

GLENKENS GAZETTE

incorporating news from Glenkens Community & Arts Trust

FREE IN : BALMACLELLAN ~ CARSPHAIRN ~ MOSSDALE ~ NEW GALLOWAY ~ ST. JOHN'S TOWN OF DALRY

February / March 2007

ISSUE 38

www.glenkengazette.com



A WET 'N' WILD START TO 2007



Over the festive season and into the new year, the Glenkens was hit by storms, causing some of the worst flooding the area has seen for years.

Roads were blocked by water and fallen trees, power cables were brought down by the gale force winds, and on Hogmanay power to much of the area was cut off, lasting up to three days in some cases. Then of course there was the earthquake on Boxing Day whose epicentre was found to be near Newbridge, Dumfries and measured 3.5 on the Richter Scale, the effects of which were felt as far North as Paisley. More recently the country was rocked by yet more gale force winds and stormy weather - luckily this time the Glenkens didn't suffer too much, but we did get our first real snow of the season - and more power cuts.

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CARSPHAIRN - 38TH ANNUAL BURNS SUPPER



The Burns season started slightly early this year with Carsphairn hosting their 38th Annual Burns Supper on Thursday 18th January. Visiting speakers entertained a packed Lagwyne Hall and were much appreciated by the knowledgeable local audience.

The haggis was piped in by Mr Andy McCartney, a regular welcome visitor and the evening was, as usual, ably chaired by Anna Campbell. Mr Robin Wallace was invited to 'Address the Haggis' which was done with much gusto and skill! David Bartholomew gave the Selkirk Grace and this was followed by the traditional meal of haggis, neeps 'n tatties.

Mr Harry Monteith from Stranraer outlined Rabbie Burns' complex lifestyle with an intuitive mix of anecdotes and quotes from the Bard and asked the audience to be upstanding to toast Robert Burns. Two Burns songs were performed by our local Glenkens Singers and much enjoyed by those attending. After the interval (necessary to allow glasses to be re-charged), Mr Neale McQuistin proposed a Toast to the Lassies. It was explained by Neale, how he saw the Lassie's role in Burns time and how really, it had not changed much now ie - they were still in charge!

Robin Wallace, whose father, grandfather and brothers had all performed at Carsphairn Burns Supper in previous years, carried on the tradition by giving a fiery presentation of Willie Wastle which had the audience on its toes. This was followed by his wife Fiona, in excellent form, replying on behalf of the Lassies. Fiona really tried to think of some ways to be complimentary to 'the Laddies', but eventually it was agreed that even Rabbie Burns thought that men could just not live without them.

The evening was rounded off with some community singing accompanied by Jean Mason, a vote of thanks to all the artistes from David Gibbon and Auld Lang Syne.





LOCAL ARTISTS Sally Campbell

So how and when did you get into making music?

I started writing my own songs when I was 16, but didn't really think about music as a career until last year. I got a business start-up grant from the Business Gateway, which allowed me to get a new guitar and help market and promote myself.

And is it going in the direction you want it to?

It's been ups and downs but now its going really well - I am just in the process of making a new cd, featuring lots of other great musicians both local and from further afield, which will be on sale in Barnstorm and HMV as soon as it is released.

How do you think the local music scene here in the Glenkens has changed since you were 16?

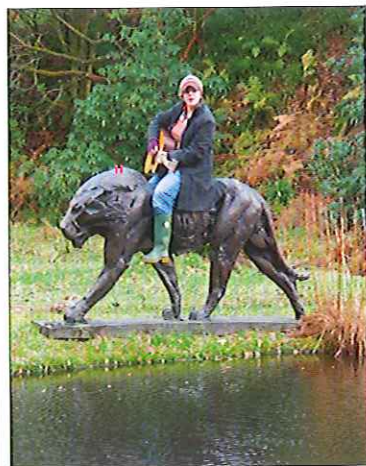
I think it has definitely improved - there are so many young musicians and really good bands around, and loads of live music nights. When I was at school we were in a band and we were the only band at school. Now there are lots - enough to put on regular band nights.

So will you let us know when your cd is released?

Yes, I will - and if you want to find out more about my music, and hear some, visit:

www.myspace.com/sallycampbellmusic

Sally will be performing at local music festivals 'World Ceilidh' and 'The Wickerman' this year.



AFGHAN SCHOOLS TRUST - UPDATE

**Afghan
Schools**

The initial aim of the Afghan Schools programme was to respond to local demand by funding the first secular schools in Nuristan, an isolated highland province where international agencies have been unable to operate.

The first two schools were established in Katigal, and kept running in spite of a legacy of 23 years of war and continuing disturbances nearby. This was in 2001, and they are still flourishing. Now two more have also been opened, and the Afghan government has recognised the success of the schools and has taken over the running costs, allowing the Trust to put funds into other necessary areas.

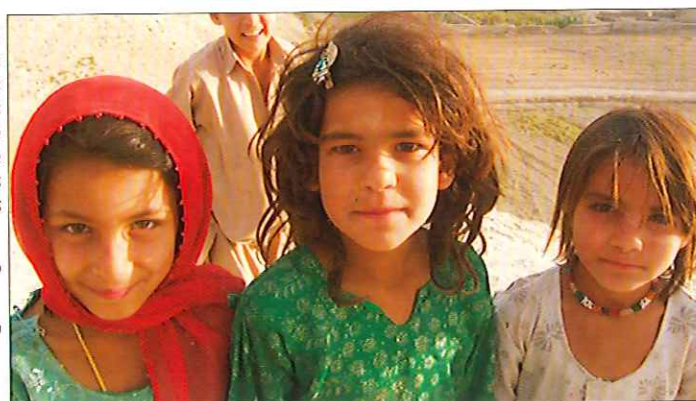
Good progress has been made with the much needed mother and child health care programme, through which a local female doctor is running courses for women so that they can perform health care duties in their own villages. Many fund raising events have been held, such as sponsored hill walks, a sponsored zip-slide across the Clyde, attendance at local festivals, fundraising talks and various supportive groups have raised funds in aid of the Trust, and of course the main reason all this has been able to come about is through the generous and continuous support of local people. Let's see what can be achieved in 2007!

For further information, to receive a newsletter or to make a donation please contact:

Afghan Schools Trust, The Old School Balmaclellan, Castle Douglas, DG7 3QE Tel: 01644 420465

www.afghanschools.org

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BALMACLELLAN COMMUNITY COUNCIL

There was no December meeting of Balmaclellan Community Council. However, the Senior Citizens of the Village and outlying area attended the annual Christmas Lunch which was well enjoyed by everyone at the Kenbridge Hotel.

December also saw a new fundraising event in the Village in the form of the Childrens Christmas Party which had a visit from Balmaclellan's very own Santa Claus and the children each received a small gift and enjoyed lots of party games.

This was followed in the evening by a Christmas Dance for the adults which was well attended and made a profit of approximately £200.

Many thanks to all those who organised these events and made donations of baking, food, decorations for hall and of course Santa and all the helpers.

Fiona MacKinnon

CARSPHAIRN COMMUNITY COUNCIL

The Community Council met on December 4th when a large number of relevant community matters were discussed and action taken where appropriate.

Traffic calming measures are due to be installed shortly. PC Wilson noted that the traffic police have been in the area on a regular basis.

Jeff Dawson from the Scottish Ambulance Service gave a presentation about the process of setting up a First Responder Group. It was agreed to engage the community by holding a public meeting. Later, in the meeting, it was agreed to write to the Health Minister to object to the closure of the Accident and Emergency Unit at Ayr Hospital.

Discussion took place on how to engage young people to take an active part in the Community Council.

A member of the community circulated a paper he had written making a proposal linking possible developments of tourist facilities in Carsphairn with economic development and the affordable housing project in the area. It was agreed to consider these proposals for the next meeting which will be held on February 5th.

Anna Campbell

THE ROYAL BURGH OF KELS COMMUNITY COUNCIL

A successful Christmas Lunch was held for the Senior Citizens of the Parish in the Kenmure Arms Hotel on December 11th. Thanks were expressed to Mr & Mrs Brannock and staff and to Tommy Edgar for providing the entertainment.

The Christmas Tree at the Burgh Sign was much admired and accepted as one of the best ever. New cables were purchased this year as the old ones no longer met the safety standards. The Community Council greatly appreciate the cooperation of Mr & Mrs Vincent for allowing the lights to be powered from their electricity supply. Plans have been agreed to install a permanent electricity supply to the Burgh Sign which will enable it to be illuminated throughout the year and also include a safe connection for the Christmas Tree. Thanks are also due to Forrest Estate who kindly supply the trees for New Galloway and for Mossdale every year. It is hoped that more decorations would be available for decorating the Town Hall for Christmas 2007.

A small amount of money is to be made available to each community in the Stewartry District to be used for general clean up work and repairs. Several urgent jobs were identified including cleaning and repainting the Town Hall exterior, repair of several summer seats and refurbishment of the Burgh Sign.

Continued efforts are being made to progress the provision of additional lay-bys on the west bank of Loch Ken.

The February meeting is to be delayed by one week until Monday 19th to avoid the school half term holiday.

Brian Edgar

BALMACLELLAN ON THE WEB

Balmaclellan now has a web-site. Check it out to find information and news on what is happening locally.

Also on the site is information about your Community Council. This includes the names of Members and Minutes of Meetings. The Agenda for the next meeting will also be published here.

There is also a feedback section so you can comment on the site, and suggest any additions and/or alterations. We can be found at

www.thelocalchannel.co.uk/balmaclellan

**Glenkens Business Association**

We had a very succesful, informative and enjoyable evening on Wednesday 15 November with nearly 40 people attending despite the atrocious weather. It was an evening of talks of interest to all small businesses.

The Annual General Meeting of the Glenkens Business Association was held on Tuesday 16th January 2007, at 7pm in the Kenbridge Hotel, New Galloway.

The evening began with a very interesting talk from Keith Muir, who is Head of Recreation and Environment for the Galloway Forest Park. He gave an overview of the size of the Park in relation to other forest areas in Scotland, highlighting some of the recent improvements they have made. He went on to outline some of the plans to attract more visitors to the Park areas, including creating more routes for mountain biking and other cycling together with other schemes aimed at drawing visitors right through the Park area.

This was followed by the business part of the meeting with reports from the various office bearers. The chairman reported on what had been happening in the Association over the last year, beginning with a brief summary of a meeting in Castle Douglas about plans to set up a region wide Chamber of Commerce for Dumfries and Galloway, followed by news of the Business Directory. It is planned to produce a new Directory in April, so it is vital that members renew their subscriptions (£20) by contacting the Treasurer at bobandnette@waitrose.com, or on 01644 420226, or the secretary at secretary@glenkens-business-association.org.uk, or on 01644 430162 before the end of February if they wish to be included in the updated version.

Finally the Chair reported on a recent meeting with Business Gateway and Company Training solutions and provided details of upcoming talks which will include Damien Wilson, Operations Manager for Regeneration and Europe with Dumfries and Galloway Council, who will talk about Economic Regeneration on February 20th at the Kenbridge Hotel at 7pm. On March 20th Jeremy Sainsbury will speak about changes to the planning laws and how this may impact on businesses, and on April 24th Andrew Bielinski from SNH will talk on the subject of changes to the Galloway & S Ayrshire Biosphere Reserve. It is planned that all these meetings will be held at the Kenbridge Hotel beginning at 7pm.

This was followed by the Treasurer's report that detailed the financial situation of the Association and reiterated the reminder that subscriptions are now due. The Secretary then gave a presentation on proposed changes to the Association's Constitution. This was discussed at length. It was subsequently decided to print up copies of the Constitution with the changes for the next meeting in February, which will also be an Extraordinary General Meeting in order that members may agree the final draft.

DALRY TOWN HALL GRANTED A FARMERS & CRAFT MARKET LICENCE

Through a generous donation which covers the cost of a three year licence, Dalry Town Hall Committee is able legally to stage a series of farmers Produce and Craft markets. The application to Dumfries & Galloway Council was completed in November 2006 and in late December we were informed we had been successful. The health & safety requirements and legal definitions are quite extensive, and as part of the licence conditions a Market Manager needed to be appointed as the licence representative, on behalf of the Committee. (See diary on the back page for Market dates.)

**Glenkens Business Association**

www.glenkens-business-association.org.uk

secretary@glenkens-business-association.org.uk

THE PLACE TO BE SEEN

The 2007 Directory will be published in April in order that it will be available to the community before the start of the new tourist season. All entries, renewal of existing membership and new members details and advertising must be in by the beginning of March. If you wish to upgrade your existing entry from plain text to B&W or colour advert please contact the secretary ASAP.

YOUR DOG - Rottweiler

Breed History

Rottweilers get their name as they come from a town in Germany called Rotweil. But their ancestry actually goes back to Roman times. The Romans brought the dogs with them as cattle dogs for driving the cattle which fed the troops. In Rome, the Rottweilers' ancestors, though very different from the dog we know today, were used to fight big cats in amphitheatres, usually two or three dogs fighting one lion.

After the Romans had been driven out of Rottweil, some of their dogs were left behind and over time the locals began using these dogs for various purposes. Their most popular use was by butchers and cattle farmers, as the dogs could tend their stock and also carry their money around their neck, safe from thieves. The dog became known as the 'metzgerhund', or 'butcher's dog', before it developed the name we know it by today – the Rottweiler.

Breed Characteristics

Rottweilers are large, heavily built dogs with a short black and tan coat. They used to always have a docked tail but this practice is generally frowned upon now, so it is becoming more common to see Rottweilers with normal tails. As you can see from their breed history, they have had both herding and guarding instincts bred into them. This means that:

- You must make sure that you are the boss – don't get a Rottweiler if you have little self-confidence and find it hard to assert yourself, as the dog will soon take advantage of this and become the 'pack leader'. The dog has been bred to protect its 'pack' (you and your family) and home, so good training is needed to make sure the dog is well and truly under your control - you don't want your dog taking matters into its own paws, as it were, and deciding, for example, that old Mrs McTavish from next door is a threat to his pack and as he is the leader he has to deal with the situation...It is dangerous to get a big dog with guarding instincts and not spend the necessary time on initial training and socialisation, and also keeping on top of training throughout the dog's life. Better breeds of dog for the less assertive person would be a Shetland Sheep Dog or a Golden Retriever, as these breeds have a more socially subordinate disposition and are not bred to guard.
- Never let a Rottweiler roam free (this goes for any breed) as their herd instinct will most probably kick in and they are likely to end up trying out their chase on the nearest sheep/cat/cyclist/car and injuring either themselves or something else. Also, if you are going to let your dog off-leash, even in your company, you must be sure that he will respond to your call, even if he has seen something he would like very much to investigate. Otherwise your dog is out of control, and this is a dangerous and irresponsible situation.

But it also means that:

- The Rottweiler is a natural guard dog, and doesn't need to be trained to keep an eye open for prowlers. Also, they have a good sense of what you are feeling so if you are in a situation where you feel threatened, it's most likely that your dog has picked up on your fear and will move closer to you, perhaps in between you and the threat, and be ready to defend you if need be. Rottweilers also work as a great deterrent – they are large and dark and ominous looking, so anyone thinking about doing something nasty to you or your property might well think again if there is a Rottie in the vicinity.
- Dogs bred for herding tend to have a caring, patient side to them – they are good family dogs (of course, never leave children alone with a dog), keeping strangers at bay and warning of intruders. Rottweilers are affectionate, caring dogs who crave physical contact and love to be with you. They are not happy to be left alone for long periods of time, and can develop stress-related habits such as chewing, digging and barking if they are alone and unhappy. They are happy lying about for long periods of time, but beware of the tendency to laziness – your Rottie will take as much exercise as you can give, but if you don't give it much, it will probably not remind you as much as other breeds may, which can lead to health problems such as obesity.

Rottweilers as Pets



These dogs make wonderful, rewarding pets – if you have the time and energy to put into them. They do need a large amount of training and socialisation, and are happiest when they are with you so the more time you spend on them the better. Mary MacPhail, rottweiler representative on the Kennel Club Breeds Liaison Council, who has bred rotties for over 30 years, says: "They are very intelligent, loyal and responsive." However, she stresses the need for good handling: "Any dog requires training, but, because they're large, they do require direction. Unfortunately, rottweilers became popular with the macho section of the public." A dog's behaviour is usually the result of the way it has been treated by people. And the Rottweilers' background is testimony to this – with their loyal temperament and big heart, it was no wonder the butchers of Rottweil would trust them with their livelihood. They respected their dogs, and their dogs understood the special place they held in their owner's lives.

Finding the Right Dog

If you would like to adopt a dog, check out local rescue centres (Dumfries & Galloway Canine Rescue Centre – 01387 770 210 or SSPCA Dunragit Animal Welfare Centre – 01581 400 253)

Breed specific rescue centres:

Fife Rottweiler Rescue: <http://www.fiferottweilerrescue.co.uk> or call 07955 809 628.

Scottish Rottweiler Rescue: 01419 506597 or 07814786716.

Please feel free to contact Sarah with any interesting or entertaining dog-related stories, or if you have any comments or suggestions for this feature: 01644 430138 or email glenkensgazette@hotmail.co.uk

CARSPHAIRN HERITAGE GROUP

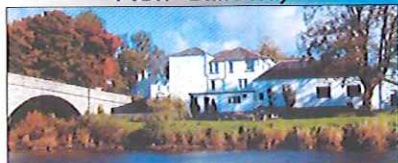
The Heritage Group is planning its 2007 exhibition which will be entitled 'Carsphairn – The Sporting Life'.

We have come across lots of sports that were played in the community. Records of cricket matches, curling, quoits, carpet bowling, golf as well as shooting and fishing have been found but there will be more. So far we have found inter village quoits and cricket matches and also curling competitions.

If anyone has any memories or memorabilia of any of these from Carsphairn or inter village competitions we'd like to hear from you. Please contact Anna Campbell on 01644 460 208.

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DALRY ANGLING CLUB TROPHY WINNERS 2006



Left: Winner of the McAdam Trophy, Scott Kirkpatrick
Right: Winner of the Hunter Trophy, John McBeth

GLENKENS '73 CLUB PANTOMIME

The famous Glenkens Panto was restored to the Christmas entertainment calendar, after a three year absence, on 15th and 16th December with a hilarious version of 'Little Bo Peep' by Alan Richardson and Alistair Ferguson.

The club had assembled a strong cast and back stage team to ensure that the production was in safe hands and they did not disappoint with both performances being thoroughly enjoyed by appreciative audiences in Dalry Town Hall.

Ewan McIntyre, erstwhile pantomime dame, was the baddie for a change and an excellent baddie at that, playing the part of Sir Sleekit Scunner. The volume of the boos and hisses from the audience were a compliment to the aplomb with which he carried out the part, only matched by the laughter during his scenes of outrageous melodrama. Sir Sleekit's eventual love interest, Ophelia Peep, was played in a traditional pantomime dame style by Christine Rae who won the audience over and carried them along with her throughout the production. Fairy Bluebell was played by new club member Sandra Robson who added greatly to the success of the panto with a very assured performance, not least with her very accomplished singing which was better than anything ever heard on the X Factor! The crowd were out of their seats at the antics of Simple Sanny, played by Callum McIntyre, during his hilarious (some would say brave) 'Full Monty' scene. He showed excellent comedy timing throughout and melted the audience again during his 'romantic' 'I Got You Babe' scene when long time admirer Mary Muffet, very cutely and confidently played by Deborah Sidebottom, becomes his girlfriend.

The bungling baddies, Neepeid Nick and Ramstam Rob, recruited by Sir Sleekit to steal Bo Peep's sheep, were portrayed by Adam Ramsay and William McTurk.

Both of these young actors provided plenty of memorable comedy moments during their very assured performances. Fulton McKay and Rikki

CLUB CORNER THE STORY OF THE GLENKENS '73 CLUB

The club was formed, as the name suggests, in 1973 by a group of amateur drama enthusiasts from around the Glenkens. The first ever production was a variety show entitled 'The Clachan Capers' staged in Dalry Town Hall. In 1974 the first Pantomime, 'Mother Goose', was so popular that an extra matinee performance had to be added on the Saturday afternoon to meet the demand for tickets! The annual panto went on to become an institution, selling out a four night run at its peak in the 70's, 80's & 90's. Since the late 90's, for various reasons there has not been a panto every year but after a two year break the tradition was revived at Christmas 2006 with a very successful and well received production of 'Little Bo Peep' (see separate report).

The other main regular club activity is to compete in the Stewartry Round of the Scottish Community Drama Association One Act Play Festival, the club have entered at least one play every year since the first production of 'The Masterfu' Wife' by Agnes Adam in 1974. Although the club have never won the festival outright and represented the Stewartry at the next round, over the years a steady stream of trophies have found their way to the mantelpieces of the Glenkens - 2nd Place, 3rd Place, Best Scottish Play, Best Stage Presentation and The Audience Choice which is perhaps the most satisfying one to win, after all, the other trophies are awarded purely based on one person's opinion - the dreaded adjudicator! Last year the members were pleased to take 3rd Place and also win the trophy for Best Stage Presentation with a production of 'Cupboard Love' by Jean McConnell.

The club are always pleased to welcome new members, whether you would like to tread the boards, direct plays, produce pantomimes, play music, make costumes, sell raffle tickets or even make cups of tea!

Meetings are generally held to suit the rehearsals in progress and the cast involved, for further information please contact Sheila Little (Chairman) 01644 430257, Christine Rae (Secretary) 01644 430209 or Brian Edgar (Treasurer) 01644 420288.

ONE ACT PLAY FESTIVAL 2007

The Glenkens '73 Club have again entered two plays in the Stewartry round of the Scottish Community Drama Association One Act Play Festival to be held at Lochside Theatre on 22nd, 23rd and 24th February 2007.

One entry is 'Cruise Missile' from the pen of Jean McConnell who wrote the play 'Cupboard Love' with which we came third last year and also won the Best Stage Presentation. It is a comedy set on a cruise ship and follows the fortunes of a 'first time' cruiser who meets up on the first day on board with an experienced cruiser who promises to show her the ropes.

The other entry is 'Wha's Laird' by George S. Carruthers, a traditional Scots Comedy. Once the staple diet of SCDA Festivals, traditional Scots comedies have become a rare sight in recent years but always go down well with audiences. 'Wha's Laird' is one of the 'standards' and tells the story of two twin brothers who are constantly fighting over who is the rightful laird and are continually stealing the family crest from each other, usually just before rent day! Finally, one of the wife's engages a lawyer to find out who is the laird once and for all.

However, as the truth hilariously unfolds it is not nearly as straightforward as everyone expected!

At the time of going to press the performance nights had not been allocated but please look out for the draw in the local press and if you would like to come along to support us at the festival it would be very much appreciated. Please get your tickets early as the festival is always a sell out.

The plays will also be staged in Dalry Town Hall after the Festival.

Glenkens Gazette Advertising Rates 2006

Advert	Format	Size	Price per issue	Discount for Block of 3 ads
Basic Small	Black & white	6cm x 6cm	£15.00	10%
Basic Small	Colour	6cm x 6cm	£30.00	10%
Quarter page	Black & white	9cm x 13.5cm	£35.00	10%
Quarter page	Colour	9cm x 13.5cm	£65.00	25%
Half page	Colour	13cm x 18cm	£120.00	25%
Full page	Colour	18cm x 27cm	£200.00	25%

Contact

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Glenkens Community & Arts Trust

LINKING THE COMMUNITIES OF THE GLENKENS

GCAT has a variety of exciting events scheduled for 2007 ranging from theatre, comedy, puppetry, music, storytelling and much more. There will of course be the, now traditional Puppet Show on Easter Monday and co-production with Dumfries and Galloway Arts Festival again this year which will bring some top quality entertainment to the Glenkens, for example "The Scottish World" on 31st May in Dalry and a special theatre performance from Switzerland for family audiences.

The opening of The CatStrand will also mean an incredible launch event programme in Early Autumn to look forward to. Events happening in the next few months include the RSAMD launch event on 10th Feb, a dance performance on the 3rd March, RISK and storytelling workshops in Langholm as well as comedy from Vladimir McTavish, a folk event with Bruce Molsky and Mary Ann Kennedy, a literary lunch and a puppet show from Germany called "Peter and The Wolf".

If you would like to volunteer to get involved with running any of these events, please get in touch with GCAT on 01644 420 374.

GCAT's Tale-Blazers project is proving to be very popular; Training Courses in Wigtown, Dalry and Dumfries have all taken place and proved worthwhile for all who attended.

Dalry was fully booked and all twenty participants agreed on the high standard of tutoring offered. Lots of techniques were taught including breathing exercises and other practical performance styles as well as theory. Anne Errington and Tony Bonning were storytellers who coordinated the courses and agreed on the success of the whole project across the region. Everyone who attended the course was made to feel very comfortable which enabled them to optimise the tips given to them as they were not held back by self-awareness. It has given anyone the chance to get involved and have a go at the unique and treasured quality of simply being able to tell a good story. The Langholm workshops take place on February 15th and 16th and have only a few remaining places, we are also hoping to re-schedule a Stranraer date. More information will be available once details are in place. If you are interested in a Langholm place, please phone GCAT for more details on 420 374.

THE HISTORY STOP

History Stop co-ordinator, Bob Martin took ill suddenly at the end of last year and is still recuperating. Bob apologises to any researchers and volunteers who have been waiting for him to get in contact. If anyone needs to speak to Bob about any issues, he is happy for them to give him a call on 07772 877443.

CLACHAN CAPERS BOOK LAUNCH

Gcat will be hosting the launch of Tommy Edgar's new poetry book 'Clachan Capers' which will be held on Sunday 18th Feb in the Lochinvar Hotel from 2.30pm to around 6pm. It will be an ongoing 'drop in' event all afternoon with a poetry reading on the hour (at 3, 4 & 5 o'clock). There will be a glass of wine and snacks for visitors, and the bar will be open all afternoon too. Please feel free to drop in any time between 2.30pm and 6pm. Admission is free.

TASTER DAY RSAMD Saturday 10th February

The CatStrand in New Galloway will be offering regular RSAMD tuition. RSAMD are bringing along tutors to give you a taste of what will be on offer.

Times - Dalry School

Every half hour from 10:00am until noon:

Come and try Traditional Music!

Primary 3 to Primary 6, choose from

♫ Fiddle ♫ Guitar ♫ Whistle ♫ Accordion

12:30 - 13:30 LUNCHTIME CONCERT, all welcome

14:00 - 16:00 GROUPWORK SESSION, S1 - S6

14:00 - 15:00 Adult fiddle and guitar class

15:00 - 16:00 Adult accordion and whistle class

13:00 - 15:00 MARKET PLACE

♦ 'Student Shoe String' cookery demo ♦

♦ Glenkens Film Project ♦ Glenkens Gazette ♦

♦ The History Stop ♦ Galloway Sailing Centre ♦

♦ GYRO-Scope ♦ Dumfries and Galloway Council ♦

♦ Bus Trips ♦ Band Night ♦ Tale - Blazers ♦

EVENING - RSAMD SESSION AT KEN BRIDGE HOTEL

18:00 - 19:00 Meeting for individuals interested in forming a voluntary working group for "Glenkens Traditional Music Project at The CatStrand"

19:00 - late Open Traditional Music Session with musicians from RSAMD, Over 18's.

With the opening of The CatStrand not so far away, the Royal Scottish Academy of Music and Drama (RSAMD) are coming to the Glenkens to launch their involvement in the new centre. We are delighted that The CatStrand will be a permanent Outreach Centre for the RSAMD with year long programmes of traditional music and potentially drama too. A full day of fun, traditional music and drama workshops, some geared for ages from P3 to adult and others.

On the 10th of February at Dalry School, everyone will have the amazing opportunity to experience tuition from the talented and skilled tutors from Scotland's top music and drama academy. "Come and Try" workshops will run every half hour from 10am until noon for primary 3 to primary 6 with a choice from fiddle, guitar, the whistle or accordion. In the afternoon there will be adult classes and to round off the day, an open music session at the Kenbridge Hotel.

There will also be a meeting at the Kenbridge to discuss the development of a formal RSAMD committee for the opening of the new centre. Anyone interested is welcome to come along at 6pm and give any thoughts they have. It is an unmissable opportunity that anyone can take advantage of and just a taster of what's to come when The CatStrand is open. We are so lucky to be able to offer such a high standard of tutoring, don't miss your chance to mix with some of Scotland's top musicians!

As well as music, the RSAMD will also have a representative from their drama department on hand to answer any questions as well as run an open workshop in the afternoon, where you can try your hand at the techniques which RSAMD students learn in preparation for professional acting.

To coincide with the event, in the afternoon, a variety of stalls will show the youth of the area what's on offer for them, from the Galloway Sailing Centre to Student Survival Cooking with Catherine Braid, the variety will ensure young people are aware of organisations which could benefit them, (or you can simply learn how to make a mean spaghetti bolognese!)

For more information on anything we have planned for the day, phone GCAT on 01644 420374.

CHRISTMAS TEA DANCE, GCAT

The Tea Dance on Thursday 7th December was yet another success for GCAT!

"We would like to express our thanks to the organisers of the Dance on Thursday 7th December. It was a delightful afternoon for all of us, the band was excellent and the refreshments superb. The transport was very much appreciated. We look forward to other such entertainment." (J.R., New Galloway)

"Another very enjoyable Tea Dance was held in Dalry Town Hall at the beginning of December. We had a lovely Christmas Fair Tea with sandwiches, mince pies, shortbread and meringues, all baked by Mrs Catherine Braid of The Green Tea House, Moniaive. You could get up and dance to the music of The Saxachords or just sit and listen. It was a very relaxing two hours and we must thank Liz Cole from GCAT for arranging it. Why not come to the next one on St. Valentine's Day?" (L.Y. & M.Y., St. John's Town of Dalry)

The next Tea Dance is on Wednesday 14th February, 3-5pm at the Town Hall, St. John's Town of Dalry and will have a St. Valentine's theme! The music will again be provided by Tommy Edgar's band, 'The Saxachords', and the catering by Catherine Braid, The Green Tea House. Everyone is welcome!

For more information please contact: **Liz Cole, GCAT: 01644 420 374**
or email: liz.cole@glenkensbb.co.uk



The Feral Choir presents

The Heart is a Tree for Love
Traditional songs and poems

Dalry Town Hall

Friday 16th February 7.30

Tickets £7 / £4 available

from GCAT 01644 420 374

Soloist: Polly Bolton (ex Albion Band)
Readers: Tony Bonning, Alynne Jones and others
also with Wendy Stewart - clarsach

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TAI CHI THE KEY TO A BALANCED HEALTHY LIFESTYLE!

Liz Cole, Community Project Worker, GCAT, is bringing Tai Chi for the over 50s to the Glenkens. There will be a free taster session on Thursday 8th March from 10.30 am - 12 noon at The Lochinvar, St. John's Town of Dalry. Starting on Thursday 19th April, there will be weekly morning sessions from 10.30am - 11.30am which will run for six weeks at The Lochinvar, St. John's Town of Dalry. The fee per session will be £3/£2 concession.

These sessions will be taught by Elaine Cameron, a local Tai Chi and Pilates instructor. Classes will focus on the health aspect of Tai Chi, not the martial arts aspect. They will be less challenging and will be about repetitive breathing techniques; loosening up; repetitive movements and exercises, and focusing on different aspects of the body and balance, helping you find your 'centre of gravity' and assume good posture. The classes will not be concerned with learning a long series of 'forms', but rather they will offer little sequences that can be taken home. Neither will the classes be progressive, meaning that if you miss a class it does not matter - you will be able to return to the group very easily. All of these exercises will be possible in the seated position.

Although the moves will be simple, many Tai Chi experts believe that most of the practice's benefits are covered in the basics. 'Loosening up' exercises help with arthritis and also with bad balance, reducing the risk of falls. Practising Tai Chi brings with it a tremendous sense of personal achievement and IT IS FUN!

"Falls are the biggest cause of accidental deaths in older people in Britain, but gentle Tai Chi movements can save lives."

"Human beings fall over a lot. Government figures show that Britons can't get dressed safely: as many as 17,000 people a year are injured by overbalancing while trying to put on trousers, socks and tights. That can be comic among youngsters but with frail older people whose sense of balance is weak, it often

proves fatal. Falling is the most common cause of accidental death among the elderly, with one person dying every five hours from a fall in the home."
(John Naish, 'Body and Soul', The Times, 2005)

Several reputable studies have backed the benefits of Tai Chi for preventing elderly falls. In 2005, a six-month study of 256 people, aged 70-92, published by the Oregon Research Institute in the Journals of Gerontology Series A: Biological Sciences and Medical Sciences, found that weekly Tai Chi classes more than halved the number of injurious falls experienced by older people who were taught stretching exercises. They also performed much better in balance tests.

Tai Chi helps to improve balance, suppleness and tissue strength. It originally descended from Chinese unarmed combat techniques as a secret way of optimising health by combining mind and body through a series of slow meditative movements based on pulls and pushes, kicks, blocks arm-locks and twists. These are designed to promote the flow of energy or 'chi', along the body's meridian lines, the same channels used by acupuncturists. Even today, Tai Chi can still be used as a combat style, though its intricately choreographed movements are used mostly to promote well-being.

In the West we often tend to hold ourselves in a stressed and tense manner which causes tension and headaches. Most people tend not to remember to breathe correctly and spend much of the day holding their breath. Tai Chi encourages people to breathe and relax their upper bodies - wonderful for a healthy blood pressure. Feeling the energy flowing around the body and opening up the channels through postures gives people the sense that they are doing something really positive for their health.

If you are interested in Tai Chi, need more information, or if you wish to sign up for the free taster session and/or the classes, please contact Liz Cole for more details.

Ph: GCAT: 01644 420 374, or email: liz.cole@glenkensbb.co.uk

GLENKENS TRANSPORT INITIATIVE

DATES FOR YOUR DIARY - TRIPS MARCH TO JUNE 2007

After the popularity of last years trips, we have decided to publish a list of trips for the next 6 months - other trips might well be added, and full details will be advertised nearer the time, after which Tickets will be sold at the GCAT office.

MARCH	SAT 17 th : Kelvingrove Museum, Glasgow
	MON 19 th : Palnackie, Auchencairn & Kirkcudbright (Half-Day)
	SUN 25 th : 'Xcape', Braehead (also shopping Centre)
APRIL	MON 16 th : Mystery Drive (Full Day)
	MON 23 rd : New Abbey, Kirkbean & Sandyhills. (Full Day)
	SUN 29 th : Portpatrick and Port Logan.
MAY	SUN 13 th : Castle Kennedy Gardens, Stranraer.
	MON 21 st : Forest Drive in the local Forests (Full Day)
JUNE	MON 4 th : Newton Stewart, Creetown and Cream Of Galloway.
	SAT 9 th : Isle of Arran (Transport to Ardrossan - why not use your Bus Pass to tour this beautiful island!)
	MON 18 th : Hadrians Wall and/or Houghton Garden Centre.

All Trips will start at New Galloway or Dalry, with pick-up points being available from Carsphairn, Mossdale & Laurieston, and Parton & Crossmichael, depending on which way the bus is travelling.

Trips for later in the year are already being planned - please do not hesitate to contact Keith Cooper at GCAT if you have any ideas, or you would like to drive for one of the trips!

GLENKENS TRANSPORT INITIATIVE (GTI)

The registered Wednesday evening route:

2045 hrs Dept DALRY (Underhill bus stop)	2200 hrs Laurieston
2050 hrs Ken Bridge Hotel	2210 hrs Mossdale
2105 hrs Parton	2225 hrs New Galloway
2110 hrs Crossmichael	2230 hrs Ken Bridge Hotel
2120 hrs Arrive CASTLE DOUGLAS	2235 hrs Arrive DALRY
2145 hrs Dept CASTLE DOUGLAS	

IF YOU WOULD LIKE TO BOOK THE COMMUNITY-BUS OR IF YOU WANT ANY MORE INFORMATION PLEASE CONTACT KEITH COOPER, GTI ADMINISTRATOR ON 01644 420374.

COOKERY
Demonstration
ST. JOHN'S TOWN OF DALRY
TOWN HALL
11a.m.-12.30p.m.
6th MARCH
Hosted By
Catherine Braid
of THE GREEN TEA HOUSE, MONVAIE
For more info contact
LIZ COLE - GCAT on 01644 420 374

FREE!
VALENTINE'S
TEA DANCE
Dalry Town Hall
14th February. 3-5pm
The Saxachords Dance Band, Dalry
Catherine Braid, The Green Tea House
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GLENKENS SCHOOLS REPORT



EAT 5 A DAY

Eat 5 a Day was the message given to Dalry pupils by Mr Brian Taylor of the Lothian and Borders Co-op at a recent Fruit Tasting in School.

Mr Taylor spoke to primary and secondary pupils of the benefits to good health of eating a variety of fruit and vegetables. After his talk, huge selections of unusual, exotic and familiar fruits and vegetables were presented for the pupils to taste – favourites ranged from kiwi fruits to coconuts, strawberries to spring onions!

The school tuck shop, "The Watering Hole", hopes to expand its choice of fruit in response to the fruit tasting day and all staff and pupils wish to thank Mr Taylor and Lothian and Borders Co-op for a very enjoyable event.

DALRY GAZETTE

A group of Dalry Secondary School students, consisting of Rosie Hiddleston, Estrid Sander and George Sander - produced a school magazine called The Dalry Gazette, as part of their Wednesday Afternoon Activities. Another 2 students, Zoe Hempleman and Sam O'Brien, later joined the group. Copies of The Dalry Gazette were sold in the local community in June and August and £50 was raised. The group decided to donate all of this money to the Beatson Oncology Unit in Glasgow to help set up a new unit at Gartnavel. Zoe presented the cheque, along with a copy of the Dalry Gazette, to staff from the Beatson during the October holidays.



GALLOWAY KITES UPDATE



PHOTOGRAPH: ANGUS HOGG

This year the red kite reintroduction project continued to make progress with 14 successful nesting pairs producing 27 young kites, an increase of four nesting pairs and nine young kites produced. A first for the project was a female kite from the North Scotland project joining our breeding population. Already two of our young kites have been identified at roosts south of Newcastle; this dispersal of young is common in kite populations. Two of last year's young have also been identified in other areas of the country; one at a roost in Perthshire and the other at a feeding station in Wales. This gives us Galloway kites at all points of the compass. It will be interesting in the future to see if these young kites return to their natal area as can be expected.

The Galloway Kite Trail continues to be a great draw for visitors and locals alike, all hoping to observe these beautiful birds around our equally beautiful countryside. Many thanks to the ever-growing group of landowners, farmers, gamekeepers and public within Dumfries and Galloway for the assistance, access and patience granted to the project. For sightings, reports and enquiries regarding red kites please contact: 01556 670464. Information on kites and the Galloway Kite Trail can be found by visiting www.gallowaykitetrail.com

George Christie, Red Kite Officer

CRACKIN' CARD COMPANY

Last year, when we were doing our 'Plants for Wildlife' project, we did some paintings of all different kinds of flowers. When they were all finished we displayed them in the corridors and in the classroom. A lot of people commented on how lovely they looked and we wondered if there was a way to keep them forever. Liz (our secretary) photographed them all for our work folders and it was then that we realised that we could put them on the front of cards and maybe sell some. The Crackin' Card Company was born! We just did a few cards at first but at our coffee morning, where we had them on display, we got lots of orders. Having an enterprise is great fun, as we all have different jobs to do and we work really well as a team. We are now trying to get a website, that shows off the cards and that we can link with our own Dalry School's site.

Joshua Trueman, Director

GLENKENS FIRE CADETS

The Fire Cadets have recently ended their third module which was 'Breathing Apparatus'. During the module they learned how Fire-fighters safely fight fires and the control measures necessary. They were shown how a Breathing Apparatus set works and were given the opportunity to participate in some 'on-station' exercises using both Breathing Apparatus sets [if they wanted to] and using a Guide Line.

Module 4, which will be 'Urban Search And Rescue' [USAR] will commence on Wednesday 24th January. During this module the emphasis will be on showing and using equipment and techniques which the Fire Services nationally would use should there be a terrorist attack.

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YOUTH PAGE EXAMINATION

Glenkens Community & Arts Trust youth committee, GYRO-Scope will be holding its first event soon.

Due to demand, a 'Battle of the Bands' night has been organised for young people. The night will see a total of 8 local bands perform, each with their own individual style and charm.

Some names on the list include, "Jam Squad," "Second Edition," "Black Rose" and many more who will be competing for the glory of being crowned 'best local band'.

The event will take place some time in March - date to be confirmed.

Tickets cost £3.50 and are available in advance by phoning GCAT on 01644 420374 or on the night at the door, refreshments will also be available.



A new season of Y Dance sessions are back up and running every Thursday from 1.30pm during school and a session after school, starting at 3.30pm. The classes are fantastic fun and include both hip hop and street dance. There is something for everyone, whether you could give Wayne Sleep a run for his money or if you are a complete novice, everyone is welcome!

For more information, call GCAT on 01644 420374

If you have any ideas for the Youth Page in the Gazette or for youth related projects in the CatStrand please do contact us on 01644 420374.

The GYRO-Scope Committee is in full swing, our January meeting was held on Tuesday 9th, with a full agenda to discuss.

First up was our Come and Try day at Dalry School. It was decided that there should be organisations other than the RSAMD invited. There was also an idea to make up a questionnaire for young people to fill out on the day which would help for reference for future youth projects.

The band night was a popular idea, Ben Trueman informed us that eight bands had agreed to play and were very excited about the possibility of getting a gig at this year's Wickerman Festival however, this was still to be confirmed. Other details like refreshments and volunteers along with the selling of merchandise were also discussed.

Those in attendance were unanimous about the possibility of GYRO-Scope using the bus more to be a positive step. There has since been a trip for young people to X-Scape, leisure and indoor ski Centre scheduled for Sunday March 25th.

It was suggested that the Youth page of the Gazette could be developed by having a regular column, written by a young person keen on journalism, about local, youth matters. Anyone interested should get in touch with Emma at the GCAT office.

The GYRO-Scope Secondary Age committee will meet again on the 6th of Feb and is still looking for more young people to come along and join.

Please feel free to come to our next meeting which will be held at 4.30pm, for more details, phone GCAT on 420374.

At this time of the year there is very little for any of us to get excited about... Before the festive season, the dark nights were made just about bearable with the climax to Christmas, exams seemed like a lifetime away and we all had a new start for 2007 to look forward to, right?

In reality, after the big guy in red has been and gone, the months of January and February leave very little for any of us to get excited about. The only thing the new year brings is more resolutions broken after polishing off that last box of Quality Streets, more temptation to make the overdraft on your bank statement even more over-drawn with the temptation of SALE splattered everywhere and for most of the young people in this country, more pressure from exams as the dates looming on your new 2007 calendar are suddenly not so far away.

As someone who has been through higher examinations last year and achieved 2A's and 3B's, yes I do mean to sound pretentious and big headed! My feelings at this time last year were very different to my all round well being now.

I seem to remember counting precise days, hours even, for evaluating how much study time I had left for each subject if I stuck to my target of 3 hours per night. My plan was to start at 6.30pm, BEFORE Hollyoakes, (I know, doomed from the beginning!)

By March, I was panicking. Not only had I not managed to sustain my somewhat impossible regime but quite frankly, I had hardly opened a book. All I could do was pray for a miracle.

The next morning I woke up from the three hours sleep I had managed to obtain and the despair which had plagued my veins last night seemed ten times worse through lack of sleep. What was I going to do? I was a grade 1 standard grade pupil! I could not be seen to fail a higher prelim let alone the real deal! As I was preparing to make my fever sky high and my throat, "groggy" in a last ditch attempt to pull a good old fashioned "sicky" I opened my blinds to reveal the most wondrous, natural, exam prevention known to man. Its white, it's wet and it stops buses from running.....SNOW!

So I spent the day buried under piles and piles of reference sheets about the labour reforms of the 1920's, textbooks about protein synthesis and essays on how Graham Green's "The Power and the Glory" manages to depict an unconventional hero (I can't think why I was so dreading study) while everyone else enjoyed the extra break by building Frosty the Snowman.

"Exams aren't the be all and end all." "Some of the most successful people I know don't have a qualification to their name." "Things will just get worse if you get stressed."

I seem to recall hearing these phrases a lot from friends and family and I'm sure you will agree they are all very helpful when you'd rather break your own arm than sit down at that tiny, wee individual desk, lost in a sea of faces feeling just the same way as you, with the only thing you can concentrate on in the intolerable silence is the horrendous, quickening pace of your own heartbeat combining with the resounding "TICK" of that oh so important clock, never mind the year's worth of information and techniques you have tucked away in your brain somewhere despite at that moment not even being able to remember what your own name is to fill out the front page.

No advice I spout to you will make a difference to having to study when you'd rather be watching Hollyoakes, nor will it magically gain you entry to university or allow you to go on to the next stage of your education, no matter what it might be, it will be sure to involve more exams!

The best attitude to take is to do the work, do the exam and hope for the best. Don't fret over the fact that this paper was different to all the mock papers you've done or that it included more of a topic that you hadn't studied. Who cares? When they are over, they are over, you will get the results you deserve. In my experience by the time the results come around months later, you have things much more in perspective and are prepared for "the worst" anyway. After all, "exams aren't the be all and end all!"

DRAMA & MUSIC - COME AND TRY

On Saturday 10th of February, the RSAMD will return to the Glenkens to provide a "Come and Try" day for traditional music and drama at Dalry Secondary School from 1pm until 5pm. This is an informal opportunity to either try out an instrument you have always fancied having a go at, or just want to find out more about learning music or drama through the RSAMD. It is open to all young people so whether you have experience or are a complete novice, come along and have a go! (See page 6 for more details)

A GTI trip has been organised for Sunday March 25th to X-Scape indoor ski centre and leisure facility.

Book now to avoid disappointment! Call GCAT on 420 374

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TIMES OF WORSHIP IN THE GLENKENS

CHURCH OF SCOTLAND Sundays

Balmaclellan 12 noon 1st
Carsphairn 10.30 am 1st 2nd 3rd 4th
Dalry 12 noon 1st 2nd 3rd 4th
Kells 10.30 am 2nd 3rd 4th

Special Services and Events

25th February, 10.30 am
Holy Communion, Kells Church
2nd March, 7 pm
World Day of Prayer Service, Carsphairn Church
18th March, 10.15 am
Holy Communion, Carsphairn Church
18th March, 12 noon and 4 pm
Holy Communion, Dalry Church

SCOTTISH EPISCOPAL CHURCH (C of E) St Margaret's, New Galloway

10.30 am Holy Communion
Every Sunday and Wednesday

CATHOLIC CHURCH SERVICES

St John's, Castle Douglas
Masses on -
Saturday 6 pm & Thursday 7 pm

ON THE BEAT :

Community Police News With Pc Ian Wilson

A Happy New Year, let's make it a good one... Or something like that so the John Lennon song goes.

Motorists in the area have been lucky to escape from the icy roads and wintry weather this year, but don't be caught out!

Make sure your tyres are legal, your wipers don't let you down and don't set off before the whole window is clear of frost or condensation. Two headlights also help, but don't use your fog lights unless necessary - it is an offence to use these additional lights when not needed!

In the Glenkens many thefts are what we call 'opportunistic crimes'; in other words, one of you out there leaves something lying around or unlocked and when you come back, someone has helped themselves to your property. It's very frustrating for you and the police. So my new year wish this year is: please try this year NOT to help the thieves out there! Take care of your property!

Many groups will now be starting to plan events for the coming year. If you need Police assistance, whether it's a few parking cones, some advice or a police presence, let me know in advance and I will try to assist.

GLENKENS WALKING GROUP



Easy: Mondays
Moderate: Wednesdays
Strenuous: Sundays
Sorry, no dogs

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June : 430318, Gordon : 420632,

Christine : 430209, John and Isabel : 430539

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VISITORS AND NEW MEMBERS WELCOME

COMMUNITY FIRE SAFETY MESSAGE

Dumfries & Galloway Fire & Rescue Service recommends that 10 year approved, battery type smoke alarms are the minimum standard you should provide for your home. At least one smoke alarm should be fitted on each floor of your home. If you do not have a working smoke alarm in your home call 01387 252222 and ask for the Community fire Safety Department and a firefighter will call at a mutually convenient, pre-arranged time to fit one for you. If you have children we can also fit a free 10 year alarm in your children's bedroom[s] for extra safety.

Home Fire Safety Checks are available for those over 60, or with a disability and can also be arranged by calling the above number.

The Fire & Rescue Service would like to remind those who have open fires to remember to have their chimneys swept regularly - at least twice a year and more often if you burn wood, etc. A clean chimney reduces the risk of chimney fires and the risk of Carbon Monoxide poisoning.

For any Home Fire Safety advice please call Susan Maxwell, Community Safety Officer [Stewartry] on 07795451904 or 01387 252222

The Smithy Tea Room & Craft Shop New Galloway



Jean & Chris are pleased to announce that they are re-opening on Saturday the 3rd of March following a full refurbishment.

The Smithy will be open 7 days a week, from 10am - 5pm

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WHAT IS EB?

Epidermolysis Bullosa (EB) is a very rare genetic condition in which the skin and body linings blister at the slightest knock or rub, causing painful, open wounds. At its mildest, the condition is confined to the hands and feet making holding things and walking extremely painful. In more severe forms all the body is affected and the wounds heal very slowly, giving rise to scarring, physical deformity and significant disability. People with the more severe types of EB also have an exceptionally high risk of developing skin cancers, shortening their lives by approximately 30-40 years. In its most severe form, the condition is fatal in infancy. For many sufferers the blistering is not limited to the outer body surfaces, but also affects the inner body linings, such as the mouth and oesophagus. The eating of solids is, in these cases, almost impossible, and the disposal of the body waste incredibly painful. Malnutrition is often a consequence when this occurs. Whilst considerable progress has been made in recent years in understanding EB and identifying the genes that cause the condition, there is as yet no effective treatment or cure.



About DebRA

Established in 1978, DebRA is the only medical research and patient support charity in the UK working on behalf of people living with EB. DebRA Scotland was started in March 1994.

- **Leading the world in identifying and funding specific research projects likely to lead to a cure and successful treatment for the condition**
- **Providing specialist services not available through the NHS, to ease the pain and suffering of all children and adults affected by the condition.**
- **Making skilled counselling and expert guidance on current legislation and governmental services available to EB families, to improve their quality of life**
- **Raising awareness of the issues surrounding EB to the general public, healthcare professionals, schools and other interested parties.**

In Scotland there are no NHS funded treatment facilities at national or regional level. People affected by EB therefore not only rely very heavily on DebRA funded research to provide a long term answer to the illness, but are also almost entirely dependant on the range of specialist support services provided by the charity. These include travelling nurses able to visit children and adults in their homes, clinics, physiotherapy and dietetic services, equipment provision and respite holiday accommodation for families under severe pressure.

Current activities - Research

DebRA has an international reputation in funding high quality research into EB. Most of the major developments in knowledge have been initiated by DebRA funded research groups. Expenditure is guided by the International Medical and Scientific Advisory panel whose members include eminent scientists from Europe and the USA. DebRA UK manages the peer review process for all the EB research worldwide, enabling a strong focus to be maintained. Due to the development of genetic therapies over the last decade great advances in research into the Human Genome have been made. The genes for all main forms of EB are now known and, in the laboratory, the defects can be corrected at cellular level. Genetic therapies will continue to be a key element of DebRA research, but in addition, a major programme of research into cancers in EB (a significant cause of early death in some forms of EB) is also being investigated.

Scotland

Scotland now boasts the largest health care team in the world per head of population of those affected by EB however, with only one specialist per hundred patients, this is still not enough.

**For further information
please contact Robin Hood
on 01698 424210 or 07885 155011
or write to
DebRA, Rex House,
103 Bothwell Road,
Hamilton ML3 0DW**

Forthcoming Event:
The DebRA Scottish Classic will be held at the
Kintyre Championship Course at Westin Turnberry
Resort, Ayrshire on 11th June 2007.
Registration Forms to enter can be sent out from
our Office in Hamilton at the above number. The
cost will be £500 for a Team of 4

REGULAR USER GROUPS AT DALRY COMMUNITY CENTRE

Paint and Art

Monday 1.30 - 4.30pm
Bill Hines - 01644 430224

Glenkens Playgroup

Monday - Friday 9.15 - 11.45am
Julie Moore - 01644 460687

Glenkens Mother & Toddlers

Wednesday 1.30 - 3.00pm
Sarah-Jane Mackenzie 01644 430429

Good Neighbours Club

Tuesday 2.00pm -
Mabel Young - 01644 430472

Craft Class

Thursday 2.00 - 4.00pm
Jean Maltman - 01644 430497

Drama Club

Cathy Polkinghorn on 01644 430058

**For further details on booking the
Community Centre or any other
information needed please contact
Sarah McAdam 01644 430393**

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CONTRIBUTIONS TO THE GAZETTE

Any contributions to the Gazette are always welcome by anyone and everyone, and all articles, cartoons or photos are considered for publication. We are very keen to receive contributions from a wider area. Please remember that we try very hard to remain politically impartial. Although we encourage you to express your views on subjects of interest to the local community, sometimes an editorial decision is taken not to print an article because it might jeopardize that impartiality.

If you are submitting an article the preferred format is by e-mail to Jonnie Dowdsell at [en sys@glenkensbb.co.uk]. He prefers to receive your article as an attachment in text or rich text format (.txt or .rtf files). If you can't email it the next preferred method is on disc which you can post or drop in to the GCAT Shop. Again ideally it should be .txt or .rtf. If you want to submit a printed document then this is OK. Please keep fonts plain so that your text can be recognized by the scanner software. (Ideal fonts are Arial, Times New Roman, Courier. No bold or italic please).

For those of you who have no idea of what we are talking about, we are still very happy to receive hand written articles which we will happily type up for you.

Sarah Ade is our chief co-ordinator so if you have a good story but aren't able to write it yourself please get in touch with her. She will be very happy to carry out interviews and undertake research to get your story written. Telephone 01644 430138.

DEADLINE

FOR APRIL/MAY

ISSUE 38:

**Wed 14th
MARCH 2007**

e-mail :

glenkensgazette@hotmail.co.uk

GLENKENS DIARY FOR ALL EVENTS

FEBRUARY

Sat 10th- Craft Fair, 10am - 4pm, admission 50p, Dalry Town Hall
(for info call Jonathan Dawson 01644 430461)

Sat 10th- RSAMD come-and-try sessions, Dalry School

Sat 10th- RSAMD, 6pm - 7pm meeting for those interested in forming 'Glenkens Traditional Music Project', then from 7pm till late, RSAMD traditional music session, Ken Bridge Hotel

Wed 14th- Valentine's Tea Dance, 3pm - 5pm, Dalry Town Hall

Fri 16th- The Feral Choir, 7.30pm, admission £7 or £4 concession, Balmacellan Village Hall

Sun 18th- Clachan Capers book launch, 2.30pm - 6pm, admission free, Lochinvar Hotel

Tue 20th- Glenkens Business Association (GBA) talk, Rural Regeneration -
Damien Wilson, Ken Bridge Hotel, 7pm

Fri 23rd- 'Battle of the Bands', admission £3.50, Dalry Town Hall

(to be confirmed - contact GCAT for further info)

22nd, 23rd, 24th- Scottish Community Drama Association One Act Play Festival,
Lochside Theatre, Castle Douglas (Glenkens '73 Club has entered)

MARCH

Tue 6th- Cookery Demonstration, 11am - 12.30pm, Dalry Town Hall

Thu 8th- Tai-chi for over 50's, 10.30am - 12pm, taster session, admission free,
Lochinvar Hotel

Sat 10th- Farmers Market, 10am - 4pm, admission 50p, Dalry Town Hall

Tue 20th- GBA talk, Changes to planning laws in Scotland How it will affect your
business - Jeremy Sainsbury, Ken Bridge Hotel, 7pm

Sat 17th- Bus trip, Kelvingrove Museum, Glasgow

Mon 19th- Bus trip, Palnackie, Auchencairn & Kirkcudbright (Half-Day)

Sun 25th- Bus trip, 'Xcape', Braehead (also shopping Centre)

REGULAR EVENTS

YDance Dalry School, Thursday afternoons from 3.30 - 5pm, admission free,
contact GCAT for more info.

Play it by Ear Balmacellan Village Hall, 2nd Monday of every month, £2 per
family, contact GCAT for more info.

Aerobic Classes Dalry Community Centre, Every Wednesday, 7.30-8.30pm,
£2.50 Contact Sam Hood on 01644 420631

Mother & Toddlers New Galloway Town Hall Tuesday 9.30 - 11.00 am
£1.00 per session

Scouts Mondays, 7.00pm - 8.30pm, New Galloway Scout Hut

Beavers Tuesdays, 6.30pm - 7.45pm, New Galloway Scout Hut

Cub Scouts Wednesdays, 6.45pm - 8.00pm, New Galloway Scout Hut

Kickback Martial Arts - Karate Classes Tuesday & Thursday
7.00pm - 9.00pm, Dalry Community Centre. £3 entry - adults welcome

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