

GLENKENS GAZETTE

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

December/January 2019-20

ISSUE 115

FREE

FIRST BLACKCRAIG WINDFARM AWARDS ANNOUNCED

It has been a busy time for all concerned since the Blackcraig Windfarm Community Fund opened for applications in June.

First a wide variety of community groups attended outreach sessions held across the area and then put in a huge amount of effort to submit applications. Thirty-nine

eligible applications were received representing a range of groups and organisations. These were all assessed in detail by Foundation Scotland who are contracted by Temporis Capital Ltd to administer the fund.

The trustees of the Glenkens & District Trust then considered the detailed reports, running to nearly 150 pages, over two meetings in mid-October. Steps to ensure that any potential conflicts of interest were properly addressed were taken before the



trustees reviewed and discussed every report prepared by Foundation Scotland. There were wide ranging discussions on how the applications met the requirements and criteria of the fund, how they benefited the wider community, how the applicants had demonstrated that the proposal was good value for money and how groups had worked together. The trustees were delighted with the quality of the applications and the thought and preparation that had gone into them and were encouraged and inspired by the efforts made by a huge number of people. A summary of the applications and decisions is available at www.foundationscotland.org.uk/news/glenkens-communities-share-wind-farm-cash

Continued on p10...



Children at Dalry school celebrate the success of an application for a climbing structure.

Rockfield Community Aquisition Passes Stage One

The wild area referred to as Rockfield, in Dalry, has begun the process of becoming community-owned.

Featured in the April/May issue of the Gazette, a small piece of unkempt land behind Underhill was open to community purchase. A local group has been formed to take this forward, and the Rockfield Project submitted a successful Stage One proposal to the Council. It is hoped to submit the Stage Two proposal soon,

which will need a more detailed plan - if you would like to be more involved please contact Nikki on nichola_finch@yahoo.co.uk

Villagers who were asked would like the area to remain a kind of wild place with native plants/trees, indigenous foraging, paths for walking and a bike track accessible to young people.

The Rockfield Project would like to say a big thank you to the Glenkens Community Shop for a grant of £500 towards the costs of a site appraisal and initial works.



The plot is pictured above, looking towards Kenbank.

COMPARING THE GENERAL ELECTION CANDIDATES

When you open a paper or turn on the TV or radio at the moment there are so many issues being debated and with emotions running high it is hard work to figure out the best way forward.

It is certainly going to make it difficult when we get to the polling booth on 12 December. Would it be best to vote for the candidate whose party represents your views on Brexit? But do they also represent your views on Scottish independence, or climate change? Who do you feel would best serve Dumfries and Galloway? Do you want change or more of the same? It is quite hard to find a candidate whose views align completely with yours so some sort of compromise may be required.

To try and get a clear picture of what the candidates-to-be Dumfries and Galloway's next MP are offering, we have asked them all four questions on some of the main issues so that you can compare their answers.

What do you think are the main issues facing Dumfries and Galloway?

Richard Arkless (SNP) and **Alister Jack** (Scottish Conservative and Unionist) both highlight the need for investment in order to tackle problems with transport infrastructure. They also focus on the NHS with Arkless concerned about the distance some people have to travel for health services, and Jack on the need to fill GP and consultant vacancies in the area.

McNabb Laurie (Scottish Liberal Democrat) and **Ted Thompson** (Labour) felt boosting the local economy and retaining young folk in Dumfries and Galloway was of particular importance, with Thompson wanting to create green high-tech jobs. Laurie is also concerned about Dumfries and Galloway's lack of

visibility and attention on the national stage and would like our MP to be a flagbearer for the region, thus being better able to champion local causes.

Negotiating the UK's departure from the EU has been fraught; what is the best way forward to limit the division Brexit has caused?

Ted Thompson (Labour) lays the blame squarely on the Conservatives for having called the EU referendum and then for invoking Article 50 without a plan. His party would renegotiate another deal with the EU, followed by a confirmation vote of that deal versus remaining in the EU. He personally is in favour of remaining.

Richard Arkless (SNP) points out that as Dumfries and Galloway voted to remain in the EU referendum, we are now being taken out of the EU against our will. His answer is for Scotland to become an independent EU state by seeking another independence referendum.

Alister Jack (Scottish Conservative and Unionist) feels that the deal Prime Minister Boris Johnson has struck with the EU works for Scotland and he therefore wants to implement that deal and end the uncertainty.

McNabb Laurie (Scottish Liberal Democrat) feels the EU referendum was flawed with unrealistic promises made. If his party achieved a majority government they would revoke Article 50 and stop Brexit; otherwise they would work with partners to seek a second referendum.

Scotland has been part of the UK for over 300 years; what are your views on the union going forward?

No surprises that **Richard Arkless** (SNP) is passionately in favour of Scottish independence, although he points out that he used to think we were "too wee and too poor" to go it alone. However, he now believes that our per capita tax revenues and levels of GDP are good enough for independence and that in the modern world small countries do better.

Alister Jack (Scottish Conservative and Unionist), **McNabb Laurie** (Scottish

Liberal Democrat) and **Ted Thompson** (Labour) are all firmly in favour of Scotland remaining part of the UK and wish to prevent the division and disruption they claim would come from another independence referendum. Laurie also points out that the last three years of Brexit paralysis underlines the immense difficulties we would face if we left the UK and has considerable doubts about the promises of a frictionless border.

What is the response of you and your party towards the declaration of a climate emergency?

All candidates are in broad agreement on this one. **Alister Jack** (Scottish Conservative and Unionist) states that his party are committed to protecting the planet for future generations which is why they support net-zero emissions by 2045.

Ted Thompson (Labour) believes we do have a climate emergency and that his party's manifesto and Green Economy pledges address this.

McNabb Laurie (Scottish Liberal Democrat) agrees that there is a climate emergency but argues that some of the response needs to come at a local level, as well as through government and international bodies. He stresses the importance of working with partners in the UK and the EU, and that his party recognise that global problems need global solutions.

Richard Arkless (SNP) also sees climate change as a real emergency and points out that the Scottish government already has plans such as the Green Deal, Climate Emergency Skills Action Plan, Mission Zero Transport initiative, phasing out of new petrol and diesel cars by 2032, decarbonising railways by 2035 and scheduled flights by 2040. He admits these plans sound ambitious but feels even more must be done and that if he was elected as our MP climate change would be his emergency.

We hope this might have helped in your decision on who to vote for. At the end of the day, whatever you do decide, your vote counts so please make sure you remember to vote!

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In Memory of Alan Wright: 1932-2019

Alan Wright, who died in October, will be missed by folk in the Glenkens but also by gardeners all over Galloway and beyond.

He had an extensive knowledge of plants, flowers and vegetables which he generously shared as well as proffering advice on all things horticultural, from germinating seeds to fixing garden equipment.

Alan started off as a chemical engineer but had always had a keen interest in gardening. This led him and his wife Maude, together with their daughters Susan, Judith and Lyndsay, to move to Dalry in 1972, taking over the cattlefeed and ironmongery business and adding a garden centre, which then became Rural Supplies.

The family soon became thoroughly involved in village life and Alan, at different times, served on the Community Council and the Town Hall Committee. He was heavily involved

in Dalry winning awards in Britain in Bloom contests, as well as the visit of Radio 4's Gardener's Question Time. He was also a stalwart of the Glenkens Flower and Vegetable Show, donating the Maude Wright Trophy after his wife died in 2002. At the Queen's Diamond Jubilee in 2012, he planted a wonderful flower display in the McNaught fountain, and continued with seasonal flower displays in the village until handing over that baton to Jane Trueman in 2017.

Although Alan gradually started to wind down the business when his wife became ill, he was still selling bedding plants and compost five years ago and was always on hand to help, encourage and advise other gardeners. He remained sought after answering questions such as "why haven't my carrots germinated", "what's wrong with this shrub", "what rose will thrive in this climate", etc, and last November when asked how to fix a broken greenhouse door, he just mended it himself.

One local resident said that when he moved to this area he was determined



Alan Wright at the Dalry fountain, next to his beautiful flower display, for the Jubilee celebrations in 2012. Photograph taken by Hilda McAdam.

to grow a honeysuckle over an arch in his garden: after three attempts and three dead honeysuckles, he turned to Alan for advice, who suggested a particular variety which, many years later, is still happily romping over the arch. This is just one example of how Alan's memory will live on.

Get On It Transport: Freelance Work Available

Having finished our consultations with young people, CatStrand are now ready to launch our 'Get On It Transport' pilot, with the aim of helping young people living in rural Stewatry to move around more easily.

There are two buses; a Dalry - Kirkcudbright bus (approximately two hours) and a Kirkcudbright local loop bus (approximately one hour), each of which visits a number of pick-up locations on the way. Each bus will run twice on every Sunday throughout the pilot period (from 22 December to 23 February).

We're now looking for a pool of adults to be on board these buses. For every journey, we need one adult on board who can consult young people about the bus service and gather feedback, as well as check registration and be on hand in case of an emergency. For these positions you must:

- Have an up-to-date PVG to work with young people
- Be able to invoice us for your time (the rate is £10p/h)
- Be able to commit to both runs for one or more days (either on the Dalry or Kirkcudbright loop bus).

To find out more email katy@catstrand.com



On behalf of the Glenkens Community Shop I would like to thank all supporters and volunteers, especially Alison Davies from New Galloway and Blackcraig Wind Farm Community Fund *.

We have received a grant from Blackcraig to fund the refurbishment of the shop, which is great news. The shop will close on 14 December with work getting underway in the new year, and we hope to re-open around Easter time. Merry Christmas and a happy New Year, and thank you for all your support. *Shirley*

The next round of Glenkens Community Shop grants will be in July 2020.

* with funding from Blackcraig Wind Farm (Scotland) Limited, administered by Foundation Scotland working in partnership with The Glenkens & District Trust.

Glenkens Freecycle

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If you would like to list something on this page, please get in touch on 07727 127 997 or glenkensgazette@hotmail.co.uk

FREE

Aluminium patio table - large round glass topped table; slightly bashed, but very useable. Approx 1.2m diameter. No longer needed. Contact: 07787 406 187

Strong plastic 500ml jars with wide neck x 5. Would suit nails and screws, but not food. **90ml plastic measuring scoops x 6.** **Alchemilla plant** (ladies mantle). Might need help to dig them up. Contact: Sue on 07563 718 011

Kodak ink for printers ESP and Hero series. Code 30 & 30cl.

1 sealed colour cartridge and 1 sealed black cartridge plus 2 part used cartridges. Contact: 01644 420 434 or 07974 026 380

WANTED

Washing machine. Happy to pay for decent secondhand machine. Contact: Robin on 07952 280 902

Plastic CD case to replace one that broke. **Cool bags** - can be old and tatty but large enough to store 5 litre lime wash cans over winter. Contact: Sue on 07563 718 011

Used postage stamps from your

Christmas cards for horse charity. Drop them in the letterbox at 3 Midtown, Dalry, or phone and I'll come and collect them. Contact: Sue on 07563 718 011

FOR SALE

ION Air LP Bluetooth Turntable.

Unwanted gift
£45. Contact:
01644 430 373

Nest of 3 mahogany

tables, fully restored £25.

Contact: John on 01644 430 539



Photo of the Issue

Sponsored by the Ken Bridge Hotel

This issue's winner is Suzanne Dawson from Dalry with a beautiful photograph of Loch Ken in autumn colours.

Suzanne wins an evening meal for two up to the value of £30 at the Ken Bridge Hotel. Competition judges Dave and Sue said:

"We love the vibrant autumnal colours of the tree contrasting with the water, so the Loch Ken photo takes the prize this issue."

How to Enter: any photos taken in the Glenkens can be entered - landscapes, wildlife, portraits, action shots... Email them to glenkensgazette@hotmail.co.uk

If you are a winner the Gazette will send you out a voucher - please call the Ken Bridge to book your meal, and make sure to take your winner's voucher along with you.






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THINK GLOBALLY, ACT LOCALLY IN GALLOWAY

Councillor Dougie Campbell, recently appointed as D&G's Environment Champion, took the phrase 'Think Globally, Act Locally' as his theme when he addressed the first event staged by the Glenkens Climate Group.

The phrase, first coined by the radical Scottish thinker and scientist, Patrick Geddes, was particularly appropriate for an event which started with the screening of a film starkly laying out the latest understanding of climate change globally and went on to hear of Dumfries & Galloway's response.

Earlier this year the council declared

a climate emergency and appointed Councillor Campbell to his role, a move attracting support across all the political parties and with only one objection.

Since then he has drawn up a 12-point action plan which aims to put climate and environmental concerns at the heart of all the council's policies and actions, from transport to education and from social policy to infrastructure. He outlined plans to promote local consultation to enable anyone to contribute their views on how the council addresses the challenges facing us all. He stressed that he had had full support from



Councillor Campbell's talk was followed by a lively question and answer session in the CatStrand.

colleagues, including his fellow representatives from Dee & Glenkens, and was heartened by the enthusiastic response of council officers.

The Glenkens Climate Group is part of the D&G Climate Group and can be contacted at glenkensclimategroup@pertonmail.com

From Pony Express to Royal Mail...



Fiona Clubb making good use of the new Royal Mail postbox which has been installed at the end of the Water o' Ken road.

How much more greener can you get? No fuel just, literally, green-powered...Getting the mail sent is much more achievable now that she can pop along to the new postbox, just a pleasant ride away from her home at Blackmark Farm on her Highland pony Brie! This lovely photograph was sent in by Kath Martin from Carsphairn.

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Alive and Kicking at Loch Ken

Exciting things are happening at Loch Ken, with the appointment of a new full-time development worker.

Barnaby Fryer has started in role recently to run the Loch Ken Alive project. We caught up with Barnaby to find out a bit more about the project and what he'll be getting up to. Barnaby says:

"First and foremost, Loch Ken Alive is about bringing all the Loch Ken communities together to ask ourselves 'what do we want this area to look like in 10 years' time?' At a time when we are facing uncertainty at home and abroad, how can we build a thriving, prosperous, sustainable community around Loch Ken?"

Barnaby believes that Loch Ken has all the resources in place to do exactly that. Although he and his family have moved to the area for the job, he is no stranger to the Galloway glens.

"I have been a regular visitor to the area for over a decade, to visit family," says Barnaby. "There is something magical about this place. From the amazing natural landscapes to the friendly communities, the passionate local businesses and entrepreneurial spirit all combine to make this a real gem at the heart of Galloway."

"Through Loch Ken Alive, we want to tell people all about the wonderful natural and cultural heritage of

the area. We want to showcase all the activities you can do on the loch, as well as the beautiful views you can only see from the water. We want to see thriving businesses around the loch, creating employment opportunities so that people won't have to leave the area to find work."

To achieve these aims, there are four main strands to Loch Ken Alive. These are laid out below, together with some of the key questions we would like to hear your thoughts on.

- Develop a Loch Ken Plan: What do we want the future of Loch Ken to look like? How do you see Loch Ken in 10 years' time? What would you like to see more of? What puts you off visiting the Loch?
- Launch an online information hub for Loch Ken: What kind of information would you like to see on a Loch Ken website? How would you like to access it eg mobile, app, computer?
- Stage a series of festivals and events over the next three years: Do you currently attend any events at Loch Ken? What kind of events and festivals would you visit?
- Run a campaign to promote the Loch Ken area: How would you promote the Loch Ken area? What story should we be telling about Loch Ken to attract visitors?



Alan Smith, chair of Loch Ken Trust, with Barnaby Fryer, Loch Ken Alive officer

The area covered by Loch Ken Alive runs from Dalry in the north to Castle Douglas in the south taking in Balmaclellan, New Galloway, Parton, Crossmichael, Glenlochar, Laurieston, Balmaghie and Mossdale along the way. The project is a partnership between the Galloway Glens Landscape Partnership, Loch Ken Trust and the Southern Uplands Partnership. Barney is based with the Galloway Glens team in Castle Douglas, but will be getting out and about regularly to all the communities around the Loch.

"I'm really keen to hear the views of everyone who lives, works or plays around Loch Ken," continues Barnaby. "We can't build the Loch Ken Plan without the voices of the Loch Ken people!"

Pop in and see Barnaby to tell him your thoughts, or you can get in touch at barnaby.fryer@lochkenalive.

Kirkcudbright Bridge

Images and words by John Smith

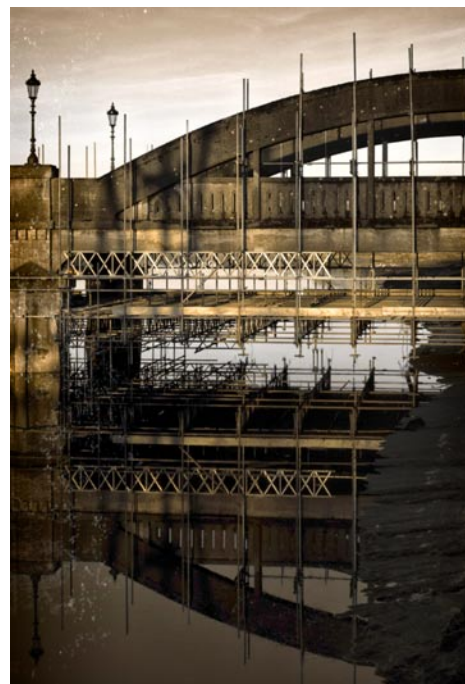
I recall the story
Of the man in the boat
Under the bridge
Who pointed out
Exposed and corroded
Steel reinforcements
Then came the scaffolding
I have a photo of that too



John says: "The Writers' Café, and the poetry walks that Ken Words have organised have given me a new lease of life, both in my photography and in my writing and I recommend them to anyone who wants to share their endeavours with others."

Our second crossing
From town to Castle Sod
It bounds.

The first, I'm told
Damaged by ice floes,
Yes, ice floes
While the second
Nearly carried away
By tanker caught
Broadside by the tide



Fundraising at the Salon

There's more than just hair and massage happening at Hair by Jayne in Dalry.

Over the last few months there have been two fundrasing events held at the salon - a Macmillan coffee afternoon and an afternoon to raise awareness of mental health issues.

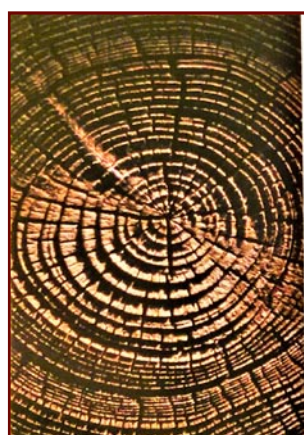
Firstly Jayne would like to say a very big thank you to everyone involved with both events. She says: "Thank you so much to all the bakers and soup makers out there - you know who you are; too many of you to mention by name, but you are amazing and we couldn't do it without you all. We have a great team of helpers, and our local

businesses who donate great raffle prizes are also amazing - thank you!"

The Macmillan coffee afternoon raised a grand total of £772.50, and the fundraising afternoon in aid of mental health awareness received great support for our local community and we all enjoyed a lovely relaxing afternoon while raising an amazing £384, which was donated to Supporting Minds in Castle Douglas.

Jayne says: "A big thank you to those who came to both these events - our community is very special. Wishing everyone a very merry Christmas and a happy New Year from Blair and Jayne."

Pictured: visitors enjoy coffee and cakes at the Macmillan fundraising afternoon.



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Fridays:

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10.30-11am – Glenlee Area
11am – New Galloway
12noon – New Galloway Shop
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Please note that all times are approximate.

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Our New Glenkens Community Police Officer: Amy Baird

PC Amy Baird is our new community police officer in the Glenkens.

We thought we'd find out a little more about her with a few questions in the Gazette, to help us become better acquainted with someone who will hopefully be with us for a while.

Q Where are you from and what is your working history (what areas of policing, or other work areas if you would like to mention those)?

A I have recently been appointed a new role as a Community Constable within the Stewartry Community Policing Team based at Castle Douglas, with my primary responsibility being for the Glenkens area. I have 12 years of service within the Police, having started my career at Stranraer and then Kirkcudbright and Castle Douglas respectively. The last 8 years of which I have spent within the Roads Policing Unit, a role which I thoroughly enjoyed, however having returned to work after a period of maternity leave this new role came up at just the right time.

Q What do you like about being a

community police officer?

A This is a very new challenge for me having just started the role in October. I am looking forward to meeting you all at some point whether that is through community councils, school visits or just out and about on my patrols.

Q What made you choose the Glenkens role?

A Having lived and worked within the Stewartry for the majority of my life I want to help to deliver a Policing service that I feel the people of the Glenkens deserve.

Q What have you enjoyed so far, or are looking forward to, about working in the Glenkens?

A I am looking forward to getting to know the people and places well, working with the community to help keep people safe in their local area.

Q Do you have any particular areas you will be focusing on over the coming months?

A Our main priorities for Policing are tackling anti-social behaviour, drug dealing and substance misuse, homes being broken into, protecting vulnerable people at risk of harm and violent



crime. I hope to carry out proactive patrols in relation to these issues and always welcome any information from the public.

Amy says: "Please feel free to come and discuss any issues or concerns you have with me and, in the meantime, I look forward to meeting you out and about in all of your towns and villages in the Glenkens."

See the Diary section on p26 for Dalry Police Station drop-in dates/times.



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CatStrand Highlights

We are counting down to Christmas and beyond at CatStrand with plenty of events to get you into the festive spirit.

Local superstars **CatStrand Youth Players** present their pantomime **Beau Jest** on 6, 7 and 8 December and **CatStrand Ukés** are back for their Christmas party on Tuesday 10 December.

The Sugar Revue Burlesque Variety Show returns with a new line-up of acts from the glittering best of the Scottish burlesque scene on Friday 13 December - this is one for over-18s only.

Our **Wee Book House+** event this season sees the lovely Crossmichael Church playing host to an afternoon performance from the **Cairn Chorus** on Saturday 21 December, based this year on Hugh McMillan's work, the *Conversations of Sheep*. Hugh will be present to read some of his poetry and the church hall will serve up teas and mince pies following the concert

from Moniaive's celebrated choristers.

In the New Year **Dark Sky Jazz** returns with a bang as we welcome one of the most innovative and dynamic jazz groups on the new wave Nordic jazz scene, **WAKO**. The group bring their four piece sound to CatStrand on Friday 10 January.

If the dark days are getting to you, why not head along to one of our **Mid Winter Film Festival** screenings, taking place across the Glenkens with complimentary hot toddies and blankets to keep you cosy. There's something for everyone across the weekend... On Saturday 11 Jan at Dalry Town Hall you can indulge in a heart-warming Irish documentary, **The Man Who Wanted to Fly**, about 70-year-old County Cavan man, Bobby, who is determined to fly a plane. For those looking to embrace the bleakness of the season Welsh super-natural, folk-horror film **Gwen** screening in Carsphairn at Lagwgyne



Cairn Chorus with Conversations of Sheep.

Hall on Sunday 12 January serves up a breathtakingly atmospheric tale of anguish that will hit the spot.

For tickets or further information visit www.catstrand.com or call 01644 420 374.

GLENKENS WALL MURAL FEATURE

Our newly created mural at CatStrand is now in place; the culmination of the hard work of an intergenerational group from our community and local artist Hope London.

The project, which began in the summer of 2018, aimed to renovate the wall in our sculpture garden with a piece of art which represented the Glenkens through the eyes of the community. Red kites, lochs and the Galloway Forest Dark Sky Park, for example, all feature in abstract and colourful patterns.

Volunteers from our youth arts

programme and connecting in communities programme joined forces to design the mural – looking at shapes and symbols that summed up the Glenkens for them – then worked on creating it over a number of workshops led by Hope London. The final design was created at the Men's Shed in Balmaclellan where the group applied acrylic paint to six sheets of 7 foot long perspex. Other members of the community have also helped out by creating templates, moving materials, preparing the garden space and installing the mural. Lead artist, Hope London, said: "Working with communities has long been part of my practice as an artist. I work with people of all ages, backgrounds and abilities to unleash creative potential and growth. Creating a CatStrand mural with

an inspiring, energetic intergenerational group has reinforced my belief in the transformative power of the arts."

Finally, we would like to thank Hope and everyone from our community who helped to make this project a reality, and we invite everyone to come and view our stunning new mural.

*Katy Billington,
Youth Arts
Coordinator*



Blackcraig Funding for Local Projects

Continued from front page...

The list on the Foundation Scotland website demonstrates the wide range of projects and activities funded and there are too many to mention in this short article. However some examples are new fire doors in Balmaclellan Hall, replacement of the roof on the Men's Shed in Balmaclellan including the installation of photo voltaic panels, replacement of the floor in the Memorial Hall in Crossmichael, contributing to the long required lift in New Galloway Town Hall, supporting the charity shop in Dalry to ensure it is properly fitted out after the renovation works being carried out by The Pamela Young Trust as well as several awards to projects focused on environmental improvement and other activities in the arts.

Monies were awarded to three playgroups in the area in recognition of the importance of the work they do and also the ongoing challenges they face in funding this important work. Glenkens Community and Arts Trust Ltd (GCAT) were awarded money towards

infrastructure and facilities recognising that GCAT has a strong track record of successful delivery on a large scale and that it supports and enables significant additional community-led activity across the area.

All involved have learned a lot though this process and GDT, with Foundation Scotland, will be reviewing how it went to refine how the process will run in the future.

GDT are also moving forward with the work to develop a community action plan. This plan will be of general use in helping to lay out key community development strategies for the whole area and will enable them to draw on this to identify future fund priorities. It will also help GDT to decide on appropriate opening and closing dates for applications in 2020. A good plan depends on effective input from right across the area and plans are being developed to make this happen. There will be more information available on this as due course.

Fiona Smith, Chairman, GDT

THE DAD JOKE PLAGUE

Reporting here from Carsphairn
The epidemic has spread far and wide

No-one knows quite how it started
Poor taste is often implied

They've named it the dad joke
plague

A cure has yet to be found
These jokes should never be told
Outside a primary playground

They say there's a man in Dalry
Who's named as patient zero
Adults give him wide berth
But the kids think of him as a hero

That catalyst first joke
Was Mr Spock's third ear
Left and right of course
And Space, the final 'front ear'

So, if you hear these words
'have you heard the one about'
Cover your ears and la la la
Until after the last word is out

THE GARDEN SPOT

Sometimes I get the impression that nothing much is happening in the garden at this time of year.

The main crops and flowers are all over, the garlic and spring bulbs are peeking their heads above the cold ground but waiting for better weather. The spring cabbage seems to be just sitting there and even the compost heap has slowed down its rotting. Then I remember, it's like the start of a race, everyone is on their starting blocks, building up energy and waiting for the signal.

In this calm before the spring growing spurt, now is the time to see to all those little jobs you have put off: clean the used pots that you just flung in the corner, clean and check over all the tools, replace any consumables (twine, labels, canes, netting and fertiliser/lime etc) - there are often bargains to be had at this time of year. You can also top-dress the soil with garden compost, farmyard or horse manure, and wood ash if you can get it (don't use coal ash or soot). It's also

a good time to plan for next season whilst you can still remember a bit about the last season, and get on to ordering plants for spring delivery and seeds.

Speaking of which, winter is the perfect time to plant anything you buy 'bare-rooted'. This is the old way of buying plants - not potted up. Plenty of places online still sell bare-rooted plants. They just arrive in the post and you get them straight in, much cheaper and they get away well in the spring. Why not plant a couple of apple trees if you have space? Make sure that they are in the same pollination group, are suitable for our climate in the West and that you get stakes and ties ready. Local dessert varieties 'Galloway Pippin' and 'Bloody Ploughman' work well together as does the sweet cooking variety 'Hawthornden'. Speaking of fruit trees, hopefully they have put on a bit of growth over the summer, so (if they are staked), check the ties and loosen if

necessary. You don't want to choke the poor things when they start into growth in the spring.

Finally, remember to clear away all the fruit tree leaves, and the debris from tomato and potato plants - either burn or take to the recycling centre. You don't want to leave last year's infections to carry over to the new year. If you have an empty pot or two, you should still be able to find some spring bulbs in the shops or garden centre, just make sure they are nice and firm. Get them planted for some bonus spring colour.

The Intrepid Gardener



Loosening tree tie before raking up leaves.



Glenkens Community Centre

DALRY

Glenkens Community Centre is making plans for a new look in 2020.

A new committee was formed in April after both Kath Peace and Helen Keron stood down from their committee roles. Both are to be thanked for their hard work over the years, especially Kath Peace who has been part of the community centre for 30 years!

The new committee is Carylann Williamson (chair); Ann McEwen (vice chair); Kath Peters (secretary) and David Hill (treasurer). The committee hope to create a fresh way forward for the centre with a focus on health and wellbeing.

The community centre has recently been awarded £1,784 from the Blackraig Windfarm Trust and the funds will be used to help turn the centre into a hub for the area which will provide a range of wellbeing activities for all ages. It is intended not only to increase the range of activities available, but also to create an information centre with a small office where groups and people can have private meetings. We hope this facility will be available for hire soon once a few small jobs are done.

In 2020, a community coffee morning is planned, initially fortnightly with the hope that it will become more regular as more volunteers are recruited. It will be a casual affair, just teas, coffees and maybe some home baking and a purely social activity where people can come together and have a chat (and maybe plan some new users groups too!).

The committee want the people of the Glenkens to get used to using their community centre again and see it as a place to connect and have fun. A new sign has been designed and ordered for outside, funded by Dalry Community Properties Trust (who own the building). The trust are also funding the upgrade of the toilets. In September, £500 was awarded from Scotmid towards new badminton equipment, and now groups and individuals can enjoy a game of badminton on Monday evenings from 5-9pm, and Saturday mornings too. Table tennis will soon be available as well at the same times.

The Glenkens Community Shop

kindly donated some badminton rackets, and Dalry Town hall contributed a net and shuttlecocks.

In September, the centre hosted a foraging event as part of the Glenkens Food Trail, and we hope to be part of the developing festival next year too.

Bright Stars Nursery continue to provide care and support for the under-2s and are open three days per week, with afternoon provision too.

Yoga classes are on a Wednesday evening at the new time of 5.30pm with more classes planned in the New Year – a morning session and also a new healthy back programme.

The long-standing Kickback Martial Arts group still runs on a Thursday evening, and is one of the largest groups in Dumfries & Galloway.

Brownies and Guides are also still going strong on a Tuesday evening.

New users groups are welcome. Anyone interested in setting up a group, please get in touch with our treasurer Dave Hill who manages bookings.

New members are invited too as are any ideas on how people would like to see their centre develop – consultation forms are available for people to complete



and will be in circulation soon. We also have a Facebook page and posters around the area with details of activities available, as well as regular activities listed in the Regular Events section on p27 of this Gazette. Looking forward to the future!

Glenkens Community Centre Committee



PAMELA YOUNG TRUST
help with housing in the Glenkens

Affordable housing for people living or working in the Glenkens whose circumstances would benefit from the provision of reduced rent.

Tenancy applications welcome from anyone, young or old, single or with a family, who qualifies under the terms of the Trust.



For more information or to download an application form, please go to www.pamelayoungtrust.co.uk, or telephone Peter Matthews of A B & A Matthews on 01671 404100.

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Crossing Words

Deugh – Ken – Dee

Thanks to our contributors for these responses to the crossing point over the Dee at Kirkcudbright...

Kirkcudbright Bridge Reflections

– by John Smith

When there are two of them.
When the heavy stillness
Weighs down on the water
Even in the opaque greyness
Even knowing that half isn't there
The horizontal sureness
Has a certainty of visual strength
Not apparent when ruffled water
Sweeps away the chimera.
Then concrete and steel
On its own
Is not enough
To convince
That it will take
Up to seventeen tons.



Kirkcudbright Bridge

– by Jack Howard

like pieces of Meccano
spanning the Dee
Kirkcudbright bridge
gazes out to the sea

thousands of rivets
hammered by strong men
their blows echoing
all round the glen

tons of concrete
waiting to be made
then covered by tar
all of it hand laid

the bridge now finished
the ferry no longer needed
we no longer depend on the tide

Tide Change near Kirkcudbright Bridge – by Janet Harvey

Hush. Time paused; noise silenced; the town stands still. Moon's omnipotent draw is changing the water world. Watching from the harbour edge, perhaps midway between the ferry and ford crossing points of old, I witness the reversal. A fleeting moment when a low, unexpected wave spanned the waterway. The ebb and flow of river and sea; the pull and push - arrested. Tension released. The sea backed and the river ran free.

A Night in Kirkcudbright – by Simon Chard

a pick of the tables
in the midweek café
autumn deepens

E.A. Taylor sketched its construction: a crane pointing skyward, the first of the spans in place, those concrete spans that Dorothy L. Sayers calls "galumphing". I've always been of a similar mind and yet I'm rather liking the bridge this morning. Perhaps it's the view: two splendid trawlers moored side by side, a brisk wind on the wide blue water.

NEXT ISSUE – GLENLOCHAR BRIDGE

Glenlochar is thought to derive from the Gaelic *gleann luachair* ('the rushy glen').¹ The granite bridge (built 1799) crosses the Dee between the parishes of Balmaghie and Crossmichael. The barrage, part of the Hydro Electric scheme, was added in 1932. The remains of a Roman fort are located just east of the bridge: 'the main Roman route into Galloway... may have crossed the River Dee on a timber bridge and this river crossing is probably why the Roman military sited a fort at Glenlochar.'² Could this intriguing history provide inspiration for a poem or piece of creative prose?



*Glenlochar Bridge (bottom of picture) and barrage
(photo: Galloway Glens Landscape Partnership)*

¹Herbert Maxwell *The Place-Names of Galloway*. ²portal.historicenvironment.scot/designation/SM12792

Please send your writing (max. 250 words) to me, Laura, by email: laura.kenwords@gmail.com or post c/o CatStrand by 31 December. A selection of responses will be printed in the next issue and all submissions will be kept for possible future publication.

Ken Words is a community writing project supported by Galloway Glens Landscape Partnership, Creative Scotland, and GCAT. If you would like to find out more about Ken Words' activities, please contact Jane McBeth on jane.kenwords@gmail.com or 01644 420374.

NEW RECTOR FOR ST MARGARET'S

The Revd Pam Swift has been appointed as Rector of St Margaret's Church, New Galloway.

After a special service at the end of November, led by Bishop Mark Strange, the Primus of the Scottish Episcopal Church, Pam started her ministry at the beginning of Advent. Her plans include a special Christmas Carol service on 22 December at 6pm which she is hoping will be an opportunity for everyone, even non-church goers, to enjoy the Christmas spirit.

Over the years she has worked in Leeds and Glasgow, as well as rural areas close to Hadrian's Wall and hospital Chaplaincies in the north of England. She has ministered to the homeless and those on the fringes of society and has a strong calling to help anyone in need.

She says: "I was delighted when I was offered the post at St Margaret's and I'm very much looking forward to joining the local community of New Galloway and the wider one of the Glenkens. Be assured there will always be a welcome, human and canine, at the Rectory."

She and her collie, Penny, are keen walkers so please extend a welcome if you bump into them around the village.



Pam and her dog Penny outside St Margaret's Church.

Christmas Tasting Evening

New Galloway Community Shop had already settled on Thursday 12 December for its popular Christmas tasting evening before MPs thought it would be a good time to have a general election.

Rather than change the date, the shop will be offering local residents the chance of going out to vote and sample the delights of the festive fare on offer this Christmas.

Local suppliers including **Steilhead Cider, Professor Pods Sauces, The Bottle List, Saucy Desserts** and **Fabby Cakes** will be offering the chance to sample their wares and learn more about their products. The shop now stocks produce from some 25 local businesses.

So, before or after selecting the party of your choice, come and select some treats for the festive season. The tasting session will run from 5-7pm. Everyone is welcome - see you there!

Heathhall

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**Commercial, Workspace
& Office Units**

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All units with Free Wi-Fi



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All legal advice

*Offices in Castle Douglas, Dalbeattie
Kirkcudbright and Dumfries*

Wright's Shop & Post Office Dalry



Licensed convenience store and
newsagent stocking a range of
local suppliers.



*- We would like to thank all our customers
for their continued support and pass on
best wishes for the Festive season -*

Festive Season Opening Times:

Christmas Eve: 7am - 5pm

Christmas Day: closed

Boxing Day: 8am - 2pm

Hogmanay: 7am - 5pm

1st January: closed

2nd January: 8am - 2pm

Normal Opening Times (both shop & PO):

Monday to Friday: 7am - 6pm

Saturday: 8am - 6pm

Sunday: 8.30am - 4pm



Galloway hampers & wreaths in stock

Tel: 01644 430 225

SHOP

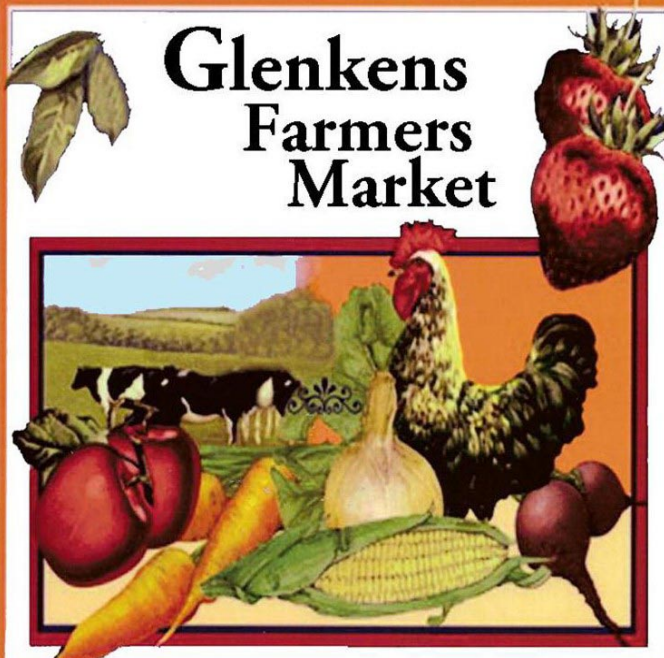
THIS CHRISTMAS

Here in the Glenkens we are
of having a wealth of local
crafters, artists and artisan

Quite literally, we don't have to leave
gather everything we could possibly
So why not **challenge yourself** this
Christmas entirely in the Glenkens

Committing to shopping local may m
How about opting for interesting alte
like a haircut, massage or day out, o
family out for a meal as a refreshing
accumulated at this time of the year

Glenkens Farmers Market

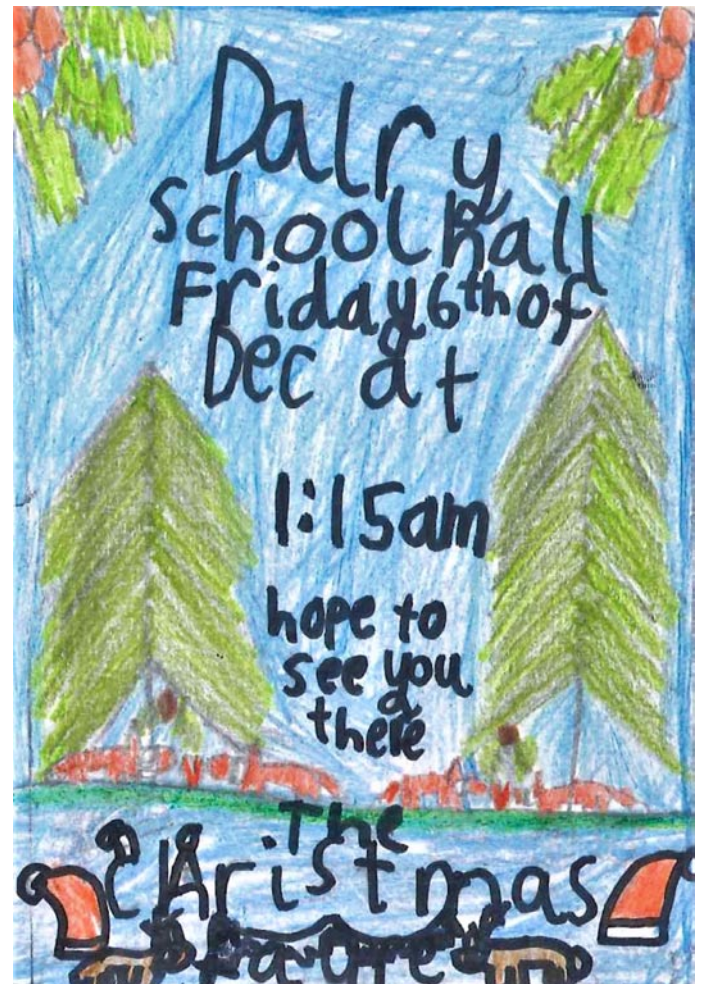


2nd Saturday Monthly
14th December
11th January
10am-12.30pm

For further information or to book a stall
ring 01644 430 454 or visit

www.dalrytownhall.co.uk

Entrance by donation - proceeds towards Dalry Town Hall Refurbishment Fund
North of Castle Douglas, A713 Ayr Road



LOCAL CHRISTMAS

are in the wonderful position
producers, retailers,
is on our doorstep.

be our little part of the world to
want for a wonderful festive season.
year - see if you can **shop for**
us!

ean a little more creative thinking...
alternatives such as vouchers for treats
r making time to take friends or
change from all the stuff so often
?

Hair by Jayne



**There's more than just hair and
massage happening at the salon!**

*Our Macmillan Cafe was again a great success
- we raised £772.50. Thank you to everyone
who came along and supported the event.*

*We held a mental health awareness
fundraising afternoon which brought in an
amazing total of £384 which was donated to
Supporting Minds in Castle Douglas.*

**Jayne and Blair wish all
their customers a very
merry Christmas and a
happy New Year!**

**01644 430 525
07876 397 725**



THE
CLACHAN
INN

**WISHING ALL OUR CUSTOMERS
A VERY MERRY CHRISTMAS AND
A HAPPY NEW YEAR!**



**Christmas Menu
1-24 December**

**- BOOKINGS FOR XMAS
PARTIES BEING TAKEN -**

*We will be closed from 13-30 Jan for
winter refurb & staff hols,
re-opening Fri 31 Jan*

01644 430 241

www.theclachaninn.co.uk



New Galloway Community Shop



**Visit us for your Festive Gifts
Delicious Food & Drink for everyone**



*Choose from our selection of Christmas
hampers from £10.50, or pop into the shop
and create your own.*

**www.newgallowaycommunity.shop
01644 420 620**

The 51st Annual Carsphairn Burns Supper Celebration



Friday 17th January 2020
Lagwyne Hall Carsphairn
7pm for 7.30pm

Price £15, seats must be reserved in advance by emailing lindsayduncan23@hotmail.co.uk or phoning Davey on 07710 124255

- Brian Edgar: Immortal Memory -
- Bruce McKenzie: Toast to the Lassies -- Katie Morrison: Reply to the Laddie -
- Music by Bruce McKenzie -
- Catering by Ayrshire Catering -

Early booking is recommended as 2019 event was over subscribed.

Santa's Grotto at Kirroughtree Visitor Centre

We have a very special visitor at Kirroughtree this Christmas...



Come and meet Santa and his elves! £7.50 per child, includes a gift

Saturday 7th December
& Sunday 15th December
10am-3pm tickets purchased on the day



Enjoy delicious Festive Fayre in the Café and browse our gift shop for that perfect, locally produced Christmas present!



Listen out
for the Creetown
Silver Band on
Sunday 15th
December!

Tel: 01671 402994

Email: Kirroughtree@churchillcatering.co.uk

Christmas Lunches at Kirroughtree

Back by popular demand, we are now taking bookings for our famous Christmas Lunches!

Come and get in the festive spirit with our freshly prepared Christmas Lunches and the chance to pick up some unique Christmas presents made by local artists in our gift shop while taking in the stunning views at Kirroughtree.

2 courses £13.95

3 courses £17.95

Available dates:

10th, 11th 12th 17th
18th and 19th December

Pre-booking is essential
to avoid disappointment.

Please speak to the team
to discuss any allergens
or dietary requirements.



Menu

Honey roast parsnip soup
or

Homemade paté served with
horseradish sauce & oatcakes

Roast turkey with all the
festive trimmings
or

Salmon fillet with mascarpone
and seasonal vegetables

Christmas pudding
or

Sticky toffee pudding

Tea, coffee & mince pies



GALLOWAY GLENS
Landscape Partnership

The Galloway Glens Landscape Partnership Scheme would like to wish everyone a Merry Christmas and a Happy New Year, and to thank all our projects and volunteers for their work on connecting people to their heritage this year!

Look out for our winter events on www.gallowayglens.org and @GallowayGlens on Facebook, Twitter and Instagram, or sign up for our newsletter on jude.crooks@dumgal.gov.uk.



Tel: 01671 402994

Email: kirroughtree@churchillcatering.co.uk

Movement in Pregnancy, New Motherhood and Beyond

The birth journey is a rite of passage; a baby is born, and a mother is born.

We shift and become new beings, and our bodies go through a huge transformation, housing and growing another human. As well as the physical upheaval, the emotional disorientation can be profound.

I am a yoga teacher living in the Glenkens and I had my first baby six months ago. I enjoyed my pregnancy and even look back on the 22-hour birth with rose-tinted spectacles...the pain fades pretty fast when you are presented with a tiny human gift at the end of the ordeal!

When you fall pregnant, a serious amount of letting go needs to happen. We must learn to slow down and stop pushing ourselves. For me, as a yoga teacher, this was challenging - I was used to a strong daily yoga practice, but as my body was changing, my practice needed to change. Morning sickness meant that yoga was completely off-limits for a few weeks. However, I was lucky enough in week 26 to take my pregnancy and post-natal yoga teacher training in Glasgow with the awesome Charlie Speller. We learned breathwork, bodywork

and tailored yoga postures for pregnant and postpartum people. It transformed my experience of pregnancy, and I still find the practices incredibly supportive to me as a new mother.

There is a saying "42 days for 42 years", meaning that a woman's robust health in the first 42 days of motherhood can set her up for 42 years of radiance and wellbeing. Creating a wellbeing regimen for pregnancy and the postpartum period need not be complicated. Mineral-rich food, the support of loved ones and getting plenty of rest are all essential. However, movement is also essential as it counters the stagnation of circulation and energy which leads to pain and tension. Whether it's 10 minutes of stretching, a dance in the kitchen with your little one or getting out for a walk in this beautiful landscape we call home, it all contributes.

This little being becomes your entire world, but it is also important to make sure your needs are met. Parenthood can take a lot from us and modern life makes demands of us in all sorts of other ways. Movement gets us out of our heads and into our bodies. It is vital to our physical wellbeing. It gets us together as



a community and out into nature. And it's nice to know that in caring for ourselves, we care for our little ones too.

Amy teaches vinyasa yoga on Tuesday evenings at the Old Smithy in Balmaclellan. She is running two events in early December for pregnant and postpartum women. The first, 'Restore and Nurture: A Yoga Workshop for New Parents' is on 7 December and the second, 'Softening Through Intensity: A Pregnancy Yoga Workshop' is on 14 December. Both run from 10am to 12pm, and are £5 to attend. To book a class or a workshop, please call the CatStrand on 01644 420 374 or visit Rowan Tree Yoga & Wellbeing on Facebook to find out more.

Amy Fowler

Beavers' Annual Fun Day Out

The annual Beavers' fun day was held at Kirroughtree Visitor Centre.

The event was attended by Beavers from the Glenkens as well as Dalbeattie, Minnigaff and Twynholm. The group went orienteering and enjoyed den-building organised by the Kirroughtree staff.

Three Beaver Leaders received service awards from Galloway Scout chairman Drew Low, two of

whom were from the Glenkens: Tim Thorne (acknowledged for five years of service) and Diana

Curran (acknowledged for 15 years of service). *Drew Low*



Beavers from the Glenkens, Dalbeattie, Minnigaff and Twynholm.

HALLOWEEN AT DALRY PRIMARY

Firstly, everybody came to school dressed in their Halloween costumes.

Everyone looked terrific. At 9.15am we all went through to the hall and we had a costume

parade, and we had to try to walk in character.

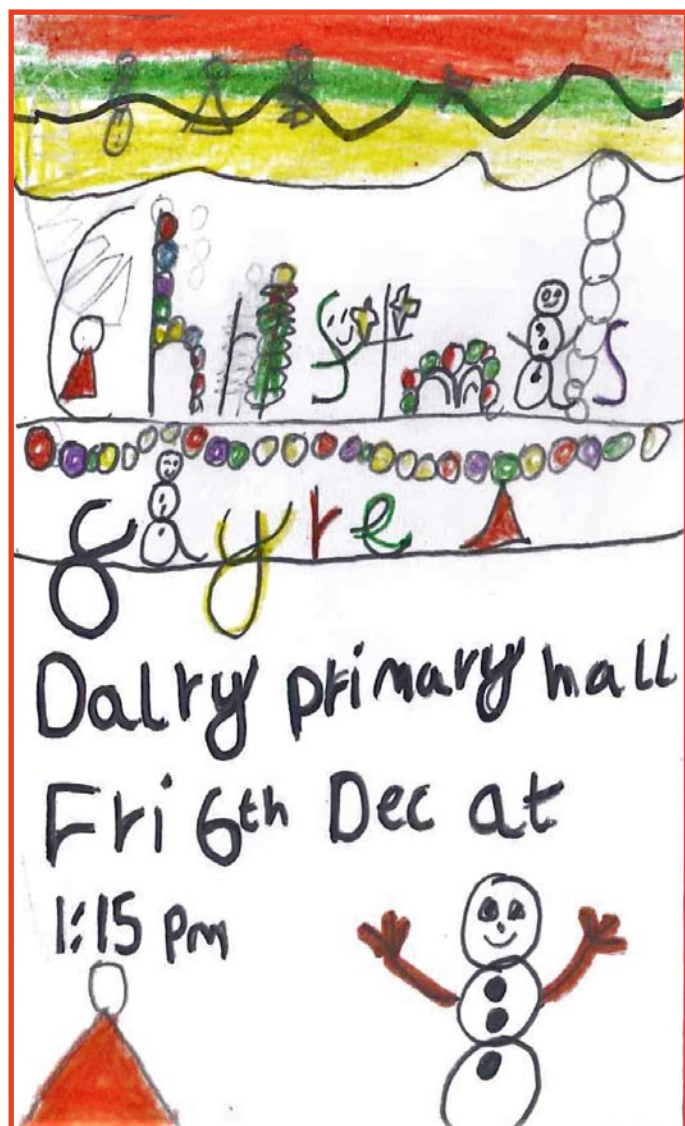
Then we played four corners - James in P1 won. Then we tried to catch marshmallows on a string, while we were on our knees with our hands behind our backs. Once the game had ended we went to get a drink and a biscuit.

Next we wrapped each other in toilet paper as mummies. Karol and Jayden's groups won. After we wrapped our mummies we sat down then went for break. Everyone had a great time.

Laya & Karol, P6



Freya, Esme and Eleanor in scary Halloween costumes, and Emily and Oakley playing the marshmallow-on-a-string game.



FoDS and CatStrand Halloween

This year Friends of Dalry School (FoDS) and CatStrand joined forces to host a joint kids Halloween party.

The idea is to alternate venues each year so that we can have one bigger, better Glenkens Halloween party rather than clashing parties in different locations. This year's party, held at the CatStrand, was a great success with children of all ages enjoying games, snacks, dancing and generally having fun, being spooked out by each other's excellent Halloween costumes.

Later on in the evening was a Youth Halloween event for over-12s, during which a scary film was shown and scary food eaten...



Some of the older Halloween revellers enjoying the evening's scary goings-on.

CATSTRAND YOUTH

CALL OUT FOR YOUNG PERFORMERS AND MUSICIANS (S1+)

Interested in performance? Want to learn how to create a soundtrack? Fancy mastering puppets?

As part of a community performance on climate change on 22 February, a group from CatStrand Youth are getting together to perform a short retelling of an ancient story about flooding.

Led by storyteller Anne Errington, we're holding a series of workshops in preparation for this. We specifically need people who like controlled

movement to learn how to master the puppets and people who like music to learn how put together a soundtrack. Our first meeting will be held at CatStrand on Thursday 12 December from 6-8pm. Come along to find out how to be involved!

YOUTH BUS SET TO LAUNCH

Our Get On It Transport Initiative is in full swing and we are now set to launch our first pilot which will be a bus service for young people running on Sundays. This has been designed based on the feedback we've had from various youth groups.

There will be two routes available –

one from Dalry to Kirkcudbright, via numerous stops and a second which will be a loop from Kirkcudbright to Gatehouse and surrounding areas. Full details will be published soon on CatStrand Youth's facebook page and website so stay tuned. For now though, here are some key details:

- The bus will run every Sunday for ten weeks from 22 December

- It's free!

- It's for young people aged 13-26

- To use the bus, young people will need to register with CatStrand Youth and U18s will need parental consent.

More details will follow, but if you'd like to express interest in receiving updates or get a consent form, please email katy@catstrand.com

Top Bands Turn Out for Battle

The night of the Battle of the Bands event was a joy, from beginning to end.

Young people get such a bad reputation yet everyone who attended was polite, engaged and organised from the start. We got an audience of 71 plus five acts in Castle Douglas Town Hall. They were all really good, and it was a very tough call for the judges to pick a winner. We ended up splitting the prize, with a three-piece band called The Fuzzkills from Dumfries and Ecclefechan winning the performance slot at Knockengoroch festival, with local band Pure Silver winning the Eden Festival slot and Ya'el Du Toit-Burns, who was a solo singer/ songwriter, winning the recording studio session at Circa 16.

A massive thanks to our judges who gave their time on Saturday night to support the event. They each had their unique perspective and experience which helped them to pick up the strengths and weaknesses of each competitor.

Bernstrum and the Men (which was my favourite band name) did a great Smiths cover, already had their own group of female fans and, although they came away without a prize, were charismatic and added an element of fun to the night.

H2 (Hannah and Hamish) from Dalbeattie, after a false start and a bit of a sound level tweak, did a fabulous acoustic set and cover of the band Cage the Elephants' *Cigarette Daydream*.

All in all a great night for live music and it was even more special as it was emerging youth talent creating the sounds, and, the best bit of all, both Eden and Knockengoroch have given their support for next year and all our contestants will still be young enough to enter again! With a year to prepare, I'd expect to see more entrants next year and it grow from strength to strength.

Catherine Phillips

Community Performance on Climate Change

**Dance : Puppetry : Art : Writing
Music & Song : Film**

CatStrand

27 February

WRITE for the CLIMATE

Local writers of all ages and experience are invited to contribute writing of their own which addresses what is happening to our planet.

Your writing should:

- be up to 500 words of prose or 30 lines of poetry
- be typed or written on one page of A4
- may be illustrated if you wish
- be sent or handed in to CatStrand by 20 January 2020
- be in an envelope marked "Climate Writing" or email info@catstrand.com with subject field "Climate Writing".
- include your name and contact number or email.

All contributions will be considered for display at the CatStrand. Selected entries will be read at the Community Performance on Climate Change on 27 February.

The Glenkens Climate Group

glenkensclimategroup@protonmail.com



TECHNOLOGY EXPLAINED: BROADBAND

This is the first of a short series of articles explaining what you need to know to get the best out of technology, kept simple with just the stuff you need.

In basic terms, your internet connection enables a flow of information both ways between your device (computer, laptop, tablet or smartphone) and everywhere else on the planet. Some printers can also connect to your home network and they would also be a 'device' for the purpose of this article.

Years ago, we had dial-up connections where it completely took over your phone line and worked very slowly, speeds up to about 0.25GB (think of the amount of water coming out of a water pistol). Then we got broadband - some clever soul worked out how to speed it up and jam it down the same wire as the telephone at up to 8GB (think of the amount of water from a garden hose). More recently we got high-speed broadband by getting fibre optics (a kind of thin, glass cable) to the BT cabinet and then by copper telephone wire from there to your home, giving speeds up to 48GB (think of water coming out of a fireman's hose). You can check what you are actually receiving, by googling 'broadband speed test' and run one of those that you find - anything less than 2GB down is pretty poor.

Now, when the phone cable arrives at your house, the first thing you need is a

'microfilter', a matchbox sized device which splits apart the phone and the internet signal. If you don't have a microfilter, or it is faulty, you get lots of noise on the telephone and the internet works badly or not at all. They are only about £4 to replace.

The 'internet' cable from the microfilter (strictly called ADSL or something else ending in DSL) goes to your router. The router does several things (originally it was several different boxes): it decodes the ADSL so your devices can use it, it sends bits of the signal to the right device and switches between them, finally it provides Wi-Fi - a wireless connection using a form of radio signal so that you don't need to plug your device into the router.

Wi-Fi is quite a weak signal - think of

trying to listen to someone speaking loudly... about 10 to 15 metres in clear air but a lot less through walls. The signal weakens with distance. Each router works on one of several channels, if you have close neighbours, then perhaps their routers operate on the same channel as yours, if so, you can improve your signal by changing your router's channel (too detailed to explain here). Otherwise you can get your Wi-Fi signal to parts of the house that are currently a black spot by using a 'Wi-Fi extender'. Two main types are available: powerline, this transmits the signal through your electric circuit and you need to have a pair; and a Wi-Fi Access Point which picks up the Wi-Fi signal and passes it further on.

There now...that wasn't too painful, was it?

Paul Goodwin



1. Telephone socket
2. Microfilter
3. Landline phone
4. Router
5. Smartphone
6. Tablet
7. Laptop

Financial advice of true family value



We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Intergenerational Planning

For further details please contact **Philip Lancaster** on:

Lancaster Wealth & Investment Management

Mobile: 07983 700844

Email: philip.lancaster@sjpp.co.uk

www.sjpp.co.uk/philiplancaster



GALLOWAY GLENS

Landscape Partnership

Path Making

It's exciting times at the Galloway Glens office as our 'Accessing the Galloway Glens' projects really start to gain traction.

You may have seen helicopters flying near Carsphairn as they deliver the aggregate for path surfacing up in the foothills of the Rhins of Kells.

Those flights are for the revival of the Glenkens Pilgrims Way, also known as the Pack Road – the old pilgrims' route that runs from Carsphairn to New Galloway via Polmaddy. Records show that King James IV walked on pilgrimage on this path to Whithorn in the late 15th Century and it has been described as the A713 of its time!

Phase 1 for the Galloway Glens Pack Road project involves reviving an existing but disappearing path over open moorlands and re-creating the original path through forestry to create a 7km stretch between Carnavel (just south of Carsphairn) and the deserted 'ferm town' settlement of Polmaddy (opposite Dundee). The moorland, behind the Bradenoch and Bardenoch Hills, has many sites of archaeological interest, including cairns, early farm steadings and Christian sites, and so the creation of this path (which will be suitable for walkers, off-road cyclists and horse-riders) will be a great improvement to access to this local heritage. The work is being carried out by WJ Murray, with support from Skyhook Helicopters, and started in early November. It includes the laying of new geo-grid and geo-textile based paths, signposting and way marking and carrying out drainage improvements, and should be completed by Christmas. The new path will be waymarked from both the Carnavel and Polmaddy ends, so do

go up and have a look in the New Year! Polmaddy is a site of particular archaeological significance, and is an excellent place for an atmospheric walk or picnic.

Jonathan Barrett, Land Management and Access Officer for the Galloway Glens said: "We are delighted to have got started on this excellent project. This is an historic route that was the main route into the Glenkens from the north for more than a thousand years, and so it's fantastic to be able to open it back up. When the path is completed, I am hoping to work with local community groups to create some interpretation of the many historical sites along the way, making it even more interesting for walkers and riders."

This work has been largely funded by the 'Improving Public Access' fund, a European Agri-Environment scheme being administered by Scottish Natural Heritage. They are also funding two more Galloway Glens path improvement projects

– the Torrs Point path above Kirkcudbright Bay and the Blackpark to Threave path out of Castle Douglas. Both of these paths will be accessible for all, including wheelchair users and pushchairs, and will open up access to new areas from within the towns.



For more details on these and other Galloway Glens projects, see our website at www.gallowayglens.org

For updates on the path construction progress, follow us on Facebook, Twitter or Instagram, @GallowayGlens or Jonathan can be contacted on jonathan.barrett@dumgal.gov.uk

Dalry Then and Now Exhibition

Dalry Town Hall was the setting for the historical exhibition 'Dalry Then and Now' organised by the local heritage group.

Over the course of the weekend visitor numbers came to around 146, and then the primary school came along for a look on the Monday,

bringing the grand total of viewers beyond 200.

On behalf of the many people who enjoyed the exhibition, the Dalry Heritage Group would like to thank all of those who loaned items for display and everyone who helped set up and man the exhibition and, of course, those who helped clear it all away too.

Photograph: visitors browsing old photographs at the exhibition.



GLENKENS PLACE NAMES: PART ONE

Over the next few issues of the Gazette Mike Ansell, from New Galloway, will look at some of our Glenkens place-names and their history.

Place-names can provide many clues as to the past history, land-use, culture and environment of the landscape around us. In a series of articles I intend to use the rich place-name heritage of the Glenkens to help illuminate otherwise inaccessible aspects of our past. Our knowledge and understanding of local place-names will hopefully soon be further enhanced with the publication of the results from the 'Place-names of the Galloway Glens' project.

We will look at the parishes of Carsphairn, Dalry, Kells and Balmaclellan, with these names themselves being discussed later in the series. But first, a brief summary of the language strata that existed in our area.

The earliest known language spoken in the Glenkens was Brittonic, related to Welsh. This had probably died out before AD1000 and evidence for the language in our place-names is limited but none the less very interesting. From the period 900-1000AD the Glenkens would have been thoroughly Gaelicised and the majority of our surviving place-names were coined in Gaelic. This language probably died out locally in the seventeenth century (although this is a debated topic to which we will return). Scots place-names are common and are generally more recent and, finally, we have standard English place-names continuing to be created. There is little evidence for Scandinavian place-names in the Glenkens.

Starting off with the earliest evidenced stratum of place-names

then Troquhain, in Balmaclellan parish, is a Brittonic name, suggested to be derived from 'tref chwaen' or 'homestead of an exploit', with speculation that this might be the site of an old battlefield. It is interesting to note the two place-names Torwilkie and Torwatletie nearby, which may also incorporate the Brittonic generic element tref. It has been considered that the lost Brittonic name of Trevercarcou, which may have been the earlier name for Earlstoun, potentially with the derivation 'homestead of the torrents' referring to the pre-hydro scheme waterfalls. However, other suggestions have been made that this place was probably in Balmaclellan and, if so, the cluster of potentially Brittonic place-names in this area may imply the later survival of a Brittonic speaking community there. This idea might be further strengthened by the lost place-name Le Contrefe which has been considered to be in Balmaclellan, and relate to a central homestead covering the whole of the Glenken, and may be a Gaelicised version of Brittonic pen(n) + tref, for a land holding at the end [of something]. It is worth perhaps also mentioning the term 'farchier' in a charter of 1422 which has been identified by Alan Millikan as being near Killochie in Balmaclellan parish, and assuming this represents Gaelic 'fartair', noted the conclusion that this could be a Gaelic version of Welsh 'gwythr', 'a fortress'.

A further two potentially Brittonic

place-names come to mind, this time located close together in the remote north of Carsphairn parish. These are Petillery Hill and Minishtree, overlooking the Water of Deugh. If the place-name Petillery had occurred in North-East Scotland, it would immediately be looked-on as a Gaelic place-name incorporating a Pictish (Pictish was a language closely related to Brittonic) loan word, 'pett', a 'land-share' or 'portion', with the whole being 'pett na h-iolaire'; 'portion of the eagle'. However, in the south-west this is more likely to be a wholly Gaelic name, probably 'pait na h-iolaire', the hump of the eagle. Minishtree is situated about 600m from the Ayrshire border and may represent Brittonic 'minidd-istre', 'border upland'. Thanks to Alan James (pers comm) for these suggestions. It is interesting to note that a few kilometres to the west is Erriff, from Gaelic 'airbhe', also meaning 'boundary which straddles the district boundary'. These place-names testify to the longevity of our county boundaries.

The final place-name I would mention is Trolane, near Dalry, which might contain the Brittonic element 'tref'. However, it is probably more likely to be derived from Gaelic 'tòrr leathan', 'broad mound'.

In summary, then, we have a limited but interesting group of Brittonic and possible-Brittonic place-names in the Glenkens, with the cluster in Balmaclellan hinting perhaps at the later survival of a Brittonic speech community and possibly some kind of wider territorial centre here. In the next edition of the Gazette we will look at the parish names themselves and what the place-name Glenken(s) might itself represent.

Information, thoughts and ideas from a number of experts in the field of language and history have been used in this article - please get in touch if you would like further information on these background resources at glenkengazette@hotmail.co.uk



LOCAL HISTORY with TED COWAN

Robert Heron's Last Letter

I have published several articles on New Galloway's polymath, Robert Heron (1764- 1807).

His last known letter lists his accomplishments. It is a sad and, in the best sense of the word, pathetic specimen reviewing a rather sad life, lived but not honoured:

Ever since I was eleven years of age I have mingled with my studies the labour of teaching or writing to support and educate myself. During about twenty years, while I was in constant and occasional attendance at the University of Edinburgh, I taught and assisted young persons at all periods in the course of education, from the alphabet to the highest branches of science and literature.

I read lectures on the law of nature, the law of nations, the Jewish, the Grecian, the Roman, and the canon law. And then on feudal law, and on the several forms of municipal jurisprudence established in modern Europe. I printed a syllabus of these lectures, which was approved; they were as introductory to the professional study of law, and to assist gentlemen who did not study it professionally in the understanding of history.

I translated Fourcroy's Chemistry twice, Savary's Travels in Greece, Demourier's Letters, Gesner's Idyls in part, an abstract of Zimmerman on Solitude, and a great diversity of smaller pieces. I wrote A Journey through the Western Parts of Scotland, which has passed through two editions; A History of Scotland in six volumes 8vo; A Topographical Account of Scotland, which has been several times reprinted; a number of communications in the Edinburgh Magazine; many prefaces and critiques. A Memoir of the Life of Burns, which suggested and promoted the subscription for his family, has been reprinted, and formed the basis of Dr Currie's life of him, as I learned by a letter

from the doctor to one of his friends; a variety of jeux d'esprit, in verse and prose, and many abridgements of large works.

In the beginning of 1799 I was encouraged to come to London. Here I have written a great multiplicity of articles in almost every branch of literature, my education in Edinburgh having comprehended them all. The London Review, the Agricultural Magazine, the Universal Magazine, the Anti-Jacobin Review, the Public Characters, the Annual Necrology, with several other periodical works, contain many of my communications. In such of these publications as have been reviewed, I can show that my anonymous pieces have been distinguished with very high praise.

I have written also a short system of Chemistry, and I published a few

any one person.

I have written

also a great variety of compositions in Latin and French, in favour of which I have been honoured with the testimonials of liberal approbation.

I have invariably written to serve the cause of religion and morality, pious Christian education, and good order in the most direct manner. I have considered what I have written as mere trifles, and I have incessantly studied to qualify myself for something better. I can prove that I have for many years read and written one day with another from twelve to sixteen hours a day. As a human being I have not been free from follies and errors; but the tenor of my life has been temperate, laborious,

humble, quiet, and to the utmost of my power, beneficent. I can prove the general tenor of my writings to be candid, and ever adapted to exhibit the most favourable views of the abilities, dispositions, and

exertions of others. For the last ten months I have been brought to the very extremity of bodily and pecuniary distress.

I shudder at the thoughts of perishing in a jail.

92 Chancery Lane, Feb. 2nd, 1807. (In confinement)

Just two months later he was removed from Newgate to a hospital where he died on 13 April.

Ted Cowan



"I can prove that I have for many years read and written one day with another from twelve to sixteen hours a day."

weeks since a small work called the Comforts of Life, of which the first edition was sold in one week, and the second edition is now in rapid sale. In the newspapers – the Oracle, the Porcupine, when it existed, the General Evening Post, the Morning Post, the British Press, the Courier - I have published my reports of the debates in parliament, and I believe a greater number of fugitive pieces than I know to have been written by

David Tallontire CHIMNEY SWEEP

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- certificates issued - feel free to call for advice -

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Cosy country cottage available (sleeps 4)

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www.covenanters-holidaycottagescotland.co.uk

A SUCCESSFUL YEAR FOR SPALDING

Spalding Bowling Club held their presentation dinner at the Clachan Inn, Dalry.

President Elizabeth Peacock presented the prizes at the annual dinner. The club would like to thank Phil and Laura and all the staff at the Clachan Inn for a delicious meal. Also a big thank you goes out to everyone at the club who have made this another successful season.

Pictured: Back row, left to right - John Peacock, Ray Heard, Duncan Jordon, John McNally, George Dempster, Sharon Fishwick, Paul Nicolson, Val Russell, Colin Ramsay. Front row, left to right: Ladies' Champion Kate Bone, Club President Elizabeth Peacock, Gents' Champion Gordon McAdam.

Val Russell



Latest Fundraising Success for SW Scotland RnR

Mossdale man, Robin Hood, completed his latest fundraiser in aid of South West Scotland RNR (SWSRnR).

Robin towed Jock, a giant wooden statue of a soldier, for 342 miles.

"To date over £10,000 has been raised, with money still coming in," says Robin. "The money so far has

been spent getting 36 veterans their HGV driving licences."

The training programme, run by SWSRnR, offers to fund a practical qualification for veterans, enabling them to return to work with key skills in a new field. There are not enough trained HGV drivers in the region, so it's a great area to go into. The reason there are so few trained drivers is because it is very expensive to undergo the training, which is where SWSRnR is able to step in.

Abbas Rest Coffee Morning

The Abbas Rest Coffee Morning was a great success once again.

Thanks to all who supported and donated towards this event - without your help it would not happen.

Avril Brown


McCulloch Plumbing | Gas | Oil | Renewables
 Renewable energy system specialists
 Based in Central South West Scotland

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Installation costs of renewable energy heating systems can be covered by the Renewable Heat Incentive (RHI) currently being offered by the UK Government.

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WWW.RJMCULLOCH.CO.UK

01292 550 954

07766 978 568

rj.mcculloch@aol.co.uk

M. SCHOFIELD DESIGN

"You could get money towards renewable heating costs in your home" (GOV.UK)

Available to both domestic and commercial properties the Renewable Heat Incentive (RHI) is a long-term financial support programme designed to encourage people to install green energy heating systems. Payments are made over a 7 year period.

You can claim for; Biomass boilers, Solar Water Heating and certain Heat pumps.

To find out more and see if you are eligible talk to us at **RJ McCulloch** or visit **GOV.UK**

Galloway Community Transport

(formerly Glenkens Transport Initiative)

www.gallowaycommunitytransport.org

email gct@catstrand.com phone 01644 420374 mobile 07841 512449



JANUARY - FEBRUARY 2020

REGULAR SERVICES

Tuesdays Glenkens to Newton Stewart

Outward Pickups: Dalry (Underhill) 0930;
New Galloway (Town Hall) 0940, (CatStrand) 0942
Return Pickup Newton Stewart (Aldi Car Park) 1330
Return Fare £3.50 Booking required.
This schedule may be subject to change in January 2020

Wednesday Evenings Glenkens - Castle Douglas (Tesco) (Registered Route)

Out		Return
1900	Dalry (Underhill)	2115
1905	New Galloway (CatStrand)	2110
1915	Mossdale	2100
1925	Lauriston	2050
1930	Townhead of Greenlaw	2047
1937	Castle Douglas (Market St)	2037
1940	Castle Douglas (Tesco)	2035

Booking not required

Thursdays Glenkens - Castle Douglas (Day Centre)

Passengers not attending the day centre may also use this service.

Outbound pickups:

Dalry (Underhill) 1015; New Galloway (CatStrand) 1030

Pickups can also be arranged from Balmacellan, Parton and

Crossmichael bus stops or from passengers' homes.

Return service leaves Castle Douglas Community Centre 1430.

Return Fare £3.00 Booking required.

Glenkens to Ayr Return

Saturdays: Dec 21, Feb 29

Pickups: New Galloway (CatStrand) 0930, Dalry (Underhill)
0940, Carsphairn (1000).

Return leaves Ayr 1500

Return fare £6.00. Booking required

Glenkens to Carlisle Return

Saturdays: Jan 25, Mar 28

Pickups: Dalry (Underhill) 0930, New Galloway (CatStrand)
0940, Crossmichael (Shop) 1000, Castle Douglas (Market
Hill British Legion) 1010. Return leaves Ayr 1600

Return fare £8.00. Booking required.

LOCAL COMMUNITY TRANSPORT PROVIDER GETS A MAKEOVER

Glenkens Transport Initiative is now Galloway Community Transport.

The new name reflects the fact that we're no longer an 'initiative' but a well-established operation with a wider area of activity and a substantially increased range of services.

All the things you've come to rely on from GTI will still be available from GCT - and more!

Look out for the new livery on vehicles and for information on new services in the near future.

EXCURSIONS

Seats must be booked in advance online at
www.catstrand.com
or by phone 01644 420374
See GCT website for more details

December 14, Saturday Carlisle & Gretna Gateway Christmas Shopping

Pickups: Dalry (Underhill) 0930; New Galloway (CatStrand) 0940; Crossmichael (Shop) 0950, Castle Douglas (British Legion, Market Hill) 1000.

Return journey time around 1600 - by agreement with driver.
Fare £7. Concessions £6.

January 11, Saturday Carlisle & Gretna Gateway January Sales

Pickups: Dalry (Underhill) 0930; New Galloway (CatStrand) 0940; Crossmichael (Shop) 0950, Castle Douglas (British Legion, Market Hill) 1000.

Return journey time around 1600 - by agreement with driver.
Fare £7. Concessions £6.

2020 Excursions

We welcome suggestions for excursion destinations.
Please email gct@catstrand.com with your ideas!

MINIBUS HIRE

8, 15 and 16 seat minibuses for hire (with or without driver). For more information and bookings:
www.gallowaycommunitytransport.org/hire
email gct@catstrand.com
or call 01644 420374

DECEMBER & JANUARY

DECEMBER

Sun 1, Community Christmas Concert, New Galloway Town Hall, see posters in shops for details

Sun 1, Corsock Craft Fair, 11am-3pm, orsock Village Hall

Mon 2, Dalry Police Station Drop-in, 6-7.30pm

Fri 6, Dalry Primary School Christmas Fayre, 1.15-3pm, Dalry School

Fri 6 at 7pm, **Sat 7** at 7.30pm, **Sun 8** at 3pm, CatStrand Youth Players Christmas Panto, CatStrand, New Galloway

Sat 7 & Sun 15, Santa's Grotto, 10am-3pm, Kirroughtree Visitor Centre, see p18

Sat 7, Christmas Craft Fair, 11am-4pm, Mossdale Village Hall

Sun 8, Christs Fayre, 11am-3pm, Lagwyne Hall, Carsphairn

Tue 10, Ukulele Christmas Party, 7.30pm, CatStrand, New Galloway

Wed 11, Dalry Film Club: The Green Book (12A), 7.30pm, Dalry Town Hall

Thu 12, Tasting Evening, New Galloway Community Shop, see p13

Thu 12, CatStrand Youth Performers & Musicians Meeting, see p19

Fri 13, Sugar Revue Burlesque (18+), 7.30pm, CatStrand, New Galloway

Sat 14, Tabletop Sale, 1-3pm, Dalry Community Centre

Sat 14, Glenkens Community Shop,

Dalry, closes for refurb until spring

Sat 14, GCT Bus Trip, see p25

Sat 14, Glenkens Farmers Market, 10am-12.30pm, Dalry Town Hall

Sat 14, Dean Owens & The Southerners, 7.30pm, CatStrand, New Galloway

Sun 15, Glenkens Children's Christmas Party, 3pm, Balmaclellan Village Hall

Tue 17, Great Composers: In Search Of Beethoven, 7.30pm, CatStrand, New Galloway

Sat 21, Cairn Chorus: The Conversations of Sheep, 2pm, Crossmichael Parish Church

Tue 31, Hogmanay Party, Balmaclellan Village Hall

Sat 11, Mid Winter Film Festival: Dirt Rd To Lafayette, 2pm, Crossmichael Church Hall

Sat 11, Mid Winter Film Festival: The Man Who Wanted To Fly (12A), 7.30pm, Dalry Town Hall

Sat 11, GCT Bus Trip, see p25

Sun 12, Mid Winter Film Festival: Gwen (15), 2pm, Lagwyne Hall, Carsphairn

Sun 12, Mid Winter Film Festival: Piano To Zanskar + Q&A, 7pm, CatStrand, New Galloway

Fri 17, Carsphairn Burns Supper, 7pm, Lagwyne Hall, see p17

Fri 17, Dark Sky Jazz: Wako, 7.30pm, CatStrand, New Galloway

Sat 18, Family-Friendly Bingo, 4-6pm, New Galloway Town Hall

Fri 24, Burns Night, 7.30pm, CatStrand, New Galloway

Sun 26, First Piano On The Moon, 2.30pm, CatStrand, New Galloway

Fri 31, Newberry & Verch, 7.30pm, Dalry Town Hall

JANUARY

Fri 3, Dalry Police Station Drop-in, 3-4.30pm

Thu 9, Mid Winter Film Festival: Woman At War (12A) + Discussion Panel, 7.30pm, CatStrand, New Galloway

DALRY HOGMANAY CEILIDH

Tuesday 31 December, 9pm to 1am, Dalry Town Hall

Come and celebrate the New Year together! There will be a live band and pot luck finger buffet, (BYOB or bring refreshments over from local pubs and food to share, as well as your dancing shoes). Everyone welcome!

Entry by suggested £5 donation at the door, children welcome and are free.

LOCAL COMMUNITY GROUPS

Glenkens Community Shop: Contact Shirley McNaught on 07955 743 022 or drop by the charity shop on Main Street, Dalry

Local Initiatives in New Galloway (LING): Contact Ros Hill on ros.hill@rathanhouse.co.uk

Dalry Communities Properties Trust (DCPT): Contact Andi Holmes on andiholmes@hotmail.com or 07729 292 126

Dalry Town Hall: Contact Jim Reid on 01644 430231 or jamescreid@hotmail.co.uk

New Galloway Community Enterprises (NGCE): Contact Sam Rushton on 07741 656601 or samCEW@newgallowaycommunity.shop or pop into New Galloway Community Shop

Balmaclellan Community Trust: Contact Julia Higgins

on julia.higgins55@outlook.com

CatStrand: Contact Chris Jowsey at chris@catstrand.com 01644 420 374 or pop in to the CatStrand

Schools: Pop into the school office or call Dalry Primary on 01644 430 105 (for Nursery/ELC too), Dalry Secondary on 01644 430 259 or Kells on 01644 420 340

Carsphairn Heritage Group: carsphairnheritagegroup@gmail.com

Bright Stars - Glenkens Community Nursery: Contact glenkenscommunitynursery@gmail.com

Galloway Glens Landscape Partnership (GGLP): Contact McNabb Laurie on mcnabb.laurie@dumgal.gov.uk

If you would like to add your community organisation to this list please get in touch with the Gazette - contact details are on the back page.

DEE & GLENKENS WARD

Councillor Dougie Campbell

is available for consultation on any Council/Public Service matter.

Please phone 07388 956558 or email dougie.campbell@dumgal.gov.uk for an appointment.

www.dumgal.gov.uk



DEE & GLENKENS WARD

Councillor Pauline Drysdale

is available for consultation on any Council/Public Service matter.

Please phone 07825 633153 or email pauline.drysdale@dumgal.gov.uk for an appointment

www.dumgal.gov.uk



DEE & GLENKENS WARD

Councillor Jane Maitland

is available for consultation on any Council or Public Service matter.

Please phone 07825 633155 or email jane.maitland@dumgal.gov.uk for an appointment.

www.dumgal.gov.uk



REGULAR EVENTS

CatStrand, New Galloway:

Film Makers' Club, Mon 7-8.30pm

Exercise to Music: Mon 9.30-10.30am

MMM Adult Colours & Dance:

2.30pm-3.30pm

MMM Health, Play & Creative

Movement: 3-7yrs, Mon (term-time) 3.45-4.30pm

MMM Children's Grades & Youth

Dance: 8-16yrs, Mon (term-time)

4.30-5.30pm

Youth Volunteer Meet-up, 1st Tues of the month, 6-8pm, FREE PIZZA

Choreographic Skills Lab, Mon

(term-time) 7-8.30pm, ages 12-18

Animation Club, Tues 4-6pm (starts 12 Feb then fortnightly)

Gentle Tai Chi: Wed 10am

Wendletrap Tai Chi, Wed 2-3.30pm

Game Tech, last Wed each month, 6-8pm

Writers' Cafe, 2nd Thurs each month 7-9pm

Sing it Out, Thurs 11am -12pm

CatStrand Ukes, 1st & 3rd Thurs each month, 1-3.30pm

Yoga, Tues 6.30-7.30pm & Thurs 9.15-10.45am

Learn the Whistle, (starts 28 Feb; 8-week block. Ages 4-12 - 3.45-4.30pm; Age 12+ & Adults - 5-6.30pm). Contact chris@catstrand.com to find out more

Zumba Gold, Fri (term-time) 9.30-10.30am, CatStrand, 16+

Glenkens Community Centre, Dalry:

Badminton, Mon 4-9pm & Sat 9am-12noon, for info contact Kath on 07811 957 576

Bright Stars Nursery, Tues, Wed & Thurs 9am-3pm

Brownies & Guides, Tues, Brownies 6-7.30pm & Guides 6-8.15pm

Yoga, Wed 5.50-6.45pm, for info call Carylann on 07817 400 287

Brownies, Thurs 6-7.30pm

Kickback Martial Arts, Thurs 6-7pm for children, 7-9pm for adults

New Galloway Town Hall:

Glenkens Art Workshop, Mon 2-4pm during term-time

LING Elevenses & Lunches, Tues 11am-2pm

Fast Broadband Access, Tues 11am-2pm

Skills for Life, get up to speed on current technology, Tues 2-4pm, for info call CD IT Centre on 01556 503 167

IT Drop-in Sessions, Tues 4.30-6.30pm throughout Jan and Feb. Covering topics such as support with benefits/job applications, building confidence with laptop/tablet/phone, all ages welcome.

Table Tennis & Carpet Bowls, Tues 7-9pm

Circuits, Tues 5.30-6.30pm

Zumba, Wed 7.30-8.30pm, 11+

Circuits, Sat 8-9am

Various Locations:

Hatha Yoga, Mon 10-11.15am, Lagwyne Hall, Carsphairn

Carsphairn Post Office, Wed 1.15-3pm, Lagwyne Hall, Carsphairn

Dalry WI, 3rd Tues each month

2pm, Dalry Town Hall (except Jun, Jul & Aug)

Beavers, Tues 6-7.15pm, New Galloway Scout Hut

Dog Training, Tues & Thurs 7pm, Dalry Town Hall. Contact: Eric 460 670

Mossdale Painters, Wed 9.30am, Mossdale Village Hall

Chat, Cuppa & a Cake, Wed 10am-2.30pm, Balmaclellan Village Hall

Community Choir, Wed 3.30-

4.30pm, Dalry Secondary School

Cub Scouts, Wed 6.45-8pm, New Galloway Scout Hut

Gentle Dru Yoga, Wed 7.30-9pm & Thu 12.30-2pm, Laurieston Village Hall, contact 450269

Youth Writing, 1st Thurs each month (during term time) 3.30-5pm, ages 10-15, Dalry Library

Kettlebells, Balmaclellan Village Hall, Thurs 6-7pm

Carsphairn SWI, 3rd Thurs of the month, Lagwyne Hall, Carsphairn, for further info call Christine on 01644 460 577

Coffee & Craft, Fri 9am-12noon, Lagwyne Hall

Folk Music Session, 4th Fri each month 7.30/8pm till closing, Ken Bridge Hotel

Gentle Tai Chi, Fri 10-11am, Dalry Town Hall

Golf Junior Coaching, Sat 10-11:30am, New Galloway Golf Course, see p8

Restoring Footpaths, Sat 10am-1pm, phone 420 632 to confirm

Junior Golf & Come-and-Try for all ages, New Galloway Golf Course, Sat 10am

Yoga and Meditation Evening, every 3rd Sunday of the month, 7p-9pm, Drumwhill, Mossdale. Contact Rachael 01644 450269 to book.

Men's Shed, Old Smiddy, Balmaclellan. Opening times: Mon 9.30am-4pm & 6.30-8.30pm; Wed 9.30am-1pm & woodcarving from 2-4pm; Fri 9.30am-12noon.

Glenkens Community Councils

Balmaclellan Community Council Meetings: Last Monday each month, 7.30pm, Balmaclellan Village Hall

Carsphairn Community Council Meetings: Last Monday each month, 7pm, Lagwyne Hall, Carsphairn.

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

Dalry Community Council Meetings: 1st Monday each month, 7pm, Dalry Town Hall.

New Galloway & Kells Community Council Meetings: 2nd Monday each month, 7.30pm, New Galloway Town Hall.

CHURCH TIMES

CHURCH OF SCOTLAND: Sunday Services: Balmaclellan 10am: 1st. Carsphairn 11.15am: 1st, 2nd, 3rd, 4th. Dalry 10am: 2nd, 4th. Kells 10am: 3rd. Kells 10am: 3rd. **Special Services/Events**: Family Service, 13 Oct, 10am, Dalry Church. Quiz Night,

Fri 8 Nov, 7.30 pm, Balmaclellan Village Hall. **Communion Service**: 27 Oct, 10am, Dalry Church. 17 Nov, 11.15am, Carsphairn Church.

SCOTTISH EPISCOPAL CHURCH: St Margaret's, New Galloway: Holy Communion, 10.30am every Sun & Wed. **CATHOLIC CHURCH SERVICES**: Kirkcudbright: Sun Mass, 9.30am. Dalbeattie: Sat Mass, 5pm.

Dalry Library

Tuesdays 10.30am-2pm

Fridays 11am-4.30pm

For further information contact Castle Douglas library on 01556 502 643

USEFUL NUMBERS:

- Pot-hole Hotline: 0845 276 0000
- Police, non-emergency: 101
- Doctor: 01644 420 234
- NHS 24: 08454 24 24 24
- D&G Council: 030 33 33 3000

MORE THAN JUST FOOD FROM THE FOOD TRAIN

As temperatures fall and seasons change there is one constant throughout the year; the familiar sight of Food Train delivery vans winding their way through the Glenkens.

As a registered Scottish Charity which will celebrate its 25th anniversary in 2020 there is, for some, confusion about what the organisation does. Some think that it is a sort of 'food bank' or meals-on-wheels scheme. In fact, the Food Train's purpose is to support older people to enable them to continue living in their own homes should they so wish. The charity's core service, funded by Dumfries & Galloway Health and Social Care Partnership, is a grocery shopping and delivery service. Customers' grocery orders are collected on a Monday and shipped and delivered on a Thursday in the Glenkens. Customers pay for their shopping on receipt, plus an additional £5 delivery charge.

Some customers like to get out to the shops but appreciate the service for heavier items or for the winter months, while others rely on the service for all their shopping year-round. Shopping is done in the Co-op, Tesco and Sunrise Wholefoods in Castle Douglas and can be delivered weekly, fortnightly, monthly or just occasionally.

The charity offers other services

too - Food Train 'Extra' is an odd jobs service where, for a small fee, volunteers are happy to change lightbulbs, defrost freezers, hang curtains or reset clocks, to name but a few of the jobs regularly done.

There is also a befriending service to help combat social isolation and loneliness. This is funded by The Big Lottery and D&G Health and Social Care Partnership. There is a 1-2-1 home visit befriending service, and group outings to a variety of destinations. Popular trips have included Threave Gardens, Galloway Lodge and the Afternoon Film Club at CatStrand.

From humble beginnings when in 1993 a group of socially-minded folk in Dumfries identified a need for such a service, the Food Train has gone from strength to strength and, after expanding across Dumfries and Galloway, branched out yet further and now covers seven local authority areas over Scotland. Here in the Stewartry a small friendly team of staff and volunteers are just a phone call away.



Top: Food Train Friends outing to Threave Garden.
Above: It takes a lot to stop the Food Train - their dedicated team deliver in all weathers.

If you think you or someone you know might need some assistance with grocery shopping, odd jobs or just a friendly face to pop in now and again, call Stewartry Food Train on 01556 288 427.

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FEB/MAR COPY DEADLINE: 5 JAN



Design & co-ordination:

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Printing: Stranraer & Wigtownshire Free Press
www.stranraer-freepress.co.uk