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# CHATTERBOX

No 226 October 2012

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

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**ASIST**  
Anti-Social  
Investigation Team

Office 8:45am – 4:45pm  
Tel: 0141 847 3445

Community newsletter produced by Lochwinnoch Community Council

## What's On & Dates for your Diaries

Village events, clubs, classes, etc are in the centre pages

### Mistylaw Medical Practice

#### Flu Vaccination Programme

We hope to receive flu vaccine by the end of September and would encourage all patients in the eligible groups to attend: over 65's, chronic respiratory disease, heart, kidney, liver or neurological disease, diabetes, immunosuppressed, pregnant woman and carers.

Further information can be obtained at reception.

Any patients' outwith the criteria can get a flu vaccination privately at participating outlets e.g. Pharmacies or shopping centres.

### Thanks from the Marathon Man

Once again I have to thank the many very generous people in Lochwinnoch for sponsoring me on the recent GREAT SCOTTISH 10K RUN. As in past years I've been able to count on so many of you to help raise money through my running for a worthwhile cause, this year it is MAGGIE'S CANCER CARE CENTRES.

My time - and don't forget folks, I'm another year older than last year, I was 1 hour and 6 minutes. The total money I've been able to raise is currently just over £700 but I've more to collect and hope the grand total will be nearer £800.

So a huge thank you to the Corner Bar, Mistylaw Surgery, The Hungry Monk, Manny's Paper Shop, Keystore, Lochwinnoch Golf Club, The Garthland Arms (Three Churches Inn), Blue Water Dental, Neil Donnachie and many individuals who have managed to secure sponsorship money for me.

I will be back again next year with another charity to help!

*Ronnie Brown*

### Lochwinnoch Art Group

We shall have two meetings this month on Monday 1st and Monday 15th. On both occasions we shall meet as usual in the Space Room of the McKillop Institute from 7.30 - 9.30pm. If you enjoy drawing, sketching, or painting in convivial company please come along and join in with our activities.

Also this month we are pleased to extend an invitation to everyone to visit our Annual Art Exhibition. This will run from the 4th - 20th of October in the Library, during library opening hours. Our grateful thanks go to Margaret Sweeney and staff for their cooperation.

All the paintings will be for sale but entry is free.

### Teenage Cancer Trust Christmas Auction 2012

Yes...it's already that time of year when preparation starts!

Our annual Christmas auction for TCT will take place in The Brown Bull on Saturday 8th of December 2012. I think this will be our 11th auction! Some of you may know that my young cousin, Liam McGraw, died from Cancer 5 years ago at the tender age of 17. He was a fantastic guy and a great musician. He is dearly missed by his

friends and family. Liam's death urged me to do more in support of the family and wonderful charity.

As always, this event could never take place without the generosity of local businesses, villagers and customers. So...if you have an item that you think could be put to good use at the auction, no matter how big or small or you have your own business or trade skills that could be auctioned then please get in touch with either John Delaney or me over the next few months.

We are also looking for items for our raffle. This usually runs a bit longer to try and generate as much as we can. Any money we get in these hard times is very much appreciated. John and I are always surprised at the fantastic sums raised and that people are still so willing to part with their hard earned cash for charity.

We look forward to hearing from you.

*Laura & John*

### Community Council AGM

Come along to the Community Council Annual General Meeting and find out what is going on. Listen to the guest speaker and enjoy the post meeting refreshments.

Tuesday 2 October 7.30pm at the Bowling Club

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## Clyde Muirshiel Photographic Competition

Are you a budding photographer? Why not enter Clyde Muirshiel's Annual Photographic Competition. The theme this year is 'Capturing Creativity in Clyde Muirshiel' to coincide with the Year of Creative Scotland. The photographer behind the winning entry will receive £250. The closing date for entries is Friday 19th October 2012 – so there is exactly one month to go for you to capture that perfect shot.

All you have to do is visit and capture the beautiful rural landscape and wildlife of Scotland's Largest Regional Park. There are plenty of locations to choose from in the 108 square miles within Clyde Muirshiel. Call in at one of the Park's three scenic Visitor Centres at Castle Semple, Muirshiel or Greenock Cut and be inspired. The cafés there will come in very handy if you need a coffee to let your creativity flow. Or, you could get that perfect seaside shot at Glasgow's nearest sandy beach – Lunderston Bay.

We appreciate this year's competition is about creativity and so we have designed the categories to be flexible, giving everyone a chance to express themselves. They are: -

1. Flora and Fauna: Try to look at life from a different angle.
2. Landscape and History: Capture changes from the past, present and possibly your own interpretation of future developments.
3. People in the Park: The Regional Park is for people and has them at its heart. Can a face tell a story? What impact have people had on the Park? Or, perhaps capture something creative made by people in the Park.
4. Creative Wildcard: A photo about

anything in the Park which you think reflects your own unique creativity. Unlimited digital techniques can be used.

For full details, rules and entry forms, please download a leaflet from our website or pop in and pick one up at your local Centre. The winner will be announced in an exhibition preview night at Castle Semple in November before entries go on display as part of a park wide tour. Good luck to everyone entering.

[www.clydemuirshiel.co.uk](http://www.clydemuirshiel.co.uk)

## The Beatles come to Lochwinnoch

Not the originals of course that would take supernatural powers to organise. On Saturday 13th October...Them Beatles, the UK's finest and most exciting Beatles tribute act come to play in the McKillop Hall. From touring Canada, Norway and the UK to The Cavern in Liverpool, every night for The Beatles week and appearing on TV, thanks to a cancellation Them Beatles will squeeze a gig in Lochwinnoch into their hectic schedule before heading off on tour to New Zealand.

They will be supported by Berry Tweed & the Chasers local 8 piece Northern Soul/Soul and R&B band playing sounds you'll remember from the 60's. You may even recognise the red headed singer with them. There will also be a Guest DJ for the evening playing before and in-between the bands.

Doors open at 7pm and seats will be limited so get in early if you need one.

Over 18's only for this event and



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Partner, and local resident, Ian Briggs is more than happy to consult at your home, and there is no charge for the first meeting.

Feel free to get in touch to speak to our team and see how we can help.

Telephone:  
01294 832112

Email:



[info@jjmccosh.co.uk](mailto:info@jjmccosh.co.uk)

should you be lucky enough to look under 25 you'll be asked for ID. Tickets £10 on sale now at The Brown Bull .

## Autumn Fete

There are so many fetes in early summer that it can seem too much at times. How refreshing then that the Bowling Club has an Autumn Fete! Saturday 6 October is the date for your diary and 1-4pm the time. Let's hope for a beautiful day (we can hope)!

The Bowling Club is available for all types of function. Tel: 502975 or 843013

## Kilmacolm Wedding Fair

The Cargill Centre, Kilmacolm

Saturday 27<sup>th</sup> October

12 – 3pm

Free Entry

Fantastic range of exhibitors.

For more information visit the Kilmacolm Wedding Fair Facebook page.



## Castle Semple Sailing Club

### Ian Brown Cup

The Glorious Twelfth may have been postponed because it fell on a Sunday, but it didn't affect the sailing at Castle Semple Loch.

Congratulations to Graeme (Laser) for being the overall winner, Angus (Vortex) was runner up and well done to new members Ian and Jonathan (Buzz) for coming third.

The morning started with a fairly strong easterly breeze which caused several capsizes, but by the end of the afternoon despite the gales forecast there was only the merest sniff of wind in the air.

Late on in the day we were treated to the glorious sight of a flock of geese flying in formation over us, nature at its best!

### Pirates

The junior section of "pirates" meet on Sunday mornings at 10.00am - 12.00 noon and is a great success. Recently, they held their own "Pirate Olympics" which proved very popular, particularly with the parents!

### Enlarged Compound Area

With the new compound area fully open we are now able to accommodate more boats, which in turn has attracted more members.

For further info please see website :

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



### All aboard!

Latest developments in the Lochwinnoch station adoption scheme: Liz Parsons and her gardening colleagues at Starling Learning made a fine selection of plants for the barrels, sourced them and delivered them to the station, where Joe Greenlees coordinated the planting. Fortunately or unfortunately, depending on how you look at it, Joe was free to work on this project because of a recently acquired football injury – so extra thanks to the RSPB staff who helped him on the day.

Since then, we've been checking on the plants, picking up litter on the platforms and hearing that the response to this project is very positive. We also had a donation of plants and trees from Mrs Young in Kilbarchan. Thanks to everyone for all their help. We've really made a difference to our station.



## Goatfell Climb

We would like to thank everyone, climbers, babysitters and supporters (plus the four dogs) who took part in the Goatfell climb on Saturday 1 September in memory of Alan.

Once again we were lucky with the weather which stayed clear and dry most of the way to the summit. It was there at the summit shrouded in mist, where we saw some very strange sights. On further investigation it turned out to be the boys posing to get their photographs taken wearing some very fetching head masks!! Well done boys - we all had a good laugh and it took our minds off our sore legs!!

We all made it safely back to the Douglas Hotel for some welcome and well deserved refreshments before getting the ferry home.

Everyone's efforts and donations are very much appreciated.

*Christine Donaldson*



Future developments: we plan to plant more barrels soon. In the meantime, let us know if you have any suggestions and pick up litter at the station, as the scheme depends on us keeping it tidy, so that First Scotrail avoid fines.



*Rowena Murray*



## Lochwinnoch crowds cheer the last tram in 1962

I'm a filmmaker who lives in Lochwinnoch, one of several in the village I believe ... it's that kind of place. I have just completed a new film for the Riverside Transport Museum in Glasgow for their newest exhibit about the Coronation Tram. If you see the film in Riverside listen to the sounds of the

crowds at the end ... those aren't people on the streets of Glasgow in 1962 but people cheering in Lochwinnoch 2012.

The Coronation tram is being put on display to coincide with the famous "Last Tram Procession" which took place in Glasgow September 4th 1962. This event saw over quarter of a million people take to the streets of Glasgow to bid farewell to the trams.

The Coronation was a type of tram created specifically for the 1938 Empire Exhibition in Glasgow's Bellahouston Park. Over that year more than 13 million people went to the exhibition, many of them travelling by tram. For many, the Coronation tram is regarded as the iconic Glasgow tram, with its sleek Art Deco design features, comfortable seating, great lighting and panoramic views. It was a futuristic sight on the streets of Glasgow compared to the Standard tram which had its roots in Victorian horse coaches. Coronations were promoted as the "New Luxury Trams" and it's been said that people let old Standard trams pass so they could hop on a Coronation.

I was asked to make a film for the new exhibit a couple of months ago as I had been very involved with making lots of other films and interactives in Riverside. The film features an interview with tram expert and enthusiast Ian Stewart and lots of old archive films. The Coronation Tram on display in Riverside was captured in the Last Tram Procession in a great super 8 film by John Summer. I featured a clip in my film but John's super 8 is silent and I needed the sound of crowds of Scottish people cheering something on. Then I remembered I had filmed the Olympic Torch going through Lochwinnoch, which had lots of people cheering something through a street ... so I used the sound off that ... ideal.

So, if you see the Coronation Tram film in Riverside and the sound of the crowd cheering the Glasgow's last trams in 1962 and it brings back memories, it might be because you were there! Ah ... The magic of film making.

The Coronation Tram display can be seen at Riverside Museum in Glasgow for the next few years.

*Paul Cameron. [thisgoodidea.co.uk](http://thisgoodidea.co.uk)*



## Fall Ball

The Fall Ball Ceilidh will be on 9th November in Lochwinnoch golf club 7.30pm start, tickets £8.50pm.

Local band Clamjamfrie will be playing so get along and have fun (Also good for your bones!) charities for the dance are "Help for Heroes" and Johnstone High's fund raising to do voluntary work in Nepal.

Tickets from the usual outlets.

*Morag*

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## James Farquhar

The Community Council were saddened to hear of the death of James Farquhar. Jim was a long time member of the Community Council and served as a very able treasurer for many years.

Our thoughts are with Jim's family.

*Community Council*

## My LEAP Project online

[www.myleaproject.org](http://www.myleaproject.org)

We have launched our new website to help work with all the villages we now serve; Howwood, Kilbarchan, Bridge of Weir along with our established base in Lochwinnoch. You can also contact us now on Facebook and through Twitter. You can still reach us through the more traditional routes – dropping in to see us at the LEAP Office on Church Street or through the Lochwinnoch village website at [www.lochwinnoch.info/leap](http://www.lochwinnoch.info/leap) which continues to be a great way to promote LEAP in Lochwinnoch.

**Online:** [www.myleaproject.org](http://www.myleaproject.org)

**On Facebook:** [www.facebook.com/myleaproject](http://www.facebook.com/myleaproject)

**On Twitter:** [www.twitter.com/myleaproject](http://www.twitter.com/myleaproject)

We also have our own video channel on Vimeo: [www.vimeo.com/channels/leaptv](http://www.vimeo.com/channels/leaptv)

LEAP would like to thank Lochwinnoch online for on-going support, advice and giving us a place to talk with people in Lochwinnoch.

### Why is LEAP moving to its own site?

The first reason is that LEAP now serves a wider geographical area and needs a way to communicate with residents from the neighbouring villages of Kilbarchan, Howwood and Bridge of Weir. Secondly as the project grows and develops the new website provides a dedicated space to feature the wide range of services and activities LEAP are involved in, across Energy, Education and Transport.

### Will LEAP still provide updates on the Lochwinnoch village website?

We will still update the Lochwinnoch and other local community sites with relevant news and information, while linking and expanding on these updates on the new LEAP website. This means we continue to reach people locally while expanding the information on the LEAP website to help you reduce energy and save money in a variety of areas within your home, travelling and within your community.

### Can I get involved?

Even the support of clicking 'like' on the Facebook page and sharing how LEAP has helped you, would be great. As a community based project, any



support or positive feedback from members of the community helps to promote the opportunities to other local residents, encouraging everyone to reduce their carbon footprint, save energy and save money.

We welcome feedback on what you feel would help you reduce your energy use within the home, the kinds of information, advice and tools that we may be able to look at sourcing through the site or from partner websites too.

LEAP also work with associated groups, including the Food Group (Eat Lochwinnoch) and the Renewable Energy Group. On the new website we are able to give more room to the activities these groups are involved in. Click 'Contact Us' on the website and we will get back to you soon, if you'd like to get more involved.

Please visit us at: [www.myleaproject.org](http://www.myleaproject.org)

Image from the website – see attached

...

### Lochwinnoch Community Transport Survey October 2012

Tell us what you think about Lochwinnoch's transport links. How could public transport work better for you? What do you need? In our efforts to reduce carbon emissions generated by travel, LEAP is carrying out a Transport Survey.

Tell us what you think by completing the online survey now. The link to the survey can be found through LEAP's website [www.myleaproject.org](http://www.myleaproject.org) and clicking on the main homepage transport survey image or by going directly to the following link: [www.surveymonkey.com/s/SRVDYT8](http://www.surveymonkey.com/s/SRVDYT8)

If you would prefer to complete the

survey on paper, you will find copies of the questionnaire in the LEAP office at 22 Church Street, in the Library and the McKillop.

### Why carry out a Transport Survey?

This community transport survey will help LEAP understand how people travel to and from Lochwinnoch. We want to understand residents' transport needs, how services could be improved, whilst reducing energy consumed.

### What difference will the survey make?

You could help us make a difference to local services by helping us show what the community needs; this would help secure funding for community improvements, for example a community minibus, or improved bus and train services.

If you have any questions or would like to get more involved please contact Scott Duncan on 01505 842 530 or [scott@myleaproject.org](mailto:scott@myleaproject.org).



## Lochwinnoch Art Group Autumn Exhibition

We are pleased to announce that following on the tradition of previous years, once again we will be holding our Autumn Art Exhibition in Lochwinnoch Community Library.

The exhibition will run from the 5th – 20th October, opening during normal library hours, with the exception of Monday afternoons and Tuesday mornings.

Members of the group have worked exceptionally hard this year to bring together a fantastic range of art work in various media, including watercolours, pastels and acrylics etc. Each artist has their own style and this adds interest to an already exciting display of original artwork.

Most of the exhibits will be available to purchase, so why not come along and see if you could pick up an early Christmas gift for someone....or perhaps even treat yourself!

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## RSPB LOCHWINNOCH NATURE RESERVE

- Wildlife viewing all year round
- Nature trails and hides
- Visitor centre open 10am – 5pm daily
- Superb RSPB shop
- Wildlife feeding stations and tree-top tower viewpoint
- Daily activities for everyone, especially families
- Drinks and snacks
- Join in with our monthly 'Wildlife Challenge'
- An ideal day out for everyone from beginners to experts!

### Access for visitors with disabilities:

Our visitor centre, toilets, nature trails and viewing hides are accessible to wheelchair users. We have large print versions of some of our leaflets and always welcome feedback on how we can make our events more inclusive. We aim to make our events programme suitable for all. However, if you have any special requirements and wish to speak to us about them in advance, please feel free to get in touch.

### Playing, naturally!

Ever heard of Nature Deficit Disorder? It's not a medical condition, but a recent phenomenon observed in Western societies: children spend less and less time in nature. Actually, less than one in ten children regularly play in wild places!

Most adults remember fondly playing in the wild when they were younger, but nowadays, many children are losing out on the benefits of playing outside. Not only are they losing out on many health benefits, but they are also

growing up disconnected from the natural world. At a time when human activities posing a huge threat to nature, do we really want the next generation to lose all interest in wildlife? The usual suspects blamed for this disconnection with nature are video games and other indoor gadgets as well as parental fears of strangers, cars, or even dirt.

So what can we do? Well, at the RSPB Lochwinnoch we thought long and hard about this and decided to create our own natural play area! Recently launched, it is located in the reserve's beautiful woodland and is complete with swings, stepping stones, seesaws, climbing ropes, dens and a very muddy mud pit. What makes it different from usual play zones is not only its scenic location, but also that 95% of the material used is completely natural. The seesaws, for example, are made out of trees fallen during last winter's wind storms. There, children are free to explore, build, get muddy...

We officially launched the play area on Wednesday 1st August, National Play Day, during a festive launch event including face-painting and making bird badges using Jumping Clay (thanks to Meabh for coming along!)

Despite the rainy weather, children stormed the play area, climbing, jumping, building and getting very mucky indeed! Parents didn't mind though "Dirty children are happy children" summed up one happy mum. If you don't believe her, simply look at the photos.

The play area is now open all day, every day for your enjoyment. During normal opening hours, please pop in to the visitor centre first to get the most out of your visit.

## October Events

**Wednesday 3 October 6.30pm – 8.30pm - Wednesdays with Wildlife – Foraging Walk**

Autumn is a fantastic time to forage for wild foods, but many people do not realise the variety of foods that are available to us (and to wildlife) and what they can be used for. Join us for an evening walk in search of tasty tucker, learn what different foods can be used for and also find out about plants that should be avoided.

Walk description: Foraging walk going off the trails over uneven surfaces in places looking for a variety of edible berries, seeds and plants.

Suitable for: Adults. Families. General interest in wildlife. Evening explorers!

Recommendations: Stout footwear, waterproofs and warm clothing.

Cost: £5 or £2 for RSPB members.

Please book in advance as spaces may be limited.

**Friday 5 October 7.30pm – 9.30pm  
Renfrewshire RSPB Local Group presents: Clyde Amphibian and Reptile Group**

Join Ewan Kane from the Clyde Amphibian and Reptile Group for an illustrated talk about the groups work in the Clyde area.

Location: McMaster Centre, Donaldson Drive, Renfrew, PA4 8LX

**Saturday 6 October 11am – 4pm  
Young Volunteers Group**

Join us for the monthly Young Volunteers club, with activities including bird surveying, outdoor work, finding out more about RSPB campaigns and much more.

Booking essential and places are limited, so please enquire beforehand. Young persons aged between 12 and 18 can participate. Participants will be registered as RSPB volunteers.

**Saturday 13 October 10am – 12pm  
Lochwinnoch Wildlife Explorer Group: Owls - Rulers of the Night**

When hawks, buzzards and Wildlife Explorers are going to bed, owls are waking up to be the top predators of the night-time world. You'll see how they use stealth technology and advanced listening devices to catch their breakfast. You'll find out how, although we're daytime creatures ourselves, we can learn about the creatures of the night.

Cost: £2 per child. For more details

about the Wildlife Explorer Group, contact Michael and Margaret Jarvis on 01505842563

**Monday 15 October 11am – 4pm**  
**Monday Funday – Awesome Autumn**

Discover more about the magical world of wildlife with help from the RSPB Lochwinnoch team. Turn up any time during the day and spend as little or as long as you like.

COST: £4 or £1 for RSPB members. Waterproofs and wellies recommended.

**Friday 19 October 11am – 2pm**  
**Lochwinnoch Holiday Club – Prehistoric Day: Preparing for winter**

A follow up to our successful prehistoric day in 2011. Learn how prehistoric people would have prepared for the winter months. Build yourself a shelter, find food, make yourself winter clothes and then learn how to light a fire and cook your tasty tucker.

Part of our Holiday Club series, led by our field teachers on Fridays during the school holidays. The holiday club is split into two sessions. One suitable for those aged 8 and under (who must be accompanied by an adult throughout) and one suitable for those aged 9 and over. The content of the two sessions is suitable for the age group attending and thus may differ.

Please bring a packed lunch and be sure to book in advance. £4 Wildlife Explorer members. £7 non-members. Adults must accompany children aged 8 and under. We recommend that you bring wellies, waterproofs and old clothes that you don't mind getting muddy.

**Saturday 27 and Sunday 28**  
**October 11am - 4pm**  
**Bird Feeder and Cookery Demonstration**

Join in with lots of different activities to help feed the birds during the winter and take a masterclass in bird food making. Also, we'll be running demonstrations of bird feeding equipment throughout the day to help you get the most out of the wildlife in your garden.

Cost: £4 or £1 for RSPB members

**Friday 2 November 6pm - 9pm**  
**(tours every half hour, starting on the hour and half-past.)**  
**Fright Night**

Be prepared for a spooky time as you walk through the woods and meet the reserve's creepy characters, plus fun crafts in the visitor centre.

Booking essential as space is limited.

Cost: £5 or £2 for RSPB members.

**Where to meet:**

Events start from the RSPB Lochwinnoch visitor centre unless otherwise stated.

Admission to the visitor centre is free for everyone, but you can get free entry to the trails too if you travel using "green" transport.

**Contact Us:**

RSPB Lochwinnoch Nature Reserve, Largs Road, Lochwinnoch, Renfrewshire, PA12 4JF. Telephone 01505 842663/Fax 01505 843026 or email: lochwinnoch@rspb.org.uk  
[www.rspb.org.uk/scotland](http://www.rspb.org.uk/scotland)

**Calder Drama - Winter Production**

A preliminary meeting of the Drama Club was held in the Golf Clubhouse on Friday 10th August when the reading and casting of our November Production took place.

'The Rainbow Bird' specially written for Calder Drama by Francesca Ewart, has once again a local theme. This time it's centred around the Lochwinnoch RSPB Reserve where there is trouble a-brewing between

**CHATTERBOX**

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*Lochwinnoch Community Council welcomes all items for possible inclusion for publication in print, web or audio format or any way as thought appropriate by the editorial team*

*All views are of individuals. The Editor accepts no liability for errors or statements and claims made in submissions.*

our feathered friends and the local humans. The birds are incensed at the unwelcome intrusion of these flea-ridden, unhygienic humans who they feel are seriously violating the privacy of their nests. Things are getting out of control and there is a danger that open conflict will break out.

Francesca has once again written a truly imaginative tale which should delight both young and old alike. The Production will be staged in the McKillop Hall on Thursday 29th and Friday 30th November.

**Lochwinnoch SWRI**

The October Meeting of the Lochwinnoch SWRI is on Wednesday 17th October at 7.30 in the McKillop Hall.

Christine MacLeod is giving an interesting talk on "The Weaver's Cottage".

The competitions are

- 3 Oven treacle Scones
  - Cross Stitch Bookmark
- We look forward to meeting all members, old and new.

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**What's on for October**

- **6th October—Charlie and the Spooners**
- **27th October—Halloween party with Gamble Gamble and Drever. Prize for best fancy dress costume come along and join in the fun**



## Lochwinnoch Community Library

Opening Hours:

**Mon, Tues, Fri, Sat**

10am- 1pm & 2pm-5pm

**Wednesday**

2pm-5pm and 6pm-8pm

**CLOSED THURSDAY**

**Public Holiday**

**CLOSED Saturday 22nd and Monday 24th September**

**Services available:**

- Free Broadband Internet
- Free document Shredding facility
- Photocopier & printer (15p per black & white copy)
- Fax (Charge depending on UK or Overseas destination)

**New Titles**

**Lee Child: A wanted man**

Nebraska - and Jack Reacher, huge, hulking and with a freshly busted nose, is still trying to hitch a ride east to Virginia. He's picked up by three strangers - two men and a woman.

Immediately he knows they're all lying about something - and then they run into a police roadblock on the highway. But they get through. Because the three are innocent? Or because the three are now four? Is Reacher a decoy?

**Mark Billingham: Rush of Blood**

Three couples meet around the pool on their Florida holiday and become fast friends. But on their last night, their perfect holiday takes a tragic twist: the teenage daughter of another holidaymaker goes missing, and her body is later found floating in the mangroves. When the shocked couples return home, they remain in contact, and over the course of three increasingly fraught dinner parties they come to know one another better. But they don't always like what they find: buried beneath these apparently normal exteriors are some dark secrets, hidden kinks, ugly vices... Then, a second girl goes missing...

**Debbie Macomber: The Inn at Rose harbour**

Jo Marie Barlow first arrives in Cedar Cove seeking a sense of peace and a fresh start. Coping with the death of her husband, she purchases a local bed-and-breakfast - the newly christened Rose Harbor Inn - ready to begin her life anew. Yet the inn holds more surprises than Jo Marie can imagine.

Her first guest is Joshua Weaver, who has come home to care for his ailing stepfather. The two have never seen eye to eye, and Joshua has little hope that they can reconcile their differences. But a long-lost acquaintance from Joshua's high school days proves to him that forgiveness is never out of reach and love can bloom even where it's least expected.

**Ian McEwan: Sweet tooth**

Serena Frome, the beautiful mathematician daughter of an Anglican bishop, has a brief affair with an older man during her final year at Cambridge before taking a job with MI5 in London. The year is 1972: Britain, confronting economic disaster, is being torn apart by industrial unrest and terrorism; the Cold War has entered a moribund phase but the fight goes on and British Intelligence hesitates at little to influence hearts and minds. MI5 sends Serena, a compulsive reader of novels, on a secret mission that brings her to Tom Healy, a promising young writer. First she loves his stories, and then she begins to love the man. Can she maintain the fiction of her undercover life? What is deception and who is deceiving whom? To answer these questions, Serena must abandon the first rule of espionage -- trust no one.

**Forthcoming Titles:**

- Ian Rankin: Standing in another man's grave.
- Vince Flynn: The last man
- Maeve Binchy: A week in winter
- M.C. Beaton: Hiss and hers (Agatha Raisin)
- Nora Roberts: Perfect hope (Inn BoonsBoro book 3)
- Patricia Cornwell: The bone bed

**which?** WHICH is now available for reference at Lochwinnoch Library. Access to WHICH reports are available online from library computers only. If you

require this service, a member of staff will log onto the site for you. A monthly magazine is also available for reference.

**Homework help for all school topics**

Renfrewshire libraries know how important is for children to have access to safe and accurate information which supports learning and is aligned to the national curriculum.

Our e-resources offer a whole host of online information including age appropriate articles, images, educational videos and interactive learning games to assist with understanding and development.

[www.renfrewshire.gov.uk/libraries](http://www.renfrewshire.gov.uk/libraries)

Follow the link :

Children & Young people



## Lochwinnoch Library Bookbug Rhymetime

Every Tuesday at 9.30am

Come along and join in the fun

Suitable for children aged birth – 4 years

Bookbug's Library Challenge is a free programme that encourages children aged birth to four to discover and enjoy their local library.

On their first visit to the participating library children are issued with the Bookbug's Library Challenge collector card. Every time they visit the library the collector card will be stamped, and your child can exchange four stamps for one of our beautifully illustrated Library Challenge certificates.

Your child's name will be written on the certificate to encourage them to feel proud that they have become members of their local library.

There are five different limited edition certificates to collect. So start collecting now – it's never too early or too late to join your local library... and it's FREE!

**Theory Test PRO** Free and online to library members. Everything you need to pass your driving theory test.

Try Theory Test Pro free from your home PC or at your local library and pass the Driving Theory Test on your first attempt.

Theory Test Pro allows you to study at your own pace. It contains the entire official test question bank, hazard perception video clips and an online version of the Highway Code. Over the last 12 months the site has been updated with new features such as driving instructor test questions. A great way to make sure you pass first time.

If you are logging on from home, or in the library, you will need your library card.

[www.renfrewshire.gov.uk/libraries](http://www.renfrewshire.gov.uk/libraries)

From the menu select Computers & Learning

Using our link for the Theory Test Pro website, type in the barcode number, with no spaces, to get started.

If you are not a library member you can join at any Renfrewshire library and get the full range of library services.



Renfrewshire Libraries have teamed up with the BBC to provide First Click, a beginners computing course aimed at people aged 55 and over.

Groups are small and friendly and you will meet other beginners just like yourself.

By the time you have completed the course you will be able to:

- understand desktop and icons
- use a mouse
- use a keyboard
- know about the internet
- keep safe online
- send and receive email
- understand computer jargon

The next course at Lochwinnoch Library is due to start in September.

Other, more advanced online courses are available to library members and can be accessed at home or in the library :

- ECDL (European Computer Driving Licence)
- Driving theory test with Theory Test Pro
- Internet Safety Course
- Life in the UK test or British Citizenship test

Why not pop into Lochwinnoch Library and find out more

## Historical Society

The October meeting is on Thursday 18th at 7.30pm in the Parish Church.

The speaker as you will see from the programme for the year is Ian McDonald with "William Cunninghame of Lainshaw and the Tobacco Lords"

New members and visitors are always welcome.

Tea/coffee biscuits and cake served.

### Historical Society: Programme for 2012 - 13

- **Sept 20th**—Valerie Reilly "It's Behind You! - The Story of Pantomime"
- **Oct 18th**—Ian McDonald "William Cunninham of Lainshaw and the Tobacco Lords"

- **Nov 15th**—Irene Hughson "Govan, The Political & Cultural Centre of 10thC Strathclyde"
- **Jan 17th**—Tom Begg "Unravelling the Mystery of the More Common Pictish Symbols"
- **Feb 21st**—Douglas Annan "Glasgow Old and New"
- **Mar 21st**—Professor Eleanor Gordon "Murder & Morality in Victorian Britain: The Story of Madeleine Smith"
- **Apr 18th**—Dr Jenny Bann " Life in Old Letters: Treasures of Glasgow's Archives"

## Lochwinnoch Golf Open

On Saturday 18th August Lochwinnoch Golf Club held its annual Golf Open Day where mainly Senior Members from other Golf Clubs could enter, hoping for success. This year, from over 100 entrants, it was won by Fraser Lawrie (15 years old) - Lochwinnoch, with a net score of 67.

Lochwinnoch Golf Club is fortunate to have a nucleus of youngsters coming forward, this is the result of coaching by Gerry Reilly and the hard work of the Committee who organize the Juniors in their matches against other Clubs in the area.

Well done to Fraser and I'm sure they'll be more Junior Member golfers to win future events.



## LOCHWINNOCH TRANSPORT SURVEY

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[www.myleaproject.org](http://www.myleaproject.org)

or pick up a questionnaire at the LEAP Office, in the Library or from the McKillop

## What's On

### Regular clubs, classes and groups

- **Advice Works**—At the Library by appointment only. Contact 382328
- **Bokwa Fitness** — Masonic Hall, Thursdays, 7–8pm. Places limited. Contact Rachel on 07795 100231 or 503362
- **Boys Brigade**—Anchor Boys and Junior Sections meet on Tuesday nights, Parish Church Hall.
- **Calder Drama Club**—Thursdays, from 8pm-10pm McKillop Institute.
- **Calder UF Church**—Food for Thought. Last Monday of the month 7.30pm in church hall
- **Children's Drama Workshops**—Thursdays in McKillop Hall 5-8yrs 4.30-5.30pm, 9-12yrs 5.30-6.30pm Tel: 07814 6 9 9 1 2 7 E : rocketyouththeatre@gmail.com
- **Drop-in T Bar**—Lochwinnoch Elderly Forum. McKillop Institute, 10-12 noon .
- **First Friday of Month**—Semple Tones host an open mike session at

Lochwinnoch Golf Club, don't be shy.

- **Girls Brigade**—1st Lochwinnoch Company, Wednesday evenings from 6pm-9.15pm at the Parish Church Hall for various age groups.
- **Healing and Creativity Workshops & Classes**—For details or to book a place, please Tel Becky: 0141 8816700 or Libby on: 01505 842604.
- **Jogging Buddies**—Tuesday evenings. Meet at Lochbarr Football Club at 6.30pm. For details, Tel: 0141 887 1357 or 07947 763704.
- **Keep Fit—Improving With Age classes**—every Tues from 10-11am at the McKillop. Tel 842136 for info..
- **Kiddies Ceilidh Club**—Traditional dancing for you and your little ones. Thursday 9.30am McKillop Institute
- **Knit @ The 19th at the Golf Club**—Monday 10am-12 noon (or longer), all levels and learners welcome.
- **Krafty Kids**—will be running again on Sat 1st September open to all Primary School Children 1.30pm until 3pm in the small Parish Church room. For bookings telephone Katharine Billany on 01505 844944 or 07947 075622 The 1st of 7 sessions.
- **Liathach Dog Training**—(pre-booking necessary). Anne Moss, Tel: 01505 842367, e-mail: dogtraining@f2s.com
- **Linda Margaret School of Dancing**—Tuesdays from 4pm-8.45pm, McKillop Institute. For details, Tel: 0141 581 9104.
- **Lochwinnoch Art Group**—Meet fortnightly on Monday evenings, 7.30pm, McKillop Institute.
- **Lochwinnoch Choral Society**—Rehearsals on Monday evenings, Parish Church/ Hall. Juniors 7:15-8pm, and Seniors 8pm-9.15pm.
- **Lochwinnoch Community Walks**—Mondays (ex. Public Holidays), meet at 10.30am at The McKillop Institute.
- **Lochwinnoch Gymnastics**

**Club**—For primary school-age children every Monday, 5-7pm at the McKillop. Phone Coby on: 07729 051 615.

- **Lochwinnoch Playgroup**—For under 5's, every Monday, Tuesday and Wednesday from 9.30-11.30am at the McKillop .
  - **Lochwinnoch Pre-School Gymnastics**—(for children from 18 months to 5yrs). Fridays, from 10.15am - 1.45pm at the McKillop. Further details from Coby on Tel: 07729 051615.
  - **Lochwinnoch Toddlers**—Mondays and Wednesdays from 9.30 - 11.30am, McKillop.
  - **Lochwinnoch Writers Group**—Monday from 2-4:15pm in the Library. Contact 873581
  - **Morag's Keep Fit**—Mondays and Thursdays from 7pm, in the McKillop Institute.
  - **ROAR Lunch Club**—every Thursday from 11.45am PROMPT at the McKillop Institute. **Please Note** - ONLY ONE SITTING. The club will be closed on Thursday 19th and 26th of July.
  - **Scottish Country Dance Club**—Every Tuesday, from 7.30-9.30pm, McKillop Inst.
  - **Sequence Dance Class**—Every Wed 7.30-9.30 at Bowling Club
  - **Slinky Strollers**—Thursday mornings
  - **Scottish Slimmers**—Thursdays, 7/7.30pm, McKillop Inst.
  - **TaeKwon-Do**—Fitness and Self-defence classes for youths and adults. Tuesdays from 5-6pm, McKillop Institute and Thursdays from 7pm-8pm at Lochwinnoch Primary School. For details Tel: 01259 210716.
  - **Windsurfing Club Night**—Thursdays 6-8:30pm
  - **Zumba**—Mon 6.30-7.30 Lochbarr Centre, Wed 7-8pm McKillop Inst Sat 10-11am Lochbarr Centre
  - **Zumbatonic for kids**—Fridays 4-7 yrs 4 - 5 . 3 0 p m 8-14yrs 5.30-7pm, Lochbarr Centre
- Some activities may cease during holidays, please check**

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## Upcoming Events

- **Tues 2 Oct—Community Council AGM** 7.30pm in Bowling Club, wine, beer and sandwiches provided.
- **Wed 3 Oct—RSPB Foraging Walk** going off the trails over uneven surfaces in places looking for a variety of edible berries, seeds and plants. 6.30pm – 8.30pm Cost: £5 or £2 for RSPB members. Please book in advance as spaces may be limited
- **Wed 3 Oct—Jumping Clay After School Club**, at RSPB Reserve 4-5pm for ages 6+. Places limited, to book call Meabh on 075 3024 7075. For details please visit [www.jumpingclayscotland.com](http://www.jumpingclayscotland.com)
- **Fri 5 – Sat 20 Oct Lochwinnoch Art Group Autumn Exhibition**, held in Lochwinnoch Community Library during normal opening hours. Most of the exhibits will be available for purchase.
- **Fri 5 Oct—Renfrewshire RSPB Local Group presents: Clyde Amphibian and Reptile Group** Join Ewan Kane from the Clyde Amphibian and Reptile Group for an illustrated talk about the groups work in the Clyde area. 7.30pm – 9.30pm, McMaster Centre, Donaldson Drive, Renfrew, PA4 8LX
- **Sat 6 Oct—RSPB Young Volunteers Group** (12-18 yrs. old) 11am - 4pm. Price: Free, Booking essential. Activities including bird surveying, outdoor work, finding out more about RSPB campaigns and much more. Booking essential as places are limited Tel: 842 663 E-mail: [lochwinnoch@rspb.org.uk](mailto:lochwinnoch@rspb.org.uk)
- **Sat 6 Oct—Autumn Fete** at the Bowling Club, 1-4 pm
- **Sat 6 Oct—Charlie and the Spooners** play in the Three Churches Inn
- **Tue 9th Oct—LOSC AGM** 6:30pm, McKillop Space rooms
- **Thurs 11 Oct—Professional Dogwalkers Network Group Meeting**, Linwood Sports Centre, 7-9pm
- **Fri 12 Oct—Open Mic Night** at Lochwinnoch Golf Club
- **Sat 13 Oct—RSPB Lochwinnoch Wildlife Explorer Group: Owls - Rulers of the Night.** When hawks, buzzards and Wildlife Explorers are going to bed, owls are waking up to be the top predators of the night-time world. You'll find out how, although we're daytime creatures ourselves, we can learn about the creatures of the night. 10am – 12pm Cost: £2 per child. For more details about the Wildlife Explorer Group, contact Michael and Margaret Jarvis on 01505842563
- **Fri 12 Oct—SVH Fashion Show**,

Lochwinnoch Parish Church, doors open 7.30pm all proceeds to Hospice running expenses. Nibbles will be available BYOB. Tickets £6 from SVH shop in High Street.

- **Sat 13 Oct—‘Them Beatles’** the UK's finest and most exciting Beatles tribute act come to play in the McKillop supported by ‘Berry Tweed and the Chasers’ a soul and R&B band and a guest DJ. Tickets £10 from The Brown Bull (over 18s only).
- **Mon 15 Oct—Monday Funday – Awesome Autumn** 11am – 4pm Discover more about the magical world of wildlife with help from the RSPB Lochwinnoch team. Turn up any time during the day and spend as little or as long as you like. Cost: £4 or £1 for RSPB members. Waterproofs and wellies recommended.
- **Fri 19 Oct—RSPB Lochwinnoch Holiday Club – Prehistoric Day:** Preparing for winter. 11am – 2pm Learn how prehistoric people would have prepared for the winter months. Build yourself a shelter, find food, make yourself winter clothes and then learn how to light a fire and cook your tasty tucker. The holiday club is split into two sessions. One suitable for those aged 8 and under (who must be accompanied by an adult throughout) and one suitable for those aged 9 and over. Please bring a packed lunch and be sure to book in advance. £4 Wildlife Explorer members. £7 non-members
- **Sat 20 Oct—Prize Giving at Lochwinnoch Golf Club**
- **Sat 20 Oct—‘Acoustic Jukebox’** play in The Brown Bull, they do what they say on the tin...they have a few hundred tunes in their repertoire you pick off the list what you want to hear and they play it for you.
- **Sun 21 Oct—Classic Car Show** The PRE 67 Ford Owners Club will return to Castle Semple Loch, Lochwinnoch with a gleaming array of polished, much loved classic cars The show is free to the public and will run from 11-3pm.
- **Sun 21 Oct—The Arkleston Singers** guest at Beith Arts Sunday Concert in Beith Community Centre, Kings Road at 2.30 p.m. Prices are £8 for adults, £6 concessions, £1 for students and children (pay at the door). Tea and biscuits are available at the interval. All comers are very welcome.
- **Fri 26 Oct—SVH Sports Dinner**, The Normandy Hotel, Renfrew. Speakers: Former Rangers player and Scottish Internationalist, Davie Wilson and Former St Mirren and Celtic player and Scottish legend, Frank McGarvey. Hugh Brown (former snooker referee and winner of Wag of the Year 2006) has kindly agreed to return as our MC again for the evening. Tickets for the night are £40.

To book tickets and to reserve a table, please contact Ashley Moran on 01505 7 0 5 6 3 5 o r e m a i l [ashley.moran@svh.co.uk](mailto:ashley.moran@svh.co.uk).

- **Sat 27 and Sun 28 Oct—RSPB Bird Feeder and Cookery Demonstration** 11am - 4pm. Join in with lots of different activities to help feed the birds during the winter and take a masterclass in bird food making. Also, we'll be running demonstrations of bird feeding equipment throughout the day to help you get the most out of the wildlife in your garden. Cost: £4 or £1 for RSPB members
- **Sat 27 Oct—Wedding Fair**, The Cargill Centre, Kilmacolm, 12 - 3pm, Free Entry.
- **Sat 27 Oct—Halloween Party Night** at The Brown Bull. Come dressed as any character from a Mel Brooks film! Best dressed male and female will each receive a prize. If you don't want to dress up then that's fine. A DJ will be resident on the evening so you can request the tunes you want to hear.
- **Sat 27 Oct—Halloween Party Night** at The Three Churches Inn with Gamble, Gamble & Drever prize for best costume.
- **Sat 27 Oct—Race Night Pie & a Pint**, 7pm at Lochwinnoch Golf Club
- **Sun 28 Oct—Xmas Craft Fayre** at Lochwinnoch Golf Club. 12-5pm. Book your table now.
- **Fri 2 Nov—RSPB Fright Night** 6pm - 9pm (tours every half hour, starting on the hour and half-past.) Be prepared for a spooky time as you walk through the woods and meet the reserve's creepy characters, plus fun crafts in the visitor centre. Booking essential as space is limited. Cost: £5 or £2 for RSPB members.
- **Fri 2 Nov—Open Mic Night** at Lochwinnoch Golf Club Pauline Vallance launches her new lullaby CD 'Golden Slumber,' a combination of relaxing soothing songs. Everyone welcome!
- **Fri 9 Nov—‘Fall Ball’ Ceilidh** in Lochwinnoch Golf Club from 7.30pm with music from Clamjamfrie. Tickets £8.50 supporting ‘Help for Heroes’ and Johnstone High's fundraising for voluntary work in Nepal.
- **Sat 24 Nov—Rod Stewart Tribute Show** at the Bowling Club tickets £10 call 843103 to book
- **Thurs 29, Fri 30 Nov Calder Drama present “The Rainbow Bird”** a new play by Franceska Ewart
- **Sat 1 Dec—Ladies Night** at Lochwinnoch Golf Club. Bingo, Cocktails, Gift ideas for Christmas . Come along, let your hair down and have some fun!

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## ChatSearch—Halloween

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### Cllr Andy Doig

Over the last few months I have been privileged to be working with a group of mothers in Lochwinnoch, led by Gaynor Gallacher and Laura Wishart, who approached me for advice concerning the use of the play area near the Annex. Aware that the play area was not in the best of conditions they identified it as a resource which could be regenerated and made attractive for the children in the village, and wanted the input of Renfrewshire Council as to how they could facilitate this. Accordingly, I contacted the Parks Department and passed the information on to Laura and Gaynor.

A few weeks ago further discussions came to fruition and I am delighted that there was a meeting of some thirty odd mothers, and a few dads, and we met up in the rooms above the Brown Bull, with a council officer, to see how we can take the regeneration of the play park at the Annex forward. A committee is in the process of being formed and I was pleased to put the playpark campaign group in touch with other play park campaigners across Renfrewshire who will be able to share their knowledge with the mums from Lochwinnoch.

Following on from the potential regeneration of the play park at the Annex is the need for a wider debate in Lochwinnoch about the future of the Annex itself. At the last meeting of Lochwinnoch Community Council it gave me no pleasure whatsoever to reveal that the new Labour administration in Renfrewshire Council are currently in secret talks with a local businessman regarding the future of the Annexe without the

Community Council being consulted.

Since my election I have listened, and learned, that there is tremendous pride in Lochwinnoch and a very strong sense of community. It therefore strikes me as frankly shocking that in a secret Labour deal behind closed doors decisions are being taken about the Annex, but the people of Lochwinnoch, through their community groups and bodies, are being denied an input. No regeneration without representation should be the battle cry, so make your voice heard.

I very much want to make myself available to local residents in Lochwinnoch and my Lochwinnoch advice surgery is on the fourth Wednesday of the month, at 8:00pm in the McKillop Institute. Please come and see me if you have any issues you wish to raise, or alternately call me on 07534 148224, or e-mail me at [cllr.andy.doig@renfrewshire.gov.uk](mailto:cllr.andy.doig@renfrewshire.gov.uk).

*Yours Sincerely,*

*Cllr Andy Doig (SNP)*



## St Vincent's Hospice

**Sainsbury's Bucket Collection, Friday 5th October, Sainsbury's Braehead**

St Vincent's Hospice is doing a Bucket Collection at Sainsbury's Braehead on Friday 5th October from 2pm to 6pm. If anyone can spare a couple of hours or the full

afternoon to help out with collecting, please contact Lorna Speirs or Ashley Moran at the hospice on 01505 705635 or email [lorna.speirs@svh.co.uk](mailto:lorna.speirs@svh.co.uk), [Ashley.moran@svh.co.uk](mailto:Ashley.moran@svh.co.uk)

### **Sports Dinner, Friday 26th October 2012, The Normandy Hotel Renfrew**

This year our Sports Dinner is returning to the Normandy Hotel in Renfrew for its second time and will take place on Friday 26th October. Entertainment for the evening will come from our top speakers:

Former Rangers player and Scottish Internationalist, Davie Wilson and Former St Mirren and Celtic player and Scottish legend, Frank McGarvey.

After leading the proceedings last year, Hugh Brown (former snooker referee and winner of Wag of the Year 2006) has kindly agreed to return as our MC again for the evening.

Tickets for the night are £40 and will include a sumptuous dinner and entertainment from the above mentioned speakers. There will also be fundraising on the night including a raffle and auction in aid of the hospice. Dress code for men is lounge suits and cocktail wear for the ladies.

We hope you will be able to join us for this event and enjoy what promises to be a fun filled evening in support of a very worthy cause. To book tickets and to reserve a table, please contact Ashley Moran in the Fundraising Team on 01505 705635 or email [ashley.moran@svh.co.uk](mailto:ashley.moran@svh.co.uk).

### **Jackpot winning is easier with St Vincent's Lottery**

St Vincent's Hospice Lottery players are 10,000 times more likely to win the Hospice £500 jackpot than the

National Lottery's top prize.

The local hospice awards £600 in prizes every week by asking players for just £1 for a totally unique number. St Vincent's Lottery guarantees 52 equal chances of hitting the jackpot each year plus a £50 second prize and five £10 prizes to be won weekly.

Recent winner Ingrid McEwan of Houston, who won £500 last week, said "I never win anything so to get the jackpot was a great feeling. I want to support the hospice, so to win whilst helping local patients is a real bonus."

St Vincent's Chief Exec, Kate Lennon, said "a weekly lottery ticket is a great way to support our hospice teams who work together to support the physical, psychological and emotional needs of our patients and their loved ones."

"We're very grateful to all those who currently play and would encourage new players to sign up now for a great chance to win."

New players can sign up by downloading the form from [www.svh.co.uk](http://www.svh.co.uk), by completing a form at any of the local St Vincent charity shops or by calling Fundraising on 01505 705635.



## The Brown Bull

Fergus and I would like to take this opportunity to thank all the staff, customers and villagers who supported us in the battle to purchase the Brown Bull of which we became the proud owners as of 1st June 2012.

It was very touching to see so many behind us, backing us all the way. I'd also like to say a special word of thanks to David Bell for starting a petition on behalf of the customers, expressing their desire for us to continue trading as a family business. There were over 400 names collected in just 10 days and this helped us knowing we had such terrific support. We feel we are not just a typical pub but a community pub. Over the years

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many plans for the village have been hatched around the barrel and we have been lucky enough to be a part of this.

It was a very difficult time for us, not being able to plan or build up business while this desperate situation dragged on for a long period of time, from October 2010 to be precise. We decided to let things tick along on a monthly basis until the situation was resolved. The hardest part for me was showing other potential buyers round the premises and family home, but all has worked out for us in the end.

Come next March I'll be hitting 20 years in the Brown Bull and I can honestly say these have been the happiest days of my working life. Now we both hope to be here for many more years to come.

Thank you once again for the support and advice from all who helped in their own way.

We do still have to organise a party to celebrate and hope to do that soon. As things have been hectic of late and I didn't fancy partying in crutches after my hip operation, I'll let you know our plans in next month's edition.

You can find the bands playing this month in the Upcoming Events section. In the pipeline: The Furrballs who never disappoint, RetrospeX performing tunes from the 50's & 60's, The Raybandos a bunch of young lads who play top tunes from the 60's Huey Broom & the Bullets musicians who have played in many a great Scottish band over the years play rock covers old and new.

We are delighted to announce that now we can move forward a new Chef will soon join our Brown Bull family. We hope to be up and running by mid-October with the new Bar Menu and we are also

delighted to announce that our Restaurant will reopen on Friday and Saturday evenings offering something a little different from the Bar Menu. We will have a current Restaurant Menu whilst advertising our next up and coming menu to tease and tantalise your tastebuds.

Both menus will offer something for Vegetarian and Gluten-free dietary requirements.

The Restaurant will be taking bookings, on 01505 843250.

The Restaurant area will still be available to all local groups who already use this space for midweek meetings. If you are part of a local group seeking an area to conduct your meetings then please feel free to get in touch on the number above. The Restaurant is also available for functions and private parties.

*Laura*

## Dem Bones!!

Get along to the Scottish Country Dancing on a Tuesday in the McKillop and the Fall Ball 9th November to help your bone health! Local physiotherapists Sabita Stewart and Morag Thow carried out a study evaluating the potential benefits of Scottish Country Dance on bone health.

Sabita presented the findings at the prestigious Word Congress on Active Aging in Glasgow SSEC conference centre in August. The main findings were that you will be getting the recommended impact of 1.5 to 3.5 times your bodyweight on your leg bones when you do Scottish country dancing!! It is also great for your heart health, balance and is GREAT FUN!!

*Morag*

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### Caves of Faith

Since the beginning of time, caves have fulfilled an important role in the lives of religious men and women.

The Desert Fathers of early Christianity like St Anthony and the Holy Land's Essene community, who wrote the Dead Sea Scrolls, lived and worshipped in the Earth's rocky recesses where they aspired to spiritual rebirth and meditated in the Divine Presence.

Entering these underworld haunts to reflect in darkness or flickering candle-light enabled the faithful to experience inner transformation during mystic journeys of their souls in search of psychic illumination.

The mysterious Hermit's Cave in Lochwinnoch's Parkhill Wood is one of these vibrant power places resonating with the spirit of Man's eternal quest for his higher self.

Around five feet high and three feet broad, the rocky cleft emerges from a rhododendron-robed hillside sloping towards a reed-fringed, tree-canopied pond where monks from the nearby 16th century Collegiate Church bred fish for sustenance during fast or penance days when it was forbidden to eat meat.

According to tradition, the Hermit's, or Monk's Cave as it's also known, was a spiritual retreat where clergy from the church, now in ruins, contemplated their divine destinies, looked forward to the advent of the New Jerusalem here on Earth and emulated Christ's sojourn in the sombre depths of the underworld to free tormented, eternally-damned souls during His Harrowing of Hell.

Local folklore suggests the revered cave may have been a monastic cell occupied by St Winnoc, or St Winning, a sixth century Irish evangelist, who

gave his name to Lochwinnoch and Kilwinning.

The cryptic crevice may also have been used as a hiding place for priests during the 16th century Scottish Reformation when saying Mass was punishable by death.

The Sempill family of Castle Semple were powerful adherents of the Old Faith, even after the Reformation, and are known to have invited St John Ogilvie (1580-1615) to administer the Sacraments at the Collegiate Church.

According to Canon Bernard Canning, historian of Paisley Diocese of the Catholic Church, St John may even have been buried at the Collegiate Church following his execution on the scaffold at Glasgow.

More mundanely, the grey grotto may have been used as an ice house by the Macdowall family who purchased Castle Semple from the Sempills in 1727.

During winter, blocks of ice from nearby Castle Semple Loch would have been carted on sledges to the cave to be used in warmer weather for refrigerating meat, fish, vegetables and fruit as well as providing iced drinks, confectionery and jellies.

This theory is reinforced by the fact that there is a more modern ice house in Parkhill Wood, not far from the Hermit's Cave.

This must **NOT** be entered, however, because there is a deep drop into a dark cellar just beyond the threshold.

Today, the Hermit's Cave still stands as a rocky reminder of long-dead pilgrims on life's great journey who descended into the Earth's dark depths to ascend to heaven's hallowed heights.

It's their mystic memorial and an inspiration to present and future generations searching for their souls.

*Derek Parker*

*Derek Parker worked as a countryside ranger at Clyde Muirshiel Regional Park from 1985 to 1999*



### Halloween

Halloween is one of the oldest holidays with origins going back thousands of years and has been influenced by many cultures over the centuries: From the Roman's Pomona Day, to the Celtic festival of Samhain, to the Christian holidays of All Saints and All Souls Days. The word 'Halloween' comes from 'All Hallows Eve' the day before the feast of saints.

The Celts celebrated their New Year, Samhain, on November 1st. It was celebrated every year with a festival and marked the end, fuin, of the Sain, season of the sun and the beginning of the season of darkness and cold.

On the eve of their new year (October 31), it was believed that the dead were called together. The dead would take different forms, the bad spirits taking the form of animals with the most evil taking the form of cats (sorry cat lovers). Some believed that the spirits of those who died in the previous year would come back and possess a body of the living to allow them into the afterlife – the living understandably tried to scare them off.

At Samhain after the crops were all

harvested and stored for the long winter, the cooking fires in homes would be extinguished. The Druids, Celtic priests, would meet on a hilltop in the dark oak forest (oak trees were considered sacred). The Druids would light new fires and offer sacrifices of crops and animals as the season of the sun passed and the season of darkness began.

In 835 AD the Christian Church decided to make 1st November the Feast of All Saints and later November 2 the Feast of All Souls to honour the dead. However people continued to celebrate their (pagan) traditions on the 31st October.

The Scottish tradition of 'guising' - literally going in disguise - can be traced back to Samhain, where people would use masks and decorations to disguise themselves and scare away evil spirits. Samhain is also responsible for the traditions of giving gifts to guisers to placate evil spirits and carving lanterns out of turnips (usually now pumpkins - easier to carve!) originally to scare away the roaming dead.

Unlike the American 'trick or treaters' Scottish guisers never posed threats but rather offered entertainment: a "party piece" though some of these could threaten your ears; Instead guisers were threatened with dookin' for apples and the old treacle-covered scone on a string.

One custom associated with Halloween in the Western Isles was to put two large nuts in the fire. These were supposed to represent yourself and your intended spouse. If the nuts jumped together when they warmed up then this was deemed to be a good omen, but if they jumped apart then it was time to look for someone else! Not recommended in a flame-effect fire.

A glance at the Upcoming Events section shows there are Halloween parties to be had in the village. If you decide to dress as Frankenstein (hint: Mel Brookes connection) you might like to know that the original idea came from an Edinburgh doctor, Dr James Lind, who was interested in the idea of using electricity to revive dead tissue. He shared his ideas with his pupil, Percy Shelley, whose wife Mary seems to have been inspired by this when she wrote a famous book - yes, you guessed it!

However you choose to enjoy Halloween be careful of spirits - especially those in a bottle!

## Hunterston goes people friendly

Did you see the TV news pictures of the young people going round Hunterston Nuclear Power Station, clearly showing considerable interest and with no obvious cares for their own safety?

For those of us who became aware of the potential for Nuclear power generation in the 1930's and who have lived without any ill effects for almost the whole of our lives using nuclear power electricity, it may come as a relief that once again some sense is being injected into the nuclear debate which is nothing to do with bombs or submarines and their missiles.

All of us are aware that the earth's resource of ready to burn fuel will run out in the not too distant future because already the easy to get stuff has been used. However keen we may be on burning dead trees or even if we grow them to burn there will never be enough. To make fuel from water that returns to being water does make sound sense.

From a layman's point of view if Nuclear energy will provide all our fuel needs, including that for propelling aircraft, ships, trains, buses, lorries, cars and electric bicycles, then that must be the way to go provided of course that we can also produce the nuclear fuel itself and use up all the wastes to leave no final residue.

I do not find it hard to believe that we can grow our own lubricating oil nor that by careful farming we shall be able to make animal fats and oils. Even stuff that we call mineral oil must have been animal oil or vegetable oil at some time. By animal I mean everything from bacteria upwards.

The advice I have been given is that Nuclear waste is now much better managed and the more difficult stuff occupies much less space than in times gone by. One must assume, following the Japanese disasters, that new Nuclear power stations will be very well placed from now on.

Sufficient numbers of power station engineers and Royal Navy Personnel have now lived close to nuclear generators to have indicated to the rest of us that the systems can be very safe. We also know that people fail in their duties and other people take stupid risks but our engineers have shown themselves capable of designing good procedures that prevent poor procedures developing.

There must be wise people among us who realise that politicians mix their fears of nuclear

warmongering with genuine, honest and essential power generation and therefore deny the rest of us valuable fuel and fields of further exploration. We need those wise people to speak up and show that we need not be fearful of fear itself merely because some politician voices it.

*Alan Lovegreen*

### The Perfect Ten

We are ten years old. To celebrate, on 10/10 (Wednesday October 10) you'll get 10 per cent off all spends over £10 - in both shops, all day. So start your Christmas shopping early. We have fabulous and distinctive new stock arriving daily for every member of the family. Be different this year without having to leave the village.

NOW & THEN

**8 Church Street, Lochwinnoch 01505 843311**

Little Now & Then

**39 High Street, Lochwinnoch 01505 843883**

Not just for babies, we have lots of toys, gifts and clothes for older kids too.

Both shops are open 9-5 Mon-Sat and 10-4 on Sundays.

**Keep it local and interesting. 10/4 good buddy?**

## Reminiscing

Dear Editor

While in Lochwinnoch recently I picked up "Chatterbox", No 224 Aug 2012 and it brought back memories.

My two sisters Jean and Chrissie, my Mum and young brother Neil were evacuated to Lochwinnoch.

From the train we were taken to the Library and they placed us alphabetically. Being Vassie we were at the end. I remember my friend's mum got the minister's manse. Also remember the minister sat in the garden and wrote sermons. He was always telling me not to eat the plums off the tree, they were green. Now I have six plum trees.

Jean went to a Mrs Edgar, Chrissie and I went to a Mrs Stewart and her son in Calder Street next to the school and across from a farm. Chrissie and I took turns taking porridge to another son. We were moved to a Mrs Murray and daughter as the Council felt we were overcrowded at Mrs Stewart's.

My Mum and young brother went to an estate; I feel this is where Bird Sanctuary is now.

Unfortunately, Dad - shift worker and long distance steam engine driver - couldn't manage alone at home; so my mum and young brother went home on the Tues - they only had three nights much to Mum's annoyance. Chrissie and I never saw them go; I think we were with other Vassies 16th part cousins of ours.

I remember trying to make chips at



Mrs Murray's. I was ten and only Chrissie (12) and I were in. I panicked when the fat looked too hot so I poured it down the drain. Result - it solidified and Mrs Murray had to get the plumber.

My mum sent money for bus fares to take us back to Glasgow for a show and as the letter didn't come in time Jean decided to walk us home to Glasgow. We got as far as Howwood and then she decided we should walk via Castle Semple back to Lochwinnoch. When we got back people were looking for us...

We had to take washing to school in a green bag with No 2 on it. Children would shout "There goes number two." My new jumper went missing and they replaced it with an old Parish jumper with sleeves cut off. I refused to wear it. The washing dried on lines in the school playground. Parish jumpers had red lines on the collar.

My class was sent down to the billiard hall where we were taught by a Glasgow teacher. One day she arrived late and the other teacher was giving Glasgow children a row

for now showing workings. The Glasgow teacher was annoyed because we were taught to do sums mentally.

Jean went home as she was the age to start work. Chrissie and I spent many an hour trying to catch minnows in the River Calder. The railway was near the loch so we went up to the signal box where a neighbour, who was a signalman, kept sledges for us to borrow when the loch was frozen.

The children had a rhyme for us.

*Vasco De Gama*

*King of the coup*

*Lift up the rubbish*

*And throw it about*

Somewhere I have a newspaper, the 'Weekly News' showing Mrs Stewart, her son, Chrissie and I posed playing cards. Title says "Asked to take them in and told to send them away".

My invalid husband (85) blind and wheelchair bound is shouting for attention so I had better stop my ramblings.

Regards

*Wilhelmina B. Guthrie (82) nee Vassie*  
*Larkhall*

*Ed's note: If anyone in the village remembers the Vassies please let us know, email chatterbox@lochwinnoch.info or drop a note into the library. Thanks*

## Garnock Valley Allotments Association

OCTOBER should see you harvesting about the last of many of this year's crops that won't survive the first of the winter frosts. Fruits and vegetables can be lifted and cleaned off for storage, or prepared for freezing to give you that late taste of the season throughout the colder months. Much of the work to be done in the garden or on the plot is clearing away and composting old plant material that's dead or dying off, taking down and storing your bean and pea supports and making a start on the winter digging.

Unless there are signs of disease add all the foliage to your compost heap, shredding or pulverising thicker woody stems so that they decompose more quickly.

Dig over your beds where the soil has become hard and compacted pulling out weeds as you go. If you have sown green manure that will not overwinter chop it with the spade and dig it in as



### Whats On

**Change of date this month only!**  
**Friday 12th October Open Mic**  
Sing it, play it, say it. Fun for all the family.  
Dine till late. Set menu available

**Saturday 20th October**  
Golf Club Prize giving

**Saturday 27th October**  
**Race Night**  
Pie & a Pint 7pm

**Sunday 28th October**  
**Xmas Craft Fayre 12 - 5**  
Book your table now!

**Book your Christmas function, works dinner, family party. Pre Christmas menu available**

Open for breakfast, lunch & dinner 7 days a week. Or book for your special occasion.

Everyone welcome! 25p daily membership may apply

**Bookings call 01505 842 153**



**Friday 2nd November Open Mic**  
Sing it, play it, say it. Fun for all the family.  
Dine till late. Set menu available  
Also, Pauline Vallance launches her new lullaby CD 'Golden Slumber.'  
Everyone welcome!

**Friday 9th November**  
**The Fall Ball - Ceilidh**

**Saturday 1st December**  
**Ladies Night!**  
Bingo, Cocktails, Gift ideas for Christmas  
Come along, let your hair down and have some fun!

**Saturday 15th December**  
**Christmas Dance**  
Book now !



you go so that it will rot and become incorporated into the soil. Spreading sheets of polythene over the soil, if this is practical for you, keeps off the worst of the weather and also suppresses weeds, as well as allowing you to sow earlier next Spring. Harvest potatoes and beetroot now. Carrots, turnips and swedes can stay in the ground longer but in wetter climate it may be wiser to lift and store them in a cool dry place.

Draw the earth up around leeks and trench your celery to keep the stems blanched.

Much of our activity at this time of year is around finishing things off and getting ready for the coming winter but it's important to think about planning for next year's growing season too. Crop rotation should be foremost in your mind, knowing which crops will be planted where and starting your ground preparation. Dig over this year's potato patch thoroughly to ensure no potatoes are still left in the ground; it's easy to miss a few especially smaller ones, if left they will survive the winter to sprout again next year and might carry viruses or other diseases.

Think ahead and if you haven't ordered any new bare-root trees, bushes or hedging for planting in November.

We are looking for new members to join us on the plot. Do you know someone?- garden too small? Maybe a flat dweller? There are plots available at Garnock Valley Allotments Association in Kilbirnie. Contact us by email [gvaa@ymail.com](mailto:gvaa@ymail.com) or visit our website [GVAA .co.uk](http://GVAA.co.uk).

## Elderly Forum

This month, guests at our forum meeting are two representatives from the library service. They will be there to introduce the benefits of information technology.

Whether you already enjoy computing or not, you will find out about iPads and other tablet computers.

Using a tablet is an excellent introduction because they are lightweight and very easy to use.

Some members had a go at the lunch club a few weeks ago.

With one of those you can email, go on the internet, catch up on TV programmes you've missed, do crosswords, word searches, Sudoku etc. You can shop online. Some people do all their supermarket shopping in the comfort of home.

It really is a useful and a fun tool.

We will be given help with the basics and can take it from there. Who says we are too old to learn?

The meeting is on Thursday 25th October at 1.30pm following the lunch club,

Other Forum attractions are

- Tbar Tuesdays 10am - noon
- Lunch Club 11.45am Thursdays (remember one sitting) and now with an activity to follow.
- The Craft Group every Tuesday 1.30pm - 3.30pm.



## St Vincent's Hospice Fashion Show

Friday 12th October, The Parish Church. Doors open at 7.30pm

All proceeds from the show will go to the on-going running expenses of The Hospice. Nibbles will be available & you are welcome to BYOB

Tickets £6 are available St Vincent's Shop, High Street

We look forward to seeing you on the night



## Lochwinnoch Out of School Club

LOSC has just launched a website. The site gives information about the club, its staff, committee and activities. It also has a calendar of events so parents and carers can check out when the different clubs and meetings are on. You can download newsletters, and minutes from previous AGMs (we are still working on this bit). To keep up to date with the club you can subscribe to LOSC's news and you will receive an email as soon as a bit of news is posted. LOSC website can be seen at

[www.lochwinnochoutofschoolclub.co.uk](http://www.lochwinnochoutofschoolclub.co.uk).

If parents and carers have any feedback on the new site please get in contact, there is a contact option on the site.

## LOST!

Small male (all black) called Tommy, around 18 months old.

He was last seen on the morning of 28th August, at the back of the High St / John Gregor Place area.

Can I ask that any locals please check their sheds and garages for him?

He is also micro chipped.

I can be contacted at home on 01505 843604 or mobile on 07776 131102

*Julie*





## Classic Car Show

On Sunday 21st October, the PRE 67 Ford Owners Club will return to the scenic shores of Castle Semple Loch, Lochwinnoch with a gleaming array of polished, much loved classic cars. Amongst the ensemble will be 1600e Cortinas, 100e, modified Anglia's, including a rare aquaplane Anglia estate, Zephyrs, Zodiacs, Bedford van, Populars, Dolomite Sprint, MGBs and many guests from other car clubs who have different makes of car from "way back then".

The show organiser, Jane Fawcett, says "I love listening as people recall their ownership of these lovely old cars. Some are emotional about a special time spent in the old family car – a first holiday, 9 people cramped into one car or a first kiss on the bench seat of a Zephyr!!

Some are pleased to look in the engine bays and rejoice in the fact they will never have to deal with changing a head gasket or replace a dodgy tappet ever again! The kids love them too, amazed at the space inside and the shiny polished chrome. We hope to have a display of retro accommodation, vans, pods and a portafold caravan."

The Pre 67 Ford Owners Club has 150 members from all over the UK, with their yearly show taking place on the First Sunday of July at Strathallan

It's about connecting  
**people** with **information**  
 And connecting  
**people** with **people**  
[www.lochwinnoch.info](http://www.lochwinnoch.info)

games park, Bridge of Allan where over 500 exhibits roll in from around the nation for the much anticipated Scottish Ford day. Sadly, like many other organisations around the UK this year, their show was cancelled for the first time in 23 years due to a waterlogged show ground, so Jane decided to arrange a last minute show at Castle Semple Loch for owners and public alike to join in and share a love of these wonders of the 20th century!

The show is free to the public and will run from 11-3pm on 21st October. If you wish to display your car, please call 01505842882 ex20 and leave a message for Jane, to reserve your space. Numbers will be limited to the first 50 callers.

## LOSC AGM

Lochwinnoch Out of School Club will have its AGM on the 9th October, 6.30 pm, The McKillop Space.

This is a chance for parents and carers to find out what has been happening at the club and what LOSC plans to do with/to our/your children over the next year. Come and meet some of the other parents. If you use the service you should come ... even if you are a few minutes late ... LOSC needs your support! Nearly 50 families in the village use LOSC's services so we are hoping for a good turn out.

The AGM is also an opportunity for parents to put themselves forward for the committee. LOSC is run by a volunteer committee of parents who use the service themselves. As a registered charity LOSC is legally obliged to have a committee, if it doesn't have enough people on the committee then LOSC will close and those of us who rely on the service will have to find another source of affordable, local, quality childcare.

This year a number of committee members, whose children no longer use the service, will be standing down so we desperately need new people. Being on LOSC's committee means giving over a couple hours a month, in exchange you get to contribute to the continuation of vital local service, and be involved in creating good quality facilities for children in the village. It's also a good (and occasionally fun) way of meeting other parents and carers.

The committee and staff look forward to seeing you all on the 9th of October.



## Beith Arts Sunday Concerts

The second concert of our new season features the Arkleston Singers from Paisley. This is a small mixed choir which will be well-known to many members of our audience. They were founded in 1979, and set out to perform a very broad mixture of music - from madrigals to contemporary pop, with many tuneful stops along the way. They perform regularly in Paisley, Renfrewshire and beyond. The original singers were with the RSNO Chorus, but today's members have a wide variety of musical backgrounds. However, they still stand by the group's original aim of singing in many styles and from several different centuries. We anticipate a very happy musical afternoon!

The concert will be held at our usual venue, the Beith Community Centre in Kings Road at 2.30 p.m. on Sunday, 21st October. Prices are £8 for adults, £6 concessions, £1 for students and children (pay at the door). Tea and biscuits are available at the interval. All comers are very welcome.

## Cllrs Derek Bibby and Chris Gilmour

The business of the council has been up and running for several weeks now following the summer recess and by the time you read this we will be well into the autumn.

One of the summer highlights was of course the Olympics and Paralympics and we salute all those who took part and congratulate our medal winners.

We were pleased to attend a meeting arranged by parents from the village who are keen to develop playpark facilities for children and young people the parents are enthusiastic and committed to seeing this project through and we are delighted to support this venture and assist in identifying possible funding streams and other ways to take this forward. This is an excellent example of the community working together to improve the quality of life for its residents and if you can help please offer your support.

The Clyde Muirshiel Park project has also been offering some exciting initiatives and events involving a wide range of people with an important part of its programme helping people with mental health issues and the provision of scooters for people with physical disabilities when they use the park.

We have had a number of queries from constituents regarding the bus service to and from the village and we have been in touch with McGill's buses to arrange discussions on amongst other things the possibility of the 904 service Paisley to Largs being amended in order that every second service detours to Lochwinnoch.

We will continue to advocate for better services to and from the village and will keep readers apprised of any developments.

On a related theme we have noted the state of repair of the area adjacent to the bus shelter at the McKillop and



*Lochwinnoch residents -  
Can I help? If so, please don't  
hesitate to get in touch.*

**Douglas Alexander, Lochwinnoch's MP**

**Write to: 2014 Mile End Mill, 12 Seedhill Road, Paisley, PA1 1JS  
Tel: 0141 561 0333. E-mail: dalexandermp@talk21.com  
or come to one of my advice surgeries.**

have asked that this be inspected and rectified.

Over recent weeks we have undertaken walkabouts in the village which has enabled us to identify and resolve a number of issues to do with the general tidiness of the village and pressing road repairs.

Obviously these are on-going, and you can bring anything to our attention by contacting us by phone: Chris on 07534148427 Derek on 07534156007 or email

- [cldr.chris.gilmour@renfrewshire.gov.uk](mailto:cldr.chris.gilmour@renfrewshire.gov.uk)
- [cldr.derek.bibby@renfrewshire.gov.uk](mailto:cldr.derek.bibby@renfrewshire.gov.uk)

Alternatively we are holding a surgery at the McKillop on Saturday 6 October at 9 00am where we will be pleased to help with any issue you may have

### English Tutor

Mardi Stewart, PhD, BA (hons)  
[m g d s t e w a r t @ a o l . c o m](mailto:mgdstewart@aol.com)  
T:01505 502357 M:07920797700



### Contact the Elderly

**Be our 'guest' on a  
Sunday afternoon**

Contact the Elderly, the charity solely dedicated to tackling loneliness and isolation among older people is looking for older people to join their Lochwinnoch group.

Contact the Elderly aims to relieve the acute loneliness and isolation of people over the age of 75 who live alone, need a bit of help getting out and about, and do not have the support of family nearby, by organising monthly Sunday tea parties for small groups within their local community. Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship. Our service is free.

Our friendship groups provide a great opportunity for both older people and volunteers to make new friends within the community, to get out of the house, and to generally have a good time! Perfect for those looking for ways to brighten up a weekend.

Anyone over the age of 75 who lives alone, needs a bit of help getting out and about, and doesn't have the support of family nearby, who is interested in joining one of our groups, please contact:

*Margaret Oliver*

*West of Scotland Development Officer  
(01389) 605915*

*or email [margaret.oliver@contact-the-elderly.org.uk](mailto:margaret.oliver@contact-the-elderly.org.uk)*

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