GLENKENS GAZETTE

news from Balmaclellan, Carsphairn, Mossdale, New Galloway and St John's Town of Dalry

June/July 2011 ISSUE 64 FREE

NEW BIGGER GAZETTE

As of the next issue, the Glenkens Gazette will be even bigger and better.

Thanks to a generous ongoing sponsorship from the Glenkens' largest employer, Natural Power Consultants, the Gazette will now include an additional four pages in every issue!

The new format will include a new FREECYCLE page, an environmental feature, further features and more room for organisations and companies to advertise.

The FREECYCLE page is designed to allow people to get rid of items they no longer want, knowing they will be appreciated by someone else.

You basically give them away instead of just taking them to the tip or putting them in the bin. It could be anything from a bed or sofa to spare vegetable plants, pots of jam or an old computer. You would be amazed at what other people want...

But for it to work WE NEED YOUR HELP!

If you have any item you wish to include on the FREECYCLE page simply contact Gazette editor, Sarah Ade (07727 127 997 or glenkensgaz ette@hotmail.co.uk) identifying the item and giving a brief description along with contact details, and she will include your items in the Gazette.

The environment feature will be different every month but each will be relevant to you and the Glenkens, and could include items

such as energy efficiency, wildlife, local initiatives, etc.

The new look will also allow for additional features to be included, so if you have any ideas for inclusion simply let us know.

And don't forget the additional advertising space - local people really do read the Gazette and it is a useful way to be seen in the local area.

We need the support of local companies to make the Gazette a success so please put in an advert.

Once again, a big thank you to Natural Power. We are very grateful for your support and commitment to the local community and look forward to the new expanded Gazette for future issues.

A Natural Winner

Local photographer Phil McMenemy has been awarded the Scottish Nature Photography Award 2010 Natural Abstract Prize.

Phil says; "As I hope you can imagine I am chuffed to bits and so proud. It continues to be an amazing journey I am having with my photography (and my life!)."

"The image (below) is one of those which I've had in my head for a few years and I was fortunate on this occasion for everything to come together to create the final image – it was one of those drooling moments, which as an artist don't come along too often."

"Seeing the competition my image was up against in this Award makes me feel humble, grateful and gives me a real sense of

> acknowledgement for my endeavours – things like this make my work so worthwhile."

To see more of Phil's work visit The Gallery at Laurieston, open Sundays and most Saturdays during the summer (01644 450 235) or visit www.pmc photography.co.uk.



Phil McMenemy

IN THIS ISSUE

- Day of the Region
- CatStrand Highlights
- Local History with Ted Cowan
- Dragon Boats
- Afghan Schools Trust ...and much more...





2011

Day of the Region Glenkens is gathering momentum and many groups and organisations based in the Glenkens are already involved.

This is your chance to find out more about what's happening where you live, get involved and have a go!

There are numerous activities already happening throughout

the Glenkens communities, and we are using the Day of the Region to promote them to everyone living within the Glenkens, as well as those further afield around Dumfries & Galloway.

From Scroggie Hall

Organic Farm Open Day to micro chipping for dogs, The Sound of Brass in Carsphairn to paddling in Dragon Boats, it's all happening in the Glenkens!

Posters and flyers are on display in the usual places around the communities of the Glenkens, telling you about what's going on each month, all in the lead up to the main Day of the Region weekend on Saturday 1 & Sunday

You can also find out what's happening by reading it here in the Glenkens Gazette! Look out for the Day of the Region logo on the following pages for features and info on upcoming events and activities - the logo may be for one article or for the whole page.

Tell us about your events to be included in the next issue contact Ros Hill on 01644 420632/ros.hill@rathanhou se.co.uk, or David Whyte on 01644 460296/david.whyte@ btinternet.com.







Skate Park Nears Completion

The Glenkens Youth Group have raised £4,200 for the Park over the last 18 months.

This has been through a series of fundraising activities, and has been hard work for all those involved, but also very rewarding.

We have been extremely lucky to

have had Jimmy McKenna on our team. His expertise and dedication has meant this project has come to fruition.

There is a real sense of excitement and anticipation in the air and the kids are eager to get going.

It's high time the young people

had something for their age group and seeing the site in use will be a great reward for all of us involved.

We would like to thank Kate and Marcus Maxwell for storing the equipment for such a long time, Natural Power, St Margaret's Ladies Guild and 2014 Communities Fund for their financial support.

NKENS SPO

Keep your eyes peeled for a new Cravendale milk ad filmed in various locations around the New Galloway area.

Apparently the ironage roundhouse at Clatteringshaws was the landmark that caught the company's eye originally, although they have actually ended up building their own roundhouse in nearby woods out of

polystyrene! They have also built a Saxon barn from an old barn by

The ad will be the one after the 'Cats with Thumbs' ad currently running, and the storyline is of a man sitting in his kitchen with a cup of tea when he starts to think about who the first person to milk a cow may have been, and a comical story ensues, involving an ironage fort and Saxon barn... so keep a look out!



The Ironage roundhouse at Clatteringshaws.

GTI WEDNESDAY BUS SERVICE

(registered route)

Outward Journey:

19:00 Dept. Dalry (Underhill)

19:10 New Galloway

19:25 Mossdale

19:35 Laurieston

19:40 Townhead of Greenlaw

19:47 Castle Douglas (Market St)

19:50 Castle Douglas (Tesco)

Return journey:

20:45 Dept. Castle Douglas (Tesco)

20:47 Castle Douglas (Market St)

20:52 Townhead of Greenlaw

21:00 Laurieston

21:10 Mossdale

21:25 New Galloway

21:35 Dalry

To book a GTI bus or for more information please contact keith cooper, GTI Administrator, on 01644 420374.

FORREST ESTATE

Local suppliers of firewood logs, kindling and chiminea wood.

Hardwood and softwood produced from sustainable, FSC certificated woodland.

Various quantities available for collection or bulk delivery.

Call for details 01644 430 230 office@forrestestate.com

SCOTLAND'S FIRST DRAGON

On Thursday 21 April, Loch Ken saw the arrival of the first Dragon Boat in Scotland.

The eagerly awaited boat arrived to glorious sunshine, and members of the Paddlers for Life charity took the chance to take the boat on her maiden voyage.

"We are very excited to have the first permanent Dragon Boat and team anywhere in Scotland," said charity secretary and spokesperson Raewyn Thomson.

Paddlers for Life Scotland South West is a newly established charity set up by local people to offer an accessible and beneficial sport to those recovering from cancer as well as other members of the local community.

Dragon Boat racing has become increasingly popular as a sport in recent years and it is hoped that Paddlers for Life will be able to offer an opportunity for locals to keep fit whilst having fun.

Chairperson for the charity, Lucy Carlow, said "We are extremely grateful to Macmillan, LEADER, Awards for All and the Robertson Trust for the funding we received to purchase our first boat and get the project off the ground."

"In addition," said Lucy, "we would like to thank Richard Herman from the Galloway Activity Centre at Loch Ken who has very kindly offered us the use of its excellent facilities.

The gentle exercise of paddling, coupled with beautiful surroundings and good company have been evidenced worldwide to be of particular benefit to anyone recovering from breast cancer and the related effects of its treatment.

To celebrate the arrival of the boat at Loch Ken, Paddlers for Life Scotland South West will be holding an official launch day later this summer to allow local people the

> opportunity to come and see the boats in action and try paddling for themselves.

In the meantime, Paddlers for Life will be holding weekly paddling sessions on Sundays at the Galloway Activity Centre (see p11).

To find out more, please visit paddlersforlifescotlandsw.co. uk or email lindsay@paddlersforlifescotlandsw.co.uk



Dalry Community Council: Members discussed the proposed donation in respect of the Covenanters Memorial Stone, and it was agreed to donate £500.

It was noted that the Blackcraig windfarm application had been approved. There has been no further news received in relation to the proposed application by Kindbuild [on the site by the school]. With regard to Whinneymuir [the site at the top of the village] it was noted that the Construction Group that DGHP use have gone into liquidation, which could mean a delay in the implementation of their building proposals.

A member of the CC attended a meeting dealing with the 'Local Development Plan' for D&G. This is a 20 year Local Development Plan. Essentially there are 8 main plan issues – 6 of which affect Dalry. The aim is to find ways on how to grow the economy in a sustainable manner. Details/further information can be obtained by going online to: www.dumgal.gov.uk/LDP. The CC have prepared a response. Next meeting: no meetings in June or July.

New Galloway & Kells Community Council:

The AGM was held on Mon 9 May - Margaret Sainsbury retired as Chairman and there were no nominations for a new Chairman. In the absence of a Chair, Vice Chair Maybelle Thomson will take on these duties for two months. An extraordinary general meeting (EGM) will be held on Mon 11 July in order to resolve this situation.

Next meeting: Mon 13 June, 7.30pm, New Galloway Town Hall.

Balmaclellan Community Council: The AGM was held on Wednesday 27 April. Clive Brayshaw was elected Chairman, Alan Pallister Vice-Chairman, Gillian Smith Secretary and Jane Brayshaw Treasurer.

At our regular meeting it was agreed that we would invite Keith Brown, from D&G Council's Roads Department, to our next meeting (Mon 1 June) to

discuss the extraction of timber using the Hidden Road. Next meeting: Mon 1 June, 7pm, & Mon 27 June, 7.30pm, Balmaclellan Village Hall.



Carsphairn Community Council:

Representatives from Eon and Ayrnet Mark attended to discuss the proposed Quantans Hill Windfarm. Applications have been submitted for two 80 metre test masts; these represent the proposed hub height of the estimated 20 – 30 turbines.

Eon plans to fund, develop and operate the windfarm, and will liaise with D&G Council, but the final say is with Scottish Ministers as the development will be over 50 MW capacity. The Scoping Report is due in June 2011, after which there will be formal public consultation, and then a Planning Application in early 2012.

Letters were presented outlining the benefits of a village pub. It was agreed to approach the existing owner to determine his current plans, and then assess possible options.

The possibility of completing a community survey supported/funded by the Council is being investigated. Its objective would be to determine and prioritise wider community need and future projects, and to meet evidence requirements of LEADER for the Community Garden. An initial meeting will be arranged.

The planning application on Carminnows Plot 3 is going through due process and should be put before one of the May Planning Applications Committee meetings. The Environmental Standards Department have dropped the Dangerous Wild Animals licence condition to identify the animals, and are now proposing a monthly head count by the owner attended quarterly by the Department. The CC considered this an inadequate way of monitoring potential escapees. *Next meeting: Mon 27 June, 7pm, Lagwyne Hall.*

Full minutes of local Community Council meetings can be viewed at Dalry Library.

Wednesday Afternoons with a Twist

11 Dalry pupils chose a camp craft activity for their Wednesday afternoon activity this term.

The school has a programme of activities through out the year that pupils choose to follow for a term – from flower arranging, sugar craft,



and weaving to tennis, rounders, and orienteering to name just a few.

The pupils on the camp craft course had to commit just a bit extra than is usual however. A lovely walk up Waterside discussing the equipment list we would need for camping, an afternoon of using stoves and cooking up lots of different one-potmeals in the school playing fields, then lots of preparation at home to collect together all that was needed

for an overnight

Taliesan Camp was our home for the night. The pupils hiked up Screel Hill before tea, then cooked up a meal followed by marshmallows around the campfire. Thanks to PC Bradley, our community policeman. He has helped us with our plans and guarded camp for us too!

The pupils commented:

"The toilet wasn't as bad as we thought"; "...the hill was hard but the views at the top made it worthwhile"; "...soggy"; "...yes we'd do it again".

The purpose of the sessions was to challenge the pupils organisational skills, make do without home comforts for a night and to cook a nutritious meal. All in all every body achieved the goal.

Our next challenge is to do the same again but to carry all our stuff to camp!

RED NOSES Music Festival Success

Dalry School raised £330 pounds with their Red Nose Week activities.

Staff and pupils joined in the fun with competitions and dressing up.

The finale was the 'Bomb the Teacher' event when pupils launched over 600 water bombs at their 'favourite' teachers!



Dalry Primary had a very successful week at the Galloway Music festival.

In the Group Music Making category P4/5/6 took 1st place with their composition of Alice the Camel and Sayenu. In the same category P7

took 2nd place with their composition of Interplanetary Craft. There were six groups in this category and the standard was very high.

The P1/2/3 class took part in the singing game and action song categories and were commended for the rhythmical singing and interesting use of actions.

In the soloists section

Kimberly McAdam took 2nd place for her clarinet solo and Joseph Taylor took 4th place in the other instrument solos on drums.

All of the children performed well and were a credit to the school.



1st place for P4,5 & 6 in the Group Music Making category.

Animal Magic

Dalry School had a visit recently from Laura Rennie from Animal Magic. The work shop was called Fur, Feathers, Skin & Scales and pupils learned about the differences between the five vertebrate groups using the four B's – Body Covering, Breathing, Blood & Babies – learning about classification with real animals!

Laura ran two workshops, one for





the P4 – 7's and another for the S1 pupils. The pupils learned about the four B's for each of the groups of animals whilst getting to know and handle the animals Laura had brought along namely Sui the Galah cockatoo, Kizzy an African pygmy hedgehog, Tilly a European green toad, Huffy a hognose snake, and Bob a bearded dragon.

Here's what a selection of the S1's thought of the workshop;

"the workshop was my favourite

science class ever and it was amazing"; "great fun whilst learning" and "it was really interesting and I learnt about the difference between toads and frogs".

Starting Them Early

Primary 6 and 7 pupils from Kells School have enjoyed a series of coaching sessions during May and June at the bowling club in Dalry. The sessions were led by club member Hamish Sinclair.



Busy Calendar for the church, as two of its Carsphairn

members are

involved on a personal level.

Then on Friday 1 July (date to be confirmed) there will be an Alternative Burns' Supper in Lagwyn Hall at 6pm. This is for all the children in the village; think Burns night - then think Burns' night with a twist!

This is the time of year Burns died, not the time of year when he was born, and for this event children are welcome and adults have to be accompanied! Haggis neeps and

tatties are on the menu but so are pizza and chips! There will be fun Burns' activities,



including Hunt the Haggis featuring a 'Golden Haggis'.

Carsphairn PTC are holding their annual stall, tombola and raffle at Carsphairn Show, Donations of prizes, cakes, plants and other homemade goodies for the stall would be gratefully accepted, and can be left at the school before Thursday 2 June.

Welfare Rights Benefit Surgeries

Carsphairn Church social group are

Dunaskin Band on Sunday 19 June

holding An Evening of Brass with

at 6.30pm in Carsphairn Church.

A similar event was held last year

between Altzheimers Scotland and

Headway Dumfries. Both charities

This year donations will be split

are very close to the hearts of

and was very successful.

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.

Please phone The CatStrand on 01644 420 374 to book your individual appointment (each session lasts 30 mins). Surgeries will be held on Friday 3 June from 9.30am - 1pm.

Bird Centre is Taking Off

Watson Bird Centre has

now raised £65,000 for the next stage of the project.

They are currently recruiting for a project officer for a two year period to be based in Dalry.

Remember to make a note in your diary that Dalry Bird Festival will run from Friday 30 September to Sunday 2 October.

GLENKENS HORTICULTURAL SHOW

Now that winter is behind us (or so I hope) it's time to sow our seeds, polish up our trowels and get planting.

This year the show is on Saturday 20 August in Dalry Town Hall. Doors open for exhibitors from Saturday 8am until 9.30am. After this judging will take place. The Hall will be open at 2pm to the general public and at 3.30pm the presentation of trophies will take

There are classes especially for

Young People, but 'children' of any age can enter in the open classes. The children's classes are open to ALL young people aged 4 to 11 even if they are not resident in the Glenkens.

There is a wide range of craft, decorative and produce sections not to mention the popularity of the homemade wine class.

The ever increasing entries in the photographic section makes it one of the fastest growing classes and this year the subject is 'Building or Buildings'.

Schedules, which are free, will be available in your local Post Offices and General Stores from May onwards.

Although the number of entries was higher last year, the attendance was slightly lower on the door than in previous years.

As ever, come along and bring a friend (or two) to enjoy the day - and if anyone wishes to donate a small amount of time to support the show we would be very happy

Joan Berkley, on behalf of the Glenkens Society

THE STEWARTRY VETERINARY CENTRE CASTLE DOUGLAS SURGERY HOURS Mon-Fri 2.00-2.30 pm & 5-6 pm Sat 2-2.30 pm **DALBEATTIE SURGERY HOURS** Mon, Wed, Fri 3-3.30 pm Tues & Thurs 6-6.30 pm FOR APPOINTMENTS AT BOTH SURGERIES 01556 502263 **VETERINARY SURGERY OAKWELL ROAD CASTLE DOUGLAS**

GLENKENS MEDICAL PRACTICE

General Medical & Dispensing Services

> The Surgery High Street New Galloway

FOR APPOINTMENTS CALL 01644 420234



CatStrand Highlights



June/July Highlights

It's been a very

busy few months here at CatStrand and we are hoping to round off our season with a laugh.

Join us on Wednesday 8 June for an evening of top Scottish stand up comedy compared by BBC Radio regular Susan Morrison & headlined by Vladimir McTavish ("Painfully Funny" - The Scotsman) and supported by John Gavin (2009 Scottish Comedian of the Year).



On Thursday 30 June, make sure you catch Never Let Me Go, a film

adapted from Kazuo Ishiguro's bestselling Booker Prize short listed novel of the same name. The film stars Keira Knightly, Carey Mulligan and Andrew Garfield.

Our new season kicks off on Saturday 2 July when we welcome The Shee;

...an exceptional all female band with an

adventurous brew of Folk, Gaelic, Scots & Bluegrass that has earned them considerable recognition.



Be sure to look out for our new Events Guide when it comes out.

Join us on Wednesday 20 July for The Wood and the Water, an evening of poetry and music as artists find creative ways to respond to aspects of rivers, seas and forests.

There is an opportunity to see writer-director Peter Mullan's award winning third feature film, NEDS (18) on Thursday 21 July. This is a hard-hitting coming of age tale set in 1970's Glasgow.

We're thrilled that the Salsa Celtica Acoustic Band will be paying us a visit with the Small Island Sessions on Friday 29 July. Audiences can expect an evening of exciting border-crossing World Music that weaves together the melodies & rhythms of Scots and Irish Gaelic Song with that of Afro-Latin Folkloric Music.



Artist Carol Taylor will be exhibiting work in the Pyramid Gallery until Thursday 30 June. Having grown up in St John's Town of Dalry before going on to study at Edinburgh College of art, Carol believes that life as a child and teenager in Dalry had a profound impact on her as an artist.

We are delighted to be working alongside The Smithy Tea Rooms, New Galloway, who will continue to offer a delicious pre-event suppers for selected events (including Vladimir McTavish, The Shee and Salsa Celtica)

For more Information & tickets please call the CatStrand on 01644 420 374 or visit www.catstrand.com

SUPPORT CATSTRAND WHILE YOU SHOP

The Catstrand has launched a new online fundraising webshop.

CatStrand is asking its supporters to shop online at www.buy.at/
CatStrand; any items bought through the site means money will be donated to the CatStrand - at no extra cost to themselves!

Over 150 retailers are accessible through the webshop, including BT, Marks & Spencer, Waterstones and Next.

Many retailers provide exclusive offers to CatStrand webshop, such as discounts or offering free delivery, providing more reasons for supporters to buy products through CatStrand webshop.

Rachel Thompson, General Manager at CatStrand says:

"The webshop facility is such a simple but effective idea. We receive a commission on each purchase you make. Donating to our organisation couldn't be easier!"

Farewell & Good Luck!

Rachel Thompson, who has been General Manager at The CatStrand for the past 3 ½ years, is moving on to pastures new.

She will be taking up a Business Development post with Natural Power Consultants at the end of June.

The whole GCAT organisation has developed greatly under Rachel's leadership, not least the establishment of The CatStrand as one of the leading Arts & Visitor Centres in Scotland.

Everyone involved with GCAT thanks Rachel for her diligence and dedication since she joined us and we all wish her well in her new job.

Brian Edgar,

Chairman of the CatStrand Management Group

NEW PROJECTS FOR AFGHAN SCHOOLS TRUST two female teachers.

The photograph to the right shows Godfrey Smith and Robin Ade of Glenkens-based charity Afghan Schools Trust with Khadija, the coordinator of its new women's literacy & health programme in Lal.

Lal is a 9000ft high district in Afghanistan's central Hazarajat mountains. Khadija started in early April, and by the end of April she had organised and started literacy and health classes for 42 women aged 15-28.

Funds raised in Galloway are paying for Khadija and for

While visiting Kabul they met up with members of the Ahmad Shab sufi musicians who performed with such success at The CatStrand in 2009.

On the same visit, the Trust also initiated the building of a school for 300 children in Bagh e Bostan in the far Northwest of Afghanistan.

The expanding Trust programme relies on new donations to pay for teachers - for more information please contact info@afghanschools.org or

visit www.afghanschools.org
The Trust has given many
successful talks about their work
- if you would like a talk for your
organisation please ring Godfrey on
01644 420 465 (daytime).



Youth Players Rise to the Challenge

The group's first productions of 2011 were staged at Lochside Theatre during the Stewartry Drama Festival and again to a packed house at The CatStrand.

'The Dust of the Street' by Harry Glass was a challenging play for young people to perform and without a doubt the cast rose to the challenge. They were praised by the adjudicator for portraying the intense emotion of the piece and holding the audience throughout, particularly in the very moving final scene. The cast was: Dylan Blore, Lowena Lindsay, Cameron Lindsay, Kirstin Stalker, Jordan Pears and Josie Oliver.

'Round the World with Class Six' by Nick Warburton is a festival favourite which is great fun to perform and rehearse. However, it sets it's own challenges, demanding excellent timing and teamwork. The cast had the audience enthralled as they changed their classroom scene into a sailing ship and 'sailed around



Round the World with Class Six

the world'. The adjudicator praised the production for the excellent movement, comedy timing and voice projection throughout and genuinely believed that the cast were enjoying themselves just as much as the audience obviously were! The cast was: Eilidh Stalker, Hannah Daly, Eilidh Thomson, Zoe Kirkpatrick, Liza-Beth Brannock, Emily Jones & Téa Oliver.

Unfortunately neither of the teams progressed to the Western Finals this time around. However, everyone thoroughly enjoyed taking part and judging by the reaction of the audiences at each performance, they greatly appreciated both plays.

The Youth Players will close the current season at the CatStrand on Friday 3 June with an evening of three one act plays.

The evening opens with 'Five Green Bottles' by Ray Jenkins, a comedy set in a seemingly ordinary household caught up in the early morning rush of breakfast and getting out to work and school.

'Fireflies' by Harry Glass was written just after the Chernobyl disaster in 1986 and it somehow seemed appropriate to perform it again to mark the 25th anniversary. The recent events in Japan, of course, have made the subject matter very relevant again. The play looks at the after effects of the nuclear disaster, through the eyes of the children involved, with that unique mixture of pathos and

humour that only Harry Glass can achieve.

The evening

ends with 'Sweet F A' by Mark Wheeller. This is based on the true story of Southampton girl, Sarah Stanbury, and her struggle to gain recognition as a football player in the 1980's. It is in documentary theatre style which re-enacts various significant episodes in the development of Sarah's football career and the hurdles, natural and man-made, which she had to overcome on the way to the top.

DAY A

REGION &

We hope that the contrasting styles of each play will make for a very enjoyable evening of theatre with something to suit everyone.

The Youth Players will not be meeting in June, July and August and will start again for the new season on Sunday 4 September.



Dust of the Street

DOUBLE TRAVEL

Monday 28 March was another important day for GTI – the first trip with the new bus and with every seat taken!

We visited Callender House, near Falkirk, in lovely spring sunshine – a very interesting house with everyone enjoying a perfect day (photo on right).

Friday 8 April saw the GTI Committee celebrate two birthdays by abandoning the usual form of transport and walking round the lead mines at Carsphairn (photo

on left). Snippets of local information from Bob Peace added to an interesting afternoon – the two birthday cakes and other refreshments that followed being well deserved!

Future Trips and Use of Buses:

Trips are becoming

increasingly popular and we are trying to fix dates further in advance – other trips will be added but you might like to make a note of these dates already fixed; Sunday 10 July – Highland Games in Stirling; Sunday 5 Sept – Portpatrick Folk Festival; Tuesday 20 Sept – Farmers Market, Penrith. Bookings are only allowed from the date given on the poster but please book early to avoid disappointment.

We have also added an extra clause to the fees covering Hire Charges which allows users to use a vehicle for £10 for the first six hours and thereafter £3 an hour up to a maximum of £40 per 24 hour period – this will no doubt help those thinking of using a vehicle for a week-end away.

School Bus Driver Needed – Term Time Mornings Only: From the beginning of the new term in August, we need someone to drive our mini bus to provide transport for children from the Mossdale area to Kells Primary School. This takes just over one hour each day for which the driver is paid – if you are not already one of our drivers training will be given. If you are interested, please contact either Keith Cooper or Roy Hooker on 01644 420 374.





SCARECROW WORKSHOP SUCCESS

The Scarecrow workshop is the first in a series of garden themed activities that aim to encourage more people/families to think about growing their own fruit and vegetables.

It was a damp and miserable day so the session was held at New Galloway Town Hall instead of the allotment site and, under the excellent supervision of Julie Aitkin, 10 quirky characters were created.

It was a lovely day and every one present had a great time.

Thanks to all the ladies that helped the little ones with the tricky sewing bits!

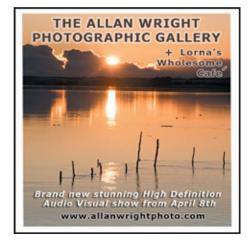
Also a big thanks to Laurence Oliver for being our judge.



Gordon

McAdam

Plumbing





Faster Mon to 31st October please ring to arrange a visit at other times

Tel: 01644 420 465

visit our new online shop at www.clogandshoe.co.uk

Tel: 07834 321789

CARSPHAIRN COMMUNITY GARDEN

CONTINUES TO GROW

After a break for the winter weather, activity in Carsphairn Community Garden got underway again in late March.

More trees and shrubs have been planted, plinths for a notice board and a viewing point have been built by Knockengorroch dyker Bill Holmes, and a solar panel and mini wind turbine have been installed to power the garden's lighting

David Richmond of the Garden Sub-Group explained:

"We're just about to install three park benches and two picnic tables made by local craftsman Kevin Johnston, so even though there's

still more planting and laying of turf to be completed, people can now start to visit and enjoy the garden."

The original official opening for the end of June has now been postponed to the end of September, but the Garden will be available for locals and visitors alike to walk around and appreciate throughout the summer months.

Carsphairn Community
Garden is supported by
the Dumfies & Galloway
LEADER Programme, Stewartry

LEADER Programme, Stewartry Area Committee and Carsphairn Windfarm Community Fund.



Mums and children from Carsphairn Church Sunday School egg rolling in the Garden at Easter.

CATSTRAND: COMMUNITY ENTERPRISE

The CatStrand was the location for the fourth in a series of project visits run by the Scottish National Rural Network, who aim to connect rural Scotland and promoting rural growth.

The visit focussed on community enterprise and brought together a group of people involved in similar activities from around rural Scotland to share experiences and ideas.

Rural Network Coordinator Matt Tyrer said:

"The CatStrand is a really inspiring place. Not only does it provide a fantastic venue for a whole range of activities, but with the community bus and newsletters also being managed by GCAT they can ensure people know about what is happening and can get to the venue from around the surrounding area."

Presentations were given on the background, funding and development of GCAT and the CatStrand, and what is happening at the CatStrand now, as well as future plans.

Plenty of time was given for the visiting group to wander around the venue and investigate the facilities, as well as there being lots of opportunity to ask questions and discuss some of the issues and ideas coming out of the presentations.

Then, for an insight into what the team at GCAT are taking on next, the group took a trip on the community bus to see the Watson Bird Centre in Dalry.

This looks set to be another significant redevelopment and future project which will undoubtedly benefit hugely from

the expertise and experience gained in the development of the CatStrand.

The visit finished over a lovely lunch in the CatStrand's Pyramid Gallery and café, another informal opportunity to carry on the conversations and exchange contact details before setting off home.









DALRY ILLUMINATIONS

After nearly 18 months of planning and design, Dalry Town Hall has just completed the installation of a new eco-efficient heating system and new and upgraded state of the art interior and exterior liahtina.

Chairman Mark Stoves explains:

"The Hall's previous heating system was over 20 years old and was inefficient, particularly in the winter months, and relatively expensive to use. We needed to install a better system, and grants were available from Community Energy Scotland."

The hall, originally built in 1859, features a beautiful wood panelled, vaulted ceiling which makes the hall a fabulous acoustic space for concerts and recitals, but also causes a lot of wasted heat.

The Hall now features eight new wall-mounted radiators, together with two ceiling-mounted fans for distributing warm air back into the hall.

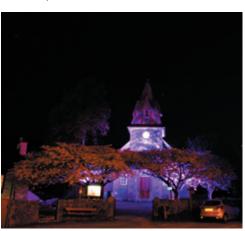
During this period the committee also secured funding to improve and upgrade the hall lighting. Mr Stoves explains further:

"The hall is a beautiful building set back from the main road on a large plot of land in the centre of the village, but it has not been illuminated at night and the existing interior lighting consisted of six old flourescent battens and two floodlights, which did not help to create a welcoming or creative atmosphere.

"With the added benefit of the recently installed double glazing, new padded seating, flexible portable staging system and the newly refurbished kitchen, the Hall is now even more comfortable to members of the public and is a great venue for all kinds of events - old and new!"

The outside lights on the Hall will run on a timer until after the Clachan Fair week, after which the Hall will only by lit up when there is an event on - so when you see that the Hall is illuminated, pop down and see what's going on!

Anyone wishing to book the Hall should contact Mr Stoves on 07850 193807, mark.stoves@btinternet.c om or visit www.st-iohn's-town-ofdalry-town-hall.co.uk.





Helping You Go Greener recycling, and to date have

The CatStrand is going even greener and helping you go greener too!

The venue has recently joined two recycling programmes, becoming a collection point for used batteries, old mobile phones and used print cartridges.

Through the collection of these items, waste and pollution can be reduced, as well as funds being raised for charity.

The organisation that recycles the mobile phones and print cartridges is Recycling Appeal, based in Falkirk (www.recyclingappeal).

Recycling Appeal collects mobile phones and printer cartridges for reuse and



generated over £6 million for charities and good causes.

The battery recycling is through an organisation called Battery Back (www.batteryback.org) who allow people to easily recycle their batteries for free. The growing number of BatteryBack collection points will help Britain to meet its recycling targets (we need to increase our battery recycling from the current 2.8% to over 25% by 2012 and over 45% by 2016 to meet targets).

So come along with your old and unwanted batteries, mobiles and cartridges, and feel good about helping the environment and raising money for charity at the same time!



Dalry Clachan Fair

Sunday 5 June to Saturday 11 June

Some great events are planned for this year's Clachan Fair and there should be something for everyone!

Sunday: Donkey Open Day & BBQ, Songs of Praise

Monday: Treasure Hunt Tuesday: Quiz Night

Wednesday: Scottish Night

Thursday: Pet Show

Friday: Domino Night, Junior

Disco

Saturday: Parade Day, Stalls, Games, Best Dressed House and lots more fun.

There's also a tennis competition planned and team games.

For details of how to join in the individual events, watch out for posters around the village and the Fair Programme. These dates are pretty definite but might be subject to change.

All the proceeds go to maintain the Town Hall, which gets no money from the local council but depends solely on fundraising and donations.

The new heating and lighting show

how well any extra funds can be

DAY

REGION &



Paddlers for Life Events

You don't have to have paddled before to come along - just come and meet us and have some fun!

Wear trainers/crocs, water-proof jacket and comfortable trousers (not jeans), and bring a change of clothes. You don't have to be a good swimmer either – buoyancy aids, paddles and safety boat cover provided.

IMPORTANT - Please

confirm by email with lindsay @paddlersforlifescotlandsw.c o.uk at the beginning of each week if you plan to attend the paddling session, so we know how many to expect.

Sunday 5 June, 10am - paddling.

Further dates will be confirmed at a later stage or by checking for updates on paddlersforli fescotlandsw.co.uk or email lindsay@paddlersforlifescotland sw.co.uk.

SPALDING BOWLING CLUB

The Club opened on Thursday 16 June.

Marie Davie, the President's wife, threw the Silver Jack and delivered the first two bowls. She then declared the green open for play, and wished everyone an enjoyable and sucessful season.

There was a good turnout of members and friends and, after a cup of tea, 24 people had a game.

Anybody who would like to come and have a go is most welcome - there is a sweep game on Mondays & Saturdays starting at 7pm.

Liz Peacock



Glenkens Walking Groups

The Glenkens Ramblers meet on Mondays for a moderate walk taking around two hours.

The Glenkens Walkers meet on Wednesdays for an easier walk taking around 90 minutes.

Both groups meet at 1.30pm outside the Bank of Scotland in Dalry. Lists of walks are displayed in shops in Dalry and New Galloway.

Contacts: John & Isobel on 430 539, Gerry on 420 852,Peter on 420 419 and Elizabeth on 430 581.

ALTERNATIVE GAMES 2011

Line-up: New Galloway Ceilidh, Fri 5 Aug, 8.30pm, £6/4. Kick off the Alternative Games weekend and enjoy the best of Scots Hospitality with a ceilidh in the Town Hall.

Scottish Alternative Games, Sun 7 Aug, Games start at 2pm, £4/1 - pay at the gate. New Galloway's quirky annual summer event returns for its 11th year in the town. A fun day out for all the family with all of the usual favourites including the official Gird n' Cleek World Championship, Hurlin' the Curlin' Stane, Balmaclellan Skittles, Tractor Pull, Tug 'o War, Archery and Snail Racing!

Surreal McCoy: Big Rory & Ochie, Sun 7 Aug. As part of the Alternative Games, Catstrand are delighted to bring you Big Rory and his dog Ochie - guaranteed to entertain!



Glenkens Allotment Awarded Grant

The Glenkens Community Garden and Allotment, a GCAT project, has been lucky enough to secure a grant from The Climate Challenge Fund.

A site in New Galloway will be transformed into productive plots to enable more people to grow their own. The community garden will have a number of small beds for anyone interested in getting into growing vegetables but daunted by the idea of having a plot.

Over the year the group will be running a series of sessions, from teaching the basics of how to grow from seed, to making a composter, pruning fruit trees, and jam and chutney

talk and taster.

If anyone would like to come along and share their knowledge and skills or would be interested in taking on an allotment, please get in touch.

The site is open to anyone in the Glenkens. So far we have had interest from Carsphain, Dalry and New Galloway.

We are very excited by this development - growing your own vegetables is not only good for your pocket, but increases your physical activity and general health and wellbeing, as well as being good for the environment.

We have a number of CO2 reducing targets to meet which involve eating more local seasonal food,

reducing food waste, recycling, composting and being more aware of our behaviour and consumption levels

Simply by being more aware and conscious of our patterns of behaviour, we can start to plan menus, shopping journeys, etc, and reduce waste, reduce petrol consumption and save money - and at the same time reduce our carbon footprint.

We would like to welcome the new Community Garden & Allotment Project Development Officer, Wendy Fenton. Wendy lives in Corsock and brings with her experience of smallholding



KEEPING ENERGY IN THE COMMUNITY

With more windfarms going up around the area, the role of communities in relation to the production of power is something frequently under discussion.

It really boils down to the question of:

...if there are going to be turbines, shouldn't the community they are situated in see maximum benefit rather than a large corporation from outwith the area?

There are many ways communities may benefit from the production of power in their area.

Roland Chaplin, member of the Glenkens Sustainable Development Steering Group (GSDSG), says:

"There area models giving members of the community individual share stakes in one or more turbines...Another option which a growing number of communities are exploring is outright ownership of one or more turbines, or even of the whole project, with the local community borrowing the initial capital.

"This last option means that once the initial borrowing has been paid off, the rest is a straight profit for the community."

There are many ideas out there, and various new options for communities arising all the time. If you would like to find out more about how your community can become more involved, contact Roland on 01644 420 361 or roland@glenkensbb.co.uk.

Raising Awareness of Brain Injury

A Carsphairn villager sustained a brain injury last July, and his family want to raise awareness of Brain Injury.

From Monday 9 to Sunday 15 May is Brain Injury Week, which includes Hats for Headway Day on Friday 13 May.

While Action for Brain Injury Week is a great opportunity to raise awareness of brain injury and its effects, there's still plenty of time to have fun - and what better way than with Hats for Headway Day!

The school in carsphairn took part in Brain Injury week, which included a session with the schools outreach worker from Headway Dumfries, and taking part in a non-uniform day while wearing a hat.

Carrick's of Carsphairn shop also took part in the fun. They provided customers with hats to raise money, and those who didn't have a hat had to pay a forfeit!

Photos and more information will be in the next issue of the Glenkens Gazette.

LOCAL HISTORY with TED COWAN

Robert Burns Burns in the Glenkens

Summer is a time to welcome visitors to our glen.

At the end of July 1793 Robert Burns and his good friend John Syme spent a few days here.

Leaving Dumfries they called on the Glendonwyns (Glendinnings) at Parton, viewing Airds across the Ken in homage to John Lowe, the tragic poet who composed the highly popular song, 'Mary's Dream'. By nightfall they reached Kenmure Castle staying for three days. Their host was John Gordon whose grandfather was executed for his role in the Jacobite rebellion of 1715 and hence his title was in abeyance, though he was still known locally as Kenmure. They then took the hill road from Lauriston (Clachanpluck) to Gatehouse, in torrential rain.

A major preoccupation of the trip was the issue of Burns' boots...

The poet, who was something of a dandy, had purchased a new pair at a cost of 22 shillings, an enormous sum at a time when a day labourer earned one shilling a day (less in winter). According to Syme, Burns was in a mood as foul as the weather all the way to Kirkcudbright, after leaving Kenmure, because his fine top-boots were ruined through being soaked and subsequently shrunk while drying. However there are at least three other versions, all related, of what happened to the booted bard.

Burns was keen to visit
Airds to see the views that had

inspired Lowe. Kenmure suggested they all take his barge, named Glenkens, down the loch. A man named Carson reported that the party comprised himself, Kenmure, Syme, Burns and Rev John Gillespie the aged minister of Kells.

Unfortunately before they reached their destination the vessel grounded.

Everyone else used oars to vault ashore; only Burns and Gillespie remained. According to Joseph Train's rather elaborate version of the story Burns, "...his eyes beaming, and his face suffused, sprang at once over the boat's gunwhale, knee-deep in mud, and grasping the old gentleman with outstretched arms, he half dragged him on to his back and bore him ashore'. Syme exclaimed in jocular mode that Burns was the last man he expected to see "priest-ridden" but the poet did not join in the mirth, grimly plodding on through the reeds with his godly burden.

A different version, set on the other bank of the Ken, was told to Captain Cunningham Graham of Dalarran, in his house, by Murdoch of Drumwhirn (on the Corsack-Moniaive road) who was, at the time, the ferryboat boy. Murdoch recalled that he was summoned to ferry over the river, Kenmure, Syme, Gillespie and Rev Thomson, minister of Balmaclellan, all of whom were intent upon paying a visit to the Holm.

He particularly remembered

the bard, who was "a friendly looking body", wearing kneebreeches and peculiar long boots.

The water was too low for a dry landing and so while others jumped, Burns stumped through the mud with his reverend cargo. Syme again joked at his friend's expense. This time Rab was in better fettle. Gazing upon the beauty of his surroundings he proclaimed: "This place would make a blockhead into a poet!". Mr Murdoch later built a house in Balmaclellan. He died in 1882 aged 96.

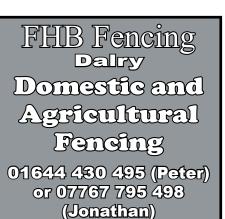
Both Carson and Murdoch doubtless

Both Carson and Murdoch doubtless believed their own stories yet they recall different versions of the same event. The choice, dear Reader, is yours! Each echoes the other, which is appropriate because the one poem to come out of the Glenkens visit was an epitaph "On the Death of Echo, a lap-dog" requested by Mrs Gordon on behalf of her deceased pet. As Syme related, Burns disliked the subject, "but to please the lady he would try". He did, but not very hard:

'In wood and wild, ye warbling throng, Your heavy loss deplore; Now half extinct your powers of song, Sweet Echo is no more."

Have a great summer!

Ted Cowan









JUNE

Sat 14 May to Thurs 30 June, Exhibition: Carol Taylor, CatStrand, New Galloway

Mon 1, Balmaclellan CC Meeting, 7pm, Balmaclellan Village Hall

Thurs 2, Golf: Belhaven Senior Mens Open, New Galloway Golf Club

Fri 3, Benefit Advice Surgeries – phone to book, 9.30am-1pm, CatStrand, New Galloway

Fri 3, Youth Players Performance, CatStrand, New Galloway

Sat 4, Carsphairn Show, 8am sheepdog trials, 10am sheep judging, 2pm pet show, Carsphairn

Sun 5, Paddlers for Life, 10am – paddling, Galloway Activity Centre, see p11

Sun 5, Clachan Fair Donkey Open Day & BBQ, Songs of Praise

Mon 6, Clachan Fair Treasure Hunt

Tues 7, Clachan Fair Quiz Night

Wed 8, Clachan Fair Scottish Night

Wed 8, Susan Morrison & Vladimir McTavish, 7.30pm, £10/8, CatStrand, New Galloway

Thurs 9, Clachan Fair Pet Show

Fri 10, Clachan Fair Domino Night, Junior Disco

GLENKENS DIARY

Sat 11, Willow Weaving, 10-4pm, £50, CatStrand, New Galloway

Sat 11, Clachan Fair Parade Day - stalls, games, Best Dressed House and lots more fun (see p11)

Mon 13, Kells CC Meeting, 7.30pm, New Galloway Town Hall

Sun 19, An Evening of Brass with Dunaskin Band, 6.30pm, Carsphairn Church

Mon 27, Balmaclellan CC Meeting, 7.30pm, Balmaclellan Village Hall

Thurs 30, Film: Never Let Me Go, 7.30pm, £5/4, CatStrand, New Galloway

JULY

Friday 1 (date to be confirmed), Alternative Burns Supper: Burns Night with a Twist for Kids, 6pm, Lagwyn Hall

Sat 9, Build a Garden Composter, 10.30am- 1pm, FREE, CatStrand/Community Garden

Sat 2 July to Thurs 11 August, Exhibition: Gwendol Gains, CatStrand, New Galloway

Sat 2, The Shee, 7.30pm, £10/8, CatStrand, New Galloway

Sat 9, Cafe Connect, 7pm, FREE, CatStrand, New Galloway

Mon 11, Kells CC EGM, 7.30pm, New Galloway Town Hall

Tues 12, Puppet Making & Movement, 10am-3pm, £12,

CatStrand, New Galloway

Sat 16, Jams & Chutney Talk, 10.30am-12pm, £2.50, CatStrand, New Galloway

Sat 16, Pruning Workshop, 1.30-4pm, £5, CatStrand, New Galloway

Wed 20, The Wood and The Water, 7.30pm, £8/6, CatStrand, New Galloway

Thurs 21, Film: NEDS, 7.30pm, £5/4, CatStrand, New Galloway

Fri 29, Salsa Celtica, 7.30pm, £12/10, CatStrand, New Galloway

AUGUST

Fri 5, New Galloway Ceilidh with Robert Menzies Ceilidh Band, 8.30pm, NG Town Hall

Sun 7, Scottish Alternative Games, 2pm, NG Park

Sat 13, Glenkens Show, Mains of Kenmure, New Galloway

Sat 20 Aug, Glenkens Horticultural Show, Dalry Town Hall, doors open for exhibitors at 8am to 9.30am on Sat, and the Hall will be open to the public at 2pm, trophy presentation at 3.30pm.

SEPTEMBER

Fri 30 Sep to Sun 2 Oct, Dalry Bird Festival – a date for your diaries!

Real Dog Training

"Is your dog ruining your life?"

REAL solutions for REAL problems in REAL situations to make a REAL difference.

CALL ERIC NOW Home: 01644 460670 Mobile: 07831 590822

Eric Broadhurst (NDOA Advanced Instructor)

35 years dog trainer to the TV and film industry

T. H. CARSON BUTCHERS

See us at Dalry Farmers Market on 2nd Sat each month.

We can deliver to your door - call us any time up to the Friday before the Farmers Market, and we will deliver on the Saturday, afternoon.

THE CROSS, MILL ST, DALBEATTIE 01556 610384

Running a business or need help with your accounts or tax returns?

Call David McMillan, Brian Johnstone or Craig Kerr on Dumfries 01387 269726 www.armstrongwatson.co.uk

ArmstrongWatson"

Armstrong Watson is registered by the Institute of Chartered Accountants in England and Wales to carry on audit work and is authorized and cogulated by the Figure in Society Authority

WHAT'S GOING ON IN JUNE & JULY ... BE PART OF IT

REGULAR EVENTS:

Glenkens Ramblers: Mon, 1.30pm, outside the Bank, Dalry

Scouts: Mon, 7–8.30pm, New Galloway Scout Hut

Mother & Toddlers: Tues, 9.45-11.15am, New Galloway Town Hall

Beavers: Tues, 6.30–7.45pm, New Galloway Scout Hut

Glenkens Walking Group:

Wed, 1.30pm, outside the Bank, Dalry

Stewartry Camera Club:

Wed, 7.30pm, The Tolbooth, Kirkcudbright

Mossdale Painters: Wed, 9.30am, Mossdale Village Hall

Cub Scouts: Wed, 6.45–8pm, New Galloway Scout Hut

Thursday Lunch Club:

12.30pm, New Galloway Town Hall, fortnightly starting 6 Jan, £3, contact - Raymond Vincent, 01644 420451.

Lions Club monthly quiz:

alternating between The CatStrand & Lochinvar Hotel, contact - Andrew Frew, 01644 420 323 The CatStrand, New Galloway (01644 420 374):

Exercise to Music: Mon, 10-11am

Play it by Ear: Mon during term time, 1.30-2.30pm

Children's Dance Classes with Margaret Morris

Movement: Mon during term time, 3.15-4pm (pre-school), 4-5pm (ages 8-12)

Carers Coffee & Chat: Tues, 10am-12noon

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

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

Zumba: Wed: 7.30-8.30pm, New Galloway Town Hall, £4

Gentle Yoga & Relaxation:

Thurs, 10-11.15am

Sing it Out: Singing Workshop: Thurs, 11.30am-12.30pm

Afternoon Tea Club: 2nd Fri each month, 2pm

Saturday Art Club: 2nd Sat each month, 10am-12noon

Circus Skills Swapping Share: 3rd Sun of the month, 1-3pm

Catstrand Youth Players: Sun during term time from 3-5pm

CatStrand Playstation Tournaments: contact The CatStrand for info.

Dalry Community Centre (contact - Sarah on

01644 430 393) :

Glenkens Playgroup: Mon-Fri, 9.15-11.45am *(contact - Julie Moore 01644 460 687)*

Paint & Art: Mon, 1.30-4.30pm & Wed, 7-9pm

Ballroom & Latin Dance dropin class: Mon, 7.30-9pm, £5

Ballroom & Latin Dance course: Mon, 9-10pm, for more info tel Sam Hood on 01644 420672

Good Neighbours Club: Tues, 2pm

Kickback Martial Arts: Tues & Thurs, 7-9pm, both adults & children welcome

Glenkens Mother & Toddlers:

Wed, 1.30-3pm

Craft Class: Thurs, 2-4pm **Brownies:** Wed, 5.30-6.45pm

Guides: Wed, 5.30-7pm

CHURCH OF SCOTLAND

Sundays: Balmaclellan: 12noon 1st, Carsphairn: 10.30am 1st 2nd 3rd 4th 5th(Jul), Dalry: 9am 1st 2nd 3rd 4th, Kells: 10.30am 2nd 3rd 4th

Special Services/

Events: 2 June, 6.30pm: Ascension Day service, Dalry Church. 5 June, 6.30pm: Clachan Fair Songs of Praise with Sanquhar & District Silver Band on Newfield Green outside Dalry Church. 19 June, 6.30pm: Concert with Dunaskin Brass Band, Carsphairn Church. 26 June, 3pm: Conventicle in Dalry Churchyard.

Communion Service:

3 July, 10.15am Carsphairn Church (using central table).

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, Castle Douglas: Rev McFadden - 01557 330687.

Dalry Library

Tue:

2 - 4.30pm then 5.30 - 7.30pm

Fri:

11:15am - 1:15pm then 2 - 4.30pm

23 mobile library stops

- to find out where and when call **430 234**

USEFUL NUMBERS:

- Pot-hole Hotline: 0845 276 0000
- Local Police: 0845 600 5701
- Doctors: 01644 420 234
- NHS 24: 08454 24 24 24
- D&G Council: 030 33 33 3000

Gazette Advertising Rates

6cm x 6cm - £31.50 per issue (10% series discount) 1/4 page (9cm w x 13cm h) - £68.25 (25% series discount) 1/2 page (18cm w x 13cm h) - £126

(25% series discount)
Full Page (18cm w x 27cm h) - £210
(25% series discount)

LORNA WILLOCK'S 5 TIPS FOR BETTER HEALTH

With diabetes on the increase here are a few ideas for balancing blood sugar levels:

- 1 Watch the amount of sugar in foods. Many foods not even regarded as sweet may contain sugar, e.g. soup, salad dressings, ready meals. Many cereals are also very high in sugar take a look at the labels.
- 2 Don't skip breakfast or you may end

up snacking on something fatty and/or sugary later, e.g. biscuits, cake.

- 3 Have lots of little meals this will maintain stability with blood sugar levels and not overtax digestion
- 4 Try omitting sugar from tea and coffee try cutting down gradually. Generally we take sugar if we were given it in the first place, and may actually prefer our drinks without.

5 - Cut back on sweet snacks – sugar is highly addictive and sweet foods give us a buzz, and we feel low and tired afterwards. It is an illusion that sugar gives us energy, as these foods deplete energy in the long-term.

Lorna is a qualified nutritionist & dietician. For more info see www.foods4life.co.uk or call Lorna on 01644 470218.

CARRICKS OF CARSPHAIRN

Convenience Store and Tea Room/Garden

A warm welcome awaits customers old and new!

Enjoy a browse around the shop, which stocks all your daily requirements. Post Office open 11am to 1pm Monday to Saturday. Locally made woollens, gifts and cards available.

Enjoy a light meal in the Tea Room, which is open all year round (except Christmas Day). Our menu has something for most tastes including home-made pies, scones and soups. Our garden has the most wonderful views all year round...



We are open:

Mon to Fri 7am - 6pm

Saturdays 8am - 6pm

Sundays 9am - 5pm

Lochinvar Hotel Hotel - Restaurant - Bar

UNDER NEW OWNERSHIP AND NOW RE-OPENED FOLLOWING REFURBISHMENT

Stag's Head:

traditional pub offering bar snacks, hot and cold beverages

DG's Bistro:

serving bistro and bar food in a relaxed setting

St. John's Restaurant:

Elegant dining with a tempting a la carte menu

Food served all day

Sunday Lunch served 12-8pm We cater for functions and parties

St. John's town of Dalry Tel: 01644430107 www.lochinvarhotel.co.uk

Carsphairn Show Saturday 4th June

entries on the day for sheep, pets, and industrial section

show opens 8am with sheepdog trials, sheep judging 10am & pets at 2pm

for further info call 01644 460244



Glenkens Agricultural Society Annual Show

Saturday 13th August

Mains of Kenmure, New Galloway

Cattle, Sheep, Goats, Poultry, Horses, Gymkhana, Fancy Dress Pony, Pets & Dogs, Stalls, Refreshments, Free Bouncy Castle & Entertainment.

For entry form or more info. contact Andrea Ramsay on 01644 430509



The Fleet Fish van is in the Glenkens on Tuesdays & Wednesdays every week. Anyone wishing me to call, please phone Mary on above mobile no.

WRITE FOR THE GAZETTE! Submit events, activities, news stories, cartoons, reviews, tips & techniques, fiction, photos, ads or ideas... If you have a submission, contact Sarah Ade on 07727 127 997 or glenkensgazette@hotmail.co.uk . AUG/SEPT COPY DEADLINE: Mon 4 July















This publication is designed & co-ordinated by Sarah Ade (sarah_ade@tiscali.co.uk) and printed by the Stranraer & Wigtownshire Free Press (www.stranraer-freepress.co.uk).