



### Gargunnock Walking Group

The Gargunnock Walking Group has continued to meet with successful walks through February, March and April. The mild winter weather has meant that we have not had to significantly curtail any of our program because of poor conditions.

Forthcoming dates are:

13th and 27th June,  
11th and 25th July.

Possible walks for June are:

13th June – Glen Tarken; This is an undulating route starting with a brisk climb on the north side of Loch Earn near to St Fillans.

27th June – a level walk in the Loch Ard or Loch Achray area.

As usual we will meet at 9:30 in the Pub carpark and the after the walk we will take lunch in a nearby hostelry.

I mentioned in the last article in the Bugle that there is interest in a weekend walk for those who are not able to join us during the week. Could those who are interested let me know and I will put together some proposals for some walks and likely dates. I would expect to start with a walk of two to three hours followed as usual by a pub lunch. If there is a lot of interest we may have to limit numbers to about a dozen or organise simultaneous walks for different abilities. Anyway let me know if you are interested and we can get going with organizing something to suit the majority.

If you are interested in participating in either weekend or weekday walks, call me on 01786 860608 or drop me an email to [edmond.mansion@btinternet.com](mailto:edmond.mansion@btinternet.com) and I will put you on the circulation list for meets and send a copy of the Guidance Notes.


**Edmond Mansion**

### Kippen Surgery

There is now a mental health nurse on a Friday afternoon and a Physiotherapist on a Wednesday and Friday morning here at Kippen surgery. Patients can be booked in through the Doctors or self refer.



"Some members of the Walking Group at Rumbling Bridge Gorge in April".



## Sewing Bee Workshops

### Learn New Skills, Refresh Old Ones

**Workshop 1: 2 sessions Thurs 6th & Thurs 13th June 7-9.30pm**

***An Introduction to your Sewing Machine*** - This course offers 2 sessions to get to grips with your sewing machine and use your new skills to make a cushion cover. If you haven't used a sewing machine before or you need a refresher course to gain confidence, this is an ideal time to get started. **Cost** - £45 for 2 sessions

**Workshop 2: 1-day Course Friday 21st June 10am-3pm**

***Make a Tote Bag*** - A great workshop for an introduction to bag making. Learn how to make a lined fabric tote bag with an inner pocket and magnetic clasp fastening and gain an understanding of basic bag making techniques. Fabric and hardware are provided. Just bring some lining fabric. **Cost** - £65 Includes materials


**Workshop 3: 2-day Course Sun 21st & Sun 28th July 10am-2pm**

***Beginners Dressmaking*** - Are you longing to make your own clothes but not sure where to start? Well this course is for you. Make a lovely top from a fabric of your choice and learn the basics about dressmaking. A basic knowledge of sewing with a machine is useful for this course. The Beginners Sewing Workshop is an ideal introduction. **Cost** - £80 for 2 days

All workshops are held in the Gargunnock Community Centre. Sewing machines are available but bring along your own machine and sewing kit if you have one.

Please get in touch for more details or to discuss future workshops

Email: [fonajamesinteriors@gmail.com](mailto:fonajamesinteriors@gmail.com)  
Tel: 01786 860279 Mob: 07753 139477



# Gargunnock Community Council and Community Trust Updates

## Save the Dates! Upcoming Events at the Community Centre



### Bite & Blether

Wednesday 5th June, 11am-2pm  
(and every first Wednesday of the month from September)

### Mindfulness Course

Starts 29th May for 5 weeks

### Sewing Bee Workshops

Starts 6th June

### Drawing Horses Classes

Sat 8th June & 13th July, 9.30am - 4pm

### Gargunnock Gala

Saturday 15th June

### Gargunnock Flower Show

Sunday 25th August, 1.45-5pm  
(Drop off entries: Sat 7-8pm and Sun 7-9.45am)

### Pig Race Night

Sat 21st September, times tbc

## Regular Classes/Groups:

**Playgroup & Toddlers:** Mon & Thurs 9-11.30am

**Inside Yoga:** Monday 7.30-9.45pm

**Gargunnock After School Club:** Mon-Thurs 3.15-6pm

**Doctor's Surgery:** Tues 2-3pm

**Pilates:** Tues 7-9pm

**Toddlers:** Wed 10-11.30am

**Brownies:** Wed 6-7.30pm

**Guides:** Wed 7.30-9.15pm

*Diary of events, further information and contact details plus how to book the Community Centre can be found at [www.gargunnock.org](http://www.gargunnock.org)*

## Wind Farm Funding - can you make an impact?



## Funds Available!

Funds for Gargunnock Village based projects available.  
For application information go to [www.gargunnock.org](http://www.gargunnock.org)

## CONTACT EMAILS

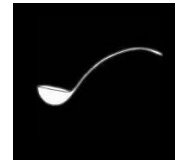
Bugle Email: [gargunnockbugle@gmail.com](mailto:gargunnockbugle@gmail.com)

Community Centre Email: [gargunnockCC@gmail.com](mailto:gargunnockCC@gmail.com)

Community Trust Email: [gargunnocktrust@gmail.com](mailto:gargunnocktrust@gmail.com)

Community Council Email:

[gargunnockcommunitycouncil@gmail.com](mailto:gargunnockcommunitycouncil@gmail.com)



## Bite and Blether

Date for your diaries!

The next Bite and Blether will be on Wednesday 5th June and after that we are taking a break until Wednesday 4th September. Thank you to everyone who has supported us during the past eight months with your fabulous baking and soup making. We would have quickly ground to a halt without you. Most importantly, thank you to everyone who has come along to enjoy these offerings. Without you it would be pointless! You may like to know that we have (so far) been able to pass on £1,000 to the Gargunnock Community Trust. Thank you and please come back in September.

**Proud to be sponsoring Callander Cricket Club again in 2019**

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# GARGUNNOCK GALA NEEDS YOU! SATURDAY 15TH JUNE 2019



Thank you to the volunteers we have received. We still have a lot of spots needing filled on the tearoom, book stall, bar, BBQ and general help. If you can help with a 30-minute slot on the day, we really need to hear from you! We also need help with set up of gazebos on Fri 14th June from 5pm to 9pm and with clear up on Sun 16th from 10am. Please check the gala flyer issued with the Bugle for required donations and where to take them. Everything is very much appreciated. As some of you know it takes a lot of community involvement to run an event like the Gala and we are asking all Gargunnock, of all ages, to help make this a fantastic day for us all. Thank you in advance.

**The Gala Committee.**

**Contact [Kimberley.sinclair@yahoo.co.uk](mailto:Kimberley.sinclair@yahoo.co.uk) with available times to help.**

## On The Buses

FirstBus withdrew from a majority of their school contracts within the Stirling area leaving Stirling Council to re tender them. Subsequently, the Balfron depot has lost the bulk of its school contracts to Carr's of Loch Lomond. This has had a major impact on the depot which provides employment for residents from many surrounding villages. It also raises concerns over the long term future not only the depot itself but also rural bus services in this area. We have written to Bruce Crawford and other elected representatives to seek assurances regarding the future of public transport in this area should the Balfron depot cease to operate.

The C12A Friday/Saturday evening early pilot buses to Stirling (18.50 in Gargunnock) was withdrawn 18th May due to low patronage. The 19.10 Stirling to Balfron Friday B10 will also be withdrawn. These buses will still be shown as running in your current timetables.

Regarding the Sunday Service, Buchlyvie community council supported by Arnprior, Balfron, Gargunnock, Kippen and Killearn has again written to Stirling Council urging them to make this a priority. We have been advised they are looking into the possibility of trialling a pilot Sunday Service and will update us when a formal decision has been made.

First Balfron have two excellent tickets on offer. A First Weekly Ticket costing £25 allows unlimited travel 7 days a week between Stirling and Glasgow. This is an excellent buy for locals commuting to work.

They also have a Family Day Ticket: where 2 adults and up to 2 children can travel anywhere in Scotland on the First network costing £14. Both tickets can be purchased online or on the bus.

**Val Brand**



The Scottish Parliament  
Pàrlamaid na h-Alba

## Dean Lockhart MSP

Member of the Scottish Parliament  
For Mid-Scotland and Fife



**Please feel free to contact me  
if you think I may be able  
to help you:**

**Parliamentary Office**  
Room M2.12,  
The Scottish Parliament,  
Edinburgh, EH99 1SP  
Tel: 0131 348 5995

Email: [Dean.Lockhart.msp@parliament.scot](mailto:Dean.Lockhart.msp@parliament.scot)  
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Just a bit of an update on the Village Irish dancers who travelled to the Netherlands at Easter to compete in the WIDA world championships.

There were dancers representing almost 30 countries attending and the girls and their teams danced beautifully – so beautifully in fact that the two-hand team from Miller Academy danced away with a 1<sup>st</sup> place and we had a further 1<sup>st</sup> place and 2<sup>nd</sup> place in individual premiership dances from among the village girls along with a number of other podium finishes. Moira and parents of all girls were extremely proud.

It was an outstanding experience for them and we appreciate all the support the village has given them.



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**Town Break**  
Dementia Support Services



Dementia Dog  
Project

## Befriending volunteers required

We are looking for volunteers who can dedicate a few hours a week to provide the following:  
Support people with dementia living in the community by providing informal support on a regular basis at a time that suits them.  
To accompany and support people to attend regular groups and meetings.

### What we can offer you;

- Full induction training and ongoing support
- Comprehensive training on travelling with assistance dogs
- Out of pocket expenses
- Registration to PVG scheme

**For more information please call the Befriending Co-ordinator on 01786 476797 or 07745711460.**





# Presenting the Gargunnoch Primary School Junior Journalists!



## Bikeability!

Bikeability Scotland is a company that goes around schools teaching children, and helping them, to ride their bikes safely. Before you are allowed to take part in Bikeability, Dr Bike gives each bicycle a health check. A green mark means your bike is in perfect working order, amber means that your bike has something wrong that needs fixed but you can still ride it for the activities, red means you cannot ride it in the Bikeability sessions; there is something wrong with your bike, certain. Bikeability helps children to learn things like indicating and U-turns. They learnt the M check - when you test your bike in the shape of a capital M. This is when you start with the wheel then to breaks then saddle and finally the other wheel. They get to ride at junctions and learn some of the meanings of the road signs. They also learnt how to stop themselves from skidding. All Primary 6 and 7 pupils successfully achieved Bikeability Levels 1 and 2 at the beginning of May.

By Louise Crawford P6



## Oscar

Is a Tibetan terrier. He's a reading dog and our school was lucky to have him for a couple of weeks. Brianna said he is very nice. Charlie said he was nice and cuddly and nice to read to. Eva said he was cuddly, soft and cute. He was friendly and caring.

By Eilidh Sellar P5

## Think Dance

On Monday the 29th of April primary 1/2/3 performed in a Think Dance performance at the Macrobert. They performed a fabulous Egyptian themed dance. They were excellent performers and their weeks of practise paid off. Many thanks to Mrs Hamilton for all her work and to Active Stirling for supporting them.



## Sports Stars

The Sports Stars have been busy planning Health week. Health week this year included a Sponsored (wet) obstacle course. Thank you to the school neighbour who let us use their outside tap! We raised about £600 for our school funds. There was also an opportunity to try lots of different sports such as cricket, curling and ten pin bowling. Hammy MacMillan, a Scottish curler visited our school and told us his inspirational story. Some members of the Gargunnoch Curling Club joined us for that talk. After that we had a competition, Primary School versus the village curlers, and Hammy MacMillan commentated. Health week also focused on '5 a day' to encourage children to eat more fruit and vegetables. On the last day of Health Week the Sports Stars made Fruit Kebabs for everyone as a celebration!

By Louise Crawford P6



## Dalguise

In March, all of our Primary 7s went to Dalguise. Dalguise is an adventure centre which Gargunnoch P7s visit every year with the P7s from Cambusbarron Primary School. We go to Dalguise on a Monday and come back on the Friday. The activities range from things like Giant Swing to Raft Building. Some of these activities include Tree Climb, Ambush and Challenge Course. The P7s favourite activity was the Giant Swing. This year they got to Dalguise by bus it took about an hour and a half to get there. They arrived at Dalguise at about 3.30pm and stayed in a cottage at the edge of the Dalguise property. They returned to school a little late on the Friday afternoon, exhausted but happy!



## Netball

On Friday the 19th of April some of the primary 6/7 went to Bannockburn high school for a netball tournament. There were 8 schools in total. Gargunnoch was determined to do well and in the end Gargunnoch Primary came a whopping 3rd place. They were supported by their coach Vikki and some of their parents. They played very well and supported each other. Many thanks to Vikki Galbraith for helping them practise and train for this event. And Gargunnoch Primary is looking forward to you to competing in the Small Schools League.

By Kyle Heron P6



## JRSO

In March 2019 Gargunnoch primary sent application forms throughout primary 5-7 asking for Junior Road Safety Officers (JRSOs) 6 were selected, Scarlett Haddow, Naomi Irvine, Eilidh Sellar, Zahra Sheikh, Katie Younger and Ruby Conroy. The job of the JRSOs is to raise awareness of road safety in and around the school. The first way they did this was to invite some members from the community in to watch a road safety play called "Better Late Than Dead on Time", by the Baldy Bane Theatre company. It was a great performance, with many characters but only 4 actors and the children brought in some wonderful home baking to enjoy with their guests. The JRSOs have also met with the local police officer Steven Graham and hope to stop chaotic parking during pick up time.

By Ruby Conroy P6



## Junior Librarians

In April 2019 Gargunnoch Primary decided it needed a group of Junior Librarians. So application forms were put out and they were all so good that Mrs Rushton had to hold interviews for the job. After a long process of wonderful interviews, finally, 8 were selected. Ruby Conroy, Sophie Tucker, Evie Moseley, Stacey Clifford, Nina MacGregor, Jasmine Haddow, Brianna Anderton and Hamish Webber are all doing a fabulous job. The jobs of the librarians include running a 'Rug and Read' in the Outdoor Learning Zone at lunchtime on Thursdays, helping people pick books on the library van and to tidy the library. All of the librarians carry out these duties on Thursdays in various areas of the school. Mr Webster, P4/5 teacher, said "I think the librarians are doing a super job, keeping the library tidy and I hope the rest of the school also do their bit to put things back where they belong." So now with 8 wonderful librarians, the library is looking it's best! By Ruby Conroy P6

## Chapter Chasers update!

Chapter Chasers have been very busy since the beginning of the term making book recommendations, posters, etc. They have been very lucky to have an amazing author pen pal - Sarah Todd Taylor. Sarah has given us one of her books 'Bewitched' and has made us an adorable penguin that sits in our school library. She has also written many letters/postcards to us and all of us are currently writing our own description of ourselves so she knows more about the individual pupils who are in the Chapter Chasers. At the end of April the Scottish Book Trust came and visited our school as they had heard of some of the great things the Chapter Chasers were doing. They interviewed Sophie Kane, Ruby Conroy, Hamish Webber and Emma Hay about what it was like to be a Chapter Chaser, how they felt about books and more!

By Sophie Kane

## Digital Destroyers Update

So far this year the digital destroyers have focused on trying to fundraise to get the school some more laptops. They have successfully raised enough money for new 25 chrome books and 4 extra iPads. The whole school is impressed by the progress the Digital Destroyers have made. They would all like to thank the Wind Farm Trust and the people in their community for helping their school get the technology that they were hoping for.





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Registration on the night opens 6pm for a prompt 7pm start

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Choose from 3 bike challenges - **Ostrich, Zebra & Cheeky Monkey** or our **Tortoise walking challenge**.

For a full information pack, sponsorship form & registration fees please visit our website [www.camphillblairdrummond.org.uk](http://www.camphillblairdrummond.org.uk) or phone Andrea Khan on **01786 841573**

Camphill Blair Drummond is a unique community that provides a wonderful safe home and meaningful work opportunities for adults with learning disabilities.





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