



The Bugle

**Magazine for Gargunnoch
and the surrounding area**

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**Issue 44
September 2016**

WE NEED YOUR HELP

GARGUNNOCK COMMUNITY COUNCIL VACANCIES

The Community Council now has vacancies, as more than half of its members are stepping down - we need to fill these by October 2016. A minimum of 7 members are required for the Community Council to continue.

It is essential that new members come forward otherwise the Community Council will be forced to disband. This would mean that the village would lose a vital communication link with Stirling Council.

The purpose of the Community Council is to co-ordinate and express opinions/views of the community to the local authority (Stirling Council) on matters for which Stirling Council are responsible.

Being a member is a great way of representing the village and making sure the community's voice is heard by Stirling Council on various matters e.g., planning; road safety; the Community Council recently assisted in the village obtaining Broadband and the road safety measures added to both school entrances (Station Rd and Leckie Rd).

Here are some community council facts:

- Must be a minimum age of 16 to join
- Must be named on the Electoral Role
- Must hold a minimum of 7 meetings a year

Please get in touch with one of your Community Councillors below if you are interested, or come along to our

next meeting at the Community Centre on Monday, 5th September at 7:30pm.

COMMUNITY COUNCIL MEMBERS

Ali MacLachlan	alisonmaclachlan@btinternet.com
Mike McGirr	mmcgirr@clarkgillone.co.uk
Lovat MacGregor	lovatmacgregor@dsl.pipex.com
Bryan Crawford	b.crawford@talktalk.net
Maitland Clark	maitlandclark@btinternet.com
Bob Burman	burman902@btinternet.com
Edmond Mansion	edmond.mansion@btinternet.com

GARGUNNOCK VILLAGE GARDEN COMPETITION 2016

Flower & Vegetable

Bill Nicol
Gladys Rough
Lynda McLeod

Design & Layout

Martin & Julie Cole
Wendy Pizey
David King

Vegetable Garden

Nicol McNicol
Duncan Petrie

Flower Garden

Alastair Jackson
Marion McDougall
Gladys Rough

Potorama

Sunday Club
Primary School
Helen Rowell



CHILDRENS SECTION

Youth Club Cup - Emma Hay
Rev C Hepburn Cup - Eilidh Sellar
Nicol Cup - Emma Hay

POT PLANTS

Bob Erskine Trophy - Sandra Anderson
Gary Gray Trophy - Sandra Anderson
Bobby Simpson Trophy - Liz Wilkinson

VEGETABLES

Carson Cup - Bill Nicol
D & J Imrie Trophy - Aileen Clark
John Buchanan Memorial Trophy - Bill Nicol
Muirhead Quaich - Wattie McAllister

OVERALL WINNERS

Forbes Quaich - Helen Scott
Gargunnoch Inn Small Shield - Anne Muirhead
Gargunnoch Inn Shield - Janet Iffla
Committee Small Shield Runner Up - Helen Scott
Committee Shield Winner - Bill Nicol



**Just some
of this
years
Potorama
Pots**

INDUSTRIAL

Mitchell Cup - Janet Iffla
Lawrence Cup - Anne Muirhead
Strang Trophy - Grace Smellie
Gargunnoch Estates Cup - Janet Iffla
Garden Trophy - Janet Iffla
McArthur Trophy - Janet Iffla

CUT FLOWERS

Touch Rose Bowl - Bill Nicol
May McPhate Rose Bowl - Liz Wilkinson
Gledden Trophy - Helen Scott
Gargunnoch House Cup - Bill Nicol
Bob McIntyre Trophy - Bob Burman
Davidson Floral Cup - Wattie McAllister
Milton Quaich - Helen Scott



A FEW WISE WORDS FROM THE REV. IAN FRASER

I had to go back to my hometown Forres for a few days, and got a B&B. When I got the bill, I said to my hostess "You're cheating!" She protested "I'd never cheat you!"

I said "It's not me. Look at all you've done for me and given to me - and at how little you charge. You're cheating yourself". I mentioned a sum: "If you add that to the bill, I'll square up". Mystified she did. I paid.

The second story is shorter. Out of the blue a man I didn't know accosted me. "You lot (I didn't know I was plural) pinched Andy and have given him a job calling much less than his talents merit" - and stalked off into the blue again.

Now, without a shadow of doubt, Andy, Fiona and Lynne are the best area-serving team in the whole of Scotland. Village and kirk have an important unity. We wouldn't think of feeding families only when it came up our backs. Physical frames need regular nourishment. So do our spirits. Nourishment is on tap. Turn the occasional into the regular. Cheating ourselves is for losers.

Ian M. Fraser

GARGUNNOCK CHURCH DIG

Following the success of the Archeological dig at the Keir Hill, Murray Cook is going to carry out a smaller dig in the old church yard next to the boundary with the new graveyard over the weekend of 1st & 2nd October. During the week before the dig some volunteers will be helping to clear the ground so if anyone would like to help contact Douglas at djohnston@thehaven.eu

ED PAYNE'S SEND OFF

A huge number of you came to Ed's funeral and afterwards. Thank you for your help, especially for the baking and the organising bit in the village hall.

He would have liked that, Catriona Vass and the girls.

GARGUNNOCK NEIGHBOURHOOD MEALS

As I approach "a certain age" a couple of things have happened. Well perhaps more than a couple...but for the purposes of this you should be grateful I am going to mention only two. Firstly, I have become a Great Aunt. Secondly, my children have grown beyond Toddlers, Playgroup and Primary School, so I have lost touch with the younger families of the village. The first brought this scheme to mind, and the second means I need some help to find those whom are most likely to benefit from it.

My nephew in Luxembourg and my niece in Lancashire both benefitted from a scheme run by their respective churches after they became new parents. For two weeks they were provided with meals cooked and delivered by parishioners for the family. My nephew's family they started their two weeks immediately they got home from hospital, and my niece chose to start her meals after her husband returned to work.

It struck me as a great idea and one that need not be restricted to a church group. Gargunnoch is likely to be just the right size and full of willing, kind, good cooks.

So here is my proposal. I could coordinate a group of volunteers. Anyone could ask a family with a new baby if they would like a daily meal for the family delivered by villagers for two weeks and pass their details to me. I could find out when they would like the meals to start and gather any requests/preferences/dietary restrictions. I could then arrange a rota for the volunteers to cook the meals and I or the cook could collect/deliver them.

If this works, we have enough volunteers and there is not a baby boom in Gargunnoch, we could perhaps extend the scheme to others whom might benefit from two weeks of a home-cooked hot meal e.g. recent family bereavement or illness

Any willing volunteer cooks? Any questions/suggestions?

Please contact me at 40 Drummond Place or on 07719997822

Fiona Mitchell

WELL DONE LOUISE

Over 40 days in July and August this summer I walked the length of Scotland from Cape Wrath in the north to Kirk Yetholm in the south following the Scottish National Trail. As well as for personal gratification I did this to raise money for Parkinson's UK and the MS Society.

This journey was quite the experience. I was glad to start in Cape Wrath with glorious sunshine, camping overnight at the stunning Sandwood Bay. Unfortunately that good weather did not last long. I then battled against wind and rain for two weeks. Combined with difficult navigation, rough terrain, long distances to cover and the inevitable aching legs, these two weeks through the north west regions of the country posed the greatest challenge of the entire route. There were some moments of light throughout this period however, in particular the first day of walking I had by myself which involved a stretch over rough ground below the highest waterfall in the UK, Eas a' Chual Aluinn, in the Assynt area. Also walking up a beautiful gorge of wild flowers past the Falls of Glomach, north of Morvich in Kintail.

The weather broke when I reached Kingussie with a very hot day followed by a night and morning of thunderstorms and then a spell of brighter weather. I was also joined by good company for a 3 day stretch through Glen Feshie and Glen Tilt. The combination of these factors made for a much more pleasant experience. This took me as far as Blair Atholl and from there onwards I felt like I had re-entered civilisation a little. I enjoyed my time walking through Tayside and Stirlingshire, appreciating the unique beauty of the areas close to home when seen in comparison to other parts of the country.

The route continued through the central belt, picking up the Forth and Clyde Canal in Kirkintilloch. A monotonous three day stretch followed following this and then following the Union Canal after the Falkirk Wheel as far as Slateford on the south west side of Edinburgh. This stretch was tough on the legs because of the hard surface that was really more suited to bikes, but eased by good company some days and Harry Potter audiobooks on others.

From here I had an enjoyable journey through the farmland, rolling hills and old forests of the Borders. I particularly enjoyed this as it is an area I do not know well but was pleasantly surprised to discover it has a lot to offer when it comes to well-constructed, well signed footpaths with regular remnants of historic civilisation to add interest.

All in all it was certainly an interesting and challenging journey, I was definitely glad of the good meal and comfy bed that waited in Kirk Yetholm at the end. I am also extremely grateful for all those who joined me and supported me along the way. Not to mention the unbelievable generosity of those who have sponsored me and helped me raise over £4200 to be split between Parkinson's UK and The MS Society, I cannot thank you enough. However this figure is still climbing and I hope it will continue to until my sponsorship web page closes at the end of September. Any further donations would be hugely appreciated and can be made at

<http://uk.virginmoneygiving.com/LouiseMansion>.



Save The Date

Community Council Meeting	5th Sep
Plant sale starting at Gargunnoch House	12th Sep
Gargunnoch Church Dig	1st/2nd Oct
Gargunnoch Football Club Dance	15th Oct
Wine Tasting Quiz	29th Oct
Rural 70th Birthday Celebration	30th Oct
St Andrews Ceilidh (date to be confirmed)	November
Artists Pop-Up Shop at Community Centre	5th Nov

Bite & Blether 1st & 3rd Wednesday of the month 11am-3pm



THE REV'S RACING CERTAINTY !

We like our certainties don't we? We enjoy being able to rely 100% on folk and maintain we are absolutely sure; of our belief system; our partner or our latest financial decision, but one thing guaranteed is that certainty is a rare commodity, and I'm not sure we want it any other way. If you definitely knew that your lottery ticket wouldn't produce a prize – you wouldn't buy one and endure the wondering and waste. If it was inevitable that Ronnie was going to be flower show prize winner, neither Bill or anyone else would bother competing. It's the uncertainty, however tenuous, that keeps us going. We live with uncertainty all the time and actually it's what makes life interesting, scary, valued and frustrating. We make choices without knowing the outcomes every day. Sometimes they pay off to our benefit and at other times we encounter disaster. Living in the Apennine mountains was always risky, but the inhabitants of Amatrice loved their village as much as we do ours, so built houses and raised families there, in much the same way as residents of San Francisco on the San Andreas fault do. People we love and trust occasionally let us down – just ask Ryan Lochte's family, while others we detest can often surprise us with their kindness (perhaps not to the point where we admit it, but then that's more about us!)

I'd love to be able to tell you as your minister that having a strong faith in God meant that you were always certain, never disappointed and wouldn't ever endure catastrophe. However uncertainty and improbability play as much a part of my spiritual life as any atheist's; I am no more certain that I make good decisions as anyone else, and I've certainly been known to disappoint folk! That said, I am as convinced as I can be, that working and walking with God helps me cope with the disasters, and poor decision making, the betrayal of friends and the unjust treatment received (and sometimes meted out) by me. You see God is neither panacea nor good luck talisman...God is God – I'm uncertain of what s/he will do next, but fairly sure changing a whole universe because I don't happen to like it isn't on the agenda. We live with uncertainty, but we don't have to do it alone!

Your minister
Andy Campbell

HOW PILATES CAN PREVENT YOU CATCHING A COLD

Legend has it that Joseph Pilates invented some of his reformer machines when he was interned on the Isle of Man during the first world war. Health conditions were bad and yet – according to Pilates legend – none of the prisoners fell sick during the infamous 1918 flu epidemic.

Experts now believe that Pilates classes can help boost your immunity and protect against colds and flu. Famous for improving posture, joint mobility and core stability, Pilates exercises can also help to make your lymphatic and respiratory systems more efficient, both are crucial to your immune system.

Our lymphatic system is our body's waste disposal system. Toxins are filtered out by lymph nodes situated all around the body (mostly by our joints). The lymph is then carried by vessels back to the thoracic ducts (just by the collarbones), where the cleaned lymph is returned to the bloodstream. Lymph is moved by breathing, walking, intestinal activity, and muscle action. The rhythmic movements of a Pilates session stimulate blood and lymph flow. Throughout your Pilates class, as your muscles contract and release, lymph vessels are squeezed and lymph is pushed along and filtered through lymph nodes on its way back to the veins and the heart.'

Pilates breathing is a key factor boosting the immune system. One of the first things you learn in a Pilates class is how to breathe better, as most of us breathe far too shallowly.

Try this simple breathing technique to boost your lymphatic system and maximise lung capacity.

Whilst standing tall or seated, place your hands on your upper abdomen with your index fingers sitting just below your bottom ribs and middle fingers touching. Keep your shoulders relaxed. Inhale through your nose deep into both lungs until your expanded rib cage pushes your middle fingers apart. Exhale fully out of your mouth. Repeat 5 times.

Could taking a Pilates class improve immunity and help you avoid catching a cold? Why not come along and try a class

***Pilates Classes restart in the Community Hall
on Thursday 8th September 9.30am.
To book contact Jacquie Robertson:- 07711 336075***

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UPDATE FROM AMY

This year for me has been a busy one. Especially with work. As usual, I can't be too specific about stuff that I do with work, so I hope that doesn't make my article this month any less interesting.

I was recently deployed overseas to the Middle East for almost 3 months. (I called it my "Mini Tour") It was rather hot and it didn't rain once whilst I was out there. When I first stepped out of the plane, the sun was so bright I was nearly blinded! Luckily we'd been warned, and I had my sunglasses handy.

Last year I passed my JCB Forklift truck course in Leconfield - where I did my phase 2 driver training. It was the first time since I completed that course that I had actually driven one on deployment. It was a good feeling doing my trade properly as a JCB driver as you learn a lot of things that you don't get on the course. There is more to being a driver than buckling yourself up and accelerating and braking.

I was also driving the HGVs over there. Driving to different check points with a massive load lashed to the back of your vehicle can be scary at times and especially when you are in a country where you are driving on the other side of the road. I really enjoyed the whole experience of working there and we also got to the opportunity to have our own down time some weekends. When we did, we went to the city centre and hit the beach where the majority of us "pale" Brits sunbathed. I got an amazing tan when I came back to the UK, in fact my parents didn't recognise me at first and had to take a double look just to make sure I wasn't a foreigner!!!

We did a lot of phys out there as there wasn't a whole lot to do in the evenings when we weren't working - which we sometimes did. The day usually started with a run first thing in the morning before breakfast, then we did "Freeletics" in the afternoon and for those who don't know what Freeletics is, it's a training App for your smartphone, where you are using your own body weight for training, so it's essentially a high intensity training programme that it is progressive.

The officer in charge of this phys session changed it up a bit during the end of the whole exercise and made it so we had to do it twice a day, that was called "Hell week" it did work though, as I got rather ripped! Going back to how hot it was, I would have to say I was probably drinking at least 8 bottles of water a day. We had crates and crates of them and there were a couple occasions where I had to distribute a few water pallets around the camp using the JCB Forklift. Luckily though I did not drop a single crate so I was pleased with myself. All that training paid off!

There were plenty of Camel Spiders crawling around and Camels themselves. There was one time where most of my Sqn were heading to the city and on the dual carriageway you could see a whole herd of camels just metres away from the road. Not only that though but there was a camel chilling on the road and it didn't move as we approached it so we had to drive around it and it just eye balled us. They are well and truly used to civilisation, either that or they are 'hard core' camels.

The Arabs are very religious and we respected that by covering ourselves whenever we left our camp. For us women we had to cover up properly so no skin was exposed apart from our faces but we covered up our arms and legs. The men were not so strict and only had their legs covered. As a British female I got the impression that women were not as equal as the men. I didn't see any women shopping in the local supermarkets, mind in those cultures women are probably at home looking after the children. When I first went to the local market to buy some essentials I was the only British female but I wasn't alone as I had my Sqn lads with me. I felt a bit intimidated at first since all the Arab men were staring at me but I got over it in minutes. It was rather strange experience indeed.

Towards the end of the deployment - not long before we flew back to the UK - we were fortunate enough to get the chance to play around on the Quads and Razors in the desert. Army life does have it's fun side. I must admit though, sometimes it could be a bit boring, in the evenings we weren't working, we sometimes watched three films, as there was no other entertainment available on the base, I must've watched every single movie that's ever made, we had a lot of time on our hands that for sure.

When we landed back at Brize Norton, I looked out the plane window and saw rain for the first time in nearly 3 months, so I knew that we were definitely back home. I have never appreciated how nice rain can be before until that moment. Also, the amount of greenery too was amazing. I thought I would have to carry a hot water bottle around with me for weeks. But didn't take long until I was acclimatised to the British temperatures once again.

After a week being back at my barracks in England I was sent off to Wales, supporting troops training in the Brecon Beacons. I was there for just a week and then it was off to Aldershot to do what I love best, Taekwondo. I was training there for two weeks prior to the Inter - services competition. I came away with 5 medals, four silvers and one gold, one of my best results so far with the Army team. A couple weeks later I was back in Wales but this time it was for Adventure Training. It was a good week away from work where we got to cooperate and socialise as a Sqn. We did a few days hiking up mountains and then a really fun day jumping about on a trampoline in a cave and did a bit of indoor rock climbing and bouldering. Then I went straight on leave.

Just before I start work I am going to Ireland to do an Umpires course (ITF Taekwondo) with a couple of my Army Taekwondo buddies, I really cannot wait.

When I go back to work after my leave is finished - which is not long now, I will be planning a Taekwondo lesson for my Sqn. There is a chance that I may be getting deployed to Cyprus for a few months. I hope that I do go, as I know that they have a couple Taekwondo clubs and classes out there and it will be a brilliant opportunity to get some extra training in.

Thank you for taking the time to read this, Amy McCabe.

Artists Pop-up Shop
5th November

Gargunnock Community Centre
10am - 5pm

★ **April Black**
★ **Michael Kay**

★ **Patricia Griffin**
★ **Ros Macdonald**



Parent Council proudly present 'The Extra Hour' Wine Tasting Quiz on Saturday 29th October 2016. As the clocks get ready to go back heralding the onset of autumn, we hope you will join us in tasting a tipple or two at our second Wine Tasting Quiz, in aid of our primary school funds.

The recent budget cuts to Stirling Council education services mean that our teachers have considerably less funding for even the basics of stationery and software. As a rural school your children also potentially lose out on sports and other events where council funded travel has been withdrawn. Our aim is to boost those funds for the school through the consumption of wine. It's a tough one...

With one extra hour recovery time to look forward to, the evening will commence at 7.30pm in the Community Centre with the quiz starting at 8.15pm. You can have as many as you like on your team. You may not use the assistance of Google or any other search engine and those discovered to be doing so will lose all their points on that round and be made to buy the organisers a drink. Disco dancing divas can look forward to strutting their stuff around 10pm. There will also be a raffle and kicking out time is midnight.

Tickets £8 including 5 wines for tasting and a bread and cheese supper. Tickets available from Gargunnock Shop, Gargunnock Primary School, Karen Anderson 07801 065277 and Shona Crawford 07766 943125

GARGUNNOCK SONGSTERS

The Gargunnock Songsters will recommence after their summer break on Wednesday 17th August. As the membership of the choir has continued to increase a bigger practice venue was required and so they will now be practicing at the Gargunnock Primary School. The choir would like to pass on their thanks to all at the Community Trust for all their help and support over the years - they will take with them many happy memories of their practice evenings at the Drop-In Centre.

The Songsters practice on Wednesday evenings at 7.30pm in the Gargunnock Primary School. New members are always welcome. If you are interested in joining or booking the Gargunnock Songsters and would like further information please visit our website at gargunnocksongsters.org.uk or contact Lorna Rodger on 07733227965.

GARGUNNOCK FOOTBALL CLUB

Gargunnock Football Club celebrates its 60th Anniversary this year. We will be running a Dinner Awards ceremony in the Community Centre on 15th October 2016 where all players, past and present, are invited to attend, along with anyone else who wishes to attend.

Tickets are priced at £15, and can be purchased at the Gargunnock Inn or phone any member of the Club Committee.

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GARGUNNOCK FLOWER SHOW 2016

Every year we think "Will we be able to continue with the Flower Show and, if so, will we get enough entries to make the Show worthwhile?" Well, that's another year and another Show satisfactorily accomplished. While the number of entries was undoubtedly well down on some previous years the standard was as high as ever. Encouragingly, there was a wide range of trophy winners, with a number of families newer to the village participating and winning. This can only give even more hope for the future.

However, more people are needed on the committee to help with the organisation and to help out with the setting up and dismantling the Show itself. If you can help in any way please contact Maitland(maitlandclark@btinternet.com) Janet (janiffla@aol.com) or Sandra (anderson-s14@sky.com) or come along to the next meeting - 7th November at 7:30pm in the Community Centre. Please be assured that you will NOT be pressurised into taking on an official position within the committee, it is your general interest and help that is required. There are 3 meetings in the year plus the annual Quiz Night, which enable us to raise funds to keep the Show going. We look forward to hearing from you.

SCOTCH CORNER

BUIRD (n) a body of people meeting round a council-table.
A CURN FOWK (n) a group of a few people
HAUF-HUNG-TAE (adj) irresponsible

"There's a want o' a curn fowk for the hame buird. It wuid be hauf-hung-tae no tae jyne.

FORTH VALLEY U3A - Would you like to make some new friends and become involved in a new hobby or interest at the same time to brighten the autumn days? That's what U3A is all about! There are more than 50 groups which are very varied. We are holding our enrolment meetings on Friday 9th September, 10-11.30am in the Parish Church Halls, Bridge of Allan and 2-3.30pm in the Mayfield Centre, St Ninian's, Stirling. For further information please contact the Membership Secretary on 01786 822062 or the Interest Groups' coordinators on 01786812416 or 01324629642 or visit www.forthvalleyu3a.org.uk

POLICE REPORT

The current ward priorities for the Forth and Endrick area are *Antisocial Behaviour, Road Safety, Theft and Community Engagement and Reassurance*. The following is a summary of local policing activity since the last edition of The Bugle.

Antisocial Behaviour

On the afternoon of Monday, 16th May 2016, police were contacted raising concerns about an elderly male pedestrian on Leckie Road, Gargunnoch, who appeared to be under the influence of alcohol. Police attended and confirmed his wellbeing, and assisted him in obtaining transport home.

On the afternoon of Saturday, 4th June 2016, an incident occurred at the Gargunnoch Showground whereby a female assaulted a male. The female was subsequently traced, arrested and charged, and a report submitted to the Procurator Fiscal.

Road Safety

Since April, there has been one recorded road traffic collision, which occurred on the morning of Friday, 22nd April 2016 on the A811 near to Gargunnoch. One vehicle was involved in the collision, and no serious injuries were sustained.

The Central Scotland Safety Camera Partnership and Police Scotland have continued to perform speed enforcement and hi-visibility patrols in and around Gargunnoch, resulting in a number of motorists being given advice regarding their vehicle or manner of driving, or prosecuted where appropriate.

Community Engagement and Reassurance

PC Raymond Murphy and PC Steven Graham are the ward officers for the Forth and Endrick area, which incorporates Gargunnoch and surrounding areas. Both are based at Balfron Police Office, and can be contacted at the office, on 101 or at ForthEndrickCPT@scotland.pnn.police.uk.

We regularly publish information and appeals online. Our local Twitter feed can be found at @StirlingPol, and our local Facebook page can be found at 'Forth Valley Police Division'.

Theft

There have been no recorded thefts in or around Gargunnoch since April 2016. In recent weeks, there have been several thefts of high value mountain bikes in rural Stirlingshire. Police are following a number of lines of enquiry, but owners of such bicycles are encouraged to ensure that they are stored securely when not in use, and to report any suspicious activity that they observe.

Air Weapons Surrender Scheme

The Air Weapons and Licensing (Scotland) Act 2015 comes fully into effect on 31 December 2016. The new law will require any person who possesses, purchases, uses or acquires an air weapon to have a certificate to hold them legally.

It will be an offence not to have a certificate for these purposes from 31st December 2016, unless you are exempt, but you are now able to apply to Police Scotland for a certificate.

Local Police divisions have designated Police Offices where specially trained officers will be on hand to accept and make safe surrendered air weapons. Your local Police Offices are Stirling and Balfron.

Further details can be found on the Police Scotland website at www.scotland.police.uk.

Consultation Survey - Your View Counts

The Police Scotland Public Consultation Survey was launched on Thursday, 7th April 2016. In previous years, the survey was paper-based and involved community officers delivering and collating the surveys from members of the local community. This year, the survey has been placed online.

The survey allows local communities to provide feedback to Police Scotland in relation to a variety of topics, including the views of local people and what they feel local policing priorities should be in their communities.

The survey takes about 15 minutes to complete, and everyone is encouraged to participate in it. The survey and further information can be found at

www.scotland.police.uk/yourviewcounts.

NEWS FROM THE RURAL

Doune & Dunblane Show

Gargunnock SWI were yet again runners-up to Ruskie SWI. We had a large variety of excellent entries and many worthy prize winners including 1st prizes in Hand Knitting, Sheena Gillespie. Crochet, Anne Muirhead and Sheena Gillespie. Patchwork, Janet Iffla, Baking & Preserves, Jane Muirhead & Janet Iffla.

In the Floral Section there were 1st prizes to Janette Wilson & Anne Muirhead. The Novice Trophy was won by Grace Smellie with Jessie Wyllie runner up. The Pemberton Plate, for most points in Handcraft, was won by Janet Iffla. Well done to everyone who entered and next year we are going home with the winning trophy (hopefully).

70th Birthday Celebrations Invitation

A celebratory Lunch has been arranged at The Colessio Hotel in Stirling on Sunday 30th October @ 1pm. A two course lunch with coffee and cake and a refreshment on arrival will be £18. This invitation is to all past and present members and also new members joining us at our first meeting on Tuesday 20th September. Please contact Kathleen Sinclair on 860495 or Anne Muirhead on 860657 if you would like to join us and if you require transport.

New Session

The Committee has arranged a very interesting variety of speakers and demonstrators for this year's syllabus. We have all our usual competitions, and are always in need of golfers, curlers, bowlers, debaters, quiz team members, knitters, handcrafters, florists, artists, bakers and Olympians (yes, Olympians). Come along and find out more.

If, like me, you are none of the above but enjoy making new friends and admiring their skills, join us on the third Tuesday of each month at 7.30pm at the Community Centre.

Kathleen Sinclair, President

GARGUNNOCK PLAYGROUP & TODDLERS

Gargunnock Playgroup and Toddlers runs sessions weekly throughout the year for all children up to school age. If you are new to the village and have young children or are expecting a baby please do get in touch.

Gargunnock Playgroup runs every Monday and Thursday from 9-11.30am during the school term in the Community Centre. Our qualified staff run a varied set of activities suiting all ages and interests. We are an independent Playgroup, registered with the Care Inspectorate, managed by parents and welcome children from 2 1/2 yrs to pre-school. The cost is only £7.00 per session.

Gargunnock Toddlers is aimed at children under 2 1/2 but we happily welcome all children under school age along with their carers. If you are expecting a baby it's a great opportunity to meet up with some of your contemporaries in the village. We provide lots of toys and a snack for the children, teas and coffees for adults. We meet in the Community Centre every Wednesday (10-11.30am).

We are now looking forward to a very exciting year. Following Forest Kindergarten training, our play leaders will be piloting monthly woodland play sessions at Gargunnock House which we plan to begin in October. These sessions will be entirely based outdoors in the woodland within the grounds of the house and will use the natural surroundings to provide fantastic learning and development opportunities for the children. This year's theme for our normal sessions at the Community Centre will be Super-Heros.

We are busy again this term with 13 children on the Playgroup role and around 13 children regularly attending Toddlers. We always have room for more though, so please get in touch if you would like to come along to Toddlers or are interested in your child attending Playgroup.

Look out for our next fundraising events:

- Pub quizzes are planned for October, February and May.
- Our biggest annual fundraiser is the very popular St Andrew's Ceilidh in November.

Fundraising is essential to cover the full running costs of the Playgroup and we very much appreciate your support. If you want to get in touch at any time contact details are: Claire Hart (Ethan and Zoe's Mum) 21 Drummond Place, Gargunnock, clairehart01@gmail.com or call 07769967367.



The Gargunnock Bridge Club resumes for the new session on THURSDAY, 15TH SEPTEMBER, at 7 for a 7.15 start of play within the Community Rooms at Gargunnock.

If you have a working knowledge of Bridge, and are interested in an opportunity to meet with likeminded folk, out for a pleasant evening of cards, joining a friendly, social group, in a local environment, please contact Janette Wilson (tel. 860347) for further information.



Young at Heart ' (Drop-in class)

is a dance exercise class designed for Active Older Adults

Tuesdays: Gargunnock CC 11.30am - 12.15pm
Thursdays: Doune Rural Hall 10:00am - 10:45am

For further information please call

Janice on 01786 860251 or 07565 182259

Personal Training available within your own home

DROP-IN CENTRE

The Community Trust have almost completed a refurbishment of the Drop-In Centre. This involved repairs to plasterwork and wood work and a full repaint, the first for many years.

The boys and girls of the After-School club helped us by researching and coming up with suggested colour schemes and while we couldn't afford sparkly paint, their ideas have resulted in an attractive bright combination of colours.

Unfortunately our supplier could not meet the date for replacing the flooring before ASC re-started so the new lino will have to be installed over a weekend, hopefully before too long.

We were greatly helped by Roddy Chambers who donated his time and materials to complete the woodwork repairs and also through a generous grant from the Stafford Trust.

The Drop-In is now, we think, a much more attractive "venue" than it was and if anyone would like to check it out, all you have to do is have a word with Steve, Douglas J or Douglas C and we'd be happy to show you round.

RENEWAL WORK AT GARGUNNOCK PARISH CHURCH!

You know that we are doing a major renovation at Gargunnock Parish Church. You'd like to know when that will start: so would the minister and congregation. Presently we are awaiting permissions to get on with it from both Church and Stirling Council. We'd hoped to start in September, but that's not going to happen. We'd hoped to be able to tell you before now, when we'd move worship from the Kirk to the Community Hall. We can't. What we can assure you is that it is not a lack of will.

We will tell you what is happening as soon as we know. Meantime the church is open for business every Sunday at 10.30am and you will be more than welcome at any and all events.

If you'd like to do a wee bit of practical help then we are doing a church-grounds clear up on Saturday 10th September from 10.30am, so some willing helpers with heavy gloves, and tools of destruction would be very welcome to join the minister and make short work of the brambles and undergrowth.

DETECTING METEORS ABOVE GARGUNNOCK

Shooting stars, AKA meteors, are a familiar sight in the night sky: on virtually any clear night you will be able to see one with just the naked eye and a little bit of patience. In the right conditions and at certain times of year, such as mid-August when the Perseid meteor shower reaches its peak, you can see tens of meteors every hour. Meteors are small pieces of rock that strike the upper atmosphere travelling at speeds of around 20 kilometres per second (45,000 miles per hour). They generally become visible at altitudes of around 100km, when the atmosphere is thick enough that the compression of the air ahead of the meteor releases enough heat to vapourise them. Normally, the visible trail lasts only a second or two before the meteor burns up entirely. Most originate from a particular comet or asteroid in the Solar system; over time, bits break off and end up strung out in a long thin stream of material that the Earth passes through at certain times of year, resulting in a meteor shower.

I've been a professional astrophysicist for the last six years, working on a range of projects for the European Space Agency involving navigation of spacecraft, and lately the Gaia space telescope – an ambitious mission to measure the formation and evolution of our galaxy, the Milky Way. A couple of years ago I came across a very interesting meteor observing project run by a group of UK amateur astronomers. The Network for Meteor Triangulation and Orbit Determination (NEMETODE; see [1]) consists of around 50 astronomers located mostly in the north of England, and at a few sites in Scotland. Members of the project operate sky-pointing video cameras that run at night and are tuned to automatically detect and record meteors. The project is based on a simple idea: that if you can obtain video footage of the same meteor from two or more widely separated locations, then you can use photogrammetry techniques to triangulate the meteor and measure its 3D path through the atmosphere. There are two quite amazing things that you can then do with that information. First, you can trace the meteor's path backwards into space: this reveals the orbit that the meteor was on in the Solar system before it hit the Earth, which can be enough to link an individual meteor to a particular comet or asteroid. Second, you can trace the meteor's path forward from the point where the visible trail extinguished, and predict where it hit the ground. This is only relevant for the larger meteors, known as fireballs or bolides, that don't entirely burn up. However there are more of these than you might expect, with probably around ten happening every year in the UK. Only the very largest meteors, which hit the ground still travelling at supersonic speeds, leave a smoking crater. These are (fortunately) very rare – in the vast majority of cases, the visible trail disappears when the meteor has slowed sufficiently that it's no longer glowing red hot, and it then basically falls at terminal velocity from an altitude of around 70km. When the wind conditions are stable, and the triangulation is accurate enough, it's possible to predict the landing site to within a few hundred metres. Depending on the geography of the landing area, and with a keen enough search team, it's then possible to go out and retrieve the meteorite from the ground. That's not quite as crazy as it sounds:

similar projects in other countries have done this several times in the past. Figure 1 shows a team assembled by the Croatian Meteor Network [2] which in February 2011 recovered a 300 gram meteorite from a field, after capturing it on their video cameras a few nights earlier. This year, a large network is coming on line in France that aims to detect and retrieve any large meteors that fall anywhere over the entire country (see [3]).

What has all this got to do with Gargunnoch? Earlier this year I installed a camera at Ardorran on Leckie Road, where my parents live. Following a couple of months of commissioning, it's been integrated into the NEMETODE network and has been operating most nights since the start of June. It's a regular CCTV security camera designed for night-time use, and it's connected to a couple of computers that monitor the live video signal for meteor trails, record and archive the video clips, and publish them on a website where I can download the results (see [4]). So far it has recorded hundreds of individual meteors, many of which have been triangulated using secondary observations by cameras in Tain and Ayrshire. It operates mostly autonomously, and I check it each morning from my flat in Edinburgh to see how many meteors were spotted the previous night. Figure 2 shows two images of bright meteors that were captured by the camera over the last month or so. As well as meteors many other things can trigger a detection, including satellites, lightning, birds and bats. To see some videos of recent detections, have a look at the website for the camera at <http://gargunnochmeteorcam.ddns.net> (be patient as it's quite slow).

The camera points towards Perth at an elevation of around 30 degrees, and is sensitive to meteors that fall over much of North East Scotland. Figure 2 shows the camera mounted on the external wall of the house, and a ground map of the intersection of the field of view with the 100km altitude meteor layer – any meteor that falls in this area will likely be captured on the camera, as long as the skies are clear. Of the four hundred or so meteors that I've recorded in the first two months of operation, none have been large enough to have fallen to the ground, although it's only a matter of time until something big shows up. The rest of the detections are useful though, as they can help to understand the origins of meteors, characterise existing meteor showers and discover new ones. Although the landscape of Scotland would make it difficult to find a fallen meteorite, even with a very accurate triangulation, that's still a long term ambition.

If you would like more information then feel free to contact me with questions (nr@roe.ac.uk), and if you'd like to have a look at the camera system then contact Helen and Peter Rowell on 01786 860630, who are happy to show people around.

[1] www.nemetode.org/

[2] <http://cmn.rgn.hr/index.html>

[3] www.fripon.org

[4] <http://gargunnochmeteorcam.ddns.net/>



FIG 1



FIG 2

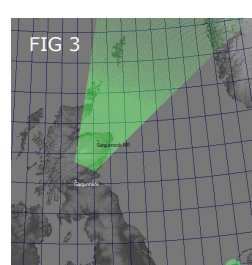


FIG 3

FIG 1: Search team in Croatia with a 300 gram meteorite recovered

FIG 2: Meteor captured by camera above Gargunnoch

FIG 3: Plot of field of view through the meteor layer

This Community Café will resume on the 1st and 3rd Wednesday of the month raising money for YOUR Community Centre. We serve soup, home baked bread tea coffee & home bakes

Despite a loyal band of customers we really need more to make it viable. Tell us what would make it more attractive for you and your friends to come along. Different format, times, days??

We welcome your ideas, contact jane@gargunnoch.com or Elizabeth.mansion@btinternet.com

Meantime see you on the 7th September 11am – 3pm

Jane, Eliz and helpers.

GARGUNNOCK HOUSE GARDENS

It's been another super season in the gardens. The fruit has been very good and our freezers are stocked up. The apple orchard we developed with supermarket cheap trees are laden with fruit, so come and visit us with your friends, the walled garden is open all year.

Now we come to the "big end off season plant sale". Last year we had a greatly reduced sale in our poly tunnels and many of you enjoyed buying our plants at half price or less. This year due my retirement everything must go, with trees, shrubs, rhododendrons, perennials, plus many more plants we have propagated over the years. So come and fill your gardens.

The sale starts Monday 12th September and will last until everything goes, so come along to the walled garden and see what's on offer. The proceeds of the sale will be donated 50/50 to develop the walled garden and the rest to the Gargunnoch Community Trust. Over the years we have been opening the gardens, we have raised over £26500 for charities, which includes 20% going to the village projects.

Willie Campbell

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