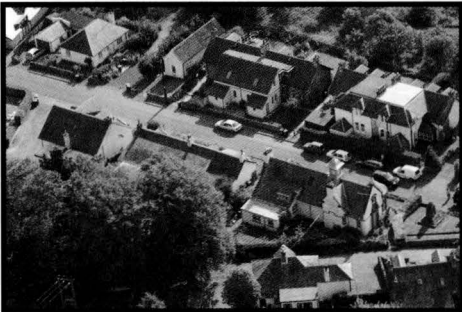
Kate Armstrong

Is it a bird? Is it a plane?

On 25th August I finally got my 2009 Christmas present from my kids off the ground! After nearly 2 years, between work, bad weather and latterly T in the Park, we were up, up and away in a Pegasus microlite flying from Balado.

The intention was to fly over Glenfarg then head across to the Wallace Monument but unfortunately heavy rain made us turn back to Lochore – not much fun flying in the open getting soaked, and the camera isn't waterproof either!

Most of the flying was done at 3000 to 4000 feet, but we dropped down to 500 when over any places of interest. As we made our first pass to the north of Greenbank Road, Richard Tulloch was walking down the road with a bundle of timber when the buzzing penetrated through to him and he thought



“Charlie!”. So he dropped the wood and went running back up the road (little dot approaching his van) to tell Lindsay and the 2 of them were seen outside, waving on the second pass.

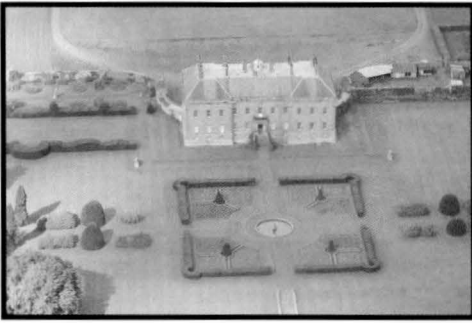
Not as easy as you think taking pictures when 2 straps were attached to restrict how far out you could stick your arms and the camera. Then a huge ‘goldfish bowl’ helmet and visor made it not so easy to see what you were taking, plus there is the continual vibration! On top of that I had picked the wrong lens. Thinking we’d be higher up, an old 100/300 SLR tele lens on a digital camera made it equivalent to



150/450 so if anyone is thinking of doing similar, remember to use a smaller lens as I hardly used the zoom!

The views over Loch Leven and Lochore were great, with the castle ruins looking as if the island was floating, with cloud reflection on the





water. Similarly at Lochore, the pictures looked as if the ground was the skyline but it was actually the shoreline. After Lochore we headed down to Kelty and, although we saw the Forth bridge, unfortunately it was not clear enough to take a picture.



The grounds were looking very neat and tidy at Kinross House but unfortunately we were just a wee bit early as the sun was just coming in over the loch. Apparently the roof looks brilliant when the sun hits it but



we were near the end of the flight and had to get back before this happened – pity we didn't have another 5 minutes.



As we arrived back at Balado, the skies opened and I felt sorry for those who were following on from me as it would be a rather damp outing. If anyone is thinking of trying out a microlite flight, I can definitely recommend Pegasus at Balado who use the old runways used by Spitfires back in WW2 days. I had a 1 hour flight compliments of Tim and Tamsin but you can have less or, not only more, but complete sessions taking you to a flying licence.

Charlie Kinnaird

Sunday 23rd October 1.30pm

Glenfarg Village Hall

TABLE SALE

(Indoor Car Boot)

Antiques, collectables, books, bric-a-brac, toys, cake & candy and lots, lots more.

All proceeds to Glenfarg organisations

A Village "Hall for All"

The editors' quick guide to regular village hall organisations. Does anything take your interest? Why not come along!

| Day | Time | Organisation (contact details if known) |
|---------------------|-------------------------|--|
| Mondays | 9.30am-10.15am | Zumba |
| | 6pm - 7.30pm | Cubs (Christine Morton christine.morton1@tesco.net) |
| | 8pm-10pm | Ladies Badminton (Annette Eadie - 830 547) |
| Tuesdays | 5.15pm-6.15pm | Beavers (Jacquie McMillan jacqueline.macmillan@tiscali.co.uk) |
| | 7.30pm-9pm | Yoga (Caroline Waring - cswaring@yahoo.com or 830 239) |
| Wednesdays | 9.30am-11.30am | Baby & Toddler Group (Claire Silcock - cmqs1@btinternet.com or 830 781) |
| | 6pm -7pm | Rainbows & Brownies (Emma Roe - emma_j_roe@btinternet.com or 830 586) |
| | 8pm-10pm (in Winter) | Badminton (Ced Wilkins cedric.wilkins@gmail.com) |
| 1st Wed of month | 12.30pm-1.30pm | Soup and Chat (Lindsay Kinnaird - 830 337) |
| | 7pm-11pm | Accordion & Fiddle Club (Stewart Smith isobelsmith45@btinternet.com) |
| Thursdays | 4pm-6.15pm | Tap (Rachel Webb geowebb@btinternet.com) |
| | 7.30pm-9pm | Scouts (Andrew Vaughan andrew.vaughan@upm- kymmene.com) |
| Saturdays | 9.30am-10.15am | Zumba |

Competition Winner!

In the last issue of the Glenfarg newsletter, we ran a competition to name our village's newest wildlife edition, the Glenfarg Aardvark!

Lotte Watt was the winner! Her winning entry was the name:

Elliot!

Congratulations Lotte, we hope you enjoy making magic with your prize from Elliot.



GOBS Update



The Glenfarg Oil Buying Syndicate (GOBS) will be putting in the next bulk order for heating oil in early November so we can all top up our tanks before the winter comes (and the price of oil goes up?).

If you want to join GOBS, please contact Dave or Kate Arnold on 830136 or e-mail them at kadavar@waitrose.com.

There is no charge. (Dave and Kate run GOBS at their own expense for the benefit of the community and receive nothing from the oil suppliers or the Community Council. They pay exactly the same price per litre as other members.)

Can you afford not to join?

Dave Arnold

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- Central Heating - Radiator valves repaired & replaced, system descale & flush, new radiator installations, Under floor heating, Fitting of gas hobs & cookers
- Dripping Taps - Outside Taps - Plumbing in washing machines & dishwashers - Toilet Repairs - Drains etc



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2 Courses for only £5.95
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SEE THE CHANGES FOR YOURSELF

**Take the opportunity of our new courtesy bus.
24 hours notice required.**

Dates for your Diary

Your at-a-glance guide to key dates and events

in and around Glenfarg:

| Date & Time | Event | Place and other information |
|------------------------------------|-------------------------------------|---|
| Monday 10th to Friday 21st October | SCHOOLS CLOSED | October Holidays |
| 23rd October, 1.30pm | Table Sale (Indoor Car Boot Sale) | Glenfarg Village Hall |
| 27th October, 7.30pm | Glenfarg & Duncricvie In Bloom AGM | Glenfarg Village Hall |
| 30th October | GDIB Autumn Clean Up | Glenfarg Green |
| 7th November (possibly 14th) | Community Council Meeting | Glenfarg Village Hall |
| 13th November 4.30pm-6.30pm | Glenfarg Scout Group Pudding Night | Glenfarg Village Hall |
| 15th November | Deadline date for newsletter | Contact at: editor@glenfargnewsletter.org.uk |
| 17th & 18th November | SCHOOLS CLOSED | In-Service Days |
| 2nd December, 6pm-8pm | Arngask Primary PTA Christmas Fayre | Glenfarg Village Hall |

Surrounding Areas:

| Date & Time | Event | Place and other information |
|-------------------------------|------------------------------|---|
| 17th & 18th October 4pm - 8pm | Blood Transfusion Service | Millbridge Hall, Kinross |
| 7th to 29th October | The Enchanted Forest | The Explorers Garden, Pitlochry (www.enchantedforest.org.uk) |
| 29th October to 6th November | Perthshire Amber Festival | Various venues throughout Perthshire (www.perthshireamber.com) |
| 5th November | Bonfire and firework display | South Inch, Perth |
| 20th November (time tbc) | Christmas light switch on | Mercat Cross, King Edward Street, Perth |
| 26th to 27th November | Christmas craft market | King Edward Street, Perth (Sat 9am-5pm; Sun 11am-5pm) |

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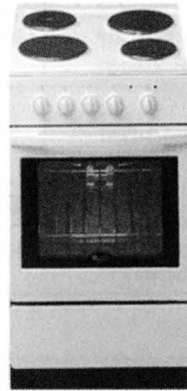
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Waste not - Want not!

Seminar offering businesses information on reducing waste going to landfill

Businesses from throughout Perth and Kinross are being invited to a Business-Reuse Sector Seminar in October 2011 which will provide advice on how they can save money, and boost their green credentials, by diverting good quality reusable items from landfill.

Most businesses are already familiar with recycling materials such as paper, cardboard and glass, however this forthcoming event will look at other items which often go in the bin but could instead be given a second home through local charity shops and reuse projects.

The breakfast seminar on Tuesday 4th October at Perth Concert Hall aims to highlight what businesses can divert from landfill for reuse and who to donate them to. Also available will be details of reuse projects that are setting up across Perth and Kinross and expanding the range of items accepted for reuse, which can help to reduce the

amount of waste currently landfilled from local businesses. The seminar will also alert businesses to how easy it is to set up a Donation Day for staff or provide volunteering opportunities for staff development and team-building exercises.

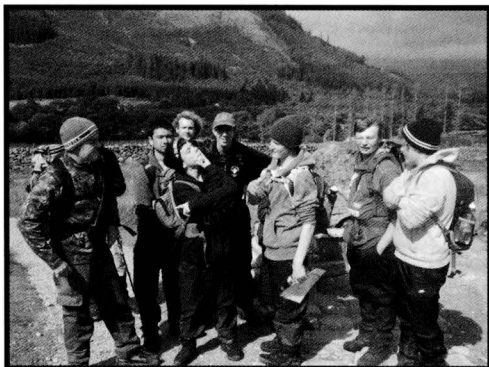
To find out more about this year's Business-Reuse Sector Seminar or to book your business's place (s), please call the Council on 01738 476476, email recycle@pkc.gov.uk or visit www.pkc.gov.uk/wheretodonate



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Explorer Scouts on Ben Nevis



Explorers at the start of the tourist track

We heard the weekend weather forecast as we drove towards Fort William, cloud base falling from 800metres to 500metres on Saturday with winds gusting to 70mph over the higher summits and rain spreading in to Lochaber. 8 explorer scouts and 3 leaders were heading for Glen Nevis, planning to climb Ben Nevis on the Saturday. Not much we could do about the complete change in forecast since the day before when the trip had been planned.

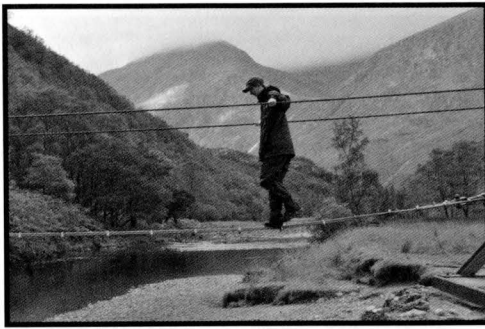
In the dark the group kit was shared out between the explorers and we headed up the footpath through the ravine to the area opposite the steel hut. Even though it was eleven at night we could see the rain being driven up the glen towards us. The leaders

were quickly into waterproofs and pitched their own tents. The explorers were less organised. Despite having pitched the tents numerous times at summer camp, the combination of dark, wind and rain defeated the explorers and all found the pitching challenging. Duncan has suggested that practise pitching in the dark is required for their future benefit.

Once the explorers got into their tents there was no way they were sticking their noses back out till morning. They seemed oblivious to the wind and rain during the night. After breakfast of bacon rolls the weather was definitely hanging around the mountain and the leaders had a brief discussion as to the alternative programme for the day. Tents down and all



Sarat cooking breakfast for Ben and Malcolm



Liam on the steel bridge

the kit packed, the group crossed the three wires of the steel bridge to get a closer look at the steel waterfall before heading back down the glen. Ben took refuge under his rucksack cover when the rest of us put on waterproofs during a passing shower.

We stopped at the Glen Nevis tourist centre planning to walk up to the halfway lochan and see what the weather was doing. The track was busy and we passed several groups also on the ascent and met a couple of runners who were descending. The cloud base was lifting all the time. Craig, our new, young explorer scout leader had the pleasure of telling the explorers that the weather was good enough to attempt the summit. Continuing up the track, a vole ran across the steps in front of us. Near the top we passed several groups all with one person in a wheel chair who were descending from the

summit. Capability Scotland were running a sponsored event to enable some wheelchair bound people to reach the summit.

The summit was cloud free (unlike the forecast) and we got glimpses of the view over Lochaber and the blackwater reservoir.



On the summit cairn

The explorers posed for a few photos on the summit then headed back down the track to the car park passing some of the wheelchair groups as we walked. The explorers were not impressed at the number of groups that were still heading up the track as we descended. It had taken us six hours to do the round trip and we were passing these groups after five. The explorers are now deciding on their next challenge.

Christine Morton

**NEW
SALON**

Mandy's

OPEN TUES - SAT LATE NIGHT THURSDAY

Mandy Shepherd (formerly of Mandy at James) and her team, including David the Barber, have relocated to 119 High Street, Kinross.

We would like to invite all existing and new clients to indulge themselves in our new luxury fully modern salon. Come and enjoy the serene atmosphere and relax in our new hi-tec Shiatsu Wash Unit.



The ultimate in client comfort, this wash unit takes the client from a sitting to a lying position. It gives a full range of massages for muscular systems, cardio-circulatory system, reflexology, antistress and rebalancing while we cleanse and moisturise your hair and scalp with our new amazing products from Tigi and existing L'Oreal range.



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Follow Ben for a safe fireworks night

Fireworks will scare your pets, so keep them safely indoors.

Never give sparklers to a child under five.

When you are watching fireworks, always stand well back.

Only adults should light and hold fireworks.

Never go near a firework when it has been lit. Even if it hasn't gone off, it could still explode.

You have to be 18 years old before you are allowed to buy fireworks in the shops.
Never play with fireworks.
They are dangerous and can hurt you.

If you are given a sparkler, always wear gloves. Always hold sparklers at arm's length.

When a sparkler goes out, **DON'T TOUCH IT.** It could still burn you, so put it in a bucket of water, hot end down.

Ben loves fireworks night. To make sure he stays safe every year, he follows the **fireworks code**.

www.dti.gov.uk/fireworks

Printed on the UK an recycled paper with a minimum FSC score of 75. First published September 2004. Department of Trade and Industry.

**FIREWORKS
BE SAFE
NOT SORRY**
ALWAYS FOLLOW THE CODE

dti

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THE LITTLE SHOP WITH A LOT INSIDE



GLENFARG VILLAGE FOLK CLUB

OCTOBER 2011

Unless otherwise stated, events take place in

The Glenfarg Hotel,
Glenfarg, Perthshire
starting at 8.30 pm

Monday 3rd October

Members £5, Non-members £8
Joseph Topping

Joseph is a multi instrumentalist singer songwriter from the Wirral whose musical journey so far has been as colourful as it has been varied. A former member of the John Wright Band, Joseph's latest CD is "Ghosts in the Shadows".

Monday 10th October

Members £4, Non-members £5

Open Stage:

Tonight's performers are:

- Mark Dunlop
- Chloe Matharu
- Nahoosfara

- David Toner and Andrew Mill

Each will play for half an hour. We always enjoy hearing new talent.

Monday 17th October

All £3

October Singaround

Autumn has arrived. Tonight's theme is Olden Days, Occupations, Occasions — or any other subject that you feel like singing about.

Monday 24th October

Members £5, Non-members £8

Landermason

Fiona Lander and Paul Mason from the north east of England are singers who between them also play a bewildering variety of instruments.

Their wide ranging material combines traditional and contemporary styles. The duo have recorded four CDs and two music videos.

Monday 31st October

Members £6, Non-members £9

Steve Tilston

Steve is a regular and always very popular guest at Glenfarg. He sings both traditional material and his own songs, including 'Slip Jigs and Reels' and 'Here's to Tom Paine'. Widely recognised as a guitar maestro, Steve has been a professional musician for over 40 years.



For any further information please feel free to get in contact either via phone, email or our website.

Doris Rougvie

01337 831403

dorisrougvie@hotmail.com
www.glenfargfolkclub.com



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Knit and Natter
cast on to a new skill.....

Glenfarg Knit and Natter

The knitting bug is spreading and numbers are slowly increasing. An interesting range of knitting and crochet projects, large and small, are being worked on by people with a range of abilities. If you are interested in learning a new skill, or getting back to an old one, you are very welcome to join us.

We meet every Monday evening in the Church Hall from 7 to 8pm, cost £2 to cover room rental and a cup of tea or coffee (and a biscuit or two!)

Please contact Ineke Watt on 830345 if you'd like some more information about the group.



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Snout-N-About

By Elliot



Autumnal Berries

Highly attractive to birds. Cotoneasters produce brilliant red berries that persist over winter and some have glossy dark green leaves that remain evergreen, whilst others tint red before falling at the end of autumn. Happy in full sun or partial shade, these versatile shrubs also have lovely pinkish white flowers in early summer. It's also worth knowing that, as a rule, birds tend to eat red and black berries first, before moving onto yellow and then pink and white berries. If you go for a real mix of colours in your garden you can keep a show throughout the autumn period!

5 Tips for November

1. Plant new fruit trees after the ground is manured.
2. Leeks & Parsnips may be left in the ground until use.
3. For colour in the garden, plant Holly, Dogwood & Winter Jasmine
4. Protect Cauliflower curds by bending a few leaves over the centre.
5. Providing food and water for garden wildlife.

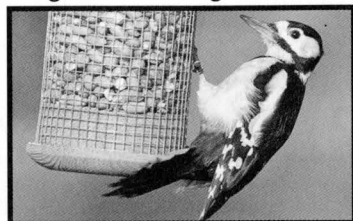
5 Tips for October

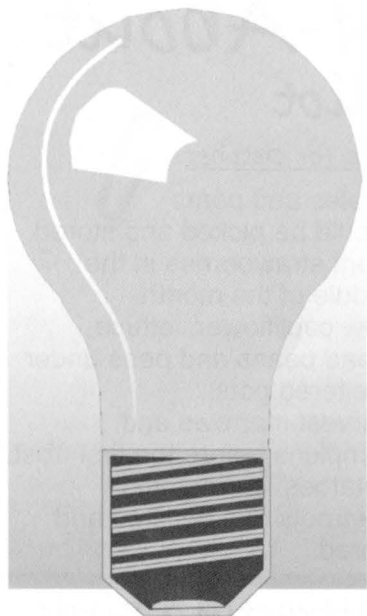
1. Apples and pears should be picked and stored.
2. Plant strawberries in the middle of the month.
3. Sow cauliflower, lettuce, broad beans and peas under sheltered pots.
4. Harvest marrows and pumpkins before the first frost.
5. Potatoes, carrots and beetroots can be lifted and stored.

Attracting Birds

A good tip is to place black sunflower seeds and peanuts in feeders, both high in nourishing oils and high energy foods, and to scatter mixed seed mix on a bird table or the ground. Putting these foods in a variety of places will also help attract most of the species found in your area.

Although feeding benefits birds most over the colder months, food shortages can occur at any time of the year so it's important to feed birds all year round. It's also beneficial to provide water for drinking and bathing.





John Allison

(electrician)

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FREE ESTIMATES/ADVICE

Glenfarg SWRI



President Mrs Ursula Stewart welcomed members to the new session and introduced Margaret Ponton, Linda Stewart and Alison Bett who presented a rosebowl on behalf of the Glenfarg Wine Club. This bowl, named the Jenny Adam nee Rose Bowl, is in memory of a well-loved and much missed member and former President who died earlier this year. Keeping the theme of her name, it will be presented to the winner of the Flower of the Month competition at the end of each year. The Rural would like to thank the Wine Club for this thoughtful gift.

Mrs Helen Quartermaine has also donated a trophy to the Rural, this time for the person who gains the most points at Kinross show. As our members have traditionally done well at the show it is hoped there will be stiff competition for this trophy!

Members were then treated to an entertaining romp through the life and times of actress Gwyn Grey. Interspersed with stories and poems this was a highly accomplished and hugely enjoyable illustration of an actress's skill.

Mrs Ursula Stewart proposed the vote of thanks.

Next month's speaker will be Frances Drysdale from Carnbo. With only 67 days to Christmas, she will be getting us prepared with a demonstration of Christmas flowers. Frances's talks are always

entertaining and apposite and new members and visitors are very welcome on Thursday 13th October at 7.30pm.

Competition winners:

Flower of the Month

1. Lesley Murison
2. Liz Yull
3. Helen Quartermaine

Dressing Table Nick-Nack

1. Margot Moran
2. Jeanette Kirkland
3. Helen Mair

Blackcurrant Jam

1. Catherine Fairweather
2. Liz Yull
3. Allison Messenger

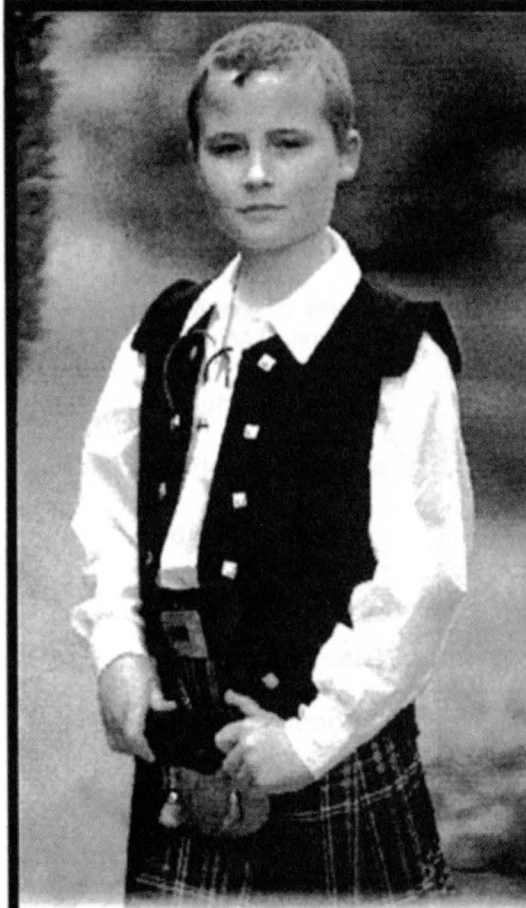
Ursula Stewart

Glenfarg Bridge Club



The winter session begins on Friday 7th October at 1.45 p.m. in the Church Hall. The club meets weekly on Friday afternoons and new members, including beginners, will be made very welcome. No partners are required.

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Do you enjoy the Glenfarg Newsletter? Do you look forward to all the local news?

The newsletter is put together by a team of people just like YOU, so why not join them?

New members of the team are always welcome. We need a spectrum of interests to ensure the Glenfarg Newsletter caters for all.

We also need a new Editor to co-ordinate the newsletter's editorial team and manage the content of the newsletter, including fitting it into each issue. Mac computer and publishing software (Pages) supplied.

If you are interested in either, send an e-mail to:

Newsletter@glenfargcc.org.uk

and we can give you all the details.



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Explorer Scout Expedition Sandwood Bay Summer 2011

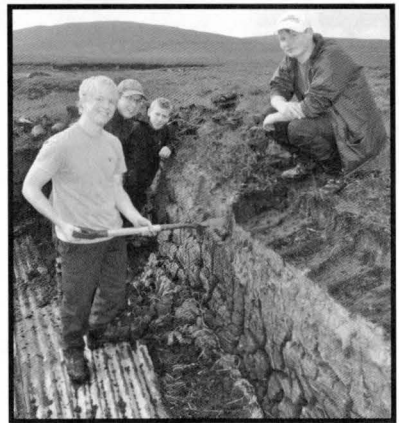
Eight explorer scouts and two leaders left Glenfarg for the long drive by minibus to Kinlochbervie. We stopped for lunch at Lairg and fed the midges, eventually arriving at Oldshoremore after 6 hours to be greeted by the local John Muir Wildland Ranger and his two Labradors. The explorers quickly pitched the new tents (a grant from Cash Back for Communities) on the machair, unloaded the minibus and were away fishing on the rocks or exploring the beach. Evening meal finished, two of the explorers went off with the ranger to get rabbits and the rest of the group walked out to one of the islands while the tide was out and watched the sunset. All thought the sea was as blue as the Caribbean except a bit colder.

On Sunday morning the cockerel started as soon as the sun got up and kept going every few minutes. Food for the expedition was handed out and the groups packed up their kit and struck camp before rabbits were skinned. Then we were off to Sandwood Bay and beyond passing various small trout lochs on the track.

The explorers were in the far north west to complete the John Muir

Award, to discover, explore and conserve a wild place.

On reaching the beach the group split up, with a couple walking the length of the beach on the sea side of the marram grass covered sand dunes. The rest of us walked across the dried out north bowl of Sandwood loch to the mouth of the river where we found the remains of a spitfire. We climbed up the track at the end of the bay and headed across the moorland, rapidly learning that standing on bright green patches left you sinking into the bog. We pitched the tents beside the Strathcailleach bothy and cooked rabbit stew on a peat fire in the bothy for the evening meal.



**Scott, Liam, Nial and Duncan
peat cutting**

On Monday morning, we returned the 3km across the moor to

Sandwood Bay to clear some of the rubbish lying on the shore, thrown overboard from ships and washed into the bay in storms. We took three drums of old engine oil and 7 sacks of plastic to the netted area where it would be picked up by a quad bike and taken back to the road for disposal. Back at the bothy some of the explorers cut peats to replace the



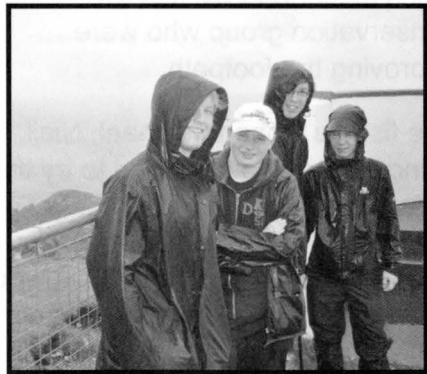
Beach clean!

ones we had burnt, leaving them to dry on the moorland.

On Tuesday morning we crossed the cailleach and headed north accompanied by the ranger and his dogs. The ranger explained how sundew and butterwort catch flies and digest them to increase their nutrient intake, and how plants with the word wort in them were used for medicinal properties. The lizards ran off before the explorers could see them. We stopped for lunch at a loch where the fishers tried their luck. We saw stags and disturbed herds of hinds. At Kervaig, a well maintained bothy on the north coast we set up

the tents before the explorers, led by Liam, went for a swim in the sea. We had hoped to walk to Cape Wrath in the evening but ran out of time so played cards with some other occupants in the bothy.

On Wednesday morning it started to rain and the group divided in two, Robert taking Scott, Niall, Duncan and Liam to Cape Wrath and then back to Strathcailliach, the others heading straight back. The weather deteriorated all day and it felt as if the sky was firing bullets of rain. Crossing the cailleach to the bothy was challenging. Failing to find another crossing point within a 10 minute walk, three steps into the river with the water was attempted and abandoned as the water was well above knee height. We trudged



Scott, Duncan, Liam, Niall at Cape Wrath

back up the glen looking for a place to cross and eventually found a convenient animal barrier to slide across the river on.



Sarat refereeing Liam and Kiron arm wrestling

On Thursday morning we packed up the tents in the dry and headed back following the indistinct footpath to Sandwood Bay. There we cleared up more rubbish as we walked along the shore in the sunshine. The north bowl of the loch we'd crossed on Sunday was full of water after the rain. Once on the track from Sandwood Bay, the walking became much easier and we met the conservation group who were improving the footpath.

The fishers Robert, Michael, Niall, Duncan and Scott decided to try their luck at the lochs and Niall caught a brown trout for his tea. The ranger returned in the evening and showed us teeth from a killer whale and ear bones from cod.

On Friday morning a local crofter asked for help to herd the goats - a new experience for the explorers, moving at speed over the uneven ground. Afterwards we piled onto the minibus and headed to the nature reserve - Handa Island where Kiron

was invested on the highest point. Back at camp the fisherman tried again and Liam caught a rainbow trout. Later we played Taboo then there was arm wrestling .

On Saturday morning the cockerel started really early and the explorers were up cooking breakfast by half seven with midge hoods on for the first time. We loaded up the minibus and for the long drive home.

We achieved our John Muir Award by discovering the beauty, solitude and biodiversity of the area as we



Happiness on Handa Island

explored it by journeying through the tree free boggy moorland to the north coast across and conserved it by cleaning the beach and practised minimum impact camping. The explorers have asked to return and help to improve the footpath to Sandwoodbay.

We would like to thank Kinross Round Table and Glenfarg Community Council for their financial support.

Christine Morton

CARVE IT UP!

Carving pumpkins is fun for the whole family. From picking your pumpkin to turning it into a Jack O Lantern, here are some ideas for carving.



Before you learn how to carve a pumpkin, there are some important things you should look for when finding the perfect carving pumpkin. Here is a handy checklist:

- Pick out a good ripe pumpkin from a local shop
- Check your pumpkin, looking to see if there are any soft spots.
- Check that your pumpkin will sit upright without tipping over. You cannot have a successful Jack O Lantern, if he keeps falling over!
- Make sure the stem on your pumpkin is sturdy. A missing or loose stem is not ideal for carving.
- Place your pumpkin in a cool and dry environment before carving. This helps maintain its freshness before you begin carving.

Tools for the Pumpkin Carving

You might need a set of tools to help you carve pumpkins. (Sharp objects should be handled by adults only.) Ideal tools for the job include:

- Long, thin bladed knife: This cuts away the top of the pumpkin at the stem and large parts of the Jack O Lantern face or design.
- Paring knife: Great for the smaller, more detailed portions of the face or design.
- Ice cream scooper: Perfect for gutting out the pumpkin.

Also make sure you have covered your work space with plenty of newspaper as it will be very messy!

Lighting the Jack O Lantern

One of the best choices for lighting your carved pumpkin is a votive candle placed in a clear glass. This makes lighting your Jack O Lantern safer and will help the pumpkin last longer. A tea-light candle works well for smaller pumpkins.

Making the Carved Pumpkin Last

To preserve your carved pumpkin, you can soak it in cold water for at least an hour after it has been carved.

Petroleum jelly (Vaseline) can be rubbed on the edges where the pumpkin is carved to help prevent shriveling.



Have a HAPPY and VERY FUN Halloween!!!

Police Box

STREET SPORTS FOR ALL

During the school holidays your local Community Officer, Euan Mitchell, regularly organised, set up and ran the 'Street Sports 4 All' scheme in the Kinross and Bridge of Earn areas in a bid to keep young people occupied, active, and divert them away from engaging in antisocial behaviour.

Street Sports has its own set of rules which centre on minimal contact, respect and fair play. During breaks in play local Community Officers, Special Constables as well as youth workers, sports professionals from St Johnstone FC and other partner agencies will use the opportunity to introduce themselves to the young people in an informal setting and continue to build strong community relationships amongst each other. The sessions are free and open to all school age children in the area. Places do not need to be booked.

Many of you will have seen the kit which was at the Glenfarg Gala day back in June when it kept some of the kids amused for quite some time that afternoon. An event was held in at Wallace Park on Friday 19th August although it was almost a complete washout due to the weather. 5 hardy young souls were found sheltering from the rain and agreed to participate. So with Euan making up the number a three a side

game was had and everyone was soaked to the skin. There was a further event planned for Friday 16th September which by the time you read this has hopefully had better weather than the August one.

This scheme will continue again in the spring and details of all future events will be advertised in the local press, through posters in prominent locations within the village and also with the help of the schools.



PARKING OUTSIDE SCHOOLS

Now that a new academic year is with us we would like to remind those people who take children to and from school in vehicles to be considerate about how and where they park when doing so.

We understand that parents want to see their children, particularly the younger ones, safely on to school premises and on wet days ensure that the youngsters are as dry as possible when they arrive. However, in doing so many people park their vehicles in a manner that

compromises the safety of others. We have encountered, among other things, cars parked on the zigzag markings, obstructing the school crossing patroller, and on pavements whereby pedestrians are forced to walk on to the road to get past. Regretfully we have found that the attitude of a small number of parents appears to be that they don't care what happens to anyone else as long as their child arrives at and returns home from school safely. We all have a duty to ensure that everyone, particularly the children, are safe at all times.

CYCLING ON PAVEMENTS



We have received some complaints regarding the problem of cyclists using pavements. This may seem a petty complaint at first, but in fact this behaviour can be the cause of serious accidents. It is accepted that small children are best kept on the pavements, for obvious safety reasons. Younger children are generally too small and do not go fast enough to pose a hazard to pedestrians. However, older children and adults should only be cycling on the roadways. Cyclists should bear in mind that pedestrians do not expect fast moving bikes to be on the pavements and often they cannot hear them approaching in time to react or get out of the way.

We would also like to remind motorists to treat cyclists with consideration and patience. When passing a bicycle on the road, motorists should give them plenty of room and not just squeeze past. This can be very intimidating for the cyclist and may cause them to swerve or become unstable. If there is no room to pull out past the cyclist, or there are oncoming vehicles, then the motorist should slow down and wait until it is safe to pass. Overtaking a cyclist should be dealt with in the same way as overtaking any other vehicle.

NEW COMMUNITY OFFICERS

Constable Victoria Riches is the new Community Officer with responsibility for rural Kinross-shire, whilst Constable Sadie Allan will be the new Community Officer with responsibility for the towns of Kinross and Milnathort. They will work alongside Euan in an effort to deal with community issues causing concern locally in their areas and also helping out each other when the opportunity arises. Both will be based at Kinross Police Station.

Euan can be contacted at
Bridge of Earn Police Office,

0300 111 2222

euane.mitchell@tayside.pnn.police.uk

Alternatively you can
anonymously contact

Crimestoppers

0800 555 111

Arngask Primary School News

Library update

The move to the library has proved to be successful. We have been given additional shelving by PKC Library services. Parent volunteers are putting all of our non-fiction onto our IT system along with any new fiction as required. Pupil library assistants are helping with this. Once this job is done all classes will be timetabled to have a library session once a week where children can borrow books to take home. We will purchase books bags which are solely to be used for lending library books. This follows a successful pilot last year with P4/5. We will be having a 'bring and buy' book sale in November to raise money for our library, organised by the Eco Committee.

Gardening Club for P2-7 pupils

The club restarted on 23rd September and is on Fridays from 3.30-4.30pm. We have a lot to do both in the school grounds and at The Veg Patch. P1 pupils will have the opportunity to join the gardening club in the summer term. All classes will be gardening at some point over the school year.

Food, Glorious Food!

As well as learning about growing food, this year we will be having a focus on cooking as part of our Health and Wellbeing curriculum. Each class has been allocated a day when they can take part in cooking. The dining room has been re-organised to be our Health and Wellbeing resources base as well as the cooking area. We used our

Sainsbury's tokens for cooking equipment, which has now arrived. We have been given an induction hob as a pilot school for cooking. We will host other schools for teacher training in March 2012. Our staff are being trained in food hygiene. Other food related events planned so for this year include our Harvest Assembly, Seasonal Fruit Taster Tuesdays, the Annual Arngask Breakfast and of course the Friday Tuck Shop. All classes will have visits to Rosemount Farm for 'From Farm to Fork' a workshop day. P6/7 have already been and their feedback was very positive. Further food events are to be planned over the year...

Citizenship

The Eco-committee, JRSO, Health Group and Pupil Council elections have been held and the first meetings will start next week. Mrs Gibson is this year's Eco Schools Co-ordinator, Mrs McAinsh is the Junior Road Safety Co-ordinator, Mrs Paterson will lead the Health Group and Mrs Cathro/Ms Strachan will give support to the Pupil council.

Keeping Healthy, Staying safe

If your child is ill please let Mrs McAinsh know by telephone on the first day of absence. We also need a written, signed note to say why your child has been absent, on their return.

We will be having **assemblies** with the theme of 'Keeping safe, Keeping healthy' over the year. This term we have Internet Safety, Know how to

get help/Big Bag of Worries and Healthy Eating. Future assemblies will include e.g. 'Be Safe, Be Seen – Road Safety', Firework Safety, Friendship, 'Falling out/Falling In!' and Resilience.

This is the beginning of the season for snuffles and colds. **Effective hand washing** is really important to good hygiene and we regularly remind children of this in our Health and Wellbeing activities and assemblies. Thank you for your support with this!

RSPB /Gannochy Trust/School Partnership

We are very happy to continue our partnership working with the RSPB and Gannochy Trust. Activities over 2011-12 include:

- o P1 will be 'Learning outside with Robbie Robin', with a visit to Quarry Mill on Wed 5th October
- o P2/3 will be working on a 'Wild Woods' project over the year

- including our local woods and a visit to Quarry Mill in Spring.
- o P4/5 Will continue our 'Bird Friendly School' activities and will visit Vane Farm – date tba
- o P6/7 Will be researching Quarry Mill and developing a trail guide. In the summer term they will be applying what they have learned to our local context and will create a trail guide for Glenfarg.

The Gannochy Trust is funding most of this work. The PTA will fund the P4/5 visit to Vane Farm.

There will be a **Wildlife Explorers Lunch-Time Club** starting after the October break, arranged by the PTA.

October Holidays and Term 2 Dates

Last day of term is Friday 7th October. Term 2 starts Monday 24th October. In term 2, in-service days are Thursday 17th/Friday 18th November (school closed for pupils).

Lynn Strachan, Head Teacher

PTA EVENTS

Who needs T in the Park or the London Olympics, when you have the PTA Christmas Fayre, Family Ceilidh and the Summer Fun Night on your door step? Get these dates in your diary, so that you don't miss out on the most exciting social events of 2011/2012.

| DATE | TIME | EVENT |
|------------|---------------|--------------------------------|
| 28/10/11 | 6pm | HALLOWE'EN PARTY, VILLAGE HALL |
| 2/12/2011 | 6-8pm | CHRISTMAS FAYRE, VILLAGE HALL |
| 27/01/2012 | 6-8pm | FAMILY CEILIDH, VILLAGE HALL |
| 1/06/2012 | 5.30pm-7.30pm | SUMMER FUN NIGHT, SCHOOL |

Normile Racing Open Day September 2011

We had a really amazing turn out of visitors for our Open Day. We must have had well over two hundred people at the yard, which was fantastic and especially on a day when the weather was not a great help to us. We ran out of parking spaces quite early on but that was a nice problem to have.

Becky and Ross put on a great schooling display, jumping Primrose Time and Strobe over some tyres, jumps and hurdles and despite the large crowd and soggy ground they put up a brilliant show. The horses took it all well and in their stride and

showed themselves off very well. Libby commentated and explained a little about how we school the horses. We then paraded all the horses that we have for sale and racing club-syndicate horses and while the horses were parading Libby again gave a little chat about each one. I have to say that all the horses were impeccably well behaved, especially the young horses who may never have seen such a crowd and had to contend with a large marquee and bouncy castle, a lot to take in. I was very proud of them all. We then had a



Miss Deefiant and Becky



The Normile Staff Team

farrier display, put on by Neil Kerr Ramsay, who put racing plates on Frith and he had a large crowd watching him at work.

All the lads in the yard put in a great deal of hard work to put the whole event on and the yard was spotless and the horses immaculately turned out. It really is a great team effort here but we all had fun doing it.

There were a huge number of new faces to the yard and, together with plenty of familiar ones, made for a really good fun afternoon and there was plenty of interest in the horses and we are delighted to welcome some new owners to Duncrievie. The children all had a good time, and especially enjoyed the bouncy castle, but the candy floss and

popcorn were particularly popular – funny that!

We had some lovely wine supplied by Exel Wines, from Perth, our new yard sponsor, and there were also gin and tonics supplied by the very popular Edinburgh Gin, which seemed to go down very well, and given that there was no food left at the end, that signals a successful day.

A good fun and worthwhile day, and although it was a bit damp – it was nothing like Monday which was so wet and wild that I think we may have been washed away were we not on the top of a hill. Everyone is already planning what to do for next year

Lucy Normile

LOCHELBank WIND FARM COMMUNITY BENEFIT FUND



Update – August 2011

The developers of the Lochelbank Wind Farm, RWE npower Renewables are providing a fund for the benefit of residents in the geographic areas represented by the Community Councils of Glenfarg and Bridge of Earn. Money from the fund will be used to support community projects and activities in these areas.

RWE npower Renewables will contribute at least £20,000 per year, rising in line with inflation for 25 years, from spring 2011.

The Fund's Trustees will be those of the Scottish Community Foundation, the charity that will manage the fund. Groups and organisations working in the area will be able to apply to the Foundation for grants from the fund. Although the Foundation will handle applications, the decisions about grants and how the money is used will be made by a local Advisory Panel, made up of community representatives.

This update is intended to answer some questions about the Community Benefit Fund and provide information about how and when the money will be available.

What is the Scottish Community Foundation?

The Scottish Community Foundation is a charity (no. SC022910) dedicated to strengthening communities by awarding grants that make a genuine

difference to the lives of local people. It runs a range of grants programmes – including others linked to community benefit funds like this one – which support community groups and projects across Scotland. See www.scottishcf.org for more information.

What will the Advisory Panel do?

It will advise the Scottish Community Foundation on priorities or strategies for use of the funds available, and make decisions about which applications to award grants to. Applications will be received and checked against agreed priorities and criteria by the Scottish Community Foundation before being presented to the Advisory Panel for decisions.

Who will be on the Advisory Panel?

It will be 6 local people who live, work or volunteer in the area: the Advisory Panel will include 3 representatives from each area and will include at least one representative from each Community Council.

What kind of things will the money be used for?

It will generally be used for activities that benefit local residents by strengthening the community and improving the lives of local people. The money must be used for charitable purposes that provide public benefit, which means it can't be used to provide financial benefits for

businesses or individuals. Any specific priorities will be decided following some community consultation into the particular needs and opportunities of the communities in the areas which will then agree any priorities or specific criteria for grants.

Who will be able to apply for a grant?

Groups or organisations that have a constitution (governing document or set of rules) and are set-up on a not-for-profit basis who wish to run a project or carry out an activity that will benefit residents in the community council areas of Glenfarg and Bridge of Earn.

When will organisations and groups be able to apply for grants?

Applications will be accepted from October 2011. It is intended to award the first grants from the fund later in 2011.

What happens next?

The Scottish Community Foundation will work with the two Community Councils to launch the fund and recruit a local panel in October/November. **A meeting will be held in Arngask Church Hall on Saturday 29th October at 12:00 midday.** Anyone from the Glenfarg Community Council area is welcome to attend, but the event should be of particular interest to groups who may wish to apply for monies from the fund and those members of the community who might be willing to sit on the panel.

There are a range of other local and national sources of grant funding for community projects:

- The Perth and Kinross Council website and CVS; Perth and Kinross Association of Voluntary Services (PKAVS) offers information about grant funding <http://www.pkc.gov.uk> and <http://www.pkavs.org.uk>
- Perth and Kinross Grants Direct is a one-stop-shop to help individuals and local community groups from the Perth and Kinross area to access funding. <http://www.pkgrantsdirect.com>
- The National Lottery Awards for All scheme offers grants of up to £10,000 for a wide range of projects: www.awardsforall.org.uk/scotland
- The Scottish Community Foundation also runs a number of grant programmes which can accept applications from groups anywhere in Scotland at any time: www.scottishcf.org/apply

For further information, contact Margaret Phelps/Helen Wray at the Scottish Community Foundation, tel. 0141 341 4960

The Scottish Community Foundation is a registered charity dedicated to strengthening communities by awarding grants that make a genuine difference to the lives of local people.
(Charity no: SC022910, Company limited by guarantee no: SC152949)
Regd Office: 22 Calton Rd, Edinburgh, EH8 8DP.

Arngask Church News

There is an old joke about a vicar staying at a hotel where the staff were trained to think in terms of 'opportunities' instead of 'problems' (I will not bore you with the joke). I seem to have spent the summer solving a number of opportunities between Arngask and Abernethy. Some of these are the opportunities of growth, like finding volunteers to run the youth clubs in Abernethy. Others are the opportunities of change. Change is that constantly demanding feature of life. Change has affected Sunday School as much as anything else in the Church. We have 'Sunday Clubs' or 'Jesus and me' clubs ('JAM clubs'). Children are in some ways more sophisticated, especially technically, in ways of learning – interactively, by exploration and discovery, almost never by rote. The fact remains that everyone embraces attitudes, values, relationships and some kind of faith. The only real question is which? This is one reason why the Christian Education of the young has always been important to me personally, and ought to be important to everyone in the Church. Many people remember

their Sunday School teachers – mine were Miss Cunningham and Mr Brown at Cessnock Parish Church in Glasgow.

We need two or three people to enable the Sunday Club at Arngask to continue effectively. This is still today an important ministry, not simply a form of child care.

This would give continuity and structure along with the excellent material we use and a rota of volunteers, and the support of the Minister and Kirk Session. The idea is to make sure no one person carries the responsibility alone but works in a team that is adequately, generously resourced. Please give this your careful consideration.

Rev Alec Wark

Sunday Club

This Club meets every Sunday during school term time at 9.30am in the Church Hall and lasts for approximately 1 hour. Children aged 3 and over will be made most welcome. Basic Christian education is taught by using games, crafts, drawing, singing and discussion.

Dates for your Diary

Service of Holy Communion on Sunday 6th November at 9.30am.

Remembrance Service in the afternoon of Sunday 13th November, in the Village Hall, followed by the act of remembrance at the War Memorial "at the going down of the sun". (There will no service in the church that morning).

Church Christmas Sale on Saturday the 26th November at 10am, in the Village Hall, as well as all the usual stalls, there will be Christmas Hampers, and refreshments. All will be welcome.

Tea & Blether Group

On the last Tuesday of the month a group of ladies meet in the Church Hall, for a cup of tea and a chat. It is very informal, no one is actually in charge, we take it in turn to make and provide the tea and biscuits. It is enjoyed by all who come along.

The next two meetings are 27th September and 25th October 2pm -3.30pm and it only cost £1 for the use of the hall.

Further dates will be decided at the October meeting.

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Recipes

A seasonal taster for all to try!

Just before Hallowe'en and Bonfire night, the shops are full of pumpkins which can be used to make a delicious soup.

If the pumpkin is destined to be a lantern, try to use some of the seeds. First of all, remove the fibres by washing in water then dry with a tea towel. Stir-fry small batches in a good vegetable or olive oil or butter – they are ready when they start to colour. Add a pinch of cinnamon or salt if you like to taste. To dry freshly washed and dried seeds, spread a



single layer on a tea towel and leave to air-dry overnight. Next day, spread a single layer onto baking tray/s, lightly spray with oil and roast in an oven at 140C, 275F until lightly coloured. Cool and store in an air tight container. If you like them salty, soak the seeds in salt water for an hour after washing and before the drying process.

Janet Little

***Most of the ingredients in our recipes are in stock in our local village store, so you don't even have to leave the village when making these spooky winter warmers!
Enjoy!***



Pumpkin Soup

6lb 10oz (3kg) pumpkin
2 tbsp vegetable oil
2oz (50g) butter
2 medium onions chopped
50 fl oz (1.5 litres) vegetable stock
25 fl oz (750 ml) milk
2 sprigs of thyme, 1 sprig of rosemary
2 oz (50g) grated parmesan or gruyere, cheddar or other white cheese
salt and ground black pepper to taste



Cut the pumpkin into large chunks and remove the fibers and seeds. Toss the wedges in some oil (groundnut, sunflower or olive) then roast, skin side down, on trays in an oven at 200C/400F/GM6 for about 30 minutes until tender.

Remove from the oven and allow to cool before removing the skin.

Melt the butter in a large pan and gently cook the onion and fresh herbs for 10 minutes until soft but not coloured. Add the prepared pumpkin and any juices from cooking, stock, milk and salt. Simmer gently for 20 minutes, taking care not to let it boil over due to the presence of the milk.

When cool enough liquidise after removing the stalks of the herbs. Add black pepper and salt to taste before serving in bowls with some of your chosen cheese in the centre.
An alternative is thick, greek yoghurt or croutons.

(serves 6, vary the quantities with pumpkin size)

Janet Little

Barnbrack

1/2 oz (15 g) fresh yeast or 2 tsp dried
10 fl oz (275 ml) warm milk
1 cup (4 oz) 110 g strong plain flour (bread flour)
1 egg, beaten
2 oz (50 g) butter, softened
2 1/2 cup (10 oz or 275 g) bread flour



1/4 cup (4 tbsp or 50 g) caster sugar (superfine granulated)
3/4 cup (4 oz or 110 g) sultanas (golden raisins)
2 oz (50 g) candied peel (candied fruit), chopped
1 tbsp sugar, melted in 2 tbsp water

1. Mix the yeast, warm milk and the strong plain flour into a large mixing bowl and leave for 3/4 - 1 hour until bubbling.
2. Add the butter and egg to the sponge mix, then add the flour and the rest of the ingredients. Mix to a dough.
3. Knead the dough on a floured work surface until smooth. Cover and leave to rise for about 1 hour.
4. Knead the dough again.
5. To shape, bring the edges of the dough to the centre. Turn the dough so that the bottom becomes smooth. Turn upside down and roll out to 1 1/2 inch (4 cm) thick. Place on a baking sheet (greased), and leave to rise for 30 minutes.
6. Bake in a preheated oven at 400°F (300°C) gas mark 6. The result should be golden brown and sound hollow when the bottom is tapped.
7. Cool on a wire rack.

(makes one 2 lb (1 kg) loaf)

Deborah Widley

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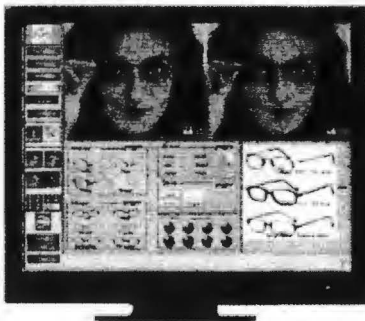
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The beginning of November will see the annual collection in aid of Poppy Scotland and it seems appropriate to highlight here the relevance of this charity and the value of the work it does. Poppy Scotland is the leading charity supporting ex-Servicemen and women and their families throughout Scotland. Although probably best known for running the Scottish Poppy Appeal, it operates all year round to help veterans and their families receive the care and support they urgently need.

Poppy Scotland supports veterans and their families through direct financial assistance to those in urgent need. It also helps fund specialist veteran's charities including Combat Street, Erskine and the Royal British Legion Scotland.



It is not only amputations and shrapnel wounds that need to be healed - some scars are visible and some are not. Some veterans still need help as they struggle to adjust to civilian life, facing financial, physical and psychological difficulties. The huge task of caring for these veterans is every bit as relevant today as it was in the immediate aftermath of both World Wars. So many of our servicemen and women have been injured and maimed in more recent conflicts such as Ireland, Bosnia and Iraq and currently on a daily basis in Afghanistan. The help they receive from Poppy Scotland is vital.

Look out for the Poppy Scotland collection tins which will be placed in the village shop, the Glenfarg Hotel and the Bein Inn around the end of October and please give as generously as you can: your donations really do make a difference and will be greatly appreciated.

Dave Arnold

Riding for the Disabled Association

Glenfarg Group Bronze, Silver, Gold RDA Holiday Leeds 2011

Five riders from Glenfarg Group travelled to Leeds to take part in the RDA Bronze Silver, Gold award holiday organised by Judy Olby.

This is the third year riders from the group have made the trek south for this purpose.

The accommodation and equestrian centre are both

superb, unfortunately on opposite sides of Leeds but our driver, Elaine Nicol made short work of it each day.

Our riders had a very successful week, hard work but lots of fun and we returned with two bronze awards (Pauline and Paul) one silver award (Catherine) and two stable management gold awards (Jenny and Rachel). Angela Stocks & Beryl Cowling made up the group.



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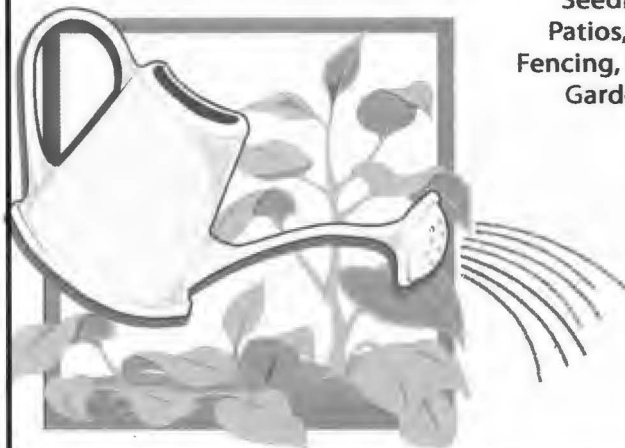
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A wine that is growing ever more popular is Rioja from Spain. It is available in 3 forms - Red (tinto) White (Blanco) and Rose (Rosada) Production is relatively low at about 250 million litres annually, most of which (85%) is red.

The most widely used grape is tempranillo which is used either exclusively as a varietal or blended with small amounts of Garnacha Tinta, Gracinao and Mazuelo. A top viticulturist will use Tempranillo as the main flavour of the blend, and will then add Garnacha for body and alcohol, and Mazuelo seasoning. Riojas are made in Bodegas which is the Spanish version of the French Chateau or the Italian Castello.

All Riojas are aged in Oak barrels which will add a vanilla taste to the wine, usually the oak will be either French or American, and sometimes a mixture of both.

The four most popular types of red rioja are Rioja, Crianza, Reserva, and Gran Reserva. Typically Rioja (the youngest) will be aged in oak for less than a year, Crianza is wine aged for at least 2 years, at least one of which must be in oak, Reserva is aged for at least 3 years at least one of which must be in oak, and Gran reserva aged for at least 2 years in oak and 3 years in the bottle.

The prized and most sought after Riojas are wines made from old vines some in excess of 60 years old. These wines are full of flavour and depth of colour, and because of their age, the roots are deep in the ground which coupled with low rainfall and high temperatures makes the yield very low, and thus makes these wines very expensive.

Good Riojas are deep in colour typically brilliant ruby red with tinges of brick red. On the nose, it is usual to have a smell of toasted oak nuances and coconut with leather and damp earth in the background with a taste of red berries and dried raisins. There should be silky rounded tannins and a smooth lingering aftertaste.

Quality Rioja, especially Reserva and Gran Reserva are not quaffing wines, and thus should be enjoyed with food especially game, red meats and roast lamb, serve at 16 - 18 degrees C.

Steve Mee



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Your chance to shape your community

Community Councils are groups of people who give time to, and have a genuine interest in, the well-being of their community. Their chief role is representative; to consult the local community and to make known to the local authority and other public bodies the views of local people on all matters affecting them.

The local authority, in return, has a duty to consult community councils on how local services are delivered and other issues affecting their neighbourhoods. Community councils have the right to be consulted on any planning applications in their areas and are also kept informed about licensing applications.

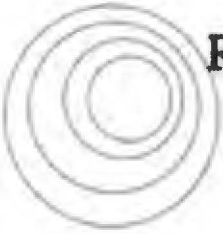
For the first time, Perth & Kinross Council will administer elections for the 53 community councils across the Perth and Kinross area. This follows approval of a new scheme of establishment for community councils.

The elections, which will be by postal vote, will take place where the number of valid nominations to stand as a member of a community council exceeds the

maximum number of members allowed for that community council. The deadline for voting is 5pm on Thursday 3 November 2011 and the results will be announced the following day, Friday 4 November 2011.

If you are interested in standing for your local community council, nomination forms will be available from Perth & Kinross Council's website www.pkc.gov.uk from 15 September 2011. The deadline for nominations is 29 September 2011. All nominations must be accompanied by 50 word statement of support. Perth & Kinross Council encourages residents to become involved in their local community councils. Community councils are the most local community based tier of elected representation and it is their duty to represent the views of their communities and to act to ensure their wellbeing.

For further information contact Perth & Kinross Council's Community Council Liaison Office by emailing communitycouncils@pkc.gov.uk or phoning 01738 475004.



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Dave Arnold

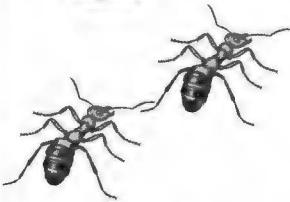
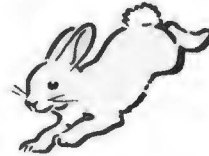
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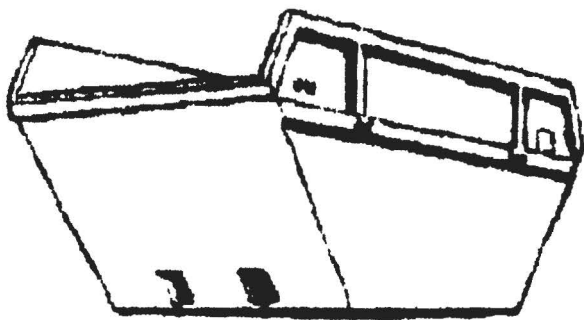
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Glenfarg Baby and Toddler Group

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We had a great year last year with lots of children coming along to the group each week to enjoy playing together, crafts and snack time.

Whenever the weather was nice we tried to get outside to play with the slides and cars too.



This week the children enjoyed making lions (with a little help from their mums, dads and carers!) as you can see from our photo.

We are a very friendly group and are always delighted to see new people coming along – if you've been thinking about joining the group, why not come along and see for yourself!

Lucie Johnston

Rainbows & Brownies*

The Glenfarg Brownies and Rainbows started back for the new term in August and we were very pleased to welcome several new members. At the moment we meet on Wednesday evenings between 6pm and 7pm during term time in the Glenfarg Village hall and we have lots of exciting activities planned for the term ahead. Any girls aged between 5 and 7 can become Rainbows and girls aged between 7 and 10 can become Brownies. If you would like any further information please get in touch with Emma McLoughlin on 07711909037 or e-mail glenfargbrownies@gmail.com. We will also be selling second hand books at the table sale to be held in the Village Hall on Sunday 23rd October. If anyone has any books they would like to donate please bring them along to the Village Hall on a Wednesday around 7pm or ring /e-mail to arrange for them to be collected.

Emma McLoughlin

Glenfarg Community Council

**Glenfarg Community Council (GCC)
Draft minutes of meeting held on 5th
September 2011**

an emailed report had been received by the secretary.

Present

Community Councillors (CCllrs)
Armstrong, Arnold, Campbell
(Chairman), Connolly, Johnston,
Mackenzie, Macpherson, Murison,
Ponton, Watson and Vaughan

The report highlighted the issue of parking at schools where the actions of some compromise the safety of others. Where there is evidence that offences are being committed drivers will be issued with fixed penalty tickets and reported to the Procurator Fiscal.

By invitation

Councillor (Cllr) Baird

Glenfarg reported crimes since last meeting – theft of a bicycle from Elm Row – under enquiry.

Apologies

Cllr Robertson

Speeding vehicles on Main Street – speed checks have been carried out. A few drivers have been warned about their speed (nothing excessive)

Previous minutes

The minutes 27th June, with correction to School Fund balance to read £941 not £9.41, were proposed by CCllr Vaughan and seconded by CCllr Johnston.

Street Sports for All – successful launch at Glenfarg Fete but event on 19th August almost a complete washout due to weather. Next event in Wallace Park 16th Sept 6pm-8pm. All upcoming events will be advertised in local press, posters in village and local schools.

Matters arising

Neighbourhood Watch CCllr Arnold is to fully examine detail of role and appointment of Neighbourhood Watch Co-ordinator and obtain costs of signs etc. which it was proposed would be met by the Community Council.

Lomond Hotel CCllr Campbell confirmed that the reporter had ruled in favour of the developer and that P&KC are not to appeal this decision. CCllr Campbell went on to thank Cllr Baird and Cllr Robertson for their help and support to all concerned throughout this protracted case.

Blairnathort turbine Application refused
GCC secretary CCllr Armstrong has already handed over the role of Website administrator to CCllr Watson and will transfer the role of secretary before next GCC meeting.

Treasurer's Report

GCC balance £1,673.79 after P&KC grant received and Wreath and Hall Rental paid.
GCC Investment (with Clydesdale Bank) £6000, interest 2.15% for 1 year to July 2012.

Newsletter balance £1,966.84 – shop donations £183 for last issue (200 copies)
School Fund £941

Planning

No current issues

Elections and New Constitution

New Constitution will be ratified by incoming Community Council and

Police Report

No police officer was present. However

formally accepted by the nominated Chairperson and 2 other Community Councillors. P&KC schedule showed in error that Glenfarg Community Council had a membership of 9 with proposed membership of 9. This has been corrected to 12.

Election timetable An election will be held on Thurs 3rd Nov if there are more than 12 nominations received by P&KC by 29th Sept. The first public meeting of the new Community Council will be held on the 7th Nov if no election is required but will be delayed 1 week to the 14th Nov if election takes place. CCllr Campbell intimated that he does not intend to be re-nominated.

Newsletter

It was agreed that the print run of the October issue be returned to 300 after the August issue of 200 copies were "sold out". Information on the introduction of an annual subscription with delivery will be included in the next issue.

CCllrs Macpherson, Watson and Vaughan attended a Newsletter meeting on 1st Sept. The meeting addressed the issue of errors in the August issue and this will be acknowledged in the October issue. The team roles and responsibilities are being examined and clarified to each member with guidance of the GCC members. Draft Terms of Reference for the Lead Editor (and team) were presented to the GCC by CCllr Vaughan. These Terms of Reference were unanimously accepted by GCC members. The Terms of Reference for Lead Editor will be agreed with lead editor prior to appointment to position by GCC. The advert for Lead Editor in Dec 2010 issue indicated that an Annual Honorarium would be offered. An open discussion on the subject of amount

agreed that this be deferred until next GCC meeting by which time the appointment of a lead editor should have been formalised. Should the appointed lead editor accept the offer of an honorarium, this would be paid annually. It was agreed that the amount be reviewed annually in accordance with budget projections.

Community Benefit Fund (CBF)

CCllrs Johnston, Macpherson and Vaughan, as the GCC's nominated representatives, attended a meeting hosted by Scottish Community Foundation (SCF), the administrators of the Lochelbank CBF on 23rd August. Also present were 3 members of Earn Community Council, co-beneficiaries of the fund. The meeting was reported to be very professional and extremely informative. The Memorandum of Understanding Sept 2011 and the Terms of Reference Sept 2011 produced by SCF were presented to the Glenfarg Community Council by their representatives and were accepted. Memorandum of Understanding proposed by CCllr MacKenzie, seconded by CCllr Ponton. Terms of Reference proposed by CCllr MacKenzie, seconded by CCllr Connolly.

Flooding

The fear of potential flooding in Hayfield Road due to debris in River Farg leading to blocked culvert has been reported to P&KC. Other areas causing concern include the recurring flooding in Duncruevie Road (near junction at Ladeside crossroads) and Greenbank Road /Avenue at War Memorial. CCllr has reported these to P&KC and Cllr Baird has been informed by Roads Superintendent that plan is in place to address Greenbank Road / Avenue. CCllr Macpherson advised that it appears that water from field in this vicinity has altered course and culvert is

clear but is not operational.

Correspondence (not covered elsewhere)

1. Cllr Barnacle has invited GCC to join a group to address Kinross-shire pertinent issues. GCC to decline invitation.
2. Invitation to enter Perthshire Positive Action Award 2011. CCllr Armstrong has submitted entry in Community Spirit Category.
3. Recommended public holiday dates 2012
4. Hilton of Duncruevie 4 dwelling houses planning application consent
5. Thank you letters from Explorer Scouts, Glenfarg & Duncruevie in Bloom, Glenfarg Football Club and Arngask Primary School for allocation of share of Glenfarg Fete proceeds.

AOCB

1. Grit Bin Relocations – In preparation for Winter 2011-12, P&KC have asked Community Councils to review positioning of grit bins throughout their area and submit recommendations for relocation or replacement. CCllr Arnold is to co-ordinate GCC's reply stating several relocations and 1 replacement and will also include a request for an additional bin to be provided.
2. The GCC unanimously agreed that the £250 received last year from Perthshire Positive Action Award be used to fund repairs to the pedestrian bridge across the Farg between the Bank House garden and the Glenfarg Green.
3. CCllr MacKenzie reported on the erosion of the riverbank and having received a civil engineer's assessment it was agreed that nature be allowed to take its course.
4. Verge maintenance – Like several communities throughout the area

GCC recorded complaints on lack of and late delivery of verge cutting during the summer of 2011. Cllr Baird advised that as of this year P&KC will have contractor carry out 1 single width verge cut with double width at junctions. This year's program was scheduled to start 1st July but was later with Glenfarg area finally being done near end of July. Concerns were expressed by all present that this arrangement is unsatisfactory and several junctions should be given priority and possibly supplementary cuts. GCC secretary to write to P&KC.

5. Overhanging hedges and trees – CCllr Johnston raised the issue of overhanging hedges causing road safety issues in particular the area beyond The Stables. The cutting back of such hedges and trees is the responsibility of the landowner and GCC will contact as necessary.
6. Glenfarg website – The Glenfarg portal site which was initially set up by Village Hall committee during the hall extension funding procedure is to be examined by CCllrs Macpherson and Watson with a view to possible combining of it and Glenfarg Community Council site and possibly Glenfarg newsletter. They will report to next meeting.

Chairman stepping down

The meeting closed with CCllr MacKenzie expressing his thanks, which was echoed by all present, to CCllr Campbell who has intimated that he does not intend to stand for re-election. He praised CCllr Campbell for his many years serving the community of Glenfarg and in particular for his leadership as Chairman through changing times and undertaking many duties responsibly and selflessly.

Next meeting 7th Nov 2011 (or if election held, 14th Nov)

New systems at Loch Leven

From 1st September 2011, Loch Leven health centre are making some changes to the way repeat medication may be ordered. For some time we have had a Repeat Prescription Ordering Line, but many of the messages which were left were incomplete or inaccurate. The Repeat Prescription Ordering Line therefore ceased on 1st September to reduce the risk of errors being made when ordering repeat medication.

We now request that all patients use the right hand side of their prescription, the Reorder Form, to order their repeat medication. This has all the patient's details and details of each item of medication including the dose. Items required should be clearly ticked on the form and the form delivered to us via any of the following methods:-

- Deliver the Reorder Form to the Health Centre - the form may be put in the red box by the Prescriptions Hatch or the grey box outside the front door when we are closed
- Post the Reorder Form to the Health Centre - remember to allow sufficient time for Royal Mail to deliver the prescription to us
- Deliver the Reorder Form to the Kinross or Milnathort pharmacies - Both the pharmacies will accept the Reorder Form and deliver it to us. Again, please allow extra time for this.

Repeat Medication may also be ordered via our Website.

Loch Leven Health Centre

Online Services

Repeat Medication Manager

Not Yet Registered For This Service?

If you have not yet registered for the repeat prescription service, it is a quick and easy process and need only be done once.

[Click Here to Register](#)

Already Registered?

If you are already registered, enter your email address and password below and click 'Log On'

Email:

Password:

[Forgot your password?](#)

Log On

Cancel

About This Form

If you have already registered for this service then log on here by entering your registered email address and your password.

If you have not yet registered then you need to do so to proceed.



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Glenfarg

OFT

Approved code

BOSCH CAR SERVICE CENTRE

- * Mot
- * Servicing (including lease cars)
- * All mechanical repairs
- * Top quality branded parts



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Dealer level diagnostics on most makes of vehicle

Reprogramming can be carried out on Landrover, Peugeot, Renault, Citroen, Alfa, Fiat, Rover, Vauxhall, Vag etc



Garage



TYRES AND ALIGNMENT

Tyres and exhausts fitted at very competitive prices
Remember we can still match or even beat the 'fast fits' on many tyre and exhaust prices including fitting and balance.
Latest computerised 4-wheel alignment system (only 3 in Tayside)

AIR CONDITIONING SYSTEMS

checked and repaired (This should be done every 2 years)

And remember... since block exemption came in October 2003, all cars (including new) can be serviced by us without invalidating the warranty. That could mean up to 50% saving on main dealer prices!

Phone for a fast and friendly estimate

01577 830 633

GENERAL INFORMATION

Doctors Surgeries

Loch Leven Health Centre, Muirs, Kinross - 01577 862 112
Out of Hours linked with NHS 24 - 01577 865 252
The Surgery, Main Street, Bridge of Earn - 01738 812 000
NHS 24 Out of Hours - 08454 242 424

Mobile Services

Library

The van visits the village on alternate
Wednesdays: 12th & 26th October; 9th
& 23rd November, and stops at:

Arngask Primary
School; 09.30-10.15
Hayfield Road: 10.15-10.30
Ladeside: 10.30-11.15
Main Street: 11.15-11.30
Duncrievie: 11.35-11.50



Bank of Scotland

Stops at Glenfarg Hotel
every Tuesday 10.45-11.00

Mobile Post Office

Stops outside the Old
Joiner's workshop,
Ladeside, on the following
days and times:

Mon 11am-12noon; Tues 12.45pm-
2.15pm; Thurs 11am-12noon; Fri
12.45pm-2.15pm



Recycling

Recycling Points

Glenfarg: Arngask School car park for cans, paper and glass

Kinross: Causeway Car Park, Sainsbury's, Station Road, for cans, glass, paper and
textiles

Bridgend Industrial Estate Open Mon-Fri 9am-7pm, Sat-Sun 9am-5pm

Milnathort: Thistle Inn, Black Loan for cans, glass and paper

Orwell & Portmoak Church Office for cans, plastic, paper and ink
cartridges

Perth: Tesco, Edinburgh Road for cans, glass, paper, textiles and books

Kerbside Recycling Service: Waste Collection Dates

Glenfarg

Green lidded bin (**Non-recyclable waste**): Mondays 3rd, 17th & 31st October; 14th
& 28th November

Blue lidded bin (**Paper, cardboard, cans, plastic**): Mondays 10th &
24th October; 7th & 21st November

Brown lidded bin (**Garden & food waste**): Thursdays 6th & 20th
October; 3rd & 17th November; 1st December

Duncrievie

Green lidded bin (**Non-recyclable waste**): Thursdays 6th &
20th October; 3rd & 17th November; 1st December

Blue lidded bin (**Paper, cardboard, cans, plastic**): Thursdays 13th &
27th October; 10th & 24th November

Brown lidded bin (**Garden & food waste**): Saturdays 8th & 22nd October; 5th &
19th November; 3rd December

