

GLENKENS GAZETTE

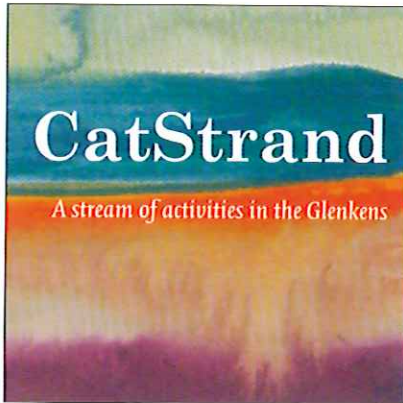
incorporating news from Glenkens Community & Arts

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

August / September 2007

ISSUE 41

**Launch
Festival
Pull-out
INSIDE!**



CATSTRAND OPENS!

The Glenkens community, arts, training and visitor centre opens on 21 September with a nine day festival featuring a wide variety of events and activities.

**SEE CENTRE PULL-OUT
FOR EVENTS**



THE SCOTTISH ALTERNATIVE GAMES 2007

The weekend was kicked off in fine style with the 'Alternative Ceilidh' in New Galloway Town Hall on Friday 3rd August. A sell out crowd danced the night away to 'The Backroom Band'. From the minute the first note was struck the dance floor was never empty, thanks to the excellent music and to the enthusiasm of the dancers. Many people also enjoyed learning some new dances under the guidance of Kevin from the band. The 'alternative' ingredient of the evening was a Haggis Supper served in true Burns style as 'The Great Chieftain o' the Puddin' Race' arrived in the hall to the skirl of the bagpipes to be addressed by William McTurk. William won the Burns Prize at Kells School this year and he certainly showed why as he captivated the audience with an excellent rendition of the famous address. The haggis bearer was Ross Fergusson and the piper was Aaron Edgar who was playing for the first time at a Burns Supper, there is no doubt that this will be the first of many more to come in the future.

The weather forecast for Sunday was promising rain and unfortunately it proved to be correct, in keeping with the rest of the summer so far it rained practically all day with only very brief dry spells in the afternoon. However, the steady drizzle did not dampen the enthusiasm as a good crowd, considering the conditions, had gathered by the time the 30th Anniversary Games were underway. Although down in numbers on recent years there was no shortage of keen competitors for the various events and as usual the unique nature of the Games together with publicity through the local and national media and the Tourist Board had succeeded in bringing people together from all over the world in New Galloway Park. Whilst the record of 21 different nationalities was not broken, there were visitors from Germany, France, America, Australia and even Panama.

Another added interest this year was the presence of a BBC film crew who were filming the event for their 'Countryfile' programme. Presenter Ben Fogle threw himself into the spirit of the Games entering every event and although he didn't quite manage to win any of them, he showed a natural talent for Hurlin' the Curlin' Stane and Tossin' the Sheaf. After some demonstrations by former World Champion, Aaron Edgar and the eventual new champion, Hannah McKenna and a little extra coaching from Aaron, Ben had gained enough skill at the Gird n' Cleek to reach the semi final, where he was delighted to win the bronze medal – a tasty Scotch Pie. However, he thought he might prefer to wear it around his neck rather than eat it!

The soggy conditions underfoot forced abandonment of the Tractor Pull, although the tractor proved very useful later on as various vehicles needed a tow out of the gate! The Tug o' War and the Uphill Struggle unfortunately were other casualties of the weather. All of the other events went ahead as normal with the Balmacellan Skittles reporting a record entry! The Slot Car Racing again proved a popular (and dry) venue as children and nostalgic dads competed against each other.

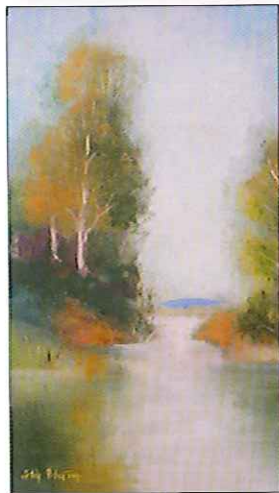
Archery was a new attraction this year with many people taking the chance to try their hand at the ancient skill.

(continued on page 3)



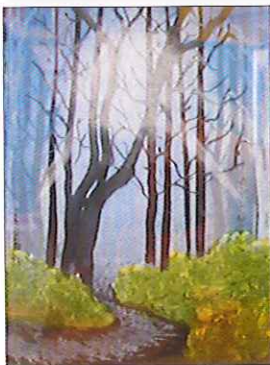
IN THIS ISSUE...

2. **Glenkens Art Exhibition**
3. **Glenkens Business Association**
Balmacellan Community Councillors
4. **Nature & Wildlife**
Galloway Kite Trail, Knockengarroch Festival
5. **John Dempster**
The 2007 Convenicle, Cathy Cassidy - New Book
6. **Cycle Challenge**
7. **CatStrand Launch Special**
- 8 & 9. **CatStrand Coming Events**
10. **GTI News, Trips & Bus Routes**
11. **Tai Chi**
Laurieston Show Opening
12. **Youth Update**
Emma ventures down under
Guitar Workshops
13. **Glenkens Schools Report**
Scottish Magazine Awards Ceremony
Glenkens Schools Art Competition
Local weather station receives funding
14. **New Galloway Fire Brigade**
Church Services
15. **Fundraising News**
Malawi Bike Ride
Glenkens Horticultural Society Show
16. **Glenkens Diary**



GLENKENS ART EXHIBITION

The Glenkens is an area rich in creativity, and The Glenkens Art Exhibition, now in its seventh year, illustrates this creativity with a wonderful display of the visual arts. With over a hundred works of art on show, including work by pupils from local schools, this is a great place to catch a glimpse of some of our area's most talented artists' creations. These are some examples of the art works featuring at the exhibition, illustrating the quality and diversity of the material on display. The Glenkens Art Exhibition runs from the 4th to the 11th August in Dalry Community Centre.



Grierson Glover Cleaning

Fresh clean carpets & upholstery at competitive prices

Domestic & Commercial
Covering all of
Dumfries & Galloway



Phone for a
FREE QUOTE
01556 670334
07843 625593

CORSOCK GLASS

Creative Glass for Unique Spaces
Stained glass, kilnformed glass
panels, tiles and bowls
Commissions Undertaken

Amanda J Simmons
Rosebank, Corsock,
Castle Douglas DG7 3DN
01644 440696 07747 885824
See websites for details and work

www.corsockglass.blogspot.com
www.amandajsimmons.co.uk
corsockglass@btinternet.com

KENBRIDGE HOTEL

New Galloway



Open 7 Days : Beautiful Riverside Location
TRADITIONAL LOG FIRE
MEALS SERVED
12.00 - 2.00pm, 5.30 - 8.30pm
bed and breakfast
en suite accommodation
01644 420 211
mail@kenbridgehotel.co.uk
www.kenbridgehotel.co.uk



Glenkens Business Association

In the last edition of the Glenkens Gazette I reminded readers of the Glenkens Business Association aims: "To encourage as many people as possible, of all ages, to detour through or, better still, visit the Glenkens." Here at the Business Association we are passionate about the heartland of Galloway. We believe that this unique landscape of natural beauty offers endless activities - things to see and do for all ages. It is surely a must for anyone visiting Scotland and wishing to explore the southwest.

If the readers of the Gazette agree with the GBA's sentiments, then I would ask that you take the 'flyer' to be found at Gazette distribution points, and post it or pass it on to a friend, colleague or relative. It may just serve to remind them of what they are missing and perhaps even encourage them to visit the Glenkens for themselves.

The GBA has recently undergone some changes, including the formation of a number of sub-committees. The aim of the first is to create a distribution list to help ensure that leaflets and business cards are available at locations throughout the UK. A second sub-committee of 'website experts' has been tasked with renewing the present website and ensuring

that it underpins the GBA's determination to brand and market the Glenkens as a unique tourism destination. Encouraging progress is being made and should you wish to know more, or see it for yourself, visit the site at www.glenkens-business-association.org.uk. A third sub-committee has been formed with experience in tourism to look at further ways to market and publicise the area.

To enable the GBA to access expertise in various marketing fields the Business Gateway in Dumfries has been called upon. The organisation has put the Association in touch with 'Russell Ferguson Marketing' - a company in Glasgow that is willing to help the GBA identify a clear set of achievable objectives in the development of a long term marketing strategy. Members who feel that they would like to hear what Mr Ferguson has to say will be most welcome to attend this meeting, scheduled for Tuesday 14 August at the Ken Bridge Hotel at 7 pm.

The compilation and publication of the second edition of the Business Directory is planned for the end of the year. New members who wish to be included should contact either myself or any other member of the committee as soon as possible, as should current members who wish to be included but have not yet paid their yearly membership fee.

Bob Williams, Chairman

FIRST CHOICE MORTGAGES (D&G) LTD

MORTGAGES

- Re-mortgages • First Time Buyers
- Buy To Lets • Home Purchases
- Commercial Mortgages
- Business Loans
- Self-certification Mortgages

PROTECTION

- Mortgage Protection • Life Assurance
- Critical Illness Cover • Income Protection
- General And Commercial Insurance
- Impartial local mortgage advice where we take the hassle of shopping around for a mortgage deal away from you.

"Give us a call, we're working for you"

www.firstchoicemortgages.co.uk

Alan Bell Ce-MAP: 01556 504242

Mobile: 07801 582123

Your home may be repossessed if you do not keep up repayments on your mortgage.

A fee may be payable for mortgage advice. If a fee is payable it will be clearly stated before we undertake any work on your behalf.

BALMACLELLAN COMMUNITY COUNCIL

Changes to committee members:

Chairperson - John Finlay to replace Jane Douglas

Treasurer - Susan Murdoch to replace Fiona McKinnon

Secretary - Kate Maxwell to replace Joyce Harvey

Next meeting will be in August. The Community Council would like to thank Jim Little for all his landscaping work.

(Continued from front page) As usual the Snail Racing paddock was crowded all afternoon as the various 'races' were staged under the guidance of the flamboyant racing correspondent, Jeremy Sainsbury.

The Buccleuch and Queensberry Caledonia Pipe Band entertained the crowd before the Games began and again half way through. A pipe band is an absolutely essential ingredient in the Alternative Games recipe and once again their performances were greatly enjoyed by the crowd. The band deserves great credit for battling gainfully on in conditions which were not ideally suited to the health of a set of bagpipes!

People also had the opportunity to vote for their favourite classic car from the beautiful examples on display, lovingly cared for by their owners. Rex Dressler organises the attendance of the cars through various local classic car clubs and it has become a very popular attraction on the day.

The Gird n' Cleek competition was fierce and a bit tricky under foot with a virtual water feature at the first corner catching a few competitors out. Although the reigning four times World Champion, Jayde Devlin, had continued to dominate the Tossin' the Sheaf and Hurlin' the Curlin' Stane events he was not to set a new record by winning the Gird n' Cleek title for the fifth time. Although he qualified for the final again, the wet conditions did not seem to be to his liking and he was well beaten in the final by Hannah McKenna, running in her fourth consecutive final. After a very impressive third place in the last two years it was odds on that Hannah would take the title before too long and so it proved this year as soon as she took the lead in the first lap the winner never looked in any doubt. Completing an all New Galloway medal haul, Martin Wilson finished in 2nd Place and the skill must run in the family because Hannah's brother Alexander took the bronze medal. Hannah has the unique distinction of being the first female ever to win the title since it began in 1982 and on this form it looks like she could hold the title for a good few years yet!

The Community Council would like to thank everybody who worked so hard to make the Games a success despite the adverse weather. *Brian Edgar*

- PRIVATE ART GALLERY -

57 MAIN STREET, DALRY

EXHIBITING BOTH CONTEMPORARY & TRADITIONAL PAINTING & PHOTOGRAPHY

**ROSEMARY GASCOYNE
& IAN GASCOYNE**

PROFESSIONAL ARTISTS WITH WORK IN GALLERIES AND PRIVATE COLLECTIONS ABROAD AND THROUGHOUT THE U.K.

- PLEASE PHONE FOR AN APPOINTMENT -
01644 430468

Stuart Jamieson Plumbing and Heating

OVER 30 YEARS EXPERIENCE
CENTRAL HEATING BATHROOMS,
SHOWERS OR OUTSIDE TAPS

No Job too small!

For a free, friendly no obligation quote

01644 420 401

or (mobile)

07766 079 964

THE STEWARTRY VETERINARY CENTRE

CASTLE DOUGLAS SURGERY HOURS

Mon-Fri 2.00-2.30 pm & 5-6 pm
Sat 2-2.30 pm

DALBEATTIE SURGERY HOURS

Mon, Wed, Fri 3-3.30 pm
Tues & Thurs 6-6.30 pm

FOR APPOINTMENTS AT BOTH SURGERIES
OR IN CASE OF AN EMERGENCY

01556 502263

**VETERINARY SURGERY
OAKWELL ROAD
CASTLE DOUGLAS**

Nature & Wildlife

NEW FACE ON THE GALLOWAY KITE TRAIL



A new RSPB Community Liaison Officer has recently begun working in the Glenkens to promote and develop the Galloway Kite Trail. His name is Calum Murray, originally from the Stewartry and he will be in post over the next three years to interpret and promote red kites and the wider environment in the picturesque landscape around Loch Ken. The Galloway Kite Trail is one of twenty landscape projects in Dumfries and Galloway, which are supported by Sulwath Connections, a partnership part-funded by Heritage Lottery Fund, which is also supported by Scottish Natural Heritage and RSPB. Calum will continue to build on the strong relationship between RSPB, local communities, businesses and schools in the surrounding area. By having Calum on the team, it is hoped that the Galloway Kite Trail will attract more visitors as well as local interest, providing a quality experience for all.

Calum is available to give talks to community groups and schools in the local area, and invites group leaders and teachers to get in touch to arrange these, or to arrange visits to the feeding station or other parts of the kite trail. He will also be arranging several guided walks throughout the year. He is also keen to take on volunteers to help him with this role, particularly at the feeding station at Bellymack Hill Farm, where he provides information to visitors about the red kites and their progress in Galloway.

If you are inspired and would like to get more involved with the red kites in Galloway then please get in touch with Calum. This is also an opening for students wishing to pursue a career in nature conservation, as the red kite project presents a great opportunity to learn about many aspects of conservation, wildlife interpretation and people engagement.

Part of Calum's job will entail taking on the role as an RSPB 'Aren't birds brilliant!' contact with the aim to attract visitors and local people to the area and bring people closer to these charismatic birds of prey. Most of Calum's afternoons are spent at the feeding station at Anne Johnstone's Bellymack Hill Farm, near Laurieston, where visitors can be entertained all year round, by up to 30 or more kites at close view from the hide. In addition to this fantastic viewing spectacle, other parts of the kite release story are revealed along the rest of the Galloway Kite Trail. Visitors can see and find out more about the life, behaviour and history of red kites in Britain as well as getting the chance to see the landscape in which they live and the cages from which they were kept prior to their release back into the wild. On the trail, there are also places to stop for refreshments, picnics and hospitality along the way and for families, the 'Wildlife Explorer Trail' and 'Mossdale Nature Trail Quiz' for children to learn about other wildlife in the area.

Another exciting aspect of Calum's role over the next three years will be to work with existing and new kite trail businesses in and around the Glenkens in order to expand and improve interpretation of the kites and related interests. For example, two new information points are planned at Parton and New Galloway, together with an audio CD of the trail and a new trail guide.

Red kites were released in Galloway between 2001 and 2005 and, despite initial losses, have gradually strengthened in numbers to around 75 birds, breeding successfully here since 2003 (21 pairs in 2007). They have since begun to spread further afield, mixing with kites from other release areas and eventually it is hoped that they will re-populate suitable areas throughout the UK. As carrion feeders, kites help to clean up afterbirth and dead animals found on farmland and roads, at the same time providing a fantastic spectacle in our skies and helping to benefit the local economy, with increasing interest in wildlife tourism.

If you wish to get involved and would like to know how to volunteer or if you would like Calum to talk to your community group or school, then please do get in touch with him (contact: 01556 670464 or e-mail: calum.murray@rspb.org.uk) or pop into the kite feeding station on an afternoon to enjoy the experience first hand.



'THE HAIRTH' GAZETTE FESTIVAL OFFER

The festival's motto is 'Music to the Hills, People to the Land', with the Knockengoroch family bringing people from all over Dumfries and Galloway, across the UK and beyond to their small holding in the hills to where people can enjoy the small-scale friendly atmosphere, appreciate great music and scenery, and re-populate the land.

This year's Hairth festival, 14th-16th September, will showcase world class names such as Altan, Irish greats of traditional music, Nizlopi, who topped the charts with a number one hit, legendary hip-hop funk outfit The Herbaliser and Scottish indie-folk band Aberfeldy as well as Baka Beyond and the Dhoad Gypsies. The full line-up is available to view on the Knockengoroch website at www.knockengoroch.org.uk.

Knockengoroch Festivals have recently been given the status of 'Beacon' Festivals by the Council's Festivals and Major Events Strategy team. Festival Director Liz Holmes said; "this is fantastic news for Knockengoroch! Beacon status will enable us to continue to expand the work we have been doing over the last nine years – promoting quality roots music of the world and cultural diversity, whilst contributing to rural regeneration and awareness of the area by bringing visitors from all over Scotland, the UK and further afield."

The Hairth is held at Knockengoroch Farm on the banks of the river Deugh where, in nature's green amphitheatre, music from all across the globe can be heard in a unique and captivating environment.

Tickets for the festival are available to buy online from the festival website, from the Magic Broomstick in Castle Douglas, or by sending a cheque to the festival office (see below for contact details).

Festival tickets cost £60 standard and £55 concession (or £55 standard and £50 concession with the Glenkens Gazette special reduced rate - see below). Tickets for 11-16 year olds are £30 (£27 at special reduced rate). Under 11's go free and 'Family' tickets are available by calling the festival office.

SPECIAL OFFER!

Knockengoroch Festivals is offering Glenkens Gazette readers a special reduced rate for The Hairth Festival up until the end of August. Please send a cheque and original copy of this article quoting 'Glenkens Gazette offer' with name, address, email, phone number and evidence for concession price if appropriate.

Gordon McAdam
Plumbing & Heating Engineer

22 Kirkland Street
St. John's Town of Dalry
☎ 01644 430393 ☎
07834 321789

GG&B

Solicitors Estate Agents & Independent Financial Advisors

☎ 01556 503744 ☎
e-mail: mail@ggblaw.co.uk

OFFICES IN:
CASTLE DOUGLAS, DALBEATTIE
KIRKCUDBRIGHT & DUMFRIES

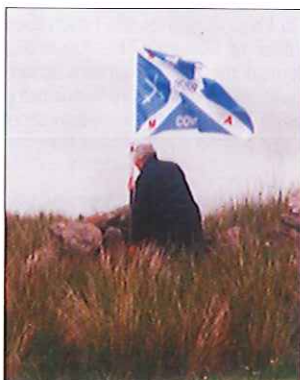
JOHN DEMPSTER

There lived at "Garryaird" on the moors in the northern part of Dalry parish a tailor by the name of John Dempster. He had taken part in the Battle of Bothwell Bridge in 1679, and as a well-known Covenanter he was continually hounded by the dragoons. So enthusiastically did they search for John Dempster that he was forced to leave his home and hide himself in a rocky cave in the rugged sides of the Blackwater, some distance from his home. His wife would take food to him under cover of darkness. During the summer John managed to continue his tailoring business from his hide-away.

Following a visit to his home one night, John was about to return to his cave the next morning when a party of troopers appeared, heading across the moor, and John at once fled to Ardarroch Wood, a thick oak plantation close to the Water of Ken, hoping to hide until the coast was clear. The troopers pursued him, and although an area of moss delayed their progress somewhat, one of them caught up with him as he climbed the dyke into the shelter of the wood. It is said that he took his tailor's scissors from his pocket and drove them as hard as he could into the forehead of the trooper's horse, causing it to rear in terror and throw its rider. This gave John a chance to dash into the thicket and conceal himself in the steep rocky side of a ravine close to the river. The troopers lost him and returned to "Garryaird" where they terrorised John's wife and children, and ate and drank all they could find in the house, destroying anything they could not use. Leaving the distraught family to think that John was dead, the villains made their way back across the moor towards Dalry.

Under cover of darkness John returned home, to the great joy of his family, but his hiding place along the Blackwater was no longer a safe one for him, so he left his home and sought safety elsewhere. After some months of persecution in the New Galloway and Balmacellan areas he was eventually seen one evening crossing Knockgray Hill near Carsphairn, by a party of dragoons who followed him across the Water of Deuch. They lost him among some deep bogs on the far side of the river, and in the darkness John fled up the hill of Craighit, where he spent the night among the rocks and boulders. He was by this time very weak and unwell from his months of wandering and sleeping in rough places, and he was not as wary as he needed to be in a place so close to "Garryhorn" the residence of the hated Grierson of Lagg. The following morning Lagg spied a movement up on Craighit, and through his telescope he made out the figure of John Dempster crouched among the rocks. His troopers were at once divided into two companies, one moving to the south and the other to the west, aiming to cut off any chance of an escape route. John made off across the Garryhorn Burn and up the slope of the Bow, hoping to get to the wild shores of Loch Doon, but his flight was in vain. His persecutors finally caught up with him on the steep slopes of the Meaul. There John Dempster was shot, and his body was left on the lonely hilltop. A stone now marks the spot where he fell, another brave Galloway martyr.

THE 2007 CONVENTICLE



On Sunday, 17th June a number of enthusiastic folk, wearing raincoats and boots, were seen scrambling over the stile at the Blackwater Bridge on the high road to Carsphairn. However, the damp weather eventually gave way to a warm, dry afternoon and raincoats were cast off. A pleasant breeze kept the flies and midges at bay. A short walk along part of the Southern Upland Way led to an idyllic setting for the Conventicle. Chairs were in place and Mr Andrew Blackley set his splendid Covenanter flag to fly over the dyke above the gathering of some twenty six people. Rev Dr David Bartholomew began the service and soon the lonely moors, not too far from "Garryaird", rang to the enthusiastic singing of "All People That on Earth do Dwell" to the tune Old 100th. How the hearts of the old Covenanters would have rejoiced had they been there to hear the joyful sound.

Dr Bartholomew read the tale of John Dempster as told by Rev Robert Simpson, and this was followed by prayers and more hymns, including "I to the Hills Will Lift Mine Eyes", most appropriate as all around were the moors and hills of Galloway and the murmur of the Blackwater was a gentle accompaniment to the service.

The collection was gathered in a blanket in the traditional way, and the Conventicle was brought to a close with the hymn "God is our Refuge and Our Strength". Later tea and biscuits were served to refresh the congregation, then Dr Bartholomew once again donned his "wellies" and led a party of hardy walkers up the course of the Blackwater to the lovely Chapel Linn, and up to the spot where John Dempster may well have had his hiding place. The sides of the burn are rocky and wild at this point, and there are spectacular falls and cataracts along the way.

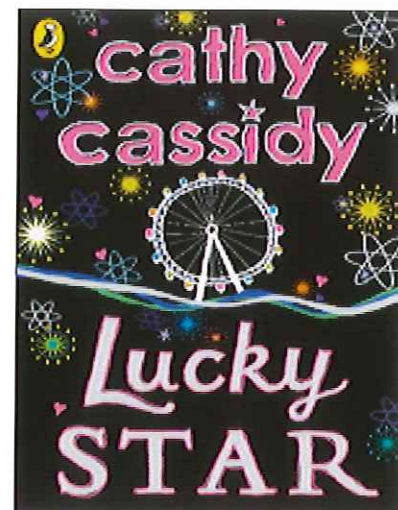
Over the moor above the burn, following the Southern Upland Way, Dr Bartholomew led his party of explorers to the top of a ridge overlooking the green slopes of Culmark Hill, and the approximate location of "Garryaird". Nothing now remains of the one-time home of John Dempster, or perhaps it is more correct to say that the site has not been found as yet. There may well be some traces of the old cottage, just waiting for someone to come across them.

Although recent rain had made the track very wet and muddy in places everyone agreed it had been a most interesting and enjoyable walk. Our thanks to Dr Bartholomew for once again finding a "special place" to hold the Conventicle. Where will next year's service be held? We look forward to it with interest.

Helen Bolton



CATHY CASSIDY'S BRAND NEW BOOK 'LUCKY STAR' IS RELEASED THIS AUGUST!



Mouse is doing his best to stay out of trouble. Cat is doing her best to land herself in it. They've both had it pretty tough, so when they meet by chance, they thank their lucky stars. Weird and wonderful things happen when they're together – but how long can it last? Because everyone has their secrets – and there can only be one winner in a game of cat and mouse. Can't there? To find out more visit: www.cathycassidy.com

HOLIDAY CLUB

The Church of Scotland is running a Holiday Club as usual during the school holidays for Primary School age children, this year from 6th to 10th August. This year's club is called 'Going Bananas' and will be based as usual on the Scout Hut, New Galloway, with some time across the road in New Galloway Park, weather permitting. It will run from 10.30 to 12.20 and will contain a lively mixture of games, craft, drama, singing and stories. At the end of the week there will be a United Family Service in Kells Church on Sunday 12th August at 10.30 am to round the week off. There is no charge for attendance. For further information phone 430380.

BARMURRIE

Home of genuine Free Range hen, duck and quail eggs, is now also taking orders for Free Range oven ready chickens, farm reared on grass from day old chicks.

ALSO SEASONAL FRESH VEGETABLES AVAILABLE

Visitors welcome, come and see where your food comes from.

☎ 01644 420249 ☎



LAND'S END TO JOHN O'GROATS CYCLE CHALLENGE



The group comprised of 23 individuals, 7 women and 14 men from all over the U.K. All taking part had raised money for their chosen charity through sponsorship. The total raised must've been well into the thousands. We all met up for the first time on a cloudy Tuesday morning at Land's End. After many photos, we were given the day's route, and with fresh legs we set off at a cracking pace which slowly eased off as everyone settled into their own rhythm. We sailed through Penzance and pushed on up B roads to Redruth for a well earned coffee break and chance to begin to get to know each other. Then onto Truro, St

Austell and our final destination, Liskeard, as the weather broke. Tired and wet we had to wait around as our bags were delayed due to an accident. Once showered, we all met up for the evening meal followed by a briefing from our 2 trip Co-ordinators, Caroline and Joe. Caroline drove the support van and set up water stops and the lunch stop. Joe had a van with trailer and bought up the rear, repairing any bikes and assisting in minor emergencies. Soon after the meal and briefing we all had an early night. This was typical for most of the trip and gave sore limbs and bodies a chance to recover before the next day's onslaught. Most days we covered between 85 to 95 miles with a couple of shorter mileages at the end. In total the trip clocked up 975 miles.

Day 2: The next day saw us heading out over Dartmoor in pouring rain and thick mist. Right from the start we encountered steep climbs. We had some thrilling descents off Dartmoor working out the brake pads on many of the bikes. This was a testing day and after cycling through Exeter we headed North to Cullompton finishing at our hotels in Samforth Prevel. Exhausted but relieved to have come through one of the hardest sections, we shared the day's adventures over a few beers.

Day 3: After assembling as a whole group we set off soon establishing ourselves into groups of similar abilities and wending our way on B roads we passed up through Wellington, Taunton and onto Cheddar. Here we encountered a big hill just as the rain came on. At the top of the hill we had a blustery lunchstop in Shipham. Then, in appalling conditions we pushed on towards Bristol, Ben guiding us through the nightmare route across the Avonmouth cycle path and out over the Severn bridge into Gloucestershire and Wales. We continued up the beautiful Wye valley in the pouring rain. Our only relief, a long freewheel down into Tintern with its stunning Abbey. For many this was the worst day. There were punctures, wheels seizing, getting lost, heavy traffic all compounded by the incessant heavy rain. We were a bedraggled lot entering the hotel but soon warmed up and were treated royally at this hotel.

Day 4: We set off in small groups and as the sun came out enjoyed a lovely cycle up the Wye valley to Monmouth. Then up through Hereford and on through lovely rolling countryside to Shrewsbury. Unfortunately I picked up some grit in my eye and as the evening wore on my eye became very inflamed and started closing up. A doctor in the group advised me to go to A and E and this was arranged with the leader for morning. I thought how sad for my trip to end because of a spec of dust. Fortunately as soon as it was removed and checked I was fine.

Day 5: I started an hour behind the others but caught them up by the first water stop near Wem. There had been more bike problems with broken spokes and seized bearings for some of the others who had managed to stop at various bike shops for running repairs. We continued, hitting very heavy traffic and much town cycling with a few near shaves and curses from motorists we managed to get through Warrington and the outskirts of Wigan then on up to Preston. Somewhere before Preston we called into a bike shop where I got cleats fitted and shoes. What a difference. Though I did have a few fall offs at traffic lights, much to the amusement of the others, I soon got used to them. This bike shop was amazing he sold me my gear for half price and gave the others free brake blocks.

Day 6: This was a long day so we all started earlier than usual. Pedalling our aching legs up ever northwards through Lancaster, Kendal up to Penrith then a long beautiful climb up Shap fell, followed by a swooshing descent to Shap that got the adrenaline going. After this the weather caught us out with a really heavy shower before we could get waterproofs on. So cold and wet we pedalled through Carlisle city centre and pushed on the last never ending miles to Longtown. By now the wear and tear on bodies and bikes was showing, many of the group suffering from repetitive injury to knee joints, some with bad inflammation. So painful for one of our party that he had to go to A and E, where he had the depressing news that he would have to give up or face permanent damage to his knee joints. You can imagine the immense disappointment after all the training and effort. We were all affected and felt for him. Others continued with ice packs at every opportunity and fortunately this was our only casualty.

Day 7: I went ahead of the group as I was meeting my parents enroute. Hurray - we were in Scotland and the weather was good. Lovely run through Gretna, Cummertrees, Annan, Dumfries and onto Thornhill. After meeting my folks I cycled on to the agreed lunchstop at Sanguhar where the others caught me up. It was a day of cycling into a head wind, but all the English guys congratulated us Scots for such a lovely country. I must admit to feeling proud. It was to get better and better the further North we went. Scotland was by far the most scenic and best weather of the trip. After lunch we pressed on over more exposed country to Cumnock. Then there was then an adrenaline race to Kilmarnock with me and John fronting the group. Quite often the last few miles were a boyish race that was exhilarating - I probably ranked about 4th or 5th overall.

Day 8: We set off under an overcast sky that quickly cleared to sunshine and after cycling through a towny bit to Irvine, we hit the coast road to Largs with lovely views over to Arran/Bute. We stopped in Largs to play on the beach then cycled on up to Gourrock to take the ferry over to Dunoon. This day had a holiday feel to it and we had a relaxing picnic near the botanic gardens before heading up Loch Eck. Then over to Loch Fyne and round to Inverary with a hairy race at the end to the humped back bridge nearly ending in disaster when bikes clashed. We had comfortable accommodation and a good stroll around Inverary to watch the sunset.

Day 9: After a wee climb we crossed undulating landscape to Loch Awe and our first of many views of castles (Kilchum). We then headed West to the Connell Bridge looking out over Loch Etive to Mull, on to Ballachulish across the bridge, along Loch Linhe and into Fort William. We had excellent views of Ben Nevis with a cap of snow. Then ever onward to Spean Bridge and the climb up to the Commandos' Memorial and a long flattish descent alongside Loch Lochy to our accommodation in Invergarry.

Day 10: By now all our aches and pains were disappearing as our bodies had become fitter and adapted to the days rigours. We took off to Fort Augustus in drabs and drabs and continued along Loch Ness to Drumnadrochit. No monster! Here we had the fiercest climb of the whole trip up the hill to Beaulieu. I was heard to exclaim "I'm too young to die!" and had to dismount - many others with better gears succeeded. After this we had a lovely gently undulating run with a fantastic descent into Bonar Bridge our stop for the night.

Day 11: My favourite day. We set off under cloudy changeable skies stopping in Lairg for the famous coffee/cake call. Then we pedalled through magnificent moorland/forest scenery to the Crask Inn where we were served fresh scones with comb honey. We then pedalled on with mountains in front and to the left, a following wind and bright sunshine. We then had 2 of the best descents of the whole trip - long, long downhill with short ascents to Altnaharra and Loch Loyal where we had a leisurely lunch before undulating terrain into Tongue with its fantastic inlet, castle and beaches. We had a malt whisky each to celebrate our arrival.

Day 12: Another fantastic day started with Ben getting chased by a stray Highland cow. Then a picturesque very up and down journey along Scotland's northerly coast, with stunning surf beaches and inlets to Thurso where the land flattened out. After lunch we flew along the remaining miles with an near gale behind us to arrive at a pub a mile from John O' Groats, to gather as a group to cross the finishing line. There was much celebrating, champagne and relatives/friends to greet us. We signed the pub book and took loads of photos before boarding our bus to Inverness at 2.30 for the final celebration meal.

The event was organised by Discover Adventure, a group specialising in fund-raising adventures.

Ian Knox



CatStrand Launch Special

CatStrand

A stream of activities in the Glenkens

Local designers Wolffe and Co. have designed the CatStrand identity. The identity is a simple square with a wash of watercolour across it. The watercolour represents the stream (called the CatStrand) that runs under the building and has become a significant part of the interior design and the bars of colour represent the different strands of activity that will take place in the building. The connection between watercolour and the water of the stream is clear and the colours of the image are based on the colours of nature around the area.

The typography of the word CatStrand has a deliberate twist in that the two words have no space but the capital "s" of "Strand" gives the logotype a distinctive feel.

WELCOME TO THE GLENKENS, JOHN!



The opening of The CatStrand also brought an opening for the post of Centre Manager. Glenkens Community & Arts Trust is now delighted to announce the appointment of Mr John Robertson, currently the Project Manager of Wigtown Book Town who will be joining the team to fill this position. As well as his many years of involvement at Wigtown, John was previously the Town Centre Manager at the the Dumfries town centre regeneration project.

"I'm looking forward to being a member of the CatStrand team and to helping take the project forward," says John.

NINE DAY FESTIVAL

The CatStrand Launch Festival will run from Friday 21st to Sunday 30th September and will celebrate the opening of this unique community venture. During the ten day festival there will be a wide variety of events and activities to entertain visitors to the centre. Live music will keep spirits high with performances from a variety of musicians including The Chris Stout Quintet. International artist Chris Stout is considered to be one Scotland's leading fiddle players and was recently the recipient of "Musician of the Year" at the BBC Folk Awards. If comedy is more your scene then you won't be disappointed as there are a variety of great acts including Radio Scotland's own comedian Fred MacAulay taking the stage mid-week. Local writer Catriona Macpherson sees the launch of her latest crime novel, 'Bury Her Deep', at the CatStrand while there are also plans for a band night featuring local musicians, various childrens' activities, a Tea Dance, Tai Chi workshops, computer classes, keep-fit classes, cookery demonstrations and more – something to suit everyone! From October the CatStrand will operate as an outreach centre for the Royal Scottish Academy of Music and Drama's (RSAMD) Youthworks traditional music tuition programme for children and young people.

The launch festival is supported by the National Lottery through the Scottish Arts Council and partly funded by the Dumfries and Galloway Festivals and Events Tourism Challenge Fund.

GCAT and the CatStrand have recently been nominated for a number of prestigious awards. Three are from the EU rural regeneration project, LEADER+. The CatStrand development project has been nominated in the category of re-invigorating the local economy and the public art integral to the CatStrand has been nominated under the Champions of Culture category. Cathy Agnew, the Chairman of GCAT, has also been nominated personally under the category Rural Ambassador in recognition of her contribution to the development of the CatStrand. The fourth nomination is from the Edinburgh based agency, Arts & Business: both GCAT and Natural Power Consultants have been shortlisted for the Arts, Business and Community Award category for their sponsorship relationship. This award is "in recognition of an effective partnership that stimulates community involvement and inclusion in the arts". The winners of each of these awards will be announced later on in the year.

GETTING INVOLVED

Would you like to get involved in or to offer further support to the CatStrand? Over the course of the next year there are going to be a wide range of opportunities to participate in and support the centre which will be central to its success. Opportunities range from becoming a Friend of the CatStrand, to being an Ambassador for the centre in your local area, to offering practical assistance such as staffing the box office or helping to develop the gardens. For more information on how to get involved and to learn what we can offer you in return, or to join the mailing list, please contact The CatStrand's new Participants and Audience Development Co-ordinator Lucy Burnett on 01644 420374 or email lucy.burnett@glenkens-arts.com

Lucy, originally from Lochfoot and now living near New Galloway, joined the CatStrand team at the beginning of August having previously worked in environmental and literary promotion, primarily in the charitable sector. Please don't hesitate to get in touch with her if you would like to know more about getting involved with the new centre.



Kells Primary School Reunion

As part of the Local History Day celebrations, GCAT is planning a reunion of everyone who attended, or worked with, Kells Primary School when it was originally located on New Galloway High Street. This is an invitation to come to the CatStrand at 7.30pm on September 25th to celebrate the life and times of the school prior to its move to Braeside. The invitation is extended to ex-pupils and their friends and families, teachers, support staff, education authority employees or anyone else involved with Kells Old Primary School.

Between its opening in 1743 and emptying in 1964, the Old Primary School was an integral part of life in the Glenkens, where generations of residents learned how to master their 'Three Rs' and mind their 'Ps and Qs'. Many of our readers will have walked the length of the High Street during the first half of the 20th Century; measuring young lives by the turn of school days and holidays and dreaming of the future. During term-time the grey building by the burn was the focus of life for generations of children. If you were one of those youngsters, or know anyone who was, GCAT would love to hear from you.

We want to share and celebrate the lives and experiences of those involved with the Old School and want to display photographs, materials and memorabilia from the school's history. Do you have a sampler that was made by you or a member of your family? Are there class photographs in your albums? Do you have a particular memory of your own time at the school or a story heard from a relative who was there? If the answer is yes to any of these, then please let us know. If you have friends or relatives who live beyond the Glenkens please pass this invitation on to them. We would like as many as possible to come to the reunion, in recognition of the central role played by the Old School Building in times past and present. The evening will be the climax of Local History Day; an occasion for renewing old friendships or remembering a forgotten face over a glass of champagne.

If you have suitable material, would like further information, or wish to tell us that you would like to attend, please contact the GCAT office. If you would like to learn more about education in these parts from 1658 to the present day, there is an excellent book by Anna Campbell entitled *Glenkens Schools Over The Centuries*, available from Carsphairn Heritage Centre, 01644-460653 email: carsphairnhg@hcentre.fsnet.co.uk



Kells School Class of 1930

**CatStrand website: www.catstrand.com
will be live from Monday 3 September**

CatStrand Launch Special

CATHERINE WHEELS

Eamonn McGoldrick © 2004



On Friday 21st Catherine Wheels Theatre Company will bring a new adaptation of *Cyrano de Bergerac* by Jo Roets. With Christian's looks and Cyrano's way with words they conspire to make the perfect man and woo Roxanne. But what has Roxanne really fallen for? Christian's looks or Cyrano's mind? *Cyrano*, produced by the award-winning Catherine Wheels Theatre Company, is a swashbuckling comedy for everyone aged 10 and above about tragedy, love, loss . . . and a nose. It's about how we see ourselves and how others see us. It's a love story.

Tickets are £5.00 and the performance will start at 2pm

JOHN HEGLEY

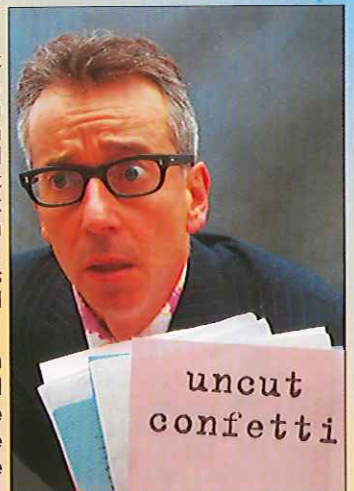
Join John Hegley on Friday 21st at 8.00pm for a marriage of poetry, tale-telling and songs drawn from his new book, *Uncut Confetti*. In a quest to rediscover his continental roots, the poet visits the ancient carnival in Nice, puts on a mask and conjures the spirit of his French folie bergère dancing Grandma. Then he lets loose in the streets for a knees-up. New poems, old potatoes... a stanza bonanza.

John Hegley has been involved with the CatStrand since the early days and we are delighted to welcome him back to help us celebrate our opening evening.

Tickets cost £15/£12

CHILDREN'S WORKSHOP

John will also provide a children's workshop on Saturday 22nd July which will cost £3.50 and will start at 10am-12pm.



CHRIS STOUT

On the evening of Saturday 22nd we will be treated to the talents of Shetlander Chris Stout who is widely-regarded as the leading fiddle player of his generation both in Scotland and beyond. Firmly grounded in his traditional roots but never afraid to explore new territory, Chris sets himself apart not just because of his astounding technical ability and musicianship but because of his determination to take the music to new levels of innovation and experimentation. The quintet also features Catriona McKay on harp and piano, Fraser Fifield on saxophone, Neil Harland on double bass, and Malcolm Stitt on guitar.

'Not so much live music, but music alive (Rob Adams, The Herald)'

The event will begin at 8pm with tickets priced at £6.00/£8.00

Sponsored by Marr Financial Services



KIM REDPATH

EXHIBITION FROM SATURDAY 22 SEPTEMBER

The CatStrand is also pleased to have the opportunity to display artwork by the local artist Kim Redpath.

Kim Redpath trained at Edinburgh College of Art under key Scottish painters Gillies, Maxwell and McTaggart to whom he attributes his skill in drawing and painting. He comes from an artistic family being the nephew of renowned Scottish artist, Ann Redpath. His work is held in public collections including the Scottish National Portrait Gallery, Gracefield Gallery, Dumfries and the Fergusson Gallery, Perth.

GENTLE EXERCISE 'TASTER' SESSION

Nothing to lose and much to gain: this gentle exercise class with local tutor Sam Hood, takes place on Monday 24 September from 11-12pm. Gentle exercise can make a big difference to your health. Simple movements that are as easy as walking. These movements improve muscle strength and flexibility; strengthen bones; makes joint more flexible; improves circulation; may reduce symptoms of arthritis and back pain. Gentle exercise helps you stay stronger and more mobile so that it is easier to do everyday tasks. It also helps to prevent injuries from falls.

There is no need to wear special clothes, just something loose that doesn't restrict movement, and comfortable walking shoes. Free. Donations welcome!

LOCAL HISTORY DAY

Tuesday September 25th sees the launch of the History Stop resource within the CatStrand, with a range of activities devoted to the local history of the Glenkens. The programme begins with a guided community bus tour, led by Anna Campbell from Carsphairn Heritage Centre, who will comment on the tour as it uncovers 'The Secrets of the Glenkens'. Meet in the Foyer of the CatStrand for a 10 am departure, returning at 1pm for lunch. Places on the tour will be limited so be sure to book early.

The tour is followed at 2.00pm by the official launch ceremony of the History Stop. This is a resource intended for Glenkens residents who wish to explore the history of where they live, or for visitors who want to know more about the many highlights on offer. Information on local people, places and events can be accessed within the CatStrand, either by accessing the dedicated computer system or consulting the printed materials and publications on display. A series of listed walks can be accessed, with route information and points of interest included. The History Stop is a long-term project as the research volunteers will continue to collect information to add to the database. Anyone with an interest in the Glenkens can take part in the project, researching subjects of interest to them and contributing at a level with which they are comfortable.

After the launch, there will be a talk from Anna Campbell entitled 'Gems of the Glenkens', from 2.45 - 4.00pm. Anna has studied many aspects of Glenkens' history and her talks provide an entertaining and illuminating insight into the realities of times gone by and the lives of those who went before us.

Tickets for the Local History Day are available from the GCAT office: £10 for the whole day (includes lunch); £2.50 for the guided tour on its own; £3 for the Gems of Glenkens talk alone (includes a cup of tea).

The final event of the day comes at 7.30pm in the Auditorium with the Kells Old School Reunion. An invitation is extended to ex-pupils and staff of Kells Primary School who knew the Primary when it was in the original School Building on New Galloway High Street. This is an opportunity to remember the CatStrand building in its original form and the way it was used until the Primary School moved in 1964. See separate feature for more information about the reunion.

COOKERY DEMONSTRATION

Catherine Braid of The Green Tea House, Monalve, will be back with another of her hugely popular cookery demonstrations on Tuesday 25th September from 11.00am-12.30pm. This time Catherine will be demonstrating how to make six delicious recipes using local produce from Dumfries and Galloway, with Savour the Flavour members and local businesses, including Marrbury smoked salmon; Loch Arthur cheeses; Galloway Lodge preserves; Scottish Organic Lamb; the Cocoa Bean Company and Craigadam Organic Lamb and Venison. Catherine is preparing two starters, one main dish, one light dish for lunch or supper and two desserts.

There will be free tasters of all the dishes she prepares and recipes sheets will be available. Catherine welcomes any questions during her demonstration. Tea and coffee will be served at this event. Free, donations welcome.

CatStrand Launch Special

TEA DANCE

A lively, fun atmosphere teamed with great food and great music means another Tea Dance and a big crowd, all keen to get their dancing shoes on or just to sing along to old favourites! A fantastic spread of wonderful cakes and sandwiches will be provided, which will be complemented perfectly by Tommy Edgar's sweet sounds of war time music, accompanied by singing from Andy McClymont. There will also be an opportunity for transport to and from the event for over 60's if this would be a factor in limiting attendance; phone Liz Cole at GCAT on 01644 420374 for more information and to see if this is possible. The Tea Dance takes place on Wednesday 26 September from 3.00pm - 5.00pm. Free, donations on the door.

FRED MACAULAY

On Wednesday 26 September, at 8pm Fred MacAulay will face his first Glenkens Audience. With his popular morning radio show and a string of TV credits, Fred MacAulay is undoubtedly one of the most famous faces of Scottish comedy today. Yet his on screen reputation and on air witticisms are the product of years of experience on the live circuit, including a stint as the first ever Scottish compere at London's famous Comedy Store.

Fred's brand of contemporary observations and caustic sarcasm is loved by millions, largely thanks to his BBC Radio Scotland morning show and numerous TV appearances - from 'They Think It's All Over' (BBC1) and 'Have I Got News For You' (BBC2) to his own series 'Life According to Fred' (BBC1 Scotland) and 'McCoist and MacAulay' (BBC1). Irrespective of whether an audience is divided between young and old, alternative or mainstream, the broad appeal of Fred MacAulay always adds up to a side-splitting night out. Tickets are £12.00/£10.00.

'Rib-achingly funny, one of the funniest men alive' Sunday Times *'rapier-sharp'* Scotsman
Sponsored by T Graham & Son (Builders) Ltd.



TAI CHI 'TASTER' SESSIONS

Local Tai Chi and Pilates Instructor Elaine Cameron will be running two taster sessions on Thursday 27th September: an over 50s session from 10am - 11am and an under 50s session from 11.15am - 12.15pm.

These free taster sessions 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. 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. Practicing Tai Chi brings with it a tremendous sense of personal achievement and IT IS FUN! It is sensible to wear loose, comfortable clothing and bring a bottle of water. Free. Donations welcome!

Six weeks of Tai Chi classes commence Thursday 1st November. Over 50s class: 10-11am. Under 50s class: 11.15-12.15pm. Fee £4/£3 concessions.

LITERARY LUNCH WITH CATRIONA MCPHERSON

On Friday 28th September, popular Galloway author, Catriona McPherson introduces her latest Dandy Gilver murder mystery novel, *Bury her Deep*, published by Hodder, at this special lunch event.

Dandy Gilver's third case sees her set loose in the wilds of Fife with a minister's daughter, two mischievous aristocrats making trouble for two spinster suffragettes, a pack of hysterical girls, a handful of farmers' wives with the fear of God in them and, as ever, an overexcited Dalmatian.

From 12.30 until 2.30pm with tickets costing £10, including a light lunch and glass of wine.



INTERNATIONAL GUITAR MASTERCLASS

Brian Gore, Peppino D'Agostino, Antoine Du Four and Andrew White from the International Guitar Night will be hosting a special one-off afternoon workshop style masterclass on Friday 28th September at 4.00pm which will focus on guitar composition and use of "extended" technique -- slapping, tapping, and harmonics You'll be guaranteed to learn an easy trick or two which you can go home with and try. Tickets cost £4.00. Ages 14 plus and adults.



INTERNATIONAL GUITAR NIGHT

Friday 28th September will bring the fantastically entertaining International Guitar Night which is described as "North America's premier mobile guitar festival", this event is touring for the first time to Europe. Promising displays of individual brilliance and unique collaborations, as musicians from different cultures rise to the challenge of finding common ground. The cast of guitar luminaries from around the world performs solos, duets and quartets to highlight the virtuosity and diversity within the world of acoustic guitar. This year's line up includes Peppino D'Agostino, from Italy, Andrew White from New Zealand, Montreal-based newcomer Antoine DuFour and Brian Gore, from San Francisco who will perform solos, duets and quartets to dazzle the audience. Great steel string playing, great on-stage interaction - an evening not to be missed and a must for guitar aficionados! This event will begin at 8.00pm and will cost £8/£6.

Sponsored by Armstrong Watson

BOOKING TICKETS

Tickets for all the CatStrand Launch Festival events will be available to purchase from Monday 13 August. Tickets can be purchased in person from the GCAT office in the Old Clydesdale Bank in New Galloway, or reserved by phone on 01644 420374. Alternatively tickets can be booked online and paid for by credit or debit card, at www.thebooth.co.uk

DOORS OPEN DAYS

The CatStrand will also be taking part in Doors Open Days 2007 on the weekend of Saturday 29 and Sunday 30 September (Saturday, 10am-5pm and Sunday, 12noon - 5pm). You'll receive a warm welcome, and be encouraged to explore, ask questions and generally expand your local sense of place.

On view will be a variety of exciting and innovative art works from some of the regions finest artists and makers which are incorporated into the fabric of the building itself, including Linda Mallett's ceramic panel at the entrance to the building, Will Levi Marshall's glass, ceramic and water feature in the Long Gallery, David Gulland's glass engraving and Silvy Weatherall's Black Face Sheep sculpture made out of recycled corrugated iron. The Castle Douglas IT Centre will be hosting a

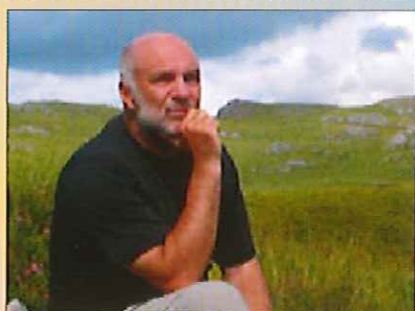
presentation on Saturday 29 at 11.30am of the type of classes which will be on offer in the CatStrand. As part of Doors Open Day, The Galloway Consort will be presenting a free concert of renaissance music at The CatStrand on Saturday 29 September at 3.00pm.

Be one of the first to get involved: become a Friend of the CatStrand, sign up for classes, come and try some taster events, find out more about the community bus, the Glenkens Gazette, the History Stop and all the other activities that will be happening in the centre.

Doors Open Days is a part of European Heritage Days, celebrated every September in 47 countries across Europe. The theme of this year's Doors Open Days in Dumfries and Galloway is Workers and the programme will focus on generation upon generation of people striving to create and produce down all the centuries.

CatStrand Launch Special

WILD SCOTLAND



Broadcaster, lecturer, backpacker and mountaineer, Cameron MacNeish will be hosting a 60-minute digital AV presentation, Wild Scotland – A Spirit of Place, on Sunday 23 September at 6.00-7.30pm. Cameron has long been recognised as one of Britain's best-known outdoor commentators. President of the Backpackers' Club, Vice President of the Rambler's Association in Scotland and Chairman of the Nevis Partnership, Cameron is also a Trustee of the Wilderness Foundation. Between expeditions to the wilderness areas of the world Cameron can be found every weekend climbing the hills of the highlands and islands of Scotland collecting material for his weekly column in the Sunday Herald.

Cameron's presentation concentrates on those areas that have formed the bedrock of his outdoors career, the hill and mountains of the Scottish highlands and islands. Now that Scotland can boast some of the finest access legislation in Scotland, he discusses the opportunities that are available for climbers, hill-walkers, Munro-baggers and backpackers, but the underlying theme is one of protection and conservation and why it is the responsibility of outdoor folk to care for these wild places. The presentation will be followed by a short discussion and a book signing.

TRANSPORT ASSISTANCE

If you live in the Glenkens and would like to attend any of the CatStrand events, but have mobility or transport difficulties, please get in touch with GCAT on 01644 420374 to see if we are able to arrange transport assistance for you.

GTI - DRIVING TO SUCCESS !

During the first six months of 2007, the use of the Glenkens Transport Initiative has continued to grow. In this time 2146 passengers have been carried on the bus, which has been used on 213 separate occasions and travelled 8537 miles. The bus is now very much part of the Community and is of great benefit to all different ages. It is your bus, so please keep using it !

A list of trips for August and September is shown – please book early to ensure your seat – recent trips have been full and extra trips have been run to the Isle of Arran and Kelvingrove Museum following demand for seats on the original trips! All the drivers are volunteers, many adding their own bit of local knowledge helping to make trips an enjoyable occasion. Recently one driver considered leaving his wife on Arran to ensure he caught the return ferry to Ardrossan – the bus was parked there, and without him the trip would have been stranded ! On another trip two people forgot packed lunches, but a 'whip-round' for sandwiches meant they had a good lunch !

Courses continue to be run for driver training – both initial courses for new drivers and refresher courses for existing ones. Anyone who fancies becoming a driver please contact Keith Cooper at the GCAT office.

The registered route from Dalry to Castle Douglas on a Wednesday evening is now being used regularly, and as most of you know we also supply school transport every morning to Kells Primary School. A Committee consisting of Bob Peace (Chair), Brian Edgar, Tom Plummer, Roy Hooker, Amanda Douglas, Bob Tweedy and Keith Cooper met every two months, so if you have any ideas/questions please contact one of them. Any queries re hiring the bus, driver training, trips etc please do not hesitate to ring Keith Cooper.



GLENKENS TRANSPORT INITIATIVE (GTI)

WEDNESDAY BUS SERVICE (REGD. ROUTE):

Timings are as follows:

1900 Dept Dalry (Underhill)
1910 New Galloway
1925 Mossdale
1935 Laurieston
1940 Townhead of Greenlaw
1947 Castle Douglas (Market Street)
1950 Arrive Castle Douglas (Tesco)

The return journey :

2045 Departs Castle Douglas (Tesco)
2047 Castle Douglas (Market Street)
2052 Townhead of Greenlaw
2100 Laurieston
2110 Mossdale
2125 New Galloway
2135 Arrive Dalry

CONCESSIONARY BUS PASSES ARE ACCEPTED ON THIS ROUTE, SO PLEASE MAKE USE OF THIS EXTRA SERVICE

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.

GLENKENS TRANSPORT INITIATIVE - FORTHCOMING TRIPS

Please accept our apologies for some of these trips being fully booked before details were published – this was due to a delay in printing this issue

*** Reserve Lists are being taken for these over-subscribed trips, and extra trips may well be arranged.***

Sat. 11th August 2007; ROYAL YACHT BRITANNIA, EDINBURGH : Fare £6 Concessions - Just a few seats left !

Thursday 16th August; KIPPFORD REGATTA AND ROCKCLIFFE : Afternoon Trip; Fare £3 per person, Concessions £2

Monday 20th August 2007; DAY in EDINBURGH; FULL ***

Monday 27th August 2007; KIRKCUDBRIGHT TATTOO – Evening Trip : Fare £2 per person, Concessions £1-50p - Very few seats left !

Saturday 1st September 2007 THE MAGNUM CENTRE, Irvine : Fare £4 per person; Concessions & U16 £3

Sunday 2nd September 2007; VICTORIAN FAYRE, LANARK : Fare £5 per person, Concessions £4 – Still a few seats left !

Sunday 16th September 2007; CULZEAN CASTLE, Nr Ayr; FULL ***

Monday 24th September 2007; THE LAKE DISTRICT FULL ***

Monday 8th October 2007 - FOREST DRIVE (Raiders Rd & Kirroughtree Drive) to NEWTON STEWART returning via GATEHOUSE : Fare £4 Concessions £3

Tuesday 16th October 2007; PENRITH, ALSTON & TALKIN TARN : Full Day trip leaving at 8.30am and visiting Penrith (Market Day), Alston (The Highest Market town in England) and Talkin Tarn Country Park : Fare £7, Concessions £5

Sat. 27th October – A GLASGOW MUSEUM – FULL DETAILS SOON !

ALL TRIPS ARE SUBSIDISED BY 'HELP THE AGED' AND TICKETS CAN BE PURCHASED FROM THE GCAT OFFICE (IF POSSIBLE BETWEEN 10AM AND 12NOON ON A TUESDAY) – THE COST COVERS ONLY TRANSPORT – ANY ADMITTANCE COSTS ETC ARE YOUR RESPONSIBILITY.

THE GLENKENS TRANSPORT INITIATIVE HAVE DONATED TWO TICKETS FOR ONE OF THE TRIPS RUN BY GTI TO ONE OF THE CLASS WINNERS AT THE GLENKENS AGRICULTURAL SHOW ON SATURDAY 11TH AUGUST 2007

TAI CHI: STRESS REDUCTION, BALANCE, AGILITY AND MORE.....

Liz Cole, Community Project Worker, GCAT

Tai chi, 'meditation in motion,' is a series of graceful movements that can bring about stress reduction, improve balance and many other health benefits.

Tai chi is a non-competitive, self-paced system of gentle physical exercise. To do Tai chi, you perform a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing. Tai chi is generally safe for people of all ages and levels of fitness. Studies have shown that, for older adults, tai chi can improve balance and reduce the risk of falls. Because the movements are low impact and put minimal stress on your muscles and joints, tai chi is appealing to many older adults. For these same reasons, if you have a condition such as arthritis or you're recovering from an injury, you may find it useful.

Tai chi appears to offer both physical and mental benefits no matter what your age. It is used to:

- Reduce stress
- Increase flexibility
- Improve muscle strength and definition,
- Strengthen ligaments and tendons that protect and support the joints: keeping them mobile and healthy
- Increase energy, stamina and agility
- Increase feelings of well-being

Preliminary research shows that for older adults, in particular, practicing Tai chi regularly may:

- Reduce anxiety and stress
- Improve balance and co-ordination, reducing the number of falls
- Improve sleep quality, such as staying asleep longer at night and feeling more alert during the day
- Slow bone loss in women following menopause
- Reduce high blood pressure
- Improve cardiovascular fitness
- Relieve chronic pain
- Improve everyday physical functioning

Although Tai chi is generally safe, consider talking with your doctor before starting a new programme. This is particularly true if you have any problems with your joints, spine or heart.

Liz Cole, Community Project Worker, GCAT, has organised free 'tasters' at the CatStrand launch, and two six week courses in Tai chi at the CatStrand with local instructor Elaine Cameron. It is hoped that, with popular demand, these classes will continue throughout the year!

Tai chi free tasters: Thursday 27th September:

- 10-11am: Tai chi class for 50+
 - 11.15-12.15am: Tai chi class for under 50s
- Tai chi classes: 6 weeks**
- Commencing Thursday 1st November
 - 10-11am: Tai chi for 50+
 - 11.15-12.15am: Tai chi for under 50s

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

GLENKENS TRANSPORT INITIATIVE PART-TIME MINI-BUS DRIVER WANTED FOR MORNING SCHOOL BUS RUN APPROX 7-8 HOURS PER WEEK MON- FRI, TERM TIMES

To find out more about the post and salary, or if you are interested in the above position please contact Keith Cooper, the GTI bus administrator on 01644 450201

Driver training will be provided if required. The successful applicant will be subject to Disclosure Scotland police checks

LOCAL SHOW TO BE OPENED BY THE 'PRESIDING OFFICER'

The Presiding Officer of the Scottish Parliament, Mr Alex Ferguson, has agreed to open Laurieston Show on Saturday 18th August. The Committee are delighted he has accepted this invitation and he will open the Show in the Village Hall at 2.30pm. Residents of the Balmaghie Parish can enter their exhibits (vegetables, flowers, baking section, handicrafts, floral art and children section) and all exhibits can be viewed by the general public from 2.00pm onwards (raffle, sales table etc) – entrance fee 50p each.

Enquiries to Mrs Chrissie Harris 01644-450271

Personalized Pet Care



www.personalizedpetcare.co.uk

TEL: 01387 257529

**All your pet needs at a click of button,
hosting the biggest range of pet
products in Dumfries and Galloway**

**Dogs, Cats, Wild Birds, Pigeon &
Poultry, Aviary birds, Small Animals,
Aquatic's, Reptile's, Hermit Crabs**

**Whole Peanuts 25kg £19.99
Black Sunflower seed 20kg £13.00
Box Of 100 Small Fat Balls £9.99
Bucktons Wild Bird Seed 20kg £9.99**

**Free delivery to most of areas in
South West Scotland
Order on-line or phone**

**Payment on delivery option available for online orders
simply choose the print order form payment method
and we will E-Mail you back with a delivery date.**

Forrest Estate

**Dalry, Castle Douglas
SAWMILL**

sawn gate posts, stobs, rails,
boards, pegs, sarking, cladding,
deer fencing, sawdust, woodchip
all timber pressure treated sawn to order
many items available from stock

★ **NOW IN STOCK:** ★
GARDEN FURNITURE

phone for availability and prices

tel 01644 430230

fax 01644 430405

email: office@forrestestate.com

Living Independently

60+?

**Have you claimed
everything that
you are entitled
to?**

To find out confidentially what you are entitled to and
how to apply call:

Liz Cole on 01644 420374

Supported by Glenkens Community & Arts Trust

W BONE

WHB JEEPS

**THE GARAGE, DALRY
PETROL & DIESEL SALES -
SERVICE & REPAIRS
MOTs, TYRES, BATTERIES**

**ALL AT COMPETITIVE PRICES
OPEN 8.30AM - 6.00PM (SIX DAYS)
10AM - 6PM SUNDAYS**

SHOP • SANDWICH BAR • LOTTERY

Tel: 01644 430208 Fax: 01644 430669

email: jeeps@whbjeeeps.co.uk www.whbjeeeps.co.uk

Y O U T H U P D A T E

EMMA VENTURES DOWN UNDER

"So your luggage goes straight through to Sydney – you're sure?"

"Yes!" I said, without hesitation, in a manner which suggested the very idea of not knowing such a thing was absurd despite, in actual fact, not having a clue.

Glasgow airport, 6.30 in the morning, I sat in the airport cafe, hung-over as Dad and the ever more worldly wise older sister sat sipping coffee. The truth was, I was about to embark on a journey which would take me half way around the world and back again, and at that very moment all I was concentrating on was the copious amount of alcohol which had been unnecessarily consumed the night before. Little did I know that the phrase 'copious amount of alcohol' would take on a whole new meaning upon my return..!

Checked in, with my boarding pass and passport in one hand and Australian dollars in the other, I said goodbye to the last familiar faces I would see for three weeks. To be honest I think they were more concerned than I was. How hard could it be to fly to Australia?!

Eight airline meals, five films and 40 very long hours later the huge air jet circled above the bright lights of Sydney. The familiar sight of the Sydney Opera House stood bold and beautiful, framed by the Harbour Bridge and illuminated against the darkness. The lethargic feeling due to travelling for two days soon began to merge into excitement (and maybe just a little bit of nerves!)

'WELCOME TO KINGSFORD AIRPORT SYDNEY!' proclaimed the sign in bold letters. Ha! I had made it! And so had my luggage! I got through customs with relative ease, although it is surprising how much more difficult it is to be inconspicuous when you try to be. I was down under... and wondered; "what do I do now?"

After being taken to the wrong hostel by my taxi driver I finally arrived at my first 'digs'. The hostel was not how I imagined at all - it was bright and airy and had a wonderfully unique atmosphere. I was surprised at how easy it was to talk to people. Within seconds of being allocated my room I was chatting to a complete stranger in the lift. Everyone was as open minded as each other and I had a feeling this travelling malarkey was going to suit me just fine...

The next morning, bright and early, I met the tour group that I would be spending the next three weeks with. There were 24 of us in total on one big bus called Matilda – such an original name.

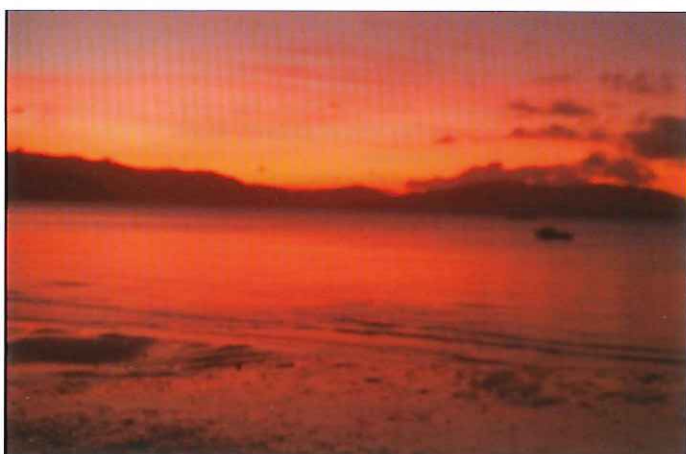
I was a little worried to say the least after we had been forced to stand up and introduce ourselves one-by-one by our two tour hosts, as I am renowned for making a bad first impression. However, within a few hours most people felt like they had been friends for years.

Our tour took us hundreds of miles up the East Coast to cities like Brisbane and Cairns, as well as quaint towns like Byron Bay and off shore to the beautiful Long Island and Fraser Island which consists entirely of sand. Fraser Island is also the location where a large amount of dingos reside. Most of us took a 4x4 tour of the island and, as there are no roads, this was quite an experience - I was actually grateful that I had slept in and missed breakfast! The tour included a visit to Lake McKenzie which had the most beautiful, fine, white sand and clear blue, fresh water. Everyone who visits the lake takes a dip and exfoliates with these two natural resources and the results are quite unbelievable! We also visited the Maheno Shipwreck and The Coloured Sands which were both spectacular sights.

I would have to say that my favourite place was Byron Bay. 490 miles north of Sydney, this town is renowned for its atmosphere and individuality. Some of the locals told us that the town is protected by a law which states that no big brands or corporate firms can set up, and they are proud of the fact that the character of the town had not been compromised, no matter how profitable this may have been.

Full of individual jewellery shops and art galleries, as well as lively little cafes and bars, the town is also a perfect place for surfing as there are three different 'types of surf' spread along the never-ending stretch of golden beach. One of many special moments of the trip was spent at Byron Bay lighthouse where we witnessed a spectacular sunset overlooking the dramatic rocks which met the sea.

Another highlight for me was in Cairns when we enjoyed a trip out in a luxurious catamaran. This took us to a tiny, tiny island called Michael Bay which was inhabited only by birds! From here we got the once in a lifetime opportunity to snorkel along the Great Barrier Reef - an experience which I will always treasure. Just one metre from the shore and there was such an abundance of beauty and colour and activity, it was hard to believe what was in front of you. Fish of all descriptions, including real-life Nemos which are actually clown fish, as well as parrot fish, stingrays, angel fish, and many more - the list was endless. There were also turtles and even baby sharks, who were vegetarian... or so I was told! Massive clams, sensitive to the slightest changes in the light, lay on the sand bed, slowly closing in response to the potential threat as your shadow passed above them. And the most magnificent thing of all was the backdrop - the coral; a living breathing organism which decorated the under water world with splendour. All shapes and sizes and colours imaginable, it is hard to describe how special witnessing this natural marvel was.



Then we took a break for a spot of lunch, followed by sunbathing up on deck, while we were transported to the next snorkelling destination.

Some of the other experiences I had during my trip were kangaroo flights, hand gliding, huge spiders, bus bowling, zorbing, canoeing, sky diving, koala bears, sunshine, beaches, surfing (and surfers!); just a few of the many exciting things that Australia had to offer but, in many ways, the most valuable thing that I experienced was the lessons I learnt about myself and my perspective on the world - it often takes something drastic and dramatic in your life for you to really pin point what you want out of it.

Anyone who has any travelling experience I'm sure will agree that the people you meet is a big part of your experience and despite everyone's route being different, people's attitudes have one thing in common: superficialities are completely irrelevant. Cultural difference, appearance, wealth, politics and even religion, to a certain extent are no longer acceptable as grounds for disagreement, and are instead merely points for discussion and interest. Having people around you from such diverse backgrounds is a fantastic way to understand more about yourself - you have no other option but to rely on your individual personality, which has been moulded by your surroundings and upbringing, in order to communicate and make friends. I was proud to be Scottish and loved finding out from people what idiosyncrasies I have, and my culture has, that I hadn't recognised due to being immersed in familiarity. The experience is equally good for demolishing old-fashioned stereotypes (with a few exceptions, such as a ping pong match which proved to me that the French really are that stubborn!) and reaffirming the world's population as a number of individuals, not just a number.

For me, Australia 2007 will always bring back fond memories and will provide me with many friends for the future as well as a sense of ambition and wonder for what the rest of the world has to offer....next, it's South America!

Emma Thomson

GUITAR WORKSHOPS

If you are aged 14 or older and into guitar then don't miss the International Guitar workshop on Friday 28 September at 4pm at the CatStrand. This workshop, led by four top guitarists from around the world, will be followed by an evening performance. See the article on page 9 for full details. Early booking for this event is recommended as places are limited.

GLENKENS SCHOOLS REPORT

SCOTTISH MAGAZINE AWARDS CEREMONY

Scottish School Magazine Competition photograph courtesy of PPA Scotland



A group of students from Dalry Secondary School recently travelled up to the Scottish Parliament in Edinburgh for the 2007 Scottish Magazine Awards Ceremony and were delighted when Kirsteen Currie was awarded a highly commended certificate for an article she wrote for REG's Dalry Gazette, the School Magazine.

Her article was entitled "Gretna FC – Living The Dream!"

The Awards Ceremony started off with an introduction from Alex Fergusson, MSP and Presiding Officer for the Scottish Parliament's Third Session. He welcomed numerous schools from across Scotland, up to Stromness in Orkney right down to his own constituency here in Galloway and Upper Nithsdale. He did say he knew who would have won if he had been involved in judging!

After the introduction the shortlisted entrants for each of the different categories were announced by Carol Smillie, one of the UK's most sought-after presenters. Kirsteen proudly accepted her highly commended certificate and got her photo taken with Carol Smillie and the other entrants for the Best Written Article Category.

After the awards were presented the students from all the different schools were taken on guided tours of the Parliament Buildings, including the famous Debating Chamber. To finish the afternoon the students tucked into a mouth watering buffet before heading back to sunny Dalry.

The students who travelled to the Awards Ceremony were Kirsteen Currie, Estrid Sander, Melissa Shaw, Zoë Hempleman and Sam O'Brien. They were accompanied by Miss Winchester, Business Education teacher and Mr Birch, School Technician.

GLENKENS SCHOOLS' ART COMPETITION

Sponsored by:- Ken Bromley Art Supplies, Jackson's Art Supplies & The Glenkens Community & Arts Trust

The exhibits were judged on 11th. June 2007 by 3 local artists:- Bill Wiseman, Bill Phillips & Ernest Bowery.

Awards were made as follows:-

Senior Section - 1st. Prize
Danny Clarke - Dalry School

Junior Section - 1st. Prize
Sophie Moore - Kells School

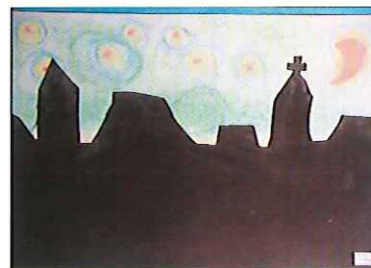
Under 8yrs - 1st. Prize
Islay Murdoch - Kells School

Senior Section - (Kells)
Commended - Caitlin Ramsay

Junior Section - Highly Commended
Kells: Zoe Kirkpatrick, Fleur Langford. Dalry: Toby Wise
Carsphairn: James Bosworth.

Commended - Carsphairn: James O'Brien, Jenny O'Brien,
Amber Brett. Kells: Chloe Case, George Edington.

Under 8yrs - Highly Commended
Carsphairn: Daisy Hickman,
Dalry: Rachel Mackie.



LOCAL WEATHER STATION RECEIVES FUNDING



Laurieston's weather centre has been granted government funding of £36,000 a year over three years to continue its mountain weather service. It covers five geographical areas - the North-West Highlands, West Highlands, Cairngorms, South-East Highlands and Southern Uplands, and climbers throughout Scotland rely on reports from this station for accurate weather information. The BBC website says that the Met Office has expressed interest in the specialist forecasts provided by Geoff Monk, operator of the Laurieston centre, since 2004. Communities Minister Stewart Maxwell said; "It is absolutely vital we have a reliable mountain weather service to reassure walkers they have the best information at their fingertips."

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%

(Prices exclude VAT @ 17.5%)

To place an advert please contact the Glenkens Gazette on 01644 420374

Loch Arthur

BEESWING DUMFRIES DO2 8JQ

CREAMERY & FARM SHOP

The home of fine local and organic produce

*Award Winning Organic, Farmhouse
Cheeses, Freshly Baked Breads, Organic
Meat, Fruit & Vegetables & Eggs.
All produced on our own farm or sourced as
locally as possible. Plus an extensive range of
other fine foods, baskets, pottery & crafts.*

MONDAY TO FRIDAY 9.00AM-5.30PM
SATURDAY 10.00AM-3.00PM

FROM BEESWING, TAKE THE
NEW ABBEY ROAD. SIGNS AFTER 50M



Camphill
Village
Trust

EMAIL: creamery@locharthur.org.uk

TEL: 01387 760296

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

TIMES OF WORSHIP IN THE GLENKENS

CHURCH OF SCOTLAND

Sundays

Balmacellan 12 noon 1st
Carsphairn 10.30 am 1st 2nd (Sept) 3rd 4th 5th
Dalry 9.00 am 1st 2nd (Sept) 3rd 4th
Kells 10.30 am 2nd 3rd 4th

Special Services and Events

6th - 10th August 10.30 - 12.20
Going Bananas Holiday Club at Scout Hut, New Galloway
12th August 10.30 am
United Family Service in Kells Church
21st September 7 pm
Harvest Supper, New Galloway Town Hall
23rd September

Harvest Thanksgiving Services at Kells and Dalry
Harvest Lunch in Dalry Town Hall at 1 pm
30th September 10.30 am
United Service with Glenkens Church Choir in Carsphairn Church
'The Organist Entertains' in Carsphairn Church (2-4 pm)

Communion Service

26th August 10.30 am Kells 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
Mass on -
Saturday 6 pm & Thursday 7 pm

WELL DONE NEW GALLOWAY FIRE BRIGADE



THE CATSTRAND POST OF CLEANER/CARETAKER

The CatStrand in New Galloway will soon be looking to employ a part-time cleaner/caretaker for the building when it opens in September.

To find out more about the post and salary, please contact John Robertson, the CatStrand Manager, on 01644 420374

**DIGITAL CAMERA?
WANT PROFESSIONAL PRINTS?
TOO FAR TO TRAVEL?
CANT WAIT? - NOT ANYMORE
YOUR DIGITAL PHOTOS
PRINTED AT
THE TOP SHOP**

**34 Main Street,
St Johns Town of Dalry
Tel - 01644 430368**

- 6" x 4" prints with edit facility
- remove red-eye at the touch of a button
- enhance colours
- crop picture to remove unwanted items
- passport style photos
- index prints of selected photos
- choose photos to print
- print multiple copies

**PRINT FROM CAMERA
OR MOBILE PHONE
MEMORY CARD**

or

email photos with instructions to:
top.shop@btinternet.com



ALEX FERGUSON MSP Galloway And Upper Nithsdale

WILL BE HOLDING ROVING ADVICE SURGERIES
ON WEDNESDAY 15TH AUGUST 2007 IN

Waverley Hall, Creetown from 10am - 10.30am
Bank of Fleet Hotel, Gatehouse from 11am - 11.30am
Star Hotel, Twynholm from 11.45am - 12.15pm
Memorial Hall, Crossmichael from 12.30pm - 1pm
Town Hall, New Galloway from 1.15pm - 1.45pm
Lochinvar Hotel, Dalry from 2pm - 2.30pm

NO APPOINTMENT NECESSARY

Regular monthly surgeries are held on the second Friday of every month in Dalbeattie Library from 4pm - 4.45pm and Association Office, 2 St Andrew Street, Castle Douglas from 5pm - 5.45pm and Kirkcudbright Library from 6pm - 6.45pm
To book an appointment for one of the monthly surgeries please call freephone 0800 028 7260

MANSON & PARTNERS

Part of the Armstrong Watson Group

Offering a full range of
accountancy, strategic
business and financial advice

T: 01387 269726

51 Rae Street, Dumfries DG1 1JD
www.mansonandpartners.co.uk

GLENKENS MEDICAL PRACTICE

**General Medical &
Dispensing Services**

The Surgery
High Street
New Galloway

The Surgery
Kirkland Street
Dalry

FOR APPOINTMENTS CALL

☎ 01644 420234 ☎

FUNDRAISING NEWS

MALAWI BIKE RIDE

Local minister David Bartholomew is grateful for all the sponsorship support he received for his recent Bike Ride in Malawi in May. Around 260 miles were covered in just over five days along with some 30 other riders, mostly from Scotland and England. He writes, 'After a bus transfer from Lilongwe to Dedza, bikes were made ready and the ride began with an exhilarating steep downhill stretch with hairpin bends. The encounter with Malawi roads soon had our adrenalin flowing and before we knew it we were at Mua Mission for our first overnight stop. The next two days down near Lake Malawi were long and hot (up to 35 degrees C) with an unrelenting flat gravel/earth road that seemed to go on and on. Pleasant lodges by Lake Malawi and the Shire River eased our recovery. The fourth day we had to climb back up out of the rift valley to Zomba, but it was a shorter day and didn't prove as challenging as we'd feared. The fifth day however was long and hard. We started early and made good progress in the morning under cloudy skies before the sun broke through. In the afternoon we followed a dusty road along the edge of the dramatic Mulanje mountain massif, enveloped in dust with every passing vehicle, until we hit the beautiful tea estates around Mulanje township. However at the end of our 75 mile day we still had a thousand foot climb up to our lodge where we arrived in the last light of day. The last morning was an easy six mile run down to Mulanje Mission where we were given a tumultuous welcome dominated by ladies of the local Guild in their smart outfits who blocked our path, singing and dancing, and caught us up in warm embraces. In the reception that followed it was very clear how much our fundraising was appreciated. Later I was able to make a tour of the hospital and see where the money raised would be spent.'

David stayed on for two further weeks in Malawi, in the first week visiting congregations and Presbyteries of the Church of Central Africa Presbyterian within the Synod of Blantyre. He was called to preach before congregations of up to over a thousand people, most under 40. The Malawians love singing and it was quite normal for six choirs to take part in a service. There was a vibrant sense of faith and joy. The last week was spent visiting two of the orphan centres of Abbas Rest Orphans, Chirunga and Muona, meeting the orphans and doing some preaching in the bush.

David has so far raised £6700, which will be divided equally between Mulanje Mission Hospital and Abbas Rest Orphans. It's still not too late to sponsor him. Cheques should be made payable to EMMS Bike Ride (Malawi).



GLENKENS HORTICULTURAL SOCIETY SHOW

Saturday 25 August in Dalry Town Hall. Judging will be in the morning and the show will be open to the public from 1.30 pm. The Trophies will be presented at 3.00 pm.



If you have any queries or require advice on exhibiting or if you would like to help with the show in anyway ring Alan Wright 01644 430 291

WE VERY MUCH LOOK FORWARD TO SEEING YOU



THE CROSS KEYS HOTEL

BAR & RESTAURANT

☎ 01644 420494

**New Owners
New Chef
New Menu
New Ideas**

Come in and feel the change....
For general enquiries and restaurant opening times please ring -
Susan O'Hare or Kevin Chisnall
We look forward to meeting you

A beautiful bathroom is all about the detail



To get the full picture visit
Splash Bathrooms
New Market St, Castle Douglas
(opposite Wallets Mart)
Telephone 01556 504978

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
(Very reasonable rates for private hire)**

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 Downswell at [ensys@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.

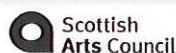
Telephone 01644 430138.

DEADLINE

for October/November ISSUE 42:

Fri 7th September 2007

glenkensgazette@hotmail.co.uk



LEADER+
Dumfries and Galloway



GLENKENS DIARY FOR ALL EVENTS

4th - 11th Aug - Art Exhibition, Dalry Community Centre
6th - 10th August, Holiday Club, New Galloway Scout Hut
Wed 8th August, History Stop Meeting, 7pm, Lochinvar Hotel with refreshments
Tue 14th August 2007, GBA Meeting
14th - 16th Sept, Hairth Festival, Knockengarroch
Sat 11th Aug - bus trip to the Royal Yacht Britannia, Edinburgh (see p10)
Thurs 16th Aug - bus trip to Kippford Regatta & Rockliffe (see p10)
Mon 20th Aug - bus trip 'day in Edinburgh' (see p10)
25th Aug - Glenkens Horticultural Show, Dalry Town, 1.30
Mon 27th Aug - bus trip to Kirkcudbright Tatoo (see p10)
Sat 1st Sept, bus trip to the Magnum Centre, Irvine (see p10)
Sun 2nd Sept - bus trip to Victorian Fayre, Lanark (see p10)
Sun 16th Sept - bus trip to Culzean Castle (see p10)
Tue 18th September 2007 GBA Meeting
21st - 30th Sept - CatStrand Launch Festival!
29th - 30th Sept - Doors Open Day, CatStrand
Mon 24th Sept - bus trip to the Lake District (see p10)
Mon 8th Oct - bus trip to Forest Drive, Newton Stewart, Gatehouse (see p10)
Tue 16th October 2007 GBA Meeting
Tue 16th Oct - bus trip to Penrith, Alston & Talkin Tarn (see p10)
Sat 27th Oct - bus trip to Glasgow Museum (see p10)

REGULAR EVENTS

Keswick Centre summer play scheme for young people - runs the whole school summer holiday (page 8)

Play it by Ear Balmacellian 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 Group - New Session : New Galloway Town Hall, Tuesday 9.45 - 11.15 am - £1.50 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 7pm - 9pm, Dalry Community Centre. £3 entry - adults welcome

GCAT - 01644 420 374

the **green** tea house

MONIAIVE

is open 6 days a week
Tuesday to Sunday
11am to 5pm

for great light lunches and
afternoon teas

also private parties are catered for
tel Catherine 07752 099193
www.thegreenteahouse.info



Carrick's of Carsphairn
Main Street, Carsphairn
Convenience Store

Groceries & Household
Vegetables, Salad & Fruit
Dairy & Filled Rolls
Hot & Cold Drinks, Sweets
Newspapers & Tobacco
Fishing Licences
Off-Licence

Post Office open 11.00 to 1.00
Monday to Saturday
PHONE TOP-UP'S ALL DAY
01644 460211



**New Galloway
Golf Club**

Founded 1902

www.nggc.co.uk

01644 420737

Buggies now available for hire

VISITORS AND NEW MEMBERS WELCOME

FHB FENCING

Dalry

**Domestic and
Agricultural
Fencing**

01644 430 495 (Peter)
or 07767 795 498
(Jonathan)

Wild Venison



- Great opportunity to get some tasty venison from the local hills
- Whole roe deer, jointed and packed in separate bags; ready for cooking
- Price: £35 - 60 for whole carcase

- Strahanna Farm
- Water of Ken off the B729
between Moniaive and Carsphairn
- Telephone: 01644 460 660

marr financial services
independent financial advisers & mortgage consultants

**Pensions - Savings - Investments
Retirement & Inheritance Tax Planning
Life Assurance - Protection - Mortgages**

For advice on any of the above,
or to review your existing arrangements,
contact your local adviser:

Brian J. Edgar DipPFS

Area Office: Tannoch, Newton Stewart Road,
New Galloway DG7 3RT

Tel. 01644 420288 or 07808 322421

PLEASE NOTE NEW MAIN OFFICE ADDRESS AND TELEPHONE N°

Central Office,
61 Victoria Street,

Newton Stewart DG8 6NL

Tel 01671 403080 Fax 01671 402549

e-mail - advice@marrfinancial.co.uk

web - www.marrfinancial.co.uk

Marr Financial Services is an Appointed Representative of Sesame Ltd
YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE

www.clogandshoe.co.uk

SHOES BOOTS CLOGS AND SANDALS.
MADE TO MEASURE OR FROM STOCK

Send for a catalogue or visit
THE CLOG AND SHOE WORKSHOP

Balmacellian

Castle Douglas

DG7 3QE

Tel 01644420465

Fax 01644420777

footwear@clogandshoe.co.uk



Opening Times 10am-5pm weekdays

In winter ring before making a special journey

12 miles north of Castle Douglas,

follow the "thistle signs" from the A713
(footwear for special needs only by appointment)