

GLENKENS GAZETTE

incorporating news from Glenkens Community & Arts Trust

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

February / March 2009

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www.glenkensgazette.com

Glenkens Kickback in World Championships

Eleven Kickback Martial Arts Students recently travelled to Argos in Greece with the WUMA (World United Martial Arts federation) British squad to compete in the WUMA World Championships.



Hannah with her trophy

All eleven students performed exceptionally well and all won trophies. Two girls from Dumfries & Galloway were in the team, including local girl Hannah Sainsbury, aged 16, from St John's Town of Dalry and Chloe Boyle, aged 8, from Kelloholm.

Kickback Martial Arts (KMA) is a multi-style martial arts school run by Brian and Nancy Hilton. The Glenkens branch of KMA, Glenkens Black Belt Academy, has been running for about four and a half years and trains at Dalry Community Centre twice a week. "We have a strong team spirit as a club, and enjoy a hard working but rewarding atmosphere," says long-term member Angela Miller, herself a 1st Kyu Brown Belt with the club.

Dalry girl Hannah was runner up to the world champion in her points category, and runner up in the team event too. Young Chloe from Kelloholm returned with two firsts under her belt - at aged 8 Chloe now holds two world titles.

The Instructors of KMA are extremely proud of all their

students but especially the two girls, who did a magnificent job for their clubs and their country in such a prestigious competition.

If you would like to join KMA phone Brian and Nancy on 07798 725 813 or come along to Dalry Community Centre on a Tuesday or Thursday evening at 7.30pm.



Hannah and Chloe with their trophies

Can You Get Broadband?

Last year the Scottish Government initiated the Broadband Reach Project for Scotland to create broadband access for anyone in Scotland who could not yet receive this service. The deadline for applications was last May, but they have recently stated that they are still willing to take late registrants.

If you are unable to get broadband due to your distance from the exchange but were not aware of the Government's project until after the cut off date for registrations (31st May 2008), your name can still be added to the late registrations list.

"You must be out of reach of conventional broadband and unable to get even 512k down over the copper network," says Project Manager Helen Foster. "The latest date for inclusion on the late registrants list will be the end of March. Contracts must be with Avanti (the company completing the broadband installation) by the end of April 2009 and installation completed by the end of May 2009. After that, it is not anticipated that there will be another broadband project of this nature or any more funds available from the Scottish Government."

Please contact Helen Foster by email (helen.foster@scotland.gsi.gov.uk) or by post (Scottish Government, Telecoms Policy Unit, Meridian Court, 2nd Floor, 5 Cadogan Street, Glasgow, G2 6AT) to submit your details. You need to provide your name, full postal address, telephone number and email address (if available).

Regarding the project, it is stated that: "We must stress that at this stage, we cannot make a commitment or promise to deliver broadband to any late registrant as it depends on the funds available, and our priority is for delivery to the eligible people who registered before the cut off date. We will, however, do the best we can to make the available funding go as far as possible."

To find out more about the project visit: www.avanti-communications.com/scotland or www.scotland.gov.uk/Topics/People/BroadbandforScotland/SEBroadbandInitiatives/LatestNewsAnnouncements

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Local Artist: CRESSA MCLAREN



Cressa McLaren, local glass artist, first started working with glass 12 years ago. She says: "My first interest in glass came when I undertook a one year portfolio course in 1996. My final exam piece was a desk combining wood and stained glass panel doors; my adventure with glass had begun!"

"Over the next few years I worked and travelled, and eventually decided to head back to college to study furniture making. I wanted to gain a further understanding of how to combine glass and wood in other forms. Although interesting, the wood working wasn't for me - I now knew my passion was for glass only."

After a one year break, time to have her first child, Cressa undertook a two year course in Architectural and Decorative Glasswork, and found that this was definitely where she wanted to be. "I learned and practised all forms of glassmaking in this time and decided I wanted to make a career out of producing and selling my glass work," says Cressa. "After having my second child I moved out of Glasgow to Laurieston, with its beautiful countryside and great craft network. I knew Dumfries and Galloway would be a good choice to bring up my young family and start my business."

Setting up Cressa's Glass Works in 2006, her work at present is centred around the processes of 'fusing' and 'slumping' glass. "I work with bulls-eye opaque glass due to the vibrant colours available and the unique reaction which can be achieved when fusing the glass together," says Cressa. "My main inspiration for design comes from botanical forms, shapes and patterns created within the natural world. The finest detail of a dried dandelion or the simple repetitive structure of a hemlock flower inspire me to create designs which are intricately pieced together using glass 'stringers'. I also make lead panels or fully fused to commission."



Glenkens Business Association

The GBA continues to keep abreast of developments at regional and local level.

At the meeting on 21st January Tony Fitzpatrick and Helen Friedrichsen from the Dumfries & Galloway Economic Regeneration Unit were present to discuss the new Regional Economic Strategy. The strategy aims to create an innovative and sustainable rural economy through four themes; business infrastructure, growing business, quality of life and developing a competitive workforce.

The GBA will be discussing ways in which the businesses of the Glenkens can link into and benefit from the regional objectives.

Last autumn the GBA Chairman and Vice Chairman were invited to attend a meeting at which Keith Legge, Chief Executive of the Scottish Youth Hostels Association, explained the Association's proposals for Kendoon Hostel.

The number of visitors to the hostel does not justify a full-time seasonal manager or a series of volunteer managers, so this season the hostel will basically be run on a 'Rent a Hostel' basis. As there is the need for some upgrading work, including the replacement of the septic tank, the SYHA is looking for ideas from the local community for the longer term future of the hostel.

It would be a pity to lose the Youth Hostel from the area, so if you have any ideas for managing, marketing or developing Kendoon Youth Hostel please contact us.

**Future meetings:
Tues 17 February
Tues 17 March**

Membership of the GBA provides opportunities for networking, advertising your business and taking part in opportunities to promote businesses in the Glenkens. To join the GBA or renew your membership contact Secretary Alan Rumble on 01644 420250 or email alanrumble@gmail.com

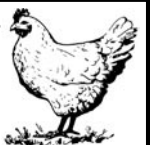
Rosalind Hill, GBA Chairman

Local Initiatives in New Galloway (LING)

Following good support in a local survey and at an open meeting last year, a committee has been set up to apply for grants to carry out a study to investigate the feasibility of community management of the New Galloway Town Hall and the purchase of the village shop and premises which are currently on the market.

Rosalind Hill, Chairman

Barmurrie Farm



Free range hen, duck
& quail eggs, free range
Gloucester Old Spot pork.

Free range oven ready chickens farm
reared on grass from day old chicks.

**SEASONAL FRESH
VEGETABLES**

*Visitors welcome - come and
see where your food comes from!*

01644 420249

The Royal Burgh of New Galloway & Kells Community Council

A very successful Christmas Party was held in New Galloway Town Hall on December 14th to which an open invitation was extended to all Senior Citizens resident in Kells Parish.

Almost fifty people attended and enjoyed an excellent three course Christmas Lunch. Catering was by Liz Brannock and her team from The Kenmure Arms Hotel and Liz had also decorated the hall beautifully to add to the festive atmosphere. Entertainment after the meal was provided by Tommy Edgar, in his own inimitable style, with his accordion and of course his famous poetry book. The event seemed to be thoroughly enjoyed by all, borne out by the many cards and expressions of thanks received by the Community Council afterwards.

A free 'lucky number' raffle is always part of the occasion and the Community Council are very grateful to former member Jim Hopkins who has a collecting tin in his shop all year round, the proceeds of which provide most of the prizes.

At the end of the party, Provost Margaret Sainsbury thanked Liz Brannock and her staff for all their hard work, Tommy Edgar for his very enjoyable entertainment and

everyone else who had helped to make the party such a success. On behalf of the company, Mr Alan Sidaway proposed a vote of thanks to the Community Council.

Various maintenance issues are still ongoing and Community Councillor Vic McIntosh regularly contacts and meets with council officials to bring these to their attention and press for action to be taken. Residents are urged to report any general maintenance concerns such as potholes, broken pavements, fused street lights, blocked or broken drains etc. to Vic or to any other Community Councillor.

Many people have expressed concern about what would seem to be a considerable reduction in the amount of road gritting treatment particularly in the cold period in early December. Many incidents were reported such as school buses being unable to get traction to go up the Kirk Road and the police advising drivers not to use the road to Newton Stewart because it was too dangerous due to ice. A letter was sent to the Roads Dept. in December to express our concerns.

Full minutes of local Community Council meetings are available to view at Dalry Library.

Lions Club

This year the Glenkens Lions Club delivered 115 parcels of Christmas presents to all the single elderly people around the Glenkens.

The Lions Club will be holding a quiz every month from now on, alternating between The CatStrand and the Lochinvar Hotel. For further information, or to enter, please contact Andrew Frew on 420 323.

There is an accordion and fiddle night coming up in February/March which will be held in the Lochinvar Hotel in Dalry. For tickets contact Andrew Frew (above).

Thanks to the Lions Club

"I am one of the old folks (I'm 85) who lives alone and each year this lovely man delivers a parcel of 'goodies'. I have no family and I'm now a widow for many years so before I 'pop my clogs', please, a grateful thanks from me."

Pancake Lunch

Balmaclellan and Kells Guild Pancake Lunch
Tues 24th Feb, 12noon – 2pm
New Galloway Town Hall
in aid of Marie Curie Nurses

Fiddlers' Concert

Fiddlers' Concert by the Gallovidians
Fri 3rd April, 7.30pm
New Galloway Town Hall

Transform Your Life!

NEURO LINGUISTIC PROGRAMMING (NLP)

skills for change in self and others

2 DAY CERTIFIED COURSE IN NLP FOUNDATION SKILLS

(A full introduction to the skills and techniques of NLP)

with Michael Spence, Certified NLP Trainer, Master Practitioner, Language & Behaviour Practitioner

THURSDAY & FRIDAY 19th & 20th MARCH 2009

THE CATSTRAND, NEW GALLOWAY, 9.30am – 5pm

£98 (includes full documentation and ongoing support)

Neuro Linguistic Programming is the art and science of personal excellence and is a highly effective 'technology' for accelerating personal and professional development. You will discover enjoyable ways of changing yourself, and learn powerful skills for developing your personal and professional effectiveness.

NLP can help you to set your goals in ways that make them easier to achieve, have your emotional resources fully available in challenging situations, change limiting beliefs to more empowering ones, develop the art of asking key questions, continually improve your performance, use body language to establish and maintain good working relationships, read the minimal cues that let you know how others are thinking and develop your communication skills.

Through the course the basic skills of NLP are introduced and applied in the context of your life. The approach is intensive, interactive and fun. This programme is the first module of the Certified Modular Practitioner Programme should anyone wish to go further.

Michael Spence is a long established trainer and coach. He works from the heart with integrity, skill and wisdom together with an insatiable passion for helping people to be their best.

To book or for further information contact Michael on 07710 332841

Michael Spence NLP is a member of the Association of ANLP and the Professional Guild of NLP
Michael Spence NLP Ltd Registered in Scotland 296600

GLENKENS SCHOOLS REPORT



Carsphairn Calendars

The children at Carsphairn Primary have been busy throughout November and December making final preparations with the calendar for their annual enterprise. The theme of the calendar this year was 'Flowers around Carsphairn'.

Photographs were taken throughout the year and the children painted a picture for each month. Each month, the calendar provides information about the history of various landmarks around the village and the children added a short poem about their paintings.

Production was frantic in early December as the children split into groups for production, quality control and orders/sales. 127 calendars have now been sold with orders still arriving each day! "I really enjoyed binding the calendars and seeing the orders coming in each day," said Kieron in P7. "It was fun putting the calendars together and working as a team!" said Lucy in P6. Thank you to everyone who bought our calendars!



Amber in BBC Competition



In February, Amber Brett is going to represent Carsphairn Primary in Stirling at the regional competition 'Off By Heart' run by the BBC.

This is a national competition with children from all over the country learning poetry and competing for a place in the National Final. Amber is learning the poem 'The Pig' by Roald Dahl.

Good Luck to Amber!

Festive Fun at Dalry School

Dalry Primary pupils had a busy time leading up to Christmas. They entertained the Good Neighbours' Club, held a Coffee Morning, performed in the Christmas Concert and on the last day, enjoyed their Christmas Party. The photos show Primary 1 to 5 and Primary 6 and 7 performing at the Christmas Concert.



Bag Packing at Tesco

Thank you to all in P6/7 and the Secondary at Dalry School who so generously donated their time to pack bags at Tesco's in Castle Douglas on 14th December 2008. We raised £587.00. Well done!!



Kells Primary News

The children performed a wonderful Christmas Nativity play. They also had the PTA Xmas fayre in December which raised over £1200.



Pupil Elma Jones was the district winner of the Russell Brown Christmas Card Competition, winning £5.

Interviewing for the post of Depute Head for Kells Primary was on the 21st of January so a new head should be appointed soon.

The annual Kells School Burns Supper will be held on Tuesday 3rd February at 7pm at Kells School.

CLUB CORNER

The Glenkens '73 Club

A very successful Christmas Show was held in The CatStrand on December 12th & 13th.

The evening opened with the adult section of the club performing the popular Alan Ayckbourn comedy, 'A Cut in the Rates'. A council official Monica Pickhart (played by Marie Davie) arrives at a seemingly ordinary terraced house to review the rateable value of the property and to enquire as to why the rates had not been paid for several years. The occupants of the house, Thomas Ratchett (played by Andrew Metcalf) and his wife Rosalinda (Kathy Polkinghorne), are well versed at carrying out their elaborate scam to convince anyone who arrives looking for a bill to be paid that they are in fact ghosts, and the house has been unoccupied since they died in a terrible accident several years ago.

After an extended interval when the audience were able to enjoy a glass of mulled wine and some mince pies, the debut performance of the new youth team took to the stage. The play presented was 'Is It Time Yet, Dad?' by Wayne Denfhy. This is a modern style play with no set and no props; all scenes are created by the actors playing different characters and by lighting and sound effects.

The club have now moved on to their 2009 festival productions. The adults are hoping to follow up last year's success in reaching the Western Finals with 'Murphy's Law' with a play also by Harry Glass, 'Chips with Vinegar'. The play is a gentle comedy but in true Harry Glass style it has some sad moments too. It follows the trials and tribulations of a working class Glasgow family in the lead up to the Second World War.

The youth team are presenting 'We'll Be Home Tomorrow' by Wayne Denfhy. This is another comedy play in the same style as the Christmas production but is themed around the summer holidays. The cast will include all those who took part in the Christmas show together with a few new recruits.

The One Act Play Festival will be held in Lochside Theatre, Castle Douglas, from 25th - 28th February to decide the winners from the Stewartry. The qualifiers will then proceed to the West of Scotland Finals which will be held at the end of March in Castle Douglas for the adults and in April in Stranraer for the youths.

The plays will be presented at The CatStrand on Friday 6th March.

FIRE CADETS

The Fire Cadets in New Galloway will be commencing their training in early January after a short Christmas break.

The Cadets will be covering 'Breathing Apparatus: Its Use and Construction' within this next phase. They will undertake several weeks of training and a practical session in the Realistic Fire Training Unit (RFTU) at the Fire Service Training Department in Dumfries, followed by a trip to the Fire and Rescue Headquarters at Dumfries.

The Fire Cadets have several vacancies at present - if you are 12-16yrs old and free on a Wed evening from 6.45-8.15pm and would like to know more about the Fire Cadets in New Galloway, contact Iain Campbell at Service HQ on 01387 252222.

LOCAL HISTORY

NEW GALLOWAY - *Our Historic Burgh*

by Helen Bolton - PART XXXIX

Post War New Galloway and the First Gala Day

By the late 1940's most wartime restrictions were a thing of the past, although rationing was to continue for a few more years. Life in New Galloway was peaceful in the extreme, with the Burgh court being surely one of the quietest in Scotland. The average was two court cases in a year, but in 1947 not one case had to be dealt with! A very good record.

In November 1947 Provost John Paterson had a very pleasant surprise. Up until that time he had no chain of office, but when Mr and Mrs CW Forbes of 'Earlstoun', Dalry celebrated their Golden Wedding they marked the occasion by presenting a chain of office to New Galloway Burgh.

In 1949 a few public spirited citizens of the burgh got their heads together and decided to start a new venture in the way of entertainment for the local people. A committee was duly formed and the foundations were laid for the New Galloway Gala Day, the aim being to hold what was hoped would become an annual event, and to establish a fund devoted to the improvement of public amenities.

The committee consisted of chairman Mr S Douglas of the 'Kenmure Arms', Vice Chairman Mr Andrew Robb of 'Mains of Kenmure', and the Secretary was Mrs Agnes Milligan. Sub-committees were elected for Childrens' Sports, Foot Events, Mounted Sports and Fancy Dress Events.

To set the ball rolling a Gala Dance was held on July 9th in the Town Hall, music being provided by the Starry Nights Band, and admission was 2/- (10p). A Whist Drive and Dance was held on

Friday 22nd July, and the Gala itself was on Thursday 28th July at the 'Mains of Kenmure' by kind permission of Mr Andrew Robb.

The childrens' sports started at 2.00pm and the events were judged by Mr D Wardlaw of the 'Schoolhouse'. Among the winners were J Pringle, D Marshall, J McQueen, I Milligan, J McNaught, E MacDonald, and Y Wardlaw. The Fancy Dress Parade followed, assembling at the Sports Field for judging by Mrs Hyslop of 'The Cottage' and Mrs Simmons of 'Meadowbank'. Carol MacDonald was the best dressed girl, and Hamish Yeoman was best dressed boy. The best couple were Alice and Gordon MacDonald. The most comical adults were Mrs R McGill and Miss A McCubbin, and Alistair MacDonald was the most comical boy. Once the judging was over the procession paraded through the High Street to the Golf Club, then back to the Town Hall where they dispersed.

Later the Mounted and Foot Sports took place at the Sports Field. There were races for both married and single ladies, three legged races, and Five a Side Football, this being won by the 'Mossdale Station Cocks!'. Mounted events included a Farm Horse Gallop won by T Robb, and Pony Jumping won by Miss L McWilliam (now known to us all today as Mrs Lillas Thomson) on her pony Barney.

The decorated vehicle prize went to 'Bonnie Galloway', and the best dressed bicycle was won by J McQueen. The first New Galloway Gala Day was a tremendous success, and it was to become, as the committee hoped, an annual event for many years to come.

Love Tokens

You may be familiar with the rhyme: "There was a crooked man and he walked a crooked mile. He found a crooked sixpence against a crooked stile. He bought a crooked cat, which caught a crooked mouse. And they all lived together in a crooked house."

But, did you know that there really were such items as crooked sixpences? The bent sixpence was made to be kept as a good luck charm along with many other items which were thought of as bearers of good luck. An old English superstition explained that a bent coin should always be kept in a pocket or purse and it would ensure that its owner would always have a pocket full of money.

The crooked sixpence also served another purpose - in medieval times, until late in the 17th century, it was the custom for a gentleman to bend a coin and give it to his beloved as a token of his love and a sign of his intention to marry her. The coin was not to be spent, but instead, to be carried always by the woman as a demonstration of her fidelity, a constant reminder to her each time she opened her purse.

The difference between the good luck symbols and those given as love tokens was that those used as good luck charms to bring monetary fortune were usually bent through the centre, while those made as love tokens were usually bowed or even cup-shaped.

In the 18th and 19th centuries coins continued to be used as love tokens. They were handmade by suitors who gave them to their sweethearts. These love tokens were always flat. Poorer working class young men made their tokens from copper coins. The wealthy young man could use a silver or even a gold coin. Love tokens varied in size from the cartwheel penny of George III, to the smaller farthings. They were made simply and sometimes highly decorated. The coin would be rubbed down on both sides, until the monarch's head and other details of design were removed. The young man then engraved or stamped his own

design and message onto the blank disc he had created.

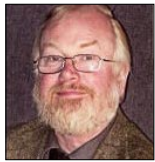
Considering the fact that most of the men who created these love tokens were unskilled and most-often illiterate, some of the results are quite remarkable. Decorations ran the gamut from finely-decorated to very crude. The symbols that were included used romance and love as their theme, so there were many hearts, Cupid's bow and arrow, hearts and arrows, flowers, doves, lovers' knots were often included, as were the initials of the young man or his sweetheart's.

Victorian times brought with them a whole new crop of love tokens. Because the waistcoat was a fashionable part of gentlemen's clothing and a watch was worn in the waistcoat pocket, one would often find coins hanging on a watch chain. The coins were usually farthings, silver three-penny pieces, and sometimes even sovereigns. The coins of lesser value were the ones which had one side filed down and the name of a beloved engraved upon it.

At The CatStrand during February you will find some examples of love tokens found in the Glenkens by local minister and metal detectorist David Bartholomew. There are four examples of crooked sixpences - one is a William III sixpence of 1699, two are too worn to make out any details, and on one you can just make out the bust of William III. There is also a crooked George II farthing of 1746 found at Dalry (perhaps a local lad trying to get his girl on the cheap!) as well as five examples of halfpennies of George II and III which have been worn smooth and inscribed. Most or all are probably love tokens. One token, found on the Holm of Dalry, is inscribed 'JONATHAN ROBINSON', and has also been bent in a crooked fashion. Another from the Holm of Dalry is inscribed 'LYN'. Two from Carsphairn are inscribed 'BARCLAY' and 'PF LUNKE', or something similar. A final one from Dalry has 'BT' on one side and some more obscure letters or symbols on the other. No more highly decorated love tokens have so far been found.

David Bartholomew

The CatStrand: News & Events



Galloway Gatherings: A Series of Lectures on the Heritage of Galloway

Every Wednesday from 4–25 Feb, 2pm–4pm, £8 per lecture or £30 for all 4 lectures, *part of the Homecoming programme of events.*



4 February: Stuart McCulloch BSc (Hons), MEd 'The Balliol Lords of Galloway'. In association with The University of Glasgow, Dumfries Campus.

11 Feb: Professor Ted Cowan – 'New Galloway's Most Famous Son: Robert Heron'

18 Feb: Mike Duguid MA (Hons) - 'The Boys of Borgue: William Nicholson and John MacTaggart'

25 Feb: Dr David Steel – 'The Artists of Galloway'

Valentine's Tea Dance

Fri 13 Feb, 3–5pm

With music from the Saxachord Dance Band and delicious delicacies from Catherine Braid of the Green Tea House. Enjoy an afternoon of pleasant music and dancing.



CatStrand Young Musicians: Alex McQuiston, accompanied by Maxine Windsor

Sat 14 Feb, 7.30pm, £8 / £6

A Valentine's evening of romantic music with Alex McQuiston on Cello accompanied by Maxine Windsor on piano. Alex over the years has performed locally and nationally, and

Maxine Windsor has played in many solo and chamber concerts in Africa and South America as well as the UK; she now teaches piano in Dumfries.

Rapture Theatre Company: Last of the Red Hot Lovers by Neil Simon

Fri 20 Feb, 7.30pm, £8 / £6

Rapture Theatre Company returns with Neil Simon's classic sixties comedy about sex, love and seafood. Think of the great red-hot lovers Byron, Casanova...Barney Cashman?! Barney, the owner of a fish restaurant, tries to make a 'catch' by attempting to woo, seduce and bed a trio of lovelies with results both comical and touching.



The Blank Album, Gilmore Productions

Sat 21 Feb, 7.30pm, £5 (£3 under 18s)

Live music, comedy and dance that literally rocks - The Blank Album! is a unique combination of rock music, pop imagery and complex choreography directed by

Natasha Gilmore, 'The Catherine Tate of contemporary dance' and composer Quee McArthur of ShooGlenifty, with a five strong cast of multi-talented dance artists/musicians. "Brilliant." THE TIMES

Catstrand Cinema Club: Man on a Wire

Wed 25 Feb, 7.30pm, £4.50 (£3.50 CCC members & concessions)

On August 7, 1974, a 24-year-old French high-wire artist named Philippe Petit committed one of the most astonishing performance stunts of the late 20th century: he strung a thin cable between the two towers of the World Trade Center and not only walked across, from one building to another, but did a nerve-wracking series of knee-bends and acrobatic movements on the cable, some 1,350 feet above the ground.



Glenkens '73 club presents....

Fri 6 March, 7.30pm, £5/£3

The first is a play by Harry Glass, 'Chips with Vinegar'; a gentle comedy but in true Harry Glass style it has some sad moments too, following the trials and tribulations of a working class Glasgow family in the lead up to the Second World War. The youth team are presenting 'We'll Be Home Tomorrow' by Wayne Denfhy. This is another comedy play themed around the summer holidays.

Jerry Sadowitz

Tues 10 March, 7.30pm, £12

In this rare chance to see the great man live, Jerry Sadowitz will amaze you with the most outrageous stand-up routines on the face of the planet and jaw-dropping displays of world class card magic. You won't believe what you see (and very often what you hear!) Please note: not for the easily offended - strictly adults only.



Dick Gaughan

Thurs 12 March, 8pm, £10/£8

Dick Gaughan has been at the cutting edge of Scottish music for over 3 decades. Guitarist, singer, songwriter, actor, musical director, composer, arranger, producer, engineer, he's been there, done it. Dick Gaughan's work has consistently been innovative and challenging.



Traditional Music Weekend with the Royal Scottish Academy of Music and Drama

Fri 20 to Sun 22 March

A fun-filled and action-packed music weekend for improving beginner, intermediate and advanced levels (children and adults) in fiddle, accordion and guitar. Come and join workshops, sessions and concerts being led by top tutors from RSAMD Musicworks and enjoy many hours of music-making in a relaxed, fun and informal setting. Weekend ticket price £50/£40 (includes entry to all workshops, concerts and sessions). Bursaries are available, and will be assessed on an individual basis. For more information or to book a place please contact the RSAMD directly on 0141 270 8316.

The Boy In The Striped Pyjamas

Wed 25 March, 7.30pm, £4.50 (£3.50 CCC members & concessions)

When his father is promoted to Nazi Kommandant, eight-year old Bruno and his family move from Berlin to the relative isolation of rural Poland. There, in Auschwitz, Bruno becomes fascinated by the distant figures he sees in 'striped pyjamas' behind a tall fence in a restricted area. Bruno develops a bond with Shmuel, a Jewish boy his own age. Their friendship leads to the nightmarish revelation of the world beyond the wire fence.



Regular events:



Storytelling Café, Thurs 5 Feb & Thurs 5 March, 7.30pm.

This is a regular event on the first Thursday of every month. Cakes and coffee will be available and audience participation will be encouraged! Eat, drink and let your imagination run away with you! No booking necessary, donations on the door.

Youth Drama Group, every Sunday, 2pm

The Glenkens 73 Club Youth Drama Group will meet on a regular basis on Sunday afternoons. Additional rehearsal times will be added for those working on productions. If you are interested in acting, directing, costumes, sound, lighting, stage management or any other aspect of drama or theatre, then come along and have some fun. All welcome (Age 10-18).

Play it by Ear, every Monday, 1.30–2.30pm, £2 per adult/child + 50p for each additional child

A weekly song, music and storytelling session for pre-school children and their parents or carers which now takes place every Monday afternoon. Juice and biscuits included in the price.



Children's Dance Classes with Margaret Morris Movement, every Monday, 4–5pm, £3

A series of classes designed to develop creativity and wellbeing. Dance exercises are created to develop agility, balance, co-ordination, elevation, flexibility and posture. Explore your creative dance and improvisation skills and develop an understanding of rhythm. This season the group will explore the themes of shape, form, line, pattern, sounds and colour. With dance teacher Sara Lockwood. Please wear loose clothing. (Age 8–12 years)

Glenkens Young Arts, Sat 14 Feb, 10am – 12noon, £4

These two-hour workshops are run by professional artists and teachers, and offer expert tuition and hands-on experience across a range of fun filled visual arts and crafts activities. The classes take place on the second Saturday of every month. Advance booking is recommended and do wear old clothes as things can get messy. (ages 5–12)



The CatStrand: News & Events

COMMUNITY EVENTS/CLASSES

Circuit Training: Every Monday, 7.30 - 8.30pm, £24/£18 per six week block. An effective and fun workout for the whole body, combining exercises to tone and strengthen your muscles and raise your heart rate helping to improve your level of fitness and health.

Teen Spirit: Every Tuesday 7.30 - 9.30pm. A weekly club for young people to hang out, chill, listen to music, eat munchies, play console games on a big screen, watch films and plan trips and activities. If you are interested in coming along just turn up and see what happens.

Gentle Yoga & Relaxation: Thursdays 10-11.15am, £4.50 per class or £20 per 5 week block. Release the free flow of energy in body and mind using gentle practices to mobilise joints, easing stiffness and muscular tension, meditative standing sequences, simple breathing practices and led relaxations. Sessions taken by Lesley Vine (British School of Yoga).

Taking the First Step in Computing: Wednesday evenings, 5.30pm - 7.30pm. An informal introduction to computing. Courses are run by tutors from the IT Centre in Castle Douglas in six week blocks throughout the year. ILA grants of £100 or £200 may be available - please contact the CatStrand Community Project Worker on 01644 420374 for further details. Please call for further details and course dates. Ages 18+

Taking the Next Step in Computing: Monday evenings, 5.30 - 7.30pm. Computer Literacy and Information Technology Level 1. If you have the basics in computing and wish to progress further, this course is for you. ILA grants may be available - please contact the CatStrand Community Project Worker on 01644 420374 for further details. Courses run in six week blocks throughout the year. For people aged 18+.

Afternoon Tea Club: Come along and enjoy a movie and cream tea. Screenings will be at 2pm on the second Friday of the month. Annual membership is £2. Cream teas at a cost of £2.50. Minibus pick up from Balmacellan and Dalry by prior arrangement - to book call 01644 420374.

Scottish Place-Name Society Visits New Galloway

The Society, established thirteen years ago with its founding conference in St. Andrews, has held two conferences a year all round Scotland since then.

On Saturday May 9th the Society is coming to The CatStrand for its conference. The conference will be introduced by Glenkens-based Professor Ted Cowan who will discuss the Unity of The Glenkens, followed amongst others by Professor John MacQueen on 'Wigtownshire and Carrick Place-names: A Comparison' and another local expert, Michael Ansell, with 'Place and Folk Names in the Poem Oran Bagraidh'.

After lunch/AGM, Dr Alan James will discuss '-ingham' names (eg. Penninghame, Edingham) and Paul Tempan will round off proceedings by comparing 'sliabh-' names in Galloway with those in Ireland and the Isle of Man.

Local people are very welcome. The cost for the conference, which starts at 10.30am and ends at 4pm, is £17 (£10 for full-time students), which includes a buffet lunch and welcome teas/coffees. Please make cheques payable to SPNS, and send them to SPNS (Conf), c/o Pete Drummond, 8 Academy Place, Coatbridge ML5 3AX by April 30th. For late bookings (after 1st May) contact peter.drummond@btinternet.com or call 07769680293. For further info visit www.spns.org.uk



YOUTH UPDATE

Teenspirit

The youth night is going really well, with up to 20 who regularly attend.

It is a relaxed environment, where young people can just meet up with friends and chat. On a typical night, we watch films, play on the playstation and on-line games, with trips to DG1 leisure centre and 5-a-side pitches.

We are also making connections with other local youth organisations and sharing the facilities The CatStrand has to offer. In January we had a visit from Gatehouse YMCA Youth Club and watched a film to link in with the project 'How Global Are We'.

We recently had a relaxed evening of Indian head massage and henna handpainting with local community artist and alternative therapist Debra Hall, which was fantastic and a really lovely treat.

If any one else has any skills or activities (pottery, jewellery making, digital photography, etc) that they would like to share, please get in touch as we would like to run more of these sessions.

Teen Spirit is on every Tuesday from 7.30 - 9.30pm and is for young people over 11 years of age.

Welfare Rights Benefit Surgeries

Are you getting what you are entitled to? Unsure which benefits you should be receiving? If so, we may be able to help - come along to The CatStrand and get advice from the Benefit Maximisation Team who will be having a series of surgeries there.

Please phone The CatStrand on 01644 420374 to book your individual appointment (each session lasts 50-60mins).

Surgeries will be held on: Wednesday 1st April
Some earlier examples:

A pensioner couple whose husband had just been diagnosed with a serious illness; with the Team's help they received an increased weekly benefit of £173.30, made up from Attendance Allowance (£44.85) and Pension Credit (£128.45), with a backdated sum of £2,659.

A 20 year old lone parent who requested a benefit check; by speaking to advisors, Disability Living Allowance was claimed, and as a result there was an increase to income support which amounted to an additional weekly income of £157.80, with backdated payments of £1,894.

For further info & to buy tickets visit
www.catstrand.com
or call 01644 420 374

THE BUS : GLENKENS TRANSPORT INITIATIVE (GTI)

PHOTOGRAPHIC COMPETITION: Nearly 100 entries were received for the inaugural GTI photographic competition, and the display in The Catstrand caused not only a great deal of interest but also reminded people of the many places The Bus had been to in recent times.

The exhibition was divided into a number of different categories and the overall winner was a photograph taken by George Colbenson at Malleny Garden, Mussleburgh. It was agreed George was a fitting winner of the main prize as, being a non-driver, he uses the bus regularly both for his shopping and supporting many of the trips.

The judging was conducted by Phil McMenemy from The Gallery in Laurieston. He congratulated all who had submitted entries, commenting that the humour on display, and the human characters, really appealed to him. It is hoped that this will become an annual event - so start snapping away now for the 2009 competition!

TRIPS: We always have a slight break from trips during January and February but we are already planning days out for the coming months. We always welcome your ideas, so if you have any suggestions please get in touch with Keith Cooper on 01644 420 374 as soon as possible.

REGISTERED ROUTE: The Wednesday evening bus will now go via the bottom bus stop in New Galloway, to help anyone living near that car park catch the bus.

It has also been brought to our attention that there has been a slight change of time of buses into Castle Douglas from Dumfries, making the connection at 8.45pm very difficult. If you are hoping to make this connection, please let us know and we will make sure the driver waits at Tesco for you (as long as it's only a few minutes!).



WEDNESDAY BUS SERVICE (REGD. ROUTE):

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

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

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 MEDICAL PRACTICE

General Medical & Dispensing Services

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High Street *Kirkland Street*
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FIRE SAFETY

New Galloway Fire Station is still undertaking Free Home Fire Safety Checks.

You might think that fire is something that can't happen to you, but in reality every hour of every day someone in Scotland has their home damaged by fire.

Dumfries & Galloway Fire and Rescue is keen to raise awareness of the potential risks, and urge householders to take the necessary steps to protect themselves, their family and their property throughout the year.

*Help us to help you... request a Home Fire Safety Check
call Service HQ on 01387 252222*

Chimney Fires: Soot and un-burnt particles of fuel build up in chimneys over time. Eventually, they will catch fire. Call 999 straight away if you have a chimney fire!

Why are Chimney Fires Dangerous? The chimney could send an avalanche of burning soot into your living room. If there are any cracks or defects in the lining of your chimney, it could start fires on the floor of the house. Unless you've had one, you won't believe the mess a chimney fire causes - even if it doesn't burn the house down.

Signs of a chimney fire:

- Burning particles falling out of the chimney
- A roaring sound in the chimney
- Chimney breast too hot to touch
- Hot walls in upstairs rooms
- Sparks or flames coming out of the top of the chimney

WHAT TO DO: if it's safe to do so, douse the fire with water. Try to cut off the air supply at the bottom - close all vents, block the fireplace with metal plate if you have one - put the guard up, get everyone out and call 999!

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The Cross Keys Hotel - New Galloway Dates for the Diary

Cross Keys Quiz Nights:
held every other Wednesday - the next
quiz night will be Wed 11th February.

Regular pool tournaments & domino
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Wed, Thurs, Fri, Sat -
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Phone for other opening times or to
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Telephone: 01644 420494
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You can also contact your MSP via e-mail at
alex.fergusson.msp@scottish.parliament.uk

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Health is True Wealth

You could be suffering from a condition that may be improved by a nutritional consultation. Often a change in diet works well alongside your doctor's health advice.

We may not realise that certain foods may, in fact, be creating some of our health problems. Lorna Willock has been working with patients for over 10 years now and has seen some great health improvements due to changing their diets.

"You have transformed my life - ill for 42 years, better in three days - thank you!"
says Hilary Hawkins, Gatehouse of Fleet

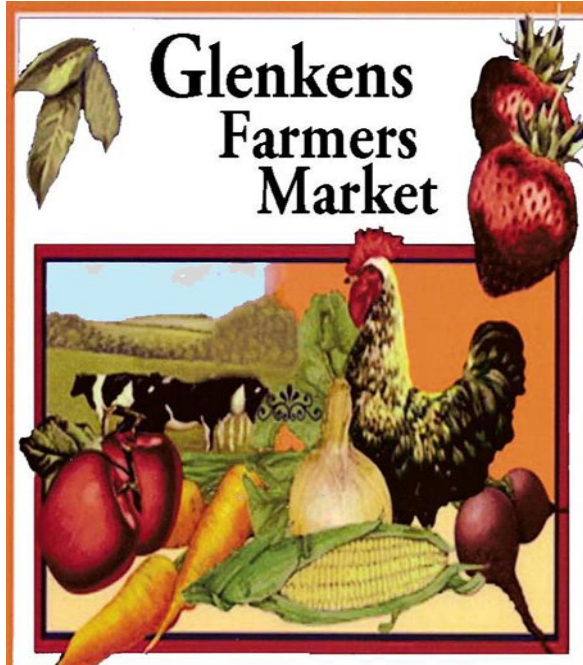
Some of the problems Lorna has seen responding well to dietary changes include:

- Digestive problems including bloating, cramps, acid reflux, constipation, diarrhoea etc.
- Arthritis
- Skin conditions such as eczema, urticaria and rashes
- Tiredness and anxiety
- Weight Issues
- Hormonal and menopausal problems
- Men's health problems
- Childrens' health issues e.g. hyperactivity, frequent coughs and colds



Everyone can benefit from improved changes to their diet – we often get stuck in a rut producing the same foods week after week.

If you feel that a nutritional consultation could help you please contact Lorna on 01644 470218 or email lorna@foods4life.co.uk and she can discuss your problems with you.



2nd Saturday Monthly

February 14th 2009

March 14th 2009

10am – 1pm

See the website for booking details;

www.st-johns-town-of-dalry-town-hall.co.uk

Entrance Fee 50p – Proceeds towards Dalry Town Hall Refurbishment Fund
North of Castle Douglas A713 Ayr Road

Health Tips: A Few Reasons for Weight Gain

by Nutritionist and Dietician Lorna Willock

With obesity levels increasing at an alarming rate and diabetes rates following along, we possibly need an even better understanding of how this is happening within modern day diets and lifestyles. Here are a few of the many reasons for weight gain:

- ✚ Eating very glycaemic foods i.e. eating carbohydrates that raise blood sugar levels very quickly (surprisingly, a baked potato has a high glycaemic index of 85, compared to lentils at 29).
- ✚ Eating poor quality foods containing lots of sugar, saturated fat and chemicals e.g. flavour enhancers.
- ✚ Lack of activity – could be due to poor weather, lack of time in daylight, television and computers, etc.
- ✚ Lowered metabolism – the result of being on a lot of diets and/or lack of the nutrients needed to increase metabolism.
- ✚ Eating biscuits and cakes as well as, and instead of, nutritious meals.
- ✚ The laying down of fat to store toxins from food chemicals.
- ✚ Being addicted to chocolate and sweeties.
- ✚ Lack of self control – in a 'sea of plenty' it can be hard to stay on track. Food manufacturers are preying on the fact that the 'feel good' component of their foods make us overeat.

For further information visit www.foods4life.co.uk or email lorna@foods4life.co.uk

Glenkens Gazette : Advertising Rates 2008

Advert	Format	Size	Price per issue	Discount for Block of 3 ads
Basic Small	Colour	6cm x 6cm	£31.50	10%
Quarter page	Colour	9cm x 13cm	£68.25	25%
Half page	Colour	13cm x 18cm	£126.00	25%
Full page	Colour	18cm x 27cm	£210.00	25%

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



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TIMES OF WORSHIP IN THE GLENKENS**CHURCH OF SCOTLAND****Sundays**

Balmacellian 12noon 1st
 Carsphairn 10.30 am 1st 2nd 3rd 4th 5th
 Dalry 12noon 1st 2nd 3rd 4th
 Kells 10.30 am 2nd 3rd 4th

Special Services and Events

27th Feb, 7pm: Beetle Drive, Dalry Town Hall.

6th March, 7pm: World Day of Prayer Service, Kells Church

29th March, 10.30am: United Service with Choir in Carsphairn Church

Communion Services:

22nd Feb, 10.30am, Kells Church

15th March, 10.15am, Carsphairn Church

15th March, 12 noon, Dalry Church

SCOTTISH EPISCOPAL CHURCH (C of E)

St Margaret's, New Galloway: Holy Communion - 10.30am every Sun & Wed

CATHOLIC CHURCH SERVICES

St Ninian's Episcopal Church, Castle Douglas: Mass - Sat 6.15pm & Wed 7pm

GLENKENS DIARY FOR ALL EVENTS**FEBRUARY:**

Tues 3, Kells Burns Supper, 7pm, Kells School
Wed 4, Stuart McCulloch - 'The Balliol Lords of Galloway', 2-4pm, £8, The CatStrand, New Galloway
Thurs 5, Storytelling Café: Stripey Dog's Tales, 7.30pm, The CatStrand, New Galloway
Wed 11, Ted Cowan - 'New Galloway's Most Famous Son: Robert Heron', 2-4pm, £8, The CatStrand, New Galloway
Fri 13, Valentine's Tea Dance, 3-5pm, The CatStrand, New Galloway
Sat 14, Corsock Village Market, 9.30-1.30, Corsock Village Hall
Sat 14, Glenkens Young Arts, 10am-12noon, £4, The CatStrand, New Galloway
Sat 14, Glenkens Farmers Market, 10am-1pm, Dalry Town Hall
Sat 14, CatStrand Young Musicians, 7.30pm, £8/£6, The CatStrand, New Galloway
Tues 17, GBA Meeting, see p2 for further details
Wed 18, Galloway Gatherings: Mike Duguid - 'The Boys of Borge: William Nicholson and John MacTaggart', 2-4pm, £8, The CatStrand, New Galloway
Fri 20, Rapture Theatre Company: Last of the Red Hot Lovers, 7.30pm, £8/£6, The CatStrand, New Galloway
Sat 21, The Blank Album, 7.30pm, £5 (£3 under 18s), The CatStrand, New Galloway.
Wed 25, Galloway Gatherings: David Steel - 'The Artists of Galloway', 2-4pm, £8, The CatStrand, New Galloway
Tues 25, Balmacellian & Kells Guild Pancake Lunch, 12noon-2pm, New Galloway Town Hall
Wed 25, CCC: Man on Wire, 7.30pm, £4.50/£3.50, The CatStrand, New Galloway

MARCH:

Thurs 5, Storytelling Café: There Be Dragons, 7.30pm, The CatStrand, New Galloway
Fri 6, Glenkens '73 Club Performances, 7.30pm, £5/£3, The CatStrand, New Galloway
Tues 10, Jerry Sadowitz, 7.30pm, £12, The CatStrand, New Galloway
Thurs 12, Dick Gaughan, 8pm, £10/£8, The CatStrand, New Galloway
Tues 17, GBA Meeting, see p2 for further details
Thurs 19 & Fri 20, NLP Course, 9.30am-5pm, The CatStrand, New Galloway, see p3 for further details
Fri 20 & Sun 22, Traditional Music Weekend, The CatStrand, New Galloway
Wed 25, CCC, The Boy In The Striped Pyjamas, 7.30pm, £4.50/£3.50, The CatStrand, New Galloway

REGULAR EVENTS:

Scouts: Mon, 7-8.30pm, New Galloway Scout Hut
 Mother & Toddlers Group: Tues 9.45-11.15am, New Galloway Town Hall, £2 per session
 Beavers: Tues, 6.30-7.45pm, New Galloway Scout Hut

Cub Scouts: Wed, 6.45-8pm, New Galloway Scout Hut
 Cross Keys Quiz Night: every other Wed (next will be 1 Oct), The Cross Keys, New Galloway
 Cross Keys Pool Tournament: every other Friday (next will be 10 Oct), The Cross Keys, New Galloway
 Glenkens Farmers Market: 2nd Sat each month, 10am-1pm, Dalry Town Hall
 Corsock Village Market, 2nd Sat each month, 9.30am-1.30pm, Corsock Village Hall
 Cross Keys Quiz Night: every other Wed (next will be 1 Oct), The Cross Keys, New Galloway
 Cross Keys Pool Tournament: every other Friday (next will be 10 Oct), The Cross Keys, New Galloway
 Lions Club monthly quiz, alternating between The CatStrand and the Lochinvar Hotel. For further information contact Andrew Frew on 420 323.

The CatStrand, New Galloway (see p7)

Exercise to Music: Mon, 10-11am, £4/£3
 Play it by Ear: Mon during term time, 1.30-2.30pm, £2 per adult/child
 Children's Dance Classes with Margaret Morris Movement: Every Mon during term time, 4-5pm, £3 (age 8-12)
 Circuit Training: Mon from 27 Oct, 7.30-8.30pm, £24/£18 per six week block
 Teen Spirit: Tues, 7.30-9.30pm
 Gentle Yoga & Relaxation: Thurs 10-11.15am, £4/£3
 Taking the Next Step in Computing: Tues evenings, 5.30-7.30pm
 Taking the First Step in Computing: Wed evenings, 5.30-7.30pm
 Youth Drama Group; every Sunday 2pm, age 10-18
 CatStrand Playstation Tournaments: contact The CatStrand for info.
Dalry Community Centre (for more info or to book contact Sarah McAdam on 01644 430 393)
 Glenkens Playgroup: Mon-Fri, 9.15-11.45am
 Paint & Art: Mon 1.30-4.30pm
 Ballroom & Latin Dance: Mon - Beginners 7.30-8.15pm, Improvers 8.15-9pm, Improvers 9-9.45pm
 Good Neighbours Club: Tues 2pm
 Kickback Martial Arts: Tues & Thurs 7-9pm, £5, adults welcome
 Glenkens Mother & Toddlers: Wed 1.30-3pm
 Craft Class: Thurs 2-4pm
 Aerobic Classes - toning & conditioning: Wed 7.30-8.30pm, £2.50
 Preschool Dance: Thurs 3.30-4pm
 Under 8s Ballroom, Latin & Modern Dance: Thurs 4-4.45pm
 9yrs+ Ballroom, Latin & Modern Dance: Thurs 4.45-5.30pm
 Drama Club: for info call Cathy Polkinghorn on 01644 430 393

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Submit events, activities, news stories, cartoons, reviews, tips and techniques, fiction, photos, ads or ideas...

Any contributions to the Gazette are always welcome by anyone and everyone, and all submissions will be considered for publication.

For more information contact Sarah on 07727 127 997 or glenkensgazette@hotmail.co.uk

NEXT GAZETTE DEADLINE:
for Issue 51 (April/May): Fri 6 March