

# CHATTERBOX

www.lochwinnoch info  
lochwinnoch no 126 July 2004

Community newsletter produced by lochwinnoch publicity committee for lochwinnoch cc

## What's On

- **Saturday 17 July** 'Time Travel Adventures' RSPB. Cost, £2 a child, no need to book just turn up any time between 11am-3pm.
- **Sunday 18th July** Op-tics demonstration at RSPB
- **Friday 23rd July** 8.30pm until late Moth Night. Please book in advance as moth nights are very popular and spaces are limited. (£3.50 each).
- **Tuesday 3rd August** Community Council Meeting starts 7.30pm, McKillop. All members of public welcome.

## Return of the Big Splash

**It's back - the big puddle between here and the station. It's more noticeable if some inconsiderate basket fails to take avoiding action and drives straight through the ocean when you are in its vicinity.**

I watched a poor lassie walk along side one day as a driver callously drove through the puddle and soaked her.

There are times you wish you had your bazooka with you.

Have considerations for those who walk along this road. It is easy to put your foot on the brake and stop before you splash, unless, of course, you are a cretin, in which case life is one big mystery.

## LCC Round-up

**At the July meeting of the Community Council Robert Neilson was elected Chairman for a further year. This meeting was the first meeting with the new members who were recently elected on to the council.**

The police reported that 14 crimes were committed in the village last month, among the crimes 5 vandalism, 4 vehicle thefts, 1 Breach of the Peace and 1 Misuse of Drugs.

Recently, coping-stones have been dropped onto the road from the bridge in St Winnoch Road. The bridge will be altered to replace the missing stones with steel rods.

The police said that CCTV cameras will be used in problem areas if requested.

A CC member raised the matter of under age drinking. One solution, he said, may be to ask local shops to raise the age limit to buy drink to twenty one.

A by-law exist that prohibit drinking in public places. The police said they hope to stamp out drinking in the streets, parks and other public locations within the village.

Keir Homes wrote to the Community Council saying they will comply with planning conditions

set down in their application to build new houses in Church Street. That, presumably, means they will go ahead and extend the cycle path through the new estate.

Repair work to the bridge in Main Street is now a complicated matter. Because of a directive from the Scottish Parliament it is not clear wither or not Renfrewshire Council have funds to carry out repairs or not. Mr Hamilton of Renfrewshire Council Roads Department will be invited to the next Community Council meeting to clarify the situation.

One person attending the meeting asked if we really need the bridge to be repaired. He argued, once the bridge was repaired we could suffer from an influx of heavy traffic.

He noted, the amount of heavy lorries passing through the village has decreased since the bridge became unstable.

Last month the Community Council presented a quaich to Bill Turner to mark the recent victory of Viewfield Rovers.

## New Shop

**Preferito Delicatessen opens in High Street next to Gable End at end of August 2004.**

Great news for all those lobbying for such a shop.

## **MATTHEW NEW & SONS**

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## Simons Column

**Years ago when I was a boy, I could have sworn I saw Kirk Douglas watching a film in a cinema in glitzy Govan. Not a location where you would expect to see a mega Hollywood star.**

At the time I never questioned why Kirk Douglas would travel from his luxurious pad in Beverly Hills to a smoky flea-pit in the centre of Govan to watch a movie. Where, incidentally, the cinematic action was frequently punctuated by the chattering sound of riveters in the nearby shipyards.

Later in life, after gaining a smattering of wisdom (long gone, nowadays), I wondered in what frame of mind I was in when I imagined Kirk Douglas, with his famous dimple, was in a cinema downtown Govan.

The only explanation I could come up with was Kirk was watching a Carry On film and he didn't want anyone to know.

This serves to remind me that, I'm told, the proprietor of Mander's cinema in Lochwinnoch, it stood at the bottom of Calder Street almost opposite the bank, enticed punters into the cinema by standing in the street shouting: 'we've got Clark Gable, Liz Taylor and Barbara Stanwick in there right now'.

I wonder if he attracted Kirk into the Lochwinnoch cinema or if Kirk stuck to Govan?

*Auld Simon*

## Kickjitu

**Kickjitu is a fun and funky way to keep fit. Classes have started recently in the McKillop Institute on a Tuesday night at 6:00pm.**

If you want to get involved in the martial arts, keep fit and deal with anyone who kicks sand in your face, go along to the classes on Tuesdays. Cost £3:00 a session. For more details call Amanda on 681833.

## Reflexology

**What is Reflexology? Asks Maggie Clark. Like other forms of therapy such as acupuncture, shiatsu or homeopathy that compliment orthodox medicine, reflexology is one of the natural approaches to controlling health and well being.**

Reflexology is a natural, holistic therapy that believes there are certain reflex areas in the feet and hands that directly correspond to organs, glands, systems and structures of the human body.

By stimulating pressure points or 'reflex points' on the feet, a response in the corresponding part of the body is achieved.

As a holistic therapy, reflexology follows the belief that the 'person' and their 'dis-ease' are not separate entities to be treated independently.

The therapy treats the person as a 'whole being'. Mind, body, spirit and emotions that naturally interact and influence each other.

No drugs are given, only therapeutic touch. Reflexology is an entire treatment. The entire body is treated through the feet.

Reflexology has beneficial effects on health and healing. Many common diseases can be attributed to stress or tension. Symptoms can manifest in many different ways, from migraines to cardiovascular problems.

Reflexologists are trained to detect and assess imbalances in the whole being and to introduce systems that will allow the inner energy of the body to begin a 'healing process'.

After the treatment patients feel a deep sense of relaxation and well-being. Blood circulation improves and nerve impulses become unblocked.

The body's eliminative channels are

stimulated to assist in a detoxification process. To obtain homeostasis, (all body parts working in harmony), it is essential that the blood and nerve supply to every gland or organ is maximised.

Forms of foot treatment have been recorded as early as 2500BC in Egypt. Around 1890, William Fitzgerald, an American doctor discovered when applying pressure to certain parts of the nose or fingers he was able to produce a numbing effect on another area of the body. He realised this was a reflex response.

Years later a physiotherapist, Eunice Ingham, pioneered what we now call reflexology. She is regarded as the 'mother' of this wonderful therapy.

Maggie Clark, Lochwinnoch, June 2004.

## The Forum

### Letters

#### Black Cat

**Over the last 9 month's I have been on the trail of a big black wild Cat, writes John Dow of the Scottish Big Cat Society, I've found a trail and a paw print. I have spent much time researching big cat sightings.**

The cat seen around Lochwinnoch is assumed to live most of the time in the hills that cover the Renfrewshire area. The cat comes out of the hills in spring. This is when most sightings are reported. There could be more than one wild cat living in this area.

The cat probably lives and breeds in this area. We don't know how many there are or what breed they are but we do know, though that these animals have been sighted for around for 30 years.

Witness can't give a precise description of the cat, probably because interbreeding between species. Reports of big cats describe pumas with leopard

## TUNA

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ard characteristics and vice versa.

Big cats have been around since the 70s, before the dangerous animals act was introduced wild cats could be bought for £60.00 from specialist pet shops. There was a fashion to keep pumas or leopards. When the act was introduced it was widely believed owners released their animals into the wild.

A comprehensive study of big cats should be carried out by the experts and amateur researchers who have spent time looking into big cats.

John Dow, field researcher, Scottish Big Cat Society Research Group

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**M. Russell writes: 'I wish to clarify the situation at St Josephs. The Day Centre is not closing.'**

It is a separate unit and is independent of the home except for the lunches which are prepared in the kitchen (A big thanks to the kitchen staff who make them).

The day centre is housed in a newly built complex apart from the home with a different staff who will continue to give their valuable service'.

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### Thanks

**This is a letter from Helen Waddle** 'I would like to thank all my family and friends for their help and support during my five years of study. Without their help with childcare and constant encouragement I would never have made it. So a big thanks to everyone who helped me gain my BEd (Hons).'

Congratulations Helen (ed)

## Spring Fling

**The spring fling was, as usual, a great success. Donations of £200:00 each were made to Arthritis Research and the St Winnock Singers.**

Next fling, Friday, November 12. Tickets, as usual, will fly as fast as Jimmy Shand's kilt.

## Digital Revolution

**Good news for wireless lovers. The government announced that eventually all wireless broadcasts will be digital.** That means fabulous sound quality, access to hundreds of stations and a facility to interact with your wireless.

Quite what that means I don't know. Probably you can talk to it the way you talk to someone at the Cross. Wonderful.

Bad news if you live in Lochwinnoch, though. The first blows in the digital revolution haven't been struck here. We only get a smattering of digital programmes.

We still don't get Channel Five, which puts us at a disadvantage in pub quizzes or 'Who Wants to be a Millionaire'.

No doubt we, in this deserted outpost of the civilised world will be the last to enjoy digital radio.

All we can hope is that the government doesn't switch off the analogue service before we get digital service if so the only interaction we'll have with our wireless is to throw it out the window.

Did anyone understand any of this? (ed)

## Books Books

### New stock in the library.

Cecelia Ahern	PS, I Love You
Liz Allen	Last to Know
James Brady	The Marine
Irene Carr	Rachel
Alexandra Connor	The Turn of the Tide
Stephen Coonts	Deep Black: Biowar
C. Darden & D. Lochte	Lawless
Paul Docherty	The Magician's Death
Tony L.P. Kelner	Wed and Buried
Marian Keyes	The Other Side of the Story
David Nichols	Starter for Ten
Michelle Paver	Fever Hill
Betty Rowlands	Sweet Venom
Chris Ryan	The Increment
Annie Sanders	Goodbye Timmy Choo
Jessica Stirling	The Captive Heart

While we are no the subject of books Rowena and Brian Murray (Rowena is form the village) have written a book on the great Orkney writer George Mackay Brown.

The book is called Interrogation of Silence: The Writings of George Mackay Brown. The book will be launched at this year's Edinburgh Book Festival on Sunday, August 15 at 8:30pm. You can go by booking tickets at 0131 624 5050 or [www.edbookfest.co.uk](http://www.edbookfest.co.uk).

If you can't manage to Edinburgh the book will be relaunched in Glasgow on Wednesday, December 1 in Borders Bookshop at 7:00pm.

The good news is that the Lochwinnoch Book festival will be held again next year with among other literary delights: book stands, books by local authors and a special book reading by top writer Bernard MacLaverty. The festival will be held on

The screenshot shows a web browser window displaying the Lochwinnoch Village Website. The page features a navigation menu with links for Home, News & Events, Information, Clubs & Societies, Sports, and Business. The main content area is titled 'Website Awards' and announces that the Lochwinnoch village website has won the Highly Commended award at the Community of the Year awards. It also includes a section for 'Forum Guideleines' and 'New Sections' with links to the Lochwinnoch Art Group and Clyde Windsurfing Club. The contact email address is [barbara@lochwinnoch.info](mailto:barbara@lochwinnoch.info).

# The Forum

These excerpts from the Lochwinnoch Form were provided by the Forum Admins.

## Gala Day Suggestions

More postings from the last month of the Lochwinnoch village website forums. In this month, we reproduce some of the suggestions that residents have made for inclusion in next years Lochwinnoch Gala Day. People wishing to volunteer their services, help or resources for Gala Day should contact Christine Brown, the artist.

How about a mini highland games? : **Beagle**

Dragon boat racing on the loch. : **Village Idiot**

Lochwinnoch men in kilts + Mr Best Buttocks competition + Lochwinnoch women judging = guarantee of several hundred people attending. : **Gemini**  
Food to buy and sample as well is always popular - see how crowded the farmers market gets. Possibly a traditional best baked cakes and home made jams competition. : **Pluto**

Tug of war. : **Winnochian**

[The] wheelie bin race. : **Tartan Terror**

Agricultural show. : **Starman**

Pig roast. : **Bald and Proud**

Mud wrestling, featuring Community Council members. : **Calderborn**

How about some competitions - the SWRI could organise a "who can make the best tablet" competition, the gardening group a "who can grow the longest bean" (or whatever), the dog obedience group could do a display and have some waggiest tail, hairiest legs etc competitions. : **Moonflower**

Raft races (prizes for best entry gives the kids something to aim for...). : **Tigger**

## Youth Forum

Young people in the village asked if the website could host a Youth Forum for kids. The website already has an active Forum... could a Youth Forum be included?

After discussions with Childnet International, a study of other youth

forum set-ups and the Home Office 'Good Practice Models for Child Protection on the Internet' the website has now started a Youth Forum for local under 18's. It's in the main Forum section of the website but it's security and access controls are different.

Posting messages on the Youth Forum is restricted to Youth Members. To request a Youth Forum account the you must create a forum ID in the normal way and print off a form explaining the guidelines and rules of the forum.

The form must be signed by a parent/guardian and handed in person to Graeme or Barbara. You may be asked to provide ID as proof of age. This allows admin to know who is posting on the board. It will make sure that only local people have access to the Forum.

The Youth Forum accounts will not have access to Private Messaging and will not have links to external web content. It will be monitored by forum admin and young members monitoring and managing posts on the forum.

Although posting to the Youth Forum is restricted to youth members, the forum can be read by anyone, so allowing parents to monitor content.

Announcements on the Youth Forum provide easy to understand advice on how to use the Forum and stay safe on the Internet.

This may be some users first exposure to the medium, we want to introduce safe surfing chat rules. For example, people online may not be who they say they are.

Don't give out personal information, your e-mail or home address, phone number or school.

Never meet anyone in person unless you are sure who they are. Meet in a public place with a parent/carer. Tell friends or an adult if you see something that makes you uncomfortable.

The Youth Forum has implemented security measures and pursues good practice models. But we still advise parents to help their children be safe, smart and have fun online.

Further Reading

<http://www.kidsmart.org.uk/>

<http://www.thinkuknow.co.uk/>

The Village Website

[www.lochwinnoch.info](http://www.lochwinnoch.info)

[barbara@lochwinnoch.info](mailto:barbara@lochwinnoch.info)

## July at the The Forum Nature Reserve

July is a fun-packed month at RSPB Lochwinnoch Nature Reserve!

The next children's activity day is 'Time Travel Adventures' on Saturday 17 July this is to help RSPB Scotland celebrate 100 years working for Scotland's wildlife.

We'll take a journey back in time and look at a bird watcher's life was like 100 years ago! Cost, £2 a child, no need to book just turn up any time between 11am-3pm.

On Sunday 18th July there will be another chance to try out the wide range of binoculars and telescopes at our monthly Optics demonstration.

Finally, do you think moths are boring or want to learn more about them? If you want to see what species of moths fly around your light bulb in Lochwinnoch join our Moth Night.

Staff from Butterfly Conservation will provide a informative slide show and then set up various moth traps and see what they attract.

Start time on Friday night (23rd July) is 8.30pm until late. Please book in advance as moth nights are very popular and spaces are limited. (£3.50 each). We hope you can join in with some of these events, everyone's welcome! Please phone 01505 842663 for any further information.

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