

GLENKENS GAZETTE

incorporating news from Glenkens Community & Arts Trust

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

October/November 2009

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www.glenkensgazette.com

150th Anniversary Celebration

On 2nd September 1859, a dinner was held in Dalry Town Hall to celebrate its completion. This year, being the 150th anniversary of the opening of the hall, Dalry Heritage Group decided there should be some commemoration events.

A dinner was an obvious choice, and was naturally held on 2nd September. There were 42 people at the original one, but this time 62 people attended, and in spite of a problem with the power, those attending enjoyed an excellent meal, prepared and cooked by Sheena Cartner with a little help from the Clachan Inn, to whom grateful thanks are due.

Dalry's oldest residents, Isobel Wood and William Semple, cut a special memorial cake and toasts were proposed to the Queen by Lord Sinclair, to all War Veterans by Councillor George Prentice, to the Town Hall by Maggi Kaye, and to the Heritage Group by Dr David Devereux. Afterward guests were entertained by Nat Little, Tommy Edgar and George McKinnell with songs and music.

On the Thursday evening we had the pleasure of listening to Alastair McDonald sing and play banjo, and on Friday, Paul Goodwin kindly agreed to show films and slides of past events in the village. Saturday evening saw the final event, and Old Time Music Hall occasion with Wine and Cheese. The evening began with songs from Dalry Primary School pupils, who were outstanding (see photo). Then came songs and a hilarious skit with Cheryl Ann Easton from Moniaive. The evening was concluded with Nat Little, Tommy Edgar and George McKinnell, regaling us with more songs and music. Over 100 people attended this event, some having specially decorated hats for the occasion. In addition an exhibition of old photos, trophies and other memorabilia was open from Thursday to Saturday. The Heritage Group would like to thank all those who lent items or helped to make the celebrations such a success.



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The Hall was built in 1859 with public subscription - the decision having been made two years earlier after the Clachan Fair - at a cost of £298. It was built by Samuel Sibbard of Dalry with stone from Waterside Farm.

Theatre at Polmaddy

On Thursday, 20th August children from Kells, Dalry and Carsphairn Primary Schools put on their wellies and raincoats and made their way to Polmaddy to enjoy a play by The Walking Theatre Company about the people who once lived at Polmaddy before the clearances.

The children enjoyed learning about the lives of the people who once lived in Polmaddy and the way in which they had to leave. The children took part in several role plays and were joined by teacher Mr McKenna in demanding 'Free Land' for the people! They held their arms wide to feel how close the buildings stood to each other.

The children from the three schools are learning more about life at Polmaddy and are due to meet again on site towards the end of September.

Below is a poem written by Daisy (P6) about the people having to leave their land at Polmaddy and go to find a new life in Canada:



Leaving Scotland

I'll miss my friends,
My family
Scotland,
But I've got to go.
I'll have no home,
No house,
Homeless,
But I've got to go.
I'm hot headed,
And angry,
Frustrated,
But I've got to go.
I am going to Canada,
New land,
Home,
But I've got to go.

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Local Artist: Jennie Ashmore



Jennie works with pressed leaves and flowers, creating collages reflecting her strong interest in the natural world.

Collecting materials from gardens around the Glenkens and further afield in southwest Scotland and beyond, she creates a variety of works including special garden commissions. Her pieces range from small, highly detailed creations to larger, freer work, with each piece of work usually relating to a particular garden or place.

Jennie's work can be seen and purchased at The CatStrand, along with a selection of her beautiful cards. For further information visit www.leafworks.co.uk or contact Jennie on 01644 440670 or jennie-ashmore@tiscali.co.uk



Local Farmers Diversify into Renewable Energy

The Ramsay family of Milnmark Farm, Dalry, are developing the Knockman Hill Wind Turbine Project as a sustainable farm diversification scheme to supplement their hill sheep farm.

The project is envisaged to consist of five wind turbine generators of around 55m to hub height and 81m to blade tip. Each turbine would be rated at around 850kW and therefore the total site capacity will be just over 4MW. So far ecology surveys, environmental assessments and consultations with statutory consultees have progressed well with few issues having been identified; illustrating that Knockman Hill is a suitable location for a small scale wind farm such as this.

The Ramsays have enlisted the help of local renewable energy experts Natural Power Consultants Limited to help with the technical aspects of planning, designing and progression of such a project.

At the beginning of September the Ramsays hosted a public exhibition in the Clachan Inn to allow local residents the chance to see the plans for the site. The afternoon proved successful with around forty attending.

Key facts about this project:

- Unique project conceived, designed and developed locally.
- Sustainable farm diversification scheme for the Ramsay's farming businesses at Milnmark and Knockreoch which underpin six full time jobs.
- Supporting local employment through enlisting the help of Natural

Power Consultants Limited who currently employ around 60 staff at their base near Dalry.

- Sustainable development rooted within the community, designed by local consultants and bringing opportunities for local firms to get involved through construction contracts.

- The site will be connected to the local distribution electricity network.

- Carbon dioxide savings of approximately 4802 tonnes/year.

- The estimated annual average output of the proposed development would produce the equivalent to approximately 2300 homes domestic use in Dumfries and Galloway over the course of a year.

- Local community benefit from the proposed fund could support local community councils and assist development of other local small businesses.

Although no definite timescale is in place, the Ramsays are hoping a planning application and supporting material will be ready to be submitted in the near future. The community will be notified once the application has been submitted and a copy of the environmental reports will be made available locally for viewing.

For further information on the project please contact Emily Peaston, Natural Power Consultants Limited, The Green House, Forrest Estate, Dalry, DG7 3XS; 01644 430 008; www.emilyp@naturalpower.com, or Jim Ramsay on 07876 505 154.

NOTICE BOARD

Mental Health Awareness Week

- 4th to 10th October -

CatStrand Event 5th October

This year NSF (National Schizophrenia Fellowship) Scotland in the Stewartry's focus is on 'link in, get involved' - promoting the importance of getting involved and interacting with other members of our community, as well as local clubs, organisations and services. Creating and strengthening these links, such as joining a digital photography group or a sporting club, can be a useful resource to draw on during both the good and the tough times. Getting involved is another way we can build our resilience and create a richer, more connected and meaningful life. NSF (Scotland) in the Stewartry are staging a small exhibition of digital photography and information throughout Mental Health Awareness Week at The CatStrand with an opening day on Monday 5th October 11am-3pm, to which everyone is invited.

Mossdale Music

Sat 3rd October, Mossdale Hall
Songs & Music of the 30's & 40's
with

Terri Farley, Jim McPhee
& Colin Feierabend

Tickets £6
tel: 01644 450666

Just to clarify, the winner of the Hill Race at this year's Carsphairn Show was Greg Lawrie from Glenlee. His grandfather, Andy Reed from Crossmichael, also completed it, as he did 25 years ago.

The Royal Burgh of New Galloway & Kells Community Council

The August meeting was cancelled due to holidays. At the September meeting the members were pleased to note that Dumfries & Galloway Council have finally agreed that the street lighting in Duke Street is not adequate and plans have been produced to make improvements involving three new, replacement lighting poles being installed. The source of the funding was unclear from the correspondence received and confirmation of this would be sought to ensure that the proposed improvement scheme could go ahead as soon as possible.

It was also noted that whilst some maintenance work had recently been carried out on the Town Hall, the exterior was still deteriorating and urgently needs cleaning and repainting. Ros Hill from the Local Initiatives in New Galloway (LING) committee reported that they had so far been unsuccessful in securing the necessary funding to carry out a feasibility study relating to the Town Hall. However, once written feedback from the funding application has been received they will continue to pursue all possible funding sources to carry the initiative forward. The Community Council pledged their full support to the LING committee.

The three year term of all Community Councils ends on 7th October 2009 and elections, where necessary, are scheduled for Thursday 8th October. By the closing date, there were ten nominations for the new term and as there are twelve places on our Community Council an election will not be required this time. The first meeting of the new council term will be held on Monday October 26th at 7.30pm in New Galloway Town Hall. This meeting is delayed to avoid the school holidays and the monthly meetings will revert to their normal date of the second Monday of every month from 9th November onwards.

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

Coffee Morning in Aid of Abbas Rest Orphans

A coffee morning will be held to help raise funds for Abbas Rest orphans in Malawi on Saturday 3rd October, from 10am to 12noon in Dalry Town Hall.

There are now three orphan centres at Chiringa, Muona and Beka, with sub-stations operating from each of these orphanages. There are over 300 children in the feeding programme, including tiny babies and toddlers who need extra food and care.

We would gratefully accept donations towards the raffle, sales tables, baking, or money. If you need any more information, please contact Avril Brown (430 526), Barbara Colbenson (430 090) or Jean Maltman (430 497).

Thank you

Glenkens Business Association

The Committee has not met since our last contribution to the Gazette with some members busy with their businesses contributing to the wellbeing and enjoyment of visitors, and others supporting such businesses or taking holidays in other parts.

Gordon Hill, having taken up running since moving to the Glenkens, ran in both the Edinburgh Marathon and the Welsh Man v. Horse hill run. No such time off for Sarah Ade who is now busy with a new baby!

At our next meeting at the end of September we will be settling in to plan the upgrade of the new information on to the website and the production of the new Directory.

Remember we would like to feature not just local businesses but all clubs, groups and organisations of the Glenkens so please let us have your details.

We will also be looking at how we can progress with the Walking Project we had in mind earlier in the year. If anyone is interested in joining a group to take this forward, please join us.

Membership of the GBA gives you an entry in the web directory and in the next hardcopy directory.

To join or renew your membership contact Alan Rumble on 01644 420250 or email alanrumble@gmail.com.

Rosalind Hill, GBA Chairman

Local Initiatives in New Galloway (LING)

Unfortunately our application to the Lottery Fund was unsuccessful so back to the drawing board.

We have been chasing up the report of the Council condition survey of the Town Hall. When this is available there will be further discussions and consultation.

Rosalind Hill, LING Chairman

WHAT A LOAD OF RUBBISH!

Have you ever wondered what happens to your rubbish after your bin is emptied? Probably not! But here in Dumfries and Galloway our rubbish goes through a series of processes that turn some of it into useable materials. Members of Carsphairn Community visited the site where these processes take place.

The Ecodeco plant in Dumfries, operated by Shanks, is designed to reduce the amount of our rubbish that goes to landfill.



"A series of processes begins with drying out the waste which reduces the tonnage by 30%," explained Tom Hall, Shanks operations manager. "And is followed by a series of sieving, blowing and extracting processes which give us our finished products."

By going through these processes the amount of waste taken to landfill is greatly reduced and material extracted can be used for other purposes, i.e. glass and other like materials are converted into aggregate which in turn is used to lay roadways in the landfill and material that is burnable is supplied to the cement kilns to be used as fuel.

The visit was arranged by Moira Weatherup, waste prevention officer at Dumfries and Galloway Council who provided the group with information about the site and other recycling and waste prevention schemes operating in the county.

Photograph - from left: Moira Weatherup, waste prevention officer D&G council, (left), Tom Hall, Shanks operations manager (centre), Margaret Richmond, chair of Carsphairn Community Council and Ann Rutherford, secretary of Carsphairn Community council (front) pictured with members of the village community at the Ecodeco plant.

GLENKENS SCHOOLS REPORT

Glenkens Cluster Projects

To kickstart the new term and topic 'Professor Layton and the Curious Village', the Seals class from Kells and P4/5/6 from Dalry, came together for a joint problem solving afternoon. After much 'debate' the pupils began to work really well as a team, sharing ideas and trying new approaches to problems they initially thought were impossible!

The same classes, alongside P4/5/6 from Carsphairn, are also extremely fortunate to be participating in Ice Hockey this term, with the aim being to introduce the children to a variety of sports and to develop their confidence in different situations. This is all thanks to the Active Schools ice activities programme and to the cluster budget for covering the cost of the transport.

The P6 and 7 pupils from Carsphairn, Dalry and Kells have enjoyed a visit to Polmaddy where the Walking Theatre Company helped to bring the settlement to life by giving the children an interactive tour! This is part of their class topic, 'Mysteries', but it also helps give the children a greater understanding of their local area and its history. The three classes have gone on to study the topic independently and in the next few weeks will be coming back together to share information and questions for when they revisit the site to investigate it from an archaeological perspective. All staff are finding that the sharing of resources, ideas and pupil interaction is having a very positive effect on pupils' learning.



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CLUB CORNER

Dalry Angling Association



The Junior Angling Competition was held on Saturday, 18th July on the River Ken. It was one of the better days and conditions were good. It was won for the second year running by Kimberley McAdam. All the competitors were girls and everyone caught fish.

Once again there was a window of dry weather for the Senior Competition which was held on Saturday, 15th August on Carsfad Loch. It was won by Barbara Johnson, the first woman to hold the cup since it was first awarded in 1951.

The AGM of the Association will be held in the Lochinvar Hotel, Dalry, on 20th November at 7.30pm. All members and Associate members will be most welcome.

CELEBRATING LOCAL BIRD EXPERTS

Many readers will recall Donald Watson who, with his wife Joan, lived for over 50 years in Dalry. He was one of Britain's foremost bird artists and illustrators as well as a writer and observer of birds.

His son Jeff was brought up in Dalry and was a distinguished bird scientist specialising on the golden eagle - Dalry and the Glenkens have sons to be really proud of. So, to celebrate their contribution to birds, we are investigating setting up a Watson Bird Centre in the old family home in Main Street Dalry. There are so many exciting possibilities including a bird artists studio, a bird study centre for all ages and levels, offices for bird organisations, an archive of Donald and Jeff's Galloway material, bird art exhibitions of Donald's paintings (I know that there are many in the Glenkens) and of newly commissioned works, and help with bird watching on foot, by cycle and by car.

I shall be organising public meetings in Dalry, Carsphairn, Balmaclellan and New Galloway over the autumn to hear your views on this project and any other ideas you have to celebrate these famous locals. Please let me have your views and ideas at any time by email to roger@dodin.idpa.co.uk or phone me on 07803 595267 or drop me note to 45 Main Street, Dalry.

Roger Crofts

This project is supported by the Scottish Government & European Community, Dumfries & Galloway Leader and Scottish Natural Heritage.

YOUTH UPDATE

The CatStrand Youth Players

The drama group started their regular Sunday meetings on 6th September and have already put plans in place for their next production.

'Cinderella, The Sequel' by Isabella C Rae will be presented on Thursday 26th November in The CatStrand at 7.00pm. This one act play is a hilarious look at the 'fairytale' marriage of Cinderella and Prince Charming ten years after the wedding when Cinders is revealed in her true colours as a clothesaholic, husband beater who is totally obsessed with becoming Queen. Buttons and the Baroness have to live under Cinderella's rule but with the help of the Fairy Godmother they bring about her downfall and they can all live happily ever after, once again.

There will also be another production from the Youth Players which has yet to be decided.

To complete the evening, the Glenkens '73 Club will finally stage 'Chips with Vinegar' by Harry Glass. This is a one act comedy drama set in Glasgow just before the Second World War and was originally entered in the Stewartry Drama Festival in February but unfortunately had to be withdrawn at the last minute due to illness. The cast are looking forward to presenting this well known play at The CatStrand and intend to enter it in the Festival again in February.

The Youth Players, too, are keen to build on their success at the 2009 Festival and are planning to enter again. Although a few possible plays are already in mind, no final choice has been made. Other plans for the season include a two day Drama Workshop with actor Richard Kay, dates to be confirmed.

FIRE CADETS

The Fire Cadets in New Galloway commenced in August after a summer break.

They have welcomed some new members to the team.

The cadets will be covering within this next phase breathing apparatus, its use and construction, ladders and hose work, pumping equipment, knots and lines, amongst other fire-related topics.

Before the cadets broke up for the summer they enjoyed a visit to Loch Ken for the laser quest in the woods at the activity centre.

It is planned that the cadets will be back to carry out more activities over the course of the year.

The fire cadets have several vacancies at present - if you are 12 to 16 yrs old and free on a Wednesday evening from 6.45 - 8.15pm, and would like to know more about the Fire Cadets in New Galloway, please contact Iain Campbell, District Team, at Kirkcudbright, Tel: Service HQ on 01387 252222, or any member of the New Galloway Fire Station Crew.

GLENKENS RAMBLERS

You are welcome to join us on Monday afternoons for a walk up to 2½ hours duration. We meet by the Bank of Scotland in Dalry at 1.30 pm to share transport to the start of the walk. If very wet, please phone a Walk Leader to confirm that the walk will proceed. We regret that no dogs are permitted on walks.

For further info contact John & Isobel on 430539, Peter on 420219 or Gerry on 420852



Glenkens Walking Group

The group meet for a walk at 1.30pm on a Wednesday, outside the Bank of Scotland in Dalry.

People of all ages and walking abilities are very welcome, and we will adapt walks accordingly to the people who come.

Please call one of the walk leaders for further information: John & Isobel on 430539, Elizabeth on 430581, Peter on 420419 or Gerry on 420852.

FIRE SAFETY

New Galloway Fire Station is still undertaking free home fire safety checks - they will give advice and fit a free smoke alarm if required.

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 and 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 free home fire safety check.

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01387 252222 to book yours now!**

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The CatStrand: News & Events



Exhibition: Suzanne Stuart Davies & Malcolm Davies - Art in the Scottish Hills, from Sunday 4 to Thurs 29 Oct.

Nicola Black: Album Launch, Sat 10 Oct, 8pm, £5/£4. Galloway musician Nicola Black will be launching her new CD, featuring musical settings of Hugh MacDiarmid's poetry.



Film: Bolt, Wed 14 Oct, 2pm, £4.50/£3.50. Children's film featuring super-dog Bolt and the voices of John Travolta, Miley Cyrus and Susie Essman.

Rowan Tree Theatre Company presents: The Ragged Lion by Allan Massie, Thurs 22 Oct, 7.30pm, £7/£5. Allan Massie's deeply insightful play The Ragged Lion about Sir Walter Scott, written with wit, bite and candour.



Emily Smith & Jamie McClellan : Adown Winding Nith, Sat 24 Oct, 8pm, £10/£8. This performance marks the launch of Emily Smith & Jamie McClellan's new album, titled 'Adown Winding Nith', which includes songs Burns wrote while living in Dumfriesshire.

Film: In The Loop (2009), Wed 28 Oct, 7.30pm, £4.50/£3.50. From Scottish Writer/Director Armando Iannucci and based on the acclaimed TV Comedy 'The Thick of It'.



Scottish International Storytelling Festival: Rangimoana Taylor, Thurs 29 Oct, 7.30pm, free. Rangimoana is one of New Zealand's most respected storytellers and is in Scotland as part of the Scottish International Storytelling Festival.

The Sophie Bancroft Band, Fri 30 Oct, 8pm, £8/£6. From a family of celebrated jazz musicians, singer-songwriter Sophie Bancroft seamlessly blends her jazz influence with a broad but discerning swathe of contemporary folk styles.



Workshops with the Sophie Bancroft Band, Sat 31 Oct, 10am-12noon, £4. The Sophie Bancroft Band will be hosting three music workshops: Vocals Workshop, Fiddle and Melody Instruments and Rhythm Section.

Exhibition : Phil MacMenemy, from Sun 1 to Wed 25 Nov, CatStrand opening hours.



AiM - Africa in Motion Film Festival, Thurs 5 & Fri 6 Nov, screening times tbc, Festival ticket £5 for all films: The Law (Tilai), Teresa Prata, The Yellow House (La Maison Jaune), Children's Animation package. For a full programme, contact The CatStrand.

Chris Stout and Catriona McKay, Sat 7 Nov, 8pm, £10/£8. Shetland born Chris (fiddle and viola) is hailed as one of Scotland's leading fiddlers and Catriona McKay is unquestionably one of Scotland's most talented harp players.



Visible Fictions Theatre Co: The Curse of the Demeter, Mon 9 Nov, 8pm, £5 (£3 under 18s). A spine tingling journey of suspense, suspicion and spooky sightings.

Des Clark - Live! Sat 14 Nov, 8pm, £10/£8. Des Clarke is an award winning Scottish stand-up comedian heard daily across the country as host of the Galaxy FM Breakfast Show.



Galloway Gatherings: Enlightenment & Environment, four weekly meetings - Wed 18 & 25 Nov and 2 & 9 Dec, 2-4pm, £8 per lecture or £30 to attend all four. This session's CatStrand lectures explore ideas of the Enlightenment and the Environment. Galloway has proved a rich source of scientific and literary investigation.

Malinky, Sat 21 Nov, 8pm, £10/£8. With their stunning fourth album Flower & Iron.



Film : The Rocket Post, Wed 25 Nov, 7.30pm, £4.50/£3.50. Based on the true story of a remote Scottish community that became enchanted by a dashing German rocket scientist and his plans to link them to the outside world during the 1930's.

Exhibition: Willow, Canvas & Clay with Lizzie Farey, Bea Last and Hannah McAndrew, from Sat 28 Nov, CatStrand opening hours.

Glenkens '73 Club and Catstrand Youth Players, Thurs 27 Nov, 7pm, £5/£3 under 18. Short, one-act plays - 'Cinderella; The Sequel', performed by the Youth Players, and 'Chips with Vinegar' by the '73 Club.

Iceandfire Theatre: Rendition Monologues, Sat 28 Nov, 8pm, £5/£3. Weaves together accounts of victims of 'extraordinary rendition', a frightening CIA practice.



Regular events:

CatStrand Youth Players, every Sunday during term time, 3-5pm. The Glenkens 73 Club Youth Drama Group will meet on a regular basis on Sunday afternoons - come along and have some fun. (Ages 10-18).

Play it by Ear, every Monday during term time, 1.30-2.30pm, £2 per adult/child + 50p for each additional child. Song, music and storytelling session for pre-school children and their parents or carers.



Children's Dance Classes with Margaret Morris Movement, every Monday during term time, 4-5pm, £3. A series of classes designed to develop creativity and wellbeing.



The Reading Cure, monthly meeting, please call to confirm dates, 11.15am - 1.15pm, free. Come and connect with yourself and others through the shared reading of some of the best books and poems ever written.



Storytelling Café, 1st Thursday of every month, 7.30pm. Cakes and coffee will be available and audience participation will be encouraged! Donations on the door.



Songwriting Workshops with Nicola Black, Thursdays, 1 and 8 October, 7-9pm, free. This workshop programme will run over a three week period and the songs created will be recorded and made into a CD.



Saturday Art Club, 2nd Saturday of every month, 10am-12noon, £4. These two-hour workshops offer expert tuition and hands-on experience across a range of fun-filled visual arts and crafts activities. (Ages 5-12).



Eat @ CatStrand

LUNCHES - Mon to Fri, 11am-2pm

NEW! - 'Soup & Sweet' lunches only £4.95, Wednesday & Friday (includes a cup of tea or coffee)



The CatStrand: News & Events

Community Events / Classes

Exercise to Music,
Mon, 10-11am, £4/£3.

Circuit Training,
Mon, 7.45 - 8.45pm,
£24/£18 per 6 week
block.

Teen Spirit, Tues
during term time, 7.30-
9.30pm.

**Gentle Yoga &
Relaxation, Thurs,**
10-11.15am, £30 per 6
week block.

**Taking the First
Step in Computing,**
Wed 5.30pm-7.30pm.

**Taking the Next
Step in Computing,**
Mon, 5.30-7.30pm.

**Afternoon Tea
Club, 2nd Fri each
month, 2pm, annual
membership £2.**
Minibus pick up from
Balmacellan & Dalry
by prior arrangement
- call 01644 420374.

IT Courses

Castle Douglas IT Centre is pleased to announce another run of computer classes at The CatStrand, scheduled to run for six weeks, starting after the October holidays. See above for details.

Elderly Persons' Conference

The elderly persons' conference at The Catstrand was a really interesting event.

WRVS gave an interesting talk regarding the services that they provide. Along side the meals on wheels, they also offer a frozen dinner service where you can order 2 weeks of meals which will be delivered to your door, and even put away in your freezer. The Food Train also were present with information on their food/shopping delivery service.

Alex Cook from the over 65 team, explained how care packages are set up and assessed. The assessment involves looking at the needs of the individual as well as the carer. He outlined the services available within the Stewartry for continued independent living as well as care homes. It was noted that there was a lack of care home provision within the Glenkens and that this has an impact on the elderly people who end up being moved elsewhere.

Ian Steele gave an amusing and lively talk on the importance of making wills and power of attorney, stressing the need to do both before losing ones marbles!

Lyn Irvine (Arthritis Care) gave a very personal and moving account of how she first became involved with Arthritis Care and the support and guidance she received. She talked about learning how to manage the pain and the impact that this has had on her life. She will be running a training session on Challenging Pain on Tuesdays 16 and 23 February.

Fruit and Apple Day

At The CatStrand on 21st October at 2pm children of the Glenkens will be planting an apple tree, a plum tree and some blueberry bushes to celebrate Fruit and Apple Day.

There will be fruit themed games, apple cake and freshly squeezed fruit juice to drink. The Orchard and Wild Harvest Project managed by Jools Cox for South West Community Woodlands Trust are putting on the event with The CatStrand, and would like everyone to celebrate Apple Day by eating local fruit in season and encouraging children and adults to plant fruit and nut trees in the region. This planting is one of many that will be happening across the region this autumn and spring but more trees need to be planted to provide local fruit for ourselves and wildlife.

If anyone knows of a piece of land, community playground or schools ground that would be enhanced by planting a few fruit trees please let us know. The cost of the fruit trees is by public donation. The donor receives a certificate of planting that may be given as a gift for a special occasion or as a memorial. Christmas is coming, why not give a fruit tree to a local project as a Christmas present! To follow the progress of the project or for more information see www.swcwt.org and click on Orchard Project or ring Jools Cox 01556 503649.

Marion Glover from Dumfries and Galloway NHS, had a fascinating display of the gadgets that are now available to help people continue to stay in their own homes. Marion focussed on the amazing Telecare service which provides 24/7 assistance at the end of a phone. People who are vulnerable to slips and falls, or forgetfulness can hire a range of gadgets such as sensors in the bathroom to detect over running sinks/baths, bed sensors which can detect if some one has got out of bed and then not returned to bed, signals are then sent by wifi to a call centre who will then phone the person and check whether they need assistance. If no one answers, a call is placed to their personal emergency contact - a neighbour, friend or family member who has access to the house and who will then check if everything is ok. The beauty of the system is that it enables people to stay independent for longer with a greater degree of safety. It also means that carers can safely go to the shops or visit friends with the knowledge that they will be alerted if there are any problems.

Care Call is not restricted to the elderly and could be used for people with disabilities. Equipment can also be purchased to be used independently.

If anyone would like to know more about the services you can view all of the equipment on offer at www.dumgal.gov.uk and then select services and then Care Call. Otherwise the contact number is 01387 702648. The Catstrand have a reference copy of the handbook so please pop in a take a look.

THE BUS : GLENKENS TRANSPORT INITIATIVE

'NEW' BUS WELCOMED BACK AND AVAILABLE FOR USE: The Mini bus has now been fully refurbished with new upholstery and logos and restored paintwork, which together with a new clutch makes it a lovely vehicle to drive and be transported in - don't forget with xmas coming up it could be the answer to your transport needs at that time of the year!

The most recent trip to the Lake District was an excellent day out in perfect weather - the mountains being clear and the views extensive whilst the bus climbed Honister Pass (1200 ft above sea level) with ease - a suggestion to fill the bus with Lakeland Slate from the quarry there was thankfully ignored!

TRIPS LEADING UP TO XMAS: These will often be to two different venues on the same day - allowing some people to go shopping and others to visit a museum etc. The trip to Silverburn and the Burrell collection in October is already proving very popular and other similar trips will be repeated before xmas - watch the local shops, visit The CatStrand or speak to me for details. Any suggestions are always welcome!

Keith Cooper, GTI Administrator

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.



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

LOCAL HISTORY

Galloway's American Colony

In this year of Homecoming few are aware that Scotland's earliest colonial expedition set out from Kirkcudbright in 1622. Even fewer know that the scheme was master-minded by Glenkens luminary, Sir Robert Gordon of Lochinvar, based at Kenmure Castle. If he had realised his dream, Cape Breton in Nova Scotia would now be known as New Galloway.

Gordon was a glorious enigma, described as a man of robust physical and mental strength who would have been conspicuous in any era, a skilled courtier, an accomplished swordsman and one of Galloway's finest sons. Locally however he was known as a hell-raiser who was involved in several feuds. In 1620 he was in debt to the tune of £100,000. He was accused of seizure of property, of several slaughters and murders, of organising illegal convocations, of oppressively seizing ships and, for good measure, of arson, abduction and adultery. He killed his own servant, a Gordon kinsman, for allegedly having an affair with his wife whom Sir Robert wished to discredit in order to divorce her. On one occasion his own mother sought protection against his violence. He was, in short, the perfect man to embark upon a colonial project!

Three ships were sent to Kirkcudbright in May 1622 in order that, 'the business might begin from that kingdom which it did concern' but the participants displayed little of the flair and enterprise for which Scots later became so famous. Gordon himself was nowhere to be seen; the Galwegians were reluctant to embark; locally the price of victuals had tripled. The ships did not arrive off the coast of Nova Scotia until mid-September when they were forced to winter in St John's, Newfoundland. After further setbacks they eventually, in the summer of 1623, discovered the joys of Cape Breton: abundant flowers and berries, wheat, barley and rye growing wild, as well as plentiful supplies of timber, fish, fowl and game. The visit, however, represented the highpoint and the expedition was effectively over.

In stunning contrast to his well-attested ruffian-like behaviour, was *Encouragements For such as shall have intention to bee Undertakers in the new plantation of Cape Briton, now New Galloway in America*, by Mee Lochinvar (1625), which is, quite simply,

a masterpiece of the literature of colonisation. Conventionally, he noted conversion of the heathen as one of the main motives for plantation, but he then went on to anticipate the key justifications for emigration which would be reiterated ad nauseam by future generations, namely enlargement of the dominions - in this case specifically Scottish - national and personal enrichment, the bridling of sedition at home, and to 'settle security against enemies abroad'. Other motives included glory, adventure and the conferment of great benefit upon his fellow human beings.

We are not born to our selves: but to help others, and our abilities and means are not so much unlike at the first hour of our birth, and the last minute of our death: and it is our deeds good or bad that all of us have to carry to Heaven or Hell after this life.

Gordon considered the highest calling of any person to be the acquisition of territory for the mother country, condemning the feebleness of those who were content to pursue unadventurous and impecunious existences, thus disgracing the memories of their heroic and patriotic ancestors. He highlighted the classless nature of emigration by pointing out that in recently colonised Ireland gentlemen had become peers, and artisans gentlemen, but he was particularly interested in encouraging people of his own class to become involved, in order that they might escape prodigality, lack of preferment, and the universal distress occasioned by debt. They should become more like the Italians who were not afraid to dirty their hands on trade.

That his scheme was a failure was no disgrace since many early colonial ventures were no more successful but his enterprise only two years after the Mayflower left English shores should be better known. In 1626 he was created Vice-Admiral of the Southwest Coast of Scotland and Lieutenant-General of Charles Island in America. It was a far cry from Loch Ken but he was given permission by Charles I to send two ships south of the equator in order to claim his American lands. Sadly death intervened to foil the ambitions of this Galloway imperialist.

Ted Cowan

WALKING THE TALK ON WOODHEAD LEAD MINES

The weather threatened to take a turn for the worse, but the rain managed to hold off nicely for the first Sunday afternoon in August when two dozen walkers set out from Carsphair Heritage Centre to visit the old Woodhead lead mines above the village.

Accompanying the walkers was local archivist Anna Campbell who talked about the history of the area all along the way up to, and including, the disused workings of the mine which operated from 1838 to 1873. Over the 35-year period, output from the mine totalled 6712 tonnes of lead with the peak year being in 1842 when 905 tonnes was produced. A thriving community of over 300 people quickly built up, at the centre of which was a school and rows of terraced homes. But then, in the early

1850s, a slump in production came just as quickly and the population dwindled accordingly. Workers and their families moved away, some emigrating.

The walk was organised by the Carsphair Church Social Committee as a social and educational event. As well as a sizeable contingent from the village, those taking part from further afield included visiting couples from Stoke on Trent in the Midlands and Bury in Lancashire, and interested people from Dalbeattie and Castle Douglas whose ancestors had worked at the mines. At the end of the four-hour walk, social committee treasurer Margaret Sloan proposed a vote of thanks to Anna for her enjoyable and fascinating insight into life in the area over 150 years ago.



Surrounded by the old lead mine workings, Anna Campbell (wearing the checked trousers) talks to the walkers about life in the area over 150 years ago.

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The Glenkens Society Flower Show

The Flower Show was held in Dalry Town Hall on 22nd August. In spite of the wet weather over much of the summer, the entries were of a very high standard, although there were fewer exhibits than previously in the children's section. As well as the vegetables and flowers, the produce and handicraft sections were also well represented. Ronnie Bradford presented the Trophies.

Trophy winners were as follows: Edgar Trophy - David Grieve, Challenge Cup - David Grieve, James Lockerbie Cup - David Grieve, George McAdam Trophy - David Grieve, Barlae Trophy - David Grieve, Courthill Trophy - James Findlay, Kirker Cup - David Grieve, Shiel Cup - Ros Hardman, Maud Wright Trophy - Moira Jones, MacKenzie Trophy - Jean McDowall, Bone Trophy - Susan Currie, General Holden Trophy - Paul Goodwin, Kathleen Urquhart Trophy - Shona McLean, Mary Jane Trophy - Jean Maltman, Jubilee Trophy - Lewis Winder.



The Glenkens Show

Saturday 15th August got off to a wet start. The horse events had to be cancelled because of the weather – they may be held later in the year as it was a shame not to have them – and it was too wet for lorries to go into the field so stock had to be unloaded by the gate. At one point organisers weren't sure if it could go on, but luckily it went ahead as it turned out to be busier than expected considering the conditions.

It was the first year of the poultry show, which went well. Around £400 was made on the gate, the afternoon being busiest. The raffle and stock judging competition also did well, bringing in around £250 between them. All in all over 100 people came along – it might have been wet but it was good to see local people supporting the event regardless of the weather, although I suppose we're used to a bit of rain!



John Houston with his 'Buff Rock Bantam', overall winner of the poultry show.

Rosie Mair is retiring as secretary, after over 10 years of successful shows, so the show is looking for a replacement secretary. The position is voluntary and anyone wishing to know more about the post should contact Rosie on 01644450223 (the AGM to elect new committee members is to be held in January).

The Scottish Alternative Games 2009

A large crowd gathered in Scotland's smallest Royal Burgh for the unique event that is The Scottish Alternative Games. Proceedings were officially opened in the traditional way by The Buccleuch & Queensberry Caledonia Pipe Band marching into the arena at 2pm to give a rousing musical welcome to the gathering spectators and competitors.

As many of the games might seem a little unusual to many of the visitors, the first task was to demonstrate the four main arena events. A few Alternative Games 'veterans' had volunteered for this task and ably demonstrated the technique involved in Tossin' the Sheaf, Hurlin' the Curlin' Stane, the Tractor Pull and the Gird n' Cleek. This helped to make everything seem really easy and resulted in plenty of volunteers to take part in the games throughout the afternoon.

The whole day was considered a great success and was even graced

with a 'fly past' from a Red Kite! Luckily he stayed away from the Archery stand! Many visitors expressed how much they had enjoyed the day and praised 'the great family atmosphere', 'the strong community spirit' and 'the absolutely unique old-fashioned mixture of events and stalls'. Some families on their first visit pledged to come back next year and others are already regular visitors, like the Jackson Family from Suffolk who have already chalked up their eleventh consecutive year competing at the Games.

This year, the profits from the Games will support MacMillan Cancer Support, the Maximum Attack Leukaemia Appeal & New Galloway Fire Cadets who willingly helped with stewarding and gate keeping on the day.

Below are pictures of the ladies' gird 'n' cleek event on the left, and on the right the champions of the day; Hannah McKenna, Alexander McKenna and Jayde Devlin.



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If you feel that a nutritional consultation could help you, please contact Lorna to discuss your issues on 01644 470218 or lorna@foods4life.co.uk To find out more visit www.foods4life.co.uk

Health Tips:

by Nutritionist & Dietician Lorna Willock

FIVE 'FOODIE' FACTS:

1. Avoid foods with a lot of chemicals in them – I have a personal hatred of what I call 'chemical' ice-cream; the 'whippy' type, often served with strange flavours such as 'bubblegum'. These foods are being marketed to our children and contain lots of additives harmful to small bodies.
2. When you see the words 'low fat' this usually means higher carbohydrate - not necessarily lower calorie - which does not make us healthier. The extra carbohydrates put a strain on the pancreas which balances our blood sugar levels.
3. The artificial sweetener aspartame has been linked with numerous health problems, such as headaches. Cut back on sugar and sugary foods – it just takes a little perseverance.
4. White bread is a 'low nutrition' food. If you don't like wholemeal bread then try oatcakes - the 'white stuff' depletes our B vitamins which supply energy.
5. Cut back on frying as a method of cooking – steam, roast, stew, grill, boil. If you are occasionally frying then shallow fry in olive oil. Sunflower oil is not a safe option as polyunsaturated oils should never be heated.

Remember the food industry, in general, is not responsible for looking after our health – we are! They may be only interested in maximising profits. This is often to the detriment of our health... on saying that, there are plenty of responsible companies around.

For further information visit
www.foods4life.co.uk or email
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NEW WORKSHOPS GIVE GLENKENS BUSINESSES A BOOST

Following the success of the events programme across Dumfries & Galloway, Business Gateway is launching its first series of workshops in the Glenkens to help local businesses combat the recession.

Workshops will be held at The CatStrand, New Galloway, and the programme will include:

- Marketing & Market Research - Thursday 15th October. This workshop will help you to understand your competitors, identify your customers and understand the things you need to consider for effective marketing.
- Resource Planning & Management - Tuesday 20th October. This workshop will help you to manage the various issues and understand the different legal structures of a business.

To find out more about these events, or how Business Gateway can help your business, visit www.bgateway.com or contact your local office on 0844 875 0161, or call The CatStrand on 01644 420374.



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TIMES OF WORSHIP IN THE GLENKENS

CHURCH OF SCOTLAND Sundays

Balmaclellan 12noon 1st
Carsphairn 10.30am 1st 2nd 3rd 4th
Dalry 12noon 1st 2nd 3rd 4th 5th(Nov)
Kells 10.30am 2nd(Oct) 3rd 4th

Special Services and Events

3rd Oct, 10am-12noon: Coffee Morning for Abbas Rest Orphans, Dalry Town Hall
4th Oct, 10.30am: Harvest Thanksgiving Service in Carsphairn Church, followed by Harvest Lunch in Lagwyne Hall
25th Oct, 6.30pm: Glenkens Church Choir 10th Anniversary Concert, Carsphairn Church
9th Nov, 11am: Ceremonies at New Galloway and Balmaclellan War Memorials, followed by Remembrance Service at St Margaret's Scottish Episcopal Church
27th Nov, 7.30am: Concert with Gallovidians, Dalry Town Hall
29th Nov, 10.30am: United Service with Glenkens Church Choir in Dalry Church
Communion Services:
25th Oct, 12noon, Dalry Church
1st Nov, 12noon, Balmaclellan Church
15th Nov, 10.15am, Carsphairn Church

SCOTTISH EPISCOPAL CHURCH (C of E)

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

CATHOLIC CHURCH SERVICES

Gatehouse of Fleet: Sat, 6pm
Kirkcudbright: Sun, 9.30am
Dalbeattie: Sun, 11am
St Ninian's Episcopal Church, Castle Douglas, is now closed.

GLENKENS DIARY FOR ALL EVENTS

OCTOBER

Thurs 1 & 8, Songwriting Workshops with Nicola Black, 7-9pm, Free
Sat 3, Coffee Morning for Abbas Rest Orphans, 10am-12noon, Dalry Town Hall
Sat 3, Mossdale Music – songs & music from the 30's & 40's, see p2
From Sun 4 to Thurs 29, Exhibition: Suzanne Stuart Davies & Malcolm Davies; Art in the Scottish Hills, CatStrand opening hours, The CatStrand, New Galloway
Mon 5, Mental Health Awareness Week exhibition, 11am-3pm, The CatStrand, New Galloway
Sat 10, Nicola Black; Album Launch, 8pm, The CatStrand, New Galloway
Wed 14, Film: Bolt, 2pm, The CatStrand, New Galloway
Wed 21, 2pm, Fruit & Apple Day, The CatStrand, New Galloway
Thurs 22, Rowan Tree Theatre Company presents; The Ragged Lion by Allan Massie, 7.30pm, The CatStrand, New Galloway
Sat 24, Emily Smith & Jamie McClellan; Adown Winding Nith, 8pm, The CatStrand, New Galloway
Mon 26, Kells Community Council meeting, 7.30pm, New Galloway Town Hall
Wed 28, Film: In The Loop, 7.30pm, The CatStrand, New Galloway
Thurs 29, Scottish International Storytelling Festival; Rangimoana Taylor, 7.30pm, The CatStrand, New Galloway
Fri 30, The Sophie Bancroft Band, 8pm, The CatStrand, New Galloway
Sat 31, Workshops with the Sophie Bancroft Band, 10am-12noon, The CatStrand, New Galloway

NOVEMBER

From Sun 1 to Wed 25, Exhibition: Phil MacMenemy, CatStrand opening hours, The CatStrand, New Galloway
Thurs 5 & Fri 6, AiM – Africa in Motion Film Festival, Screening times tbc, The CatStrand, New Galloway
Sat 7, Chris Stout and Catriona McKay, 8pm, The CatStrand, New Galloway
Mon 9, Visible Fictions Theatre Co; The Curse of the Demeter, 8pm, The CatStrand, New Galloway
Mon 9, Kells Community Council meeting, 7.30pm, New Galloway Town Hall
Sat 14, Des Clark – Live!, 8pm, The CatStrand, New Galloway
Wed 18 & 25 Nov and 2 & 9 Dec, Galloway Gatherings: Enlightenment and Environment - Four weekly meetings, 2-4pm, The CatStrand, New Galloway
Sat 21, Malinky, 8pm, The CatStrand, New Galloway
Wed 25, Film: The Rocket Post, 7.30pm, The CatStrand, New Galloway
From Sat 28, Exhibition: Willow, Canvas & Clay with Lizzie Farey, Bea Last and Hannah McAndrew CatStrand opening hours, The CatStrand, New Galloway
Thurs 27, Glenkens '73 Club & Catstrand Youth

Players, 7pm, The CatStrand, New Galloway

Sat 28, Iceandfire Theatre; Rendition Monologues, 8pm, The CatStrand, New Galloway

REGULAR EVENTS:

Glenkens Ramblers, Mondays 1.30pm, Bank of Scotland, Dalry
Scouts: Mon, 7-8.30pm, New Galloway Scout Hut
Mother & Toddlers Group: Tues 9.45-11.15am, New Galloway Town Hall
Beavers: Tues, 6.30-7.45pm, New Galloway Scout Hut
Cub Scouts: Wed, 6.45-8pm, New Galloway Scout Hut
Glenkens Walking Group, meet Wed 1.30pm outside Bank of Scotland, Dalry.
Lions Club monthly quiz, alternating between The CatStrand & Lochinvar Hotel. For further info contact Andrew Frew on 420 323.
The CatStrand, New Galloway (see p7)
Exercise to Music: Mon, 10-11am
Play it by Ear: every Mon during term time, 1.30-2.30pm
Children's Dance Classes with Margaret Morris Movement: every Mon during term time, 4-5pm (ages 8-12)
Circuit Training: every Mon, 7.45-8.45pm
Taking the Next Step in Computing: Mon, 5.30-7.30pm
The Reading Cure, Tuesdays, 11.15am-1.15pm, Free
Teen Spirit: Tues, 7.30-9.30pm
Wednesdays, Glenkens Walking Group, 2pm, outside Bank of Scotland, Dalry
Taking the First Step in Computing: Wed, 5.30-7.30pm
Stewartry Camera Club, 7.30 pm, The Tolbooth, Kirkcudbright
Catstrand Youth Players meet weekly, 3-5pm
Yoga: Thurs 10-11.15am
Afternoon Tea Club: 2nd Fri each month, 2pm
Saturday Art Club, 2nd Sat each month, 10am-12noon
Glenkens Youth Choir, Sun, 5-6pm
CatStrand Playstation Tournaments: contact The CatStrand for info.
Dalry Community Centre
(for info or to book contact Sarah on 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, adults welcome
Glenkens Mother & Toddlers: Wed 1.30-3pm
Craft Class: Thurs 2-4pm
Brownies: Wed 5.30-6.45pm
Guides: Wed 5.30-7pm
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