

KILNINFORD NEWS

Issue 60

Easter 2018

HAPPY EASTER 2018



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A BIG THANK YOU TO ALL WHO HAVE CONTRIBUTED TO THIS NEWSLETTER!

Kilninford News by email

To those who have asked for the **Kilninford News** to be posted out to them, there is now the option to receive the **digital form by email**. If you prefer to receive this digital form over the paper form, please send an email to one of the Kilninford News team members.

Local Telephone Directory (September 2017)

The Local Directory has been updated and is for sale at £1 a copy at Kilmelford Village Shop or by contacting Georgina Dalton. Next directory will be out in September 2018. Please contact Iain Bark, Georgina Dalton or Gill Philpotts with any changes for the next edition.

Iain barkee@live.com | Georgina 01866 844212 | Gill 01852 316018

A huge **THANK YOU** to **Melfort Village**, for being so generous to let us print the 2017 local telephone directories and this edition of the Kilninford News again.

Your kind help is much appreciated!

Who is your Kilninford News Team?

Many thanks to Graham and Val Wardle for their contribution over the last few years. It was not an easy task especially as they were not permanent residents in the Kilninford area but together with other local supporters they headed up a number of successful issues of the Kilninford News. Sadly they have had to resign due to Graham's poor health. We wish Graham a speedy recovery and Val an enjoyable retirement and again send our sincere thanks.

So now we have a new Team with some folk moving into new roles:

Chairperson; Gill Philpotts

Secretary: Astrid van der Kraan

Editorial: Headed up by Iain Bark with Astrid van der Kraan and backed by whole team

Finance: Mark van der Kraan

Distribution: Gill Philpotts and the invaluable local distributors:

Dorothy Bark

Mary Currie

Georgina Dalton

Annie Delap

Sarah Edwards

Caroline Gillanders

Helen Laws

Ruth MacCowan

Shian MacLean

Morag Mellor

Mary Sandilands

Additional Team Members:

Jane Rentoul and Alex Tweedly, both have skills we need and appreciate.

Of course everyone in the Kilninford area is part of this team too and every article, idea and contribution makes this newsletter relevant and something we can all enjoy so if you'd like to offer an idea or would like to become a bit more involved in the team please contact us we'd love to hear from you.

The Kilninford News team

For more information see page 43.

WHAT IS ON IN AND AROUND KILMELFORD AND KILNINVER

25th March: Spring Community Celebration at Kilmelford Church, 5 p.m.

6th May: Craft Fair, 11 am – 3 pm, at Kilmelford Village Hall

Music Night: Mondays from 8.45 pm at The Shower of Herring

All welcome to come and join in, free entry. Musicians – bring along your instruments.
Food served till 10.30 pm.

Yoga Class: Tuesdays 6.30 – 7.45 pm at Kilmelford Village Hall

Open class, all welcome. Please bring a yoga mat if you have one and a warm blanket.
Drop-in £8 or 6 classes £45 Karen offers private 1:2:1

Contact Karen: 07793653080 or isleyoga@gmail.com www.isleyoga.net

'Crafts and Things': Wednesdays 10 am – 12 noon

For anyone interested in embroidery, tapestry, sewing, knitting, crochet and other similar crafts, meetings are in the Kilmelford Village Hall. £2.00 per person for each session.

Contact: Toni Mitchell 01852 316151 or Olga Salmond 01852 200787

Mothers and toddlers Playgroup: Wednesdays 1.30 -3 pm at Kilmelford Village Hall

All preschool, babies and bumps welcome. We get to have a chat and a cuppa while the kids play or do crafts. It would be great to see more parents / grandparents and their little ones.

Holidaymakers are also more than welcome, it's a great way to spend a rainy Wednesday afternoon. We look forward to seeing you there. **Contact: Ann af_robb@hotmail.co.uk or**

Georgina 01866 844212

Gin & Whisky Tasting: Thursdays 6.30 – 7.30 p.m. at The Shower of Herring.

Come along and try gins in a completely different way, or try whiskies with a professional. Olwen and Fergus will tell you all about the history and methods. Cheese selection included.

£14 per person. Please book through Melfort Village; 01852 200257

Melfort Ukuleles: Wednesday evenings at Craignish Village Hall

Beginners/Slow Session 6.50 – 7.25pm. Children welcome (free) when accompanied by paying adult (3 children max per adult). **Main Session: 7.30-9.00pm** Followed by refreshments.

Spare ukuleles available to borrow. £5/person

Contact: Sarah Whittle 01852 500790 or email sarah@musicforlife.info

The Healthy Villages Project: 3rd Thursday each month in **Kilmelford Village Hall**, from **10.30am – 12.00 noon.** For more information please **contact Mairi Fleck: 01631 564422**

Art Group: Thursdays

The art group meets weekly on Thursday afternoon from 2 – 4.30 p.m. Would you like to join or find out more details, please **contact Agnes McColl: 01852 200365**

Country Dancing: Thursday 8 pm – 10 pm at the Kilmelford Village Hall.

All welcome. You can come and join us at any time.

Contact: Bob Fleck Tel.: 01852 200258 E-mail: rfleck@btinternet.com

Bagpipe Sessions: Thursday from 8pm at The Cuilfail Hotel

Come and play – or just listen!

Music Nights: Friday

All welcome to come and join in. Musicians, bring along your instruments.

Every 1st and 3rd Friday of the month, from 9.30 pm at **Loch Mel fort Hotel Tel.: 01852 200233**

Coffee Mornings:

Coffee mornings are held at the Kilmelford Village Hall (10.30 am – noon) on:

Thursday: 5th April, 3rd May, 7th June, 5th July, 2nd August

Everybody invited to come and enjoy the delicious home baking.

Proceeds in aid of Kilmelford Village Hall and Church.

Bring & buy bookstall, local jam & garden produce, 100 Club draw. Helpers and offers of baking are very welcome, please contact **Diane Scaife on 01852 200208**.

Kilniver Primary School

The Easter Holiday Starts on Friday 30th March and the children return to school on Monday 16th April. School holiday on Monday 7th May The school closes for the summer holiday on June 29th and the new session starts after the summer holiday on the 14th August.

SPRING COMMUNITY CELEBRATION

The Spring Community celebration will be held on Sunday the **25th March, 5 p.m.** at the Kilmelford Church. We hope to have a cheerful mixture of music / songs / poetry / reflections for all to enjoy. All very welcome to come and join in.

For further information, please contact Georgina on 01866 844212

UPCOMING EVENTS AT KILMELFORD VILLAGE HALL

CRAFT FAIR

There will be another Craft Fair at the Kilmelford Village Hall on Sunday 6th May 11 am till 3 pm. If you would like to sell your crafts, please book your table via the village shop (200271). £10 a table. Come along and support the local crafts people. Coffee / tea / baking / sandwiches available.

CRAIGNISH VILLAGE HALL

Weekly sessions at

Stretch & Tone – Monday, Art Classes – Tuesday, Tai Chi – Tuesday

Dru Yoga – Tuesday, Wednesday and Thursday

Knit & Natter – Second Wednesday of every month

Ukulele – Wednesday, Parent & Toddler group – Thursday

Coffee Mornings – Every 2nd Thursday of the month

ONE-OFF EVENTS:

29th March – 2nd April: Vintage pop-up shop and café

1st April: Sacred Space Dance

7th & 8th April: Basket weaving weekend course

14th April: Conan the Dragon Puppet Show

14th & 15th April: Fundamentals in Shamanism workshop

21st April: Ardfern Film Club movie

28th April: Artist and Makers workshop

28th & 29th April: Tai Chi weekend workshop

17th May: Sophie Ramsey

For more details on any of our events see www.craignish.org.uk or call 01852 500746

Cuilfail Hotel

Staff for summer season required

**Kitchen work, House keeping,
Bar work, General maintenance.**

Full or part time

Email us with your details

MAIL@CUILFAIL.CO.UK



KILMELFORD FIRE STATION. L71

In 2017 we raised a total of £815.02 for The Firefighters Charity, thanks to the support and help from the community. This year our goal is to hopefully raise more.

Last year we said goodbye to our trainer Derek Symon who we have learned a lot from and on behalf of the crew he will be missed, but we look forward to working alongside with and learning from our new trainer Robert McCall.

On behalf of the crew we would also like to congratulate Ross Stewart for being promoted to our deputy crew commander.

We have a crew of 8 at the moment and our capacity is 10. Our crew are always looking for new enthusiastic people to come and join up it's a very rewarding job and the training, skills and knowledge you gain are fantastic it's a great opportunity to try something different and to be a part of a great team who are always there for you it's like a second family. If you think its something you might be interested in then please feel welcome to pop down for a chat with our station watch manager Donald Smith on our Thursday night drill nights(7pm-9pm), we would be pleased to see you and show you around our fire station.

F.F Gemma Strang
Kilmelford Fire Crew Charity Rep



WILDLIFE TRIPS

WHIRLPOOLS WHALES WILDLIFE



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AT ARDFERN YACHT CENTRE
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www.craignishcruises.co.uk

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MAOLACHY GARDEN

Sunday 3rd February 2018

At last a dry day or two in a row and a chance to burn a huge heap of branches, weeds and stalks from cutting back. The constant dam limiting all gardening to sawing down branches to let more light into various corners of the wild garden and the elder trees that have grown to over hang the drive.

Hence a huge heap gathered, shredding next on the list.

Renewing some steps up to Tioga Gate was quite heavy going as the earth is still pretty damp and inclined to stick to my boots.

The snowdrops are beginning to show more fully though the self seeding babies, which are popping up all over the garden, are still behind the established clumps.

In the hope of continuing drier weather and no heavy frost the plants and shrubs that are greening up out the back can be planted out under the cleared slope under the birch trees.

Primula candelabra grown from seed are destined to line the far edge of the "compensation burn" which tumbles straight down hill to join the main water course after the turbine has taken its share. The Tawny owls are hooting and twit twooing from dusk till dawn and a thrush has set its alarm early to sing before first light this morning. Nature stirring and beginning to show us its delights including a clutch of primroses in flower on a bank above the road towards Loch Avich.

Please phone first / ask to come and look around the garden at any time of the year. All welcome.

Garden open weekend: 19th / 20th May

Adults £4, children under 16 free, a treasure type of hunt for fun. Teas etc. available.

Donations to Hope Kitchen.

Georgina Dalton 01866 844212

LOCAL B&B AND SELF CATERING ACCOMMODATION

Garbhein: B&B in Kilmelford. 2 Double bedrooms, each with en-suite shower room and television. Lindsay & Susan Johnston 01852 200526 or 07747023038

Old Dairy Cottage: Self catering. Cosy accommodation in Kilmelford, sleeps two. From £250 p.w. Diane Scaife 01852 200208

West Barravullin: Self catering B&B. Double bed and double Sofa bed, kitchen/ sitting room. 01852 500602 or 07923389265 email: joannegladstone@gmail.com

The Glebe: 3 bedroomed holiday let in Kilmelford. email: honeytummy@hotmail.co.uk

Eas a Mhuilinn: B&B in Kilmelford. 1 double room with Private bathroom, TV and tea/coffee facilities. Paul and Shona Jennings, tel 01852200510 shona.jennings@icloud.com



the LORD OF THE ISLES



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**LOCAL GARDENS OPEN THIS YEAR
UNDER THE SCOTLAND'S GARDENS SCHEME**

An Cala, Ellenabeich, Isle of Seil Contact: Mrs. Shelia Downie
Open Garden: 1 April – 31 October, 10am – 6pm

Achnacloich, Connel Contact: Mr T E Nelson, 01631 710796
Open Garden: 1 January – 31 December (Saturdays only), 10am – 4pm

Ardchattan Priory, North Connel Contact: Mrs Sarah Troughton, 01796 481355
Open Garden: 29 March – 31 October, 9:30am – 5:30pm Sunday 29 July, 12pm – 5pm

Ardmaddy Castle, by Oban Contact: Mr and Mrs Charles Struthers, 01852 300353
Open Garden: 12 March – 31 December, 2pm – 5pm

Ardkinglas Woodland Garden, Cairndow Contact: Ardkinglas Estate, 01499 600261
Open Garden: 1 January – 31 December, Dawn – Dusk

Arduaine Garden, Arduaine Contact: The National Trust for Scotland, 01852 200366
Open Garden: Sunday 29 April, 9:30am – 4:30pm

Ascog Hall, Ascog, Isle of Bute Contact: Karin Burke, 01700 503461
Open Garden: April – 31 October, 10am – 5pm

Baile Geamhraidh, Isle of Lismore Contact: Eva Tombs T:01631 760128. Open Garden: 1 May – 1 October (Wednesdays only), 2pm – 6pm, By arrangement 1 May – 1 October

Barochreal, Kilninver Contact: Nigel and Antoinette Mitchell, 01852 316151
Open Garden: 1 May – 30 September by appointment

Barguilean's "Angus Garden", Taynuilt Contact: The Josephine Marshall Trust
T:01866 822333 1 January – 31 December, 9am – Dusk

Benmore Botanic Garden, Dunoon Contact: Benmore Botanic Garden, 01369 706261
Open Garden: March & October 10.00am – 5.00pm, April to September 10.00am – 6.00pm

Crarae Garden, Inveraray Contact: The National Trust for Scotland, 01546 886614
Open Garden: Tues. 17 April and Sun. 22 April 10:00am – Dusk

Crinan Hotel Garden Contact Mr. and Mrs. N Ryan T:01546 830261
Open Garden 1 May – 31 August, Dawn – Dusk

Dalnashean, Port Appin Contact: Kathleen Ferguson
Open Garden: Saturday/Sunday, 12/13 May, 1pm – 6pm

Druimneil House, Port Appin Contact: Mrs J Glaisher (Gardener, Mr Andrew Ritchie),
01631 730228 Open Garden: 30 March – 31 October, Dawn – Dusk

Eas Mhor, Cnoc-a-Challtuinn, Clachan Seil, Oban Contact: Mrs Kimbra Lesley Barrett,
01852 300 469 Open Garden: 1 May – 30 September by appointment

Inveraray Castle Gardens Contact: The Duke and Duchess of Argyll, 01499 302203
Open Garden: 1 April – 31 October, 10am – 5:45pm

Kinlochlaich Gardens, Appin Contact: Miss F M M Hutchison T: 07881 525754
Open Garden 3 March – 15 October, 11am – 4pm, By arrangement 1 January – 2 March
& 16 October – 31 December

Knock Cottage, Lochgair Contact: Mr and Mrs Hew Service, 01546 886628
Open Garden: By arrangement 15 April – 15 June

Maolachy Garden, Lochavich, by Taynuilt Contact: Georgina Dalton, 01866 844212
Open Garden: Saturday/Sunday, 19/20 May, 1pm – 6pm

Strachur House Flower & Woodland Gardens, Strachur Contact: Sir Charles and Lady Maclean
Open Garden: Saturday/Sunday, 19/20 May, 1pm – 5pm

Oakbank, Ardrishaig Contact: Helga Macfarlane, 01546 603405
Open Garden: 1 May – 31 August, 10:30am – 6pm

Oakfield, Lochgilphead Contact: Mrs. Jane Renfrew and Mr. Graeme Carpenter
T: 07745 115371 Open Garden: By arrangement 1 April – 30 September

**A FULL LIST OF OPEN GARDENS + EXTRA INFO ABOUT EACH OPEN GARDEN CAN BE FOUND ON
WWW.SCOTLANDSGARDENS.ORG AND IN THE "SCOTLAND'S GARDENS GUIDE 2018"**

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www.thistlefairydesigns.co.uk

FRIENDS IN HIGH PLACES – AN UPDATE.

Bob and I travelled back to Nepal in November 2017, to spend time with the family we've been fundraising for. The amazing generosity of all involved raised a total of £16,000 last year. Two of the brothers, Pemba and Dawa were our guides for our two weeks trekking, and we were able to visit Apa, Sidar & Singmingmar on the yak farm. We heard their plans for building their house which the money raised by your donations will go towards, with materials due to be flown in by helicopter in early 2018, once the temperature has risen enough for them to lay the concrete foundations. So exciting!



Our young friends, Pemba & Suzita in Kathmandu, have decided to start up their own small business, opening a Grocers Shop close to home, which they took us to visit. What a great opportunity for them. Pemba has been to China to buy supplies of noodles, chocolate & toilet rolls! Opening soon.

Their little girl, Jenny, 18 months, is walking and talking, with a few English words, and Pemba & Suzi hope to send her to a Montessori Nursery where she can learn to read & write. I'm currently looking into establishing a Charity that will allow people to make regular small donations to help with the children's education – watch this space.

Life in Nepal has a lot of challenges, and we will continue to support the family in whatever ways we can. Many people in Langtang continue to live in temporary accommodation & suffer from post-traumatic stress following the loss of so many family & friends in the earthquakes.

Please get in touch if you would like to help fundraise for the family.

Mairi – mairifleck@live.co.uk

CARRAIG GHEAL WIND FARM COMMUNITY BENEFIT FUND

Since the Fund started a total of £15,525 has been paid to projects in the K&K Community area with 2 major grants (to the Village Hall) and 9 Micro Grants of £250. We are entitled to 4 x £250 Micro grants a year and during the 2017-18 financial year only 3 grants have been paid out so for the current period any further application must be received and validated by 31st March 2018 or 'our' £250 goes back into the kitty.

For more info please look at <http://carraighealwindfarm.co.uk/community> or speak to myself or Nigel Mitchell.

David Wilkie

Knipoch Hotel By Oban, Argyll



Open To Non-Residents For Dinner



Tel :01852 316251

Fax: 01852 316249

www.knipochhotel.co.uk

CHURCH OF SCOTLAND



We hold services every alternate Sunday in Kilmelford and Kilninver Parish Churches to which all are welcome. Services are held at 12 noon.

Kilmelford Church is in the middle of the village and the car park is behind the church.

Kilninver Church is half a mile off the A816 road to Oban. Take the turning to Easdale.

You can park along the roadside.

EASTER SERVICES

29 March Maundy Thursday 2000 Kilbrandon

30 March Good Friday 1200 Kilbrandon

30 March Good Friday 1800 Craignish

1 April Easter Day Communion 0800 Kilmelford

1 April Easter Day Family Service 1200 Kilninver

XPLORERS

We meet on the 3rd weekend of the month, either on Saturday in the village hall in Kilmelford from 11am till 12.30pm or on Sunday in the Kilmelford Church from 4pm to 5.30pm. April Xplorers will be in the Church on the 22nd due to school holidays/ May Xplorers will be in the village hall / June in the Church / July in the village hall.

After doing a survey to see what the parents and children wanted and suitable days/venues we changed to alternate venues between Church and Hall and also the day of event (Saturdays and Sundays) to suit a large number of responses.

The Saturday group is all about games (football / board games / arts and crafts – Playz time - as opposed to Prayz time in the Church - which will always have a bible related theme, prayer / songs and crafts). Snacks are served at both events and parents are welcome to either leave the child (if over 5 years of age) or stay and join for tea/coffee and crafts.

The parents have given positive feedback on time spent having coffee/chatting and making various crafts; Santa Sacks were made in November.

We had a large turn-out for the Playz in the village hall in January so are hoping this will continue. All the children had great fun playing football or making calendars with Sally Fletcher (who has been inspiring us with her craft ideas!), Georgina, Isabel, Helen and Shirley.

The theme for the February Xplorers in the Church on Sunday the 18th was "Moses and his Basket". The children enjoyed weaving the baskets and they each made a baby Moses with clay to go inside. In December they all enjoyed the Christingles.

EASTER WITH THE EARTH AT STAKE

Winter this year has followed us well into March and perhaps we are even more glad than usual to see the signs of Spring. It is apt that the season of new life is the time when we celebrate Easter – the story of the death and resurrection of Jesus Christ and the difference it makes for ourselves and our world.

Making the connection between the spiritual message of Easter and the natural world in which we live our lives is today more important than ever. For we are conscious that the earth itself is at stake. The Bible itself makes the connection – “All of creation waits with eager longing for God to reveal his children” (Romans 8:19) Yet we have often thought of salvation in narrowly human-centred terms.

This is an urgent matter as was highlighted recently in a World Council of Churches statement: “We want to affirm our spiritual connection with creation, yet the reality is that the earth is being polluted and exploited. Consumerism triggers not limitless growth but rather endless exploitation of the earth’s resources. Human greed is contributing to global warming and other forms of climate change. If this trend continues and earth is fatally damaged, what can we imagine salvation to be?”

It is a good question because the Christian vision of salvation is that there will not only be a new heaven but a new earth. It is this earth on which we stand that will be renewed when God’s purposes in Jesus Christ come to fruition. The resurrection of Christ is an event that brings hope to the whole of creation. It is not something that we can grasp for ourselves while being careless about the earth that sustains our life. As the WCC statement concludes: “Eco-justice cannot be separated from salvation, and salvation cannot come without a new humility that respects the needs of all on earth.”

Might Easter 2018 bring us hope and purpose in parlous times for our planet. And might we regain the insight of our Celtic forebears who were so deeply conscious of how closely intertwined are the natural and the spiritual dimensions of life. It has never been more needed.

Kenneth Ross

PARISH MINISTER

BEAUTY AND THE FEAST

The School pantomime took place at Kilmelford Village Hall on Thursday 22nd of February. For around an hour, the hall was booming with entertainment, laughter and some booing as the pupils and parents performed in their production of Beauty and the Feast.

Among the highlights of the night were: Madame Blancmange constantly peeking out from behind the curtain waving a sign that said “I am going to win”, Gaston and his minions plotting an evil plan, Bronwen Jones singing ‘Tale as Old as Time’, the furniture singing ‘Be our Guest’, the Great British bake-off and a rousing finale of ‘Amore’.

After a lot of bowing and applauding a fund raising raffle was drawn. Refreshments, including cookies and cupcakes made by the children and Parent Forum members Michelle and Louisa, were served. The fire brigade even put on a show as well.

One of the cast members commented, “Lots of people came to the Kilniver Primary School pantomime and enjoyed it! Kilniver Primary pupils shall carry on making these shows until the end and they hope you will continue to enjoy them.”

The night was a great success. About one hundred people came and altogether they raised £663.55 for school funds.

ALTOGETHER THIS WAS A TOP QUALITY PANTOMIME.

KILMELFORD HEALTHY VILLAGE GROUP

North Argyll Carers Centre and Argyll TSI are working in partnership to bring people in rural Argyll together, to share knowledge, learn new things, and help reduce loneliness.

We meet on the third Thursday of the month in Kilmelford Village Hall, from 10.30am – 12.00 noon, with something different every month. And we always have cakes!

It's your group – what would you like to do?

Contact Mairi on 01631 564422/07795434499, email: mairi@northargyllcarers.org.uk,

and Toots on 01631 564839/07759293040, email: toots@argylltsi.org.uk

Have some fun with people you know, and people you don't know.

Join us for a cuppa, a cake, and a blether every month.

We look forward to seeing you there 😊

Healthy Villages Project

Working in partnership to bring people in rural Argyll together, to share knowledge, learn new things, and help reduce loneliness. Carers & cared for – have some fun with with people you know and people you don't know



2018 DATES

15th February 15th March

19th April 17th May

21st June 19th July

16th August 20th September

18th October 15th November

20th December

For more information contact:

Toots, TSI: 01631 564839

Or Mairi, NACC: 01631 564422

Third
Thursday
every
month.

10.30am – 12.00
noon

Kilmelford
Village Hall



Cuilfail Hotel

Take Away Menu

Available until 8.30pm

Mains

Prices valid to 30/6/18

Haddock & Chips	£7.50
Lasagne & Chips	£7.50
Beef Burger & Chips	£8.00
With Cheese	£1 extra
With Bacon	£1 extra

Steak & Ale Pie & Chips	£8.50
Chicken Curry, Rice	£7.50
Macaroni Cheese & Chips	£6.50
Scampi & Chips	£7.50
Chicken Goujons & Chips	£7.50

Pizza 12"

Cheese & Tomato	£6.50
Toppings:	
Ham, Salami, Tuna, Haggis	£1.70
Mushroom, Peppers, onion & Pineapple	£1.30
12" Garlic Pizza, tomato & Garlic	£5.50

Sides

Garlic Bread	£2.30	Garlic Bread with Cheese	£3.20
Onion Rings	£3.00	Mushy Peas	£1.50
Chips	£2.50	Cheesy Chips	£3.40
Side Salad	£2.50	Rice	£2.50

Soft Drinks & Alcoholic Drinks

Please ask for availability at the bar

01852 200274

Due to our alcohol licence

Under 18s must be accompanied by an adult



01852 200274

WHAT TO DO IF YOU FEEL PRESSURED TO SMOKE

Brought to you by



It can seem quite daunting when some of your mates start smoking – especially if they are trying to get you to start too. We've got some tips on how you can tell your friends 'no' if you choose not to smoke.

How to say no

Have some responses ready just in case. You could try:

- “No, they are so bad for you, I'd rather not”
- “Nah, I'm wanting to get better at football/netball/basketball this year, smoking is just going to make me out of breath”
- “I'd rather not have my clothes stinking of cigarettes”
- “I've got my eye on someone... don't wanna kiss them with horrible ash tray breath!”

It should be something true – if you don't actually play football your friends will have a hard time believing you!

I don't think my mates will believe me – how can I be more assertive?

- Practice what you are going to say, or write it down before. Just don't bring your notes out when your friends ask you if you want a cigarette!
- Be calm and confident and speak politely and clearly.
- Make sure you make eye contact. Not looking at them will make them think you are lying.

Remember: it's okay, and sensible, to say no.

[Smoking is really bad for your body](#), and even [being near people who are smoking can increase your risk of lung cancer](#)

[Real friends won't pressure you](#) too much into doing something you don't want to do. Just be firm, don't make a big deal of it, and don't let yourself be persuaded otherwise

Your friends will most likely respect you more for saying how you feel and sticking to your beliefs.

Don't worry what others think

Your opinion of yourself is the only one that matters – the vast majority of people are too busy worrying about what others think of them to be judging anyone else. Stick to what you believe in, and you'll feel better about yourself.

Helping your friends

If you're confident enough to say that you don't want to smoke, it might actually help other friends in your group who also didn't want to either, but weren't brave enough to say.

Want more info?

Check out all our information from Choices for Life about smoking on young.scot

Regards,

Roanna Clark

Youth Participation Officer

Community Services: Education

Lochgilphead Community Centre, Manse Brae, Lochgilphead, PA31 8QX

Tel: 01546 604752 Mobile: [07786855733](tel:07786855733)



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2018

Youth Work Changes Lives!

SPRING TIME = LAMBING TIME A REMINDER TO ALL DOG OWNERS

Dogs (Protection of Livestock) Act: 1953.

The Dogs (Protection of Livestock) Act is the legislation used in relation to sheep worrying on crofts and farms in Scotland.

- All livestock are valuable assets and any harm to them impacts heavily on an owner/farmer's livelihood.
- Most dogs have an instinct to chase, even if they are usually obedient and good with other animals.
- Consequently, all dogs should be kept under proper control by the owners / handlers whether they are in an urban or rural area. In respect of sheep, it is an offence for a dog just to be present or "at large" in a field containing sheep.
- Chasing by dogs can do serious damage to livestock, even if the dog doesn't catch them. The stress of chasing or worrying as it is known by dogs can cause animals to die and pregnant stock to miscarry.
- Livestock fleeing from dogs are often killed or seriously injured or drowned by their panicked attempts to escape, often causing significant collateral damage to fences and field boundaries in the process.
- Dogs chasing ewes with lambs usually separate them on occasion this results in the ewes rejecting the lamb or becoming lost resulting in starvation.

A summary of the legislation.

The Dogs (Protection of Livestock) Act 1953 provides that: if a dog worries livestock, the owner of the dog (and/or the person in charge of it) is guilty of an offence. It also provides that if livestock or the land on which the stock is grazing belonging to that person, that person or anyone acting on his behalf may kill any dog worrying or is about to worry livestock in that field. If a dog is killed or injured in this way the circumstances must be reported to the Police within 48 hours of the incident.

Dog Control notices

Argyll and Bute council have a dog warden that can also assist with advice and assistance and be contacted through their website. The Control of Dogs (Scotland) Act: 2010 provides that each local authority is required to appoint an "authorised officer" who can serve a written Dog Control Notice (DCN) on owners who do not keep their dogs under proper control and where the dog's behaviour gives rise to alarm or apprehensiveness in respect of an individual's own safety, the safety of another person or the safety of an animal other than the dog in question. The intention of the Dog Control Notice is to emphasise the importance to the owner of the need to control their dogs before attacks happen and to encourage more responsible ownership. The DCN may include any or all of the following measures:

- Muzzling the dog whenever it is in a place to which the public have access to
- Keeping the dog on a lead in a place the public has access to
- If the dog is male, neutering it
- Keeping the dog away from a place, or category of places, specified in the notice and Attendance and completion of a course of training in the control of dogs.
- Any other requirement deemed necessary by the local authority authorised officer in order to keep the dog under proper control.

I will be glad to assist in any way that I can.

PC JEREMY MOORE L342 (OBAN DISTRICT)

NORTH ARGYLL CARERS CENTRE – OUTREACH.



Do you help to look after someone who could not manage without your help? A family member, neighbour or friend?

Did you know that there is an Outreach worker employed by North Argyll Carers Centre to support unpaid carers in the more remote parts of mainland Argyll, including Kilmelford, Kilninver & Arduaine?

Our Outreach Carers Support Worker, Ali Macleod, is happy to visit carers at home for a chat, to offer support, and provide information and advice.



Our Training & Activities Coordinator, Mairi Fleck, runs Training sessions for carers & would like to hear what you would enjoy taking part in.

Please phone her on 07795434499 or e-mail: mairi@northargyllcarers.org.uk

Would you like to improve your knowledge, skills and confidence? Increase your ability and confidence to handle your caring situation? Find ways to improve your own health and well-being? Have an opportunity to meet others in similar situations? Try a new craft? We'd love to help you.

If you would like to speak to Mairi or Ali, please call North Argyll Carers Centre on 01631 564422

Or pop into the Centre when you're next in Oban – We have a Carers Coffee Morning every Tuesday from 10.30am. We're in the wee flat roofed building next to the car park, opposite the Police Station in Albany Street.

KEEP YOUR EYES ON THE NOTICEBOARDS AT THE VILLAGE HALL AND THE KILMELFORD VILLAGE STORE FOR POSTERS ADVERTISING OUR WORKSHOPS AND EVENTS.

YOUR VILLAGE HALL

Thanks to the enormous support we receive from locals, groups and visitors we have been able to raise money in the last year to fund some projects at the hall that needed urgent attention.

Projects done in the last year:

- the lower glass panels in the entry hall were replaced with UPVC panels
- new front doors + locks fitted
- new Wi-Fi contract
- sorted out problems in the gents toilet facilities
- the broken cooker replaced
- two trees were expertly taken down in the grounds

We hope you will continue to enjoy using your Village Hall and look forward to seeing you all at future events. Thank you to everyone!

The Village Hall Committee

KILMELFORD'S GOT TALENT

KGT was a great success again this year - thank you to all who entered and came along to support our Village Hall and the Marie Curie nurses - as usual there was an interesting range of talent....!!!! Our judges coped with the immense task of sorting out the good, the bad, and the ugly!!! Helped we think by the occasional sip of adult juice.... We have already had enquiries about next year so get your thinking caps on as we are going to have a sparkly shiny silver trophy to be won in both categories: adults and the 15s and under - hope to see you all there.

Sarah and Ruth

MUDSLIDE PLAYS KILMELFORD VILLAGE HALL

Sat. 14 April 2018 Doors-7:30pm ENTRY BY DONATION

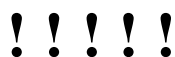
The well known blues band "Mudslide" are playing in Kilmelford Village hall to raise money towards treatment for Freya Strang. Freya has been diagnosed with Plagiocephaly and Brachycephaly which requires her to wear a Timband helmet for 7 months 23 hours per day, this treatment is not available under the NHS and Mudslide have kindly offered to play this night free of charge to maximise the funds raised.

Come along and have a great night to help raise funds to cover the treatment. We might even have a visit from Kilmelford's very own "Blues Brothers"

BUFFET AND RAFFLE BUT BYOB

(DONATIONS OF PRIZES WOULD BE WELCOME PLEASE)

Any funds raised over and above Freyas treatment costs will be donated to headstart4babies UK
Reg charity No. 1112256



EASDALE MEDICAL PRACTICE: Important information !

The British Medical Association and Scottish Government have agreed the terms of a new GP contract. The new contract is proposed in two phases. Phase One was voted on in January and is due to take effect from April. Up until February there was no public consultation and indeed the details of the contract were unavailable even to the profession until January/February.

As proposed, this contract has significant issues for rural residents in Scotland. There are proposed changes which are moving away from an expectation to see a GP as the first point of contact and away from the Practice being the default place of delivery of much routine care. There are concerns that this will lead to it being increasingly difficult to travel to the new providers which may well be centralised.

A meeting is being held in Kilmelford Village Hall on Wednesday 21st March at 8pm which will allow people to find out more and hopefully encourage letters or emails to be sent to a range of relevant parties (see "Contact details..." 2 pages on from here) by the deadline of 28th March. A recent meeting on Luing attracted a large turnout and as many as possible are urged to attend the Kilmelford area event at the Village Hall on Wednesday 21st March.

Copy of the letter that was sent to the health minister Ms Shona Robison by the Kilninver and Kilmelford Community Council:

Kilninver and Kilmelford Community Council
c/o Barochreal, Kilninver, Oban, Argyll PA34 4UT
February 2018

Dear Ms Robison,

As secretary of the Kilninver and Kilmelford Community Council I have been asked to write to you because, the community are greatly concerned about the forthcoming changes that we are told will be happening to Medical Practices/Doctors Surgeries.

Our community was most surprised when this news filtered through to us, as there has been absolutely no community consultation or, fact finding about this decision and, we understood people empowerment was strongly supported by the SNP.

Whilst we appreciate that during this time of austerity and financial cut backs the NHS has had severe constraints put upon its resources, nevertheless, we fail to understand how the BMA and the Scottish Government can possibly believe that one solution fits all. Although our committee may have a limited understanding of the decision made we can acknowledge that it may work well for the Central Belt and those Medical Practices in the cities and bigger towns of Scotland, we feel it cannot possibly work for the diverse rural areas of Scotland. Scotland with its many inhabited islands and mainland rural communities geographically is by far the larger percentage of the country and for these areas to be totally ignored seems tantamount to disaster for the healthcare received by the rural inhabitants. Whereas, Urban communities doubtless have many similarities and the ethos to centralize services may make sense in theory, rural communities by their very nature are unique and require their own tailor made solutions not a one rule suits all scenario.

I can only speak for our own medical practice of Seil and Easdale which doesn't just offer excellent health care but outstanding healthcare, and both the staff working there, and the community they look after feel this care could be severely downgraded should these changes be forced upon them. Why change what is working so well?

The Little practice of two doctors, a part time nurse, and two part time receptionists, cover only about 1,000 patients, although this can increase quite considerably during the holiday months, but the geographical area they cover is very large, an area of 300 square Km. and this includes three islands, Seil, Easdale and Luing. It can take a visiting doctor or nurse two to three hours to visit some patients which could include a ferry trip as well as a car journey. We also have substantially over the health board average of people over 65 years of age as this area is a retirement one.

The present situation works extremely well for both doctors and patients. We never feel rushed at consultations, appreciate that we can be prescribed medicines and collect from the surgery, receive inoculations, and have bloods taken etc without having to go into Oban which for many in our community would take up half a day. Doctors in rural communities expect to do more things and feel this enhances their care and knowledge of their patients. They want to keep delivering this care and they also feel there are a lot of energetic doctors keen to keep up this type of achievement. If funding is reduced and doctors perhaps centralized to Oban, this level of care will be greatly compromised.

We believe 98% of rural practices will be affected, and it seems you are, 'robbing Peter to pay Paul'. In other words take funding from the rural practices to give to the urban ones. Also it would appear you want to centralize services which are better provided in their present state. This was done to Carers and it is generally agreed this is not working well. Why create problems we haven't got? To take control out of the hands of local GP's who are in the happy position of knowing their patients really well to be seen by people to whom they are just another number one feels sure will result in many patients, the elderly particularly, not receiving the care they now have and need.

We cannot stress strongly enough how concerned our community feels about this decision and, yes annoyed at the lack of consultation, so contrary to what the SNP promised in their manifesto, that of empowering the people to help in decision making.

We trust that during phase one these concerns will be considered and the democratic will of the people will not be ignored. Please listen to the local doctors who know better than anyone what suits their communities and patients best.

I remain,

Yours sincerely,

Antoinette Mitchell

A MEETING IS BEING HELD IN KILMELFORD VILLAGE HALL ON WEDNESDAY 21ST MARCH AT 8PM. DR GEORGE HANNAH WILL BE THERE TO INFORM US ALL. THIS MEETING WILL ALLOW PEOPLE TO FIND OUT MORE AND HOPEFULLY ENCOURAGE LETTERS OR EMAILS TO BE SENT TO A RANGE OF RELEVANT PARTIES (SEE NEXT PAGE) BY THE DEADLINE OF 28TH MARCH.

Contact Details to write or email, if you have concerns about EASDALE MEDICAL PRACTICE NEW GP CONTRACT.

Alan McDevitt **Scotland BMA**

14 Queen Street, Edinburgh EH2 1LL (map)
Tel: 0131 247 3000 Fax: 0131 247 3001
Email: BMAScotland@bma.org.uk
alan.mcdevitt@nhs.net

First Minister

T4.25
The Scottish Parliament
Edinburgh
EH99 1SP
firstminister@gov.scot

Shona Robison

T3.03
The Scottish Parliament
Edinburgh
EH99 1SP
CabSecHS@gov.scot

Mike Russell

Mike Russell
81 Argyll Street
Dunoon
PA23 7DH
Michael.Russell.msp@parliament.scot

What are the concerns?

- Dismantling a health service that currently works well and patients are happy with.
- Increased travelling for patients
- Loss of autonomy will destabilise the practice structures and teams.
- Lack of security for the future, for recruitment and patients alike.
- Loss of current multidisciplinary team communication and structures.
- Reduction of quality and continuity of the current service.
- Fragmenting an existing service that is not broken.
- The proposed New Contract is unrealistic in rural areas.

For more information on the new GP Contract

<http://ruralgp.scot/rememberrural/>

<https://www.facebook.com/ruralandremotepg>

<https://www.alliance-scotland.org.uk/blog/entries/gp-engagement/>

To engage /follow on social media use **#RememberRural** hashtag & follow **@RuralGPScot**, **@RuralPatients**, **@ScotRural Action**

There are also 7 Regional MSPs of different Political Parties who you could also write to.
<http://www.parliament.scot/mspfinder/index.html?postcode>

What do we need?

- A commitment to Rural-proof the New GP Contract **NOW**.
- To have a significant contribution to the rural Short Life Working Group with representation by RGPAS(Rural GP Association of Scotland).
- A national rural enhanced service framework to allow practices to retain work, be resourced to do it and to enable more realistic and effective dialogue between practice teams and HSCPs
- A Correction Factor that adequately reflects the level of workload involved in rural practice and that adequately reflects and funds sustainable rural practice services

EYEWITNESS ACCOUNT OF THE WRECK OF THE PS COMET IN 1820

Europe's first practical steamship, the Comet, was launched in late July 1812, and after brief trials made her maiden voyage from Port Glasgow to the Broomielaw on the 6th of August. Comet was wrecked on 15 December 1820, on Craignish Point.

1912 was the centennial year of the launch, and in recounting Comet's brief history the Glasgow Herald printed a letter from an eyewitness of the wreck, the Ardfern Minister at the time.

The centennial celebrations in Glasgow & the Clyde were wide-ranging, with banquets galore, the Fleet assembled, and the King & Queen visiting. However, one journalist appeared to be somewhat jaded by it all:

'The Comet is everywhere the subject of the hour, and in morning trains, steamers, and tramcars it has given fresh zest to the conversation of city people on their way to business. The mention of the vessel in a railway compartment yesterday morning led to discovery that two of the passengers could claim relationship with some of the pioneers associated with the historic craft.

One of them, alluding to the celebrations, remarked that he ought to be well in them, because his mother's grandfather was a cousin of David Napier, the maker of the boiler, a statement which was capped by the other replying that his mother's grandmother was a cousin of Henry Bell, the owner of the vessel.'

Below is a transcript of the Minister's letter as in the Glasgow Herald, 31 August 1912, front page, far right column. Although the paper wrote of the article below that 'the signature is now illegible, as is also the date and place of writing' the letter was in fact written about May in 1821. A search of Fasti Ecclesiae Scoticae Vol. IV shows the Ardfern Minister at the time of the wreck on 15 December 1820 was Francis Stewart.

THE LOSS OF THE COMET

The following letter from a reverend gentleman, whose charge seems to have situated Somewhere in the vicinity of the scene of the above disaster, recently came to light among old papers in the possession of a descendant of his correspondent in the South. Unfortunately the signature is now illegible, as is also the date and place of writing.

"Honoured Sir, and my dear Friend.—

"The potato-planting being now well advanced, and the Affairs this Parish well ordered for leisure, I find myself free to Devote a little time to the Pleasant Recreation of correspondence.... Truly, as you fittingly observe, 'the times wax late.' and it behoves us to gird up the loins of our mind.

An occurrence of the past winter may interest you as proving that these are indeed Latter Days Of this Dispensation, when puny man sets himself up in high Places to scorn his Creator and His Works. 'In the beginning, man was made upright; but he hath sought out Many Inventions.'

Alas, even in Scotland, in times, the words of Scripture have fulfilment. "In a village, adjacent to That City, the Smoke of Whose Abominations goeth up to Heaven as a thick cloud, and of whose wickedness yourself was witness in our days at the College there, in Helensburgh to Wit, there dwelt a man of skill in the art of the Engineer.

He being puffed up in pride of his Abilities therein did lately Conceive a Ship to go upon the waters, not by dint of the Clean winds of the Air as ordained by God, but by means of fire which burned

and a great Smoke Which issued from the bowels thereof. In this Device the Man did sail upon the waters of the River Clyde in Pride and of highness of Heart, to the great scandal of pious minds; but also to the Huge Gratification of the Man and those that were with him. "But, not Content to keep his Unholy devices in the scene of their Conception, this Man must needs sail or propel his Creature even unto Crinan itself, near to which place your Servant labours in the Gospel both in The Gaelic and English.

And so to Fort-William, with much effusion of stinking vapour and great hurt to the light-minded of this Congregation and of Christian Consciences of the people of Argyll, The Isles, and even Inverness. "On a day of chill rain, with some threat of Snow, the Wind being East by South-East. I happened to be visiting certain of my people who dwell by the sea coast, where the 'Steam Boat' can be observed to pass by the Dorus Mor, or 'Door' in the English, on the way south to the Haven at Crinan.

The tides at this place being at all times Strong were on this day exceeding in Strength; and, the Wind making South-East and blowing almost a Gale, the Boat was sore tried in the passage of the narrow channel between the Point of Craignish and Islet lying off it. Thus the Mariners in their Pride putting their trust not in the Winds Of Heaven but in Fire and Smoke and such Devices, were taken in the Whirl Of Waters and their Craft dashed violently upon the rocks on the Point of 4 Craignish.

In the Divine Mercy the Men escaped safe to land; but, being battered by the seas, their boat broke in sunder, part drifting out to be engulfed the Whirlpool and the forepart remaining fast upon the rocks. Thus was the pride of Man humbled; for the seamen were compelled to pass over here to Crinan in the Sailing boat of a fisherman of Craignish, and from this by trackboat through the Canal, to take shipping for Glasgow whence they came.

"The Man himself, with whom I had certain converse, appeared a decent body but prideful, declaring his determination yet to sail in ships propelled by steam on waters stormier far than the Sound of Jura. He spoke much of the salving of the machine left stuck on the Point at Craignish, and I took boat and voyaged with him to look upon the same but the chance of salvation is small should one of our South-Westerly gales spring up on a day of Spring tides.

"Thus is the Will of Heaven vindicated to the proud spirit of Presumptuous Man, for the Edification of the Weak in Faith and the Chastisement of the Ungodly."

I think we can guess the subject of the Minister's sermon that Sunday! But he was correct in his forecast, for the largely unsuccessful salvage attempts had to be abandoned ten days after the wreck – the forward section of Comet slid into deep water, probably lifted off the rocks by gales and Spring tides as predicted by the Minister.

Reverend Stewart's railing against steamships was echoed by others. In the Steamship magazine of the 1st January 1883 a correspondent recalled how Dougal Jamson, a Clyde skipper of a sailing sloop, when the Comet passed, would assemble his crew on deck, one man and a boy, and tell them

"Kneel down and thank God that ye sail wi' the Almichty's ain win', an' no' wi' the deevil's sunfire an' brimstane, like that sputtering thing there."

Tony Dalton

Loch Melfort Hotel

COUNTRY HOUSE BY THE SEA

As of 23rd March until end of October

THE BISTRO IS OPEN

11am - 9.30pm

SERVING

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www.lochmelfort.co.uk

LUNCH 12pm - 2:30pm

DINNER 6pm - 9.30pm

OUR FAMOUS MUSIC NIGHTS

take place as usual every 1st and 3rd
Friday of the month from 9:30pm



KILNINVER AND KILMELFORD COMMUNITY COUNCIL

2018 10 April; 12 June; 14 August; 9 October; 11 December

Meetings take place in Kilmelford Village Hall at 8 p.m. on the second Tuesday of alternate months throughout the year, lasting between an hour and an hour and a half, and all are welcome. Younger members of the community are particularly encouraged to come along and have their say – they will be most welcome.

Agenda and approved minutes of previous meeting are published on www.kilmelford.com Minutes are also available on noticeboards at Kilninver and at the Shop and Hall in Kilmelford and 2 printed copies are left at Kilmelford Village Shop.

Committee Members

Nigel Mitchell	Chairman	Nigel@themitchells.co.uk
Stuart Cannon	Vice Chairman Treasurer	stuartcannon@kames.co.uk
Toni Mitchell	Secretary	toni@themitchells.co.uk
Jane Rentoul	Minutes Secretary	j.rentoul@btinternet.com
Colin Clark		colinclark11@btinternet.com
Roanna Clark		roanna22@hotmail.com
Jamie McAndrew		jamiemcandrew@kames.co.uk
David Wilkie		ardrowan@yahoo.co.uk

A KILMELFORD COMMUNITY DEVELOPMENT BENEFIT TRUST??

The 'self appointed steering group' who are looking into the idea of a Community Development Business has ascertained that there is considerable support from various organisations in providing assistance in forming such a Body in order to purchase Community assets and build Community businesses.

What we need now is indication from the Community that they support the idea and we intend to call a public meeting to answer questions and gauge support. In the meantime we would like to hear from anybody who supports the idea of the venture in either a practical or purely theoretical manner.

Please do not hesitate to contact us with your thoughts.

Roanna Clark, Jane Rentoul, Stuart Cannon.

David Wilkie.

PHANTOM DEBT FRAUD

Action Fraud has recently experienced an increase in the number of calls to members of the public by fraudsters requesting payments for a “phantom” debt. The fraud involves being cold-called by someone purporting to be a debt collector, bailiff or other type of enforcement agent. The fraudster may claim to be working under instruction of a court, business or other body and suggest they are recovering funds for a non-existent debt.

The fraudsters are requesting payment, sometimes by bank transfer and if refused, they threaten to visit homes or workplaces in order to recover the supposed debt that is owed. In some cases, the victim is also threatened with arrest. From the reports Action Fraud has received, this type of fraud is presently occurring throughout the UK.

It is important to recognise that there are key differences between the various entities who seek to settle debts or outstanding fees in England and Wales. These differences range from the type of debt they will enforce to the legal powers they possess. To learn more, please take a look at some of the helpful information and links on the Step Change Debt Charity website; <https://www.stepchange.org/debt-info/debt-collection/bailiffs-and-debt-collectors-differences.aspx>

Protect Yourself

- Make vigorous checks if you ever get a cold call. Bailiffs for example, should always be able to provide you with a case number and warrant number, along with their name and the court they are calling from; make a note of all details provided to you.
- If you receive a visit from a bailiff, they must always identify themselves as a Court Bailiff at the earliest possible opportunity. Ask to see their identity card which they must carry to prove who they are, this card shows their photograph and identity number. They will also carry the physical warrant showing the debt and endorsed with a court seal.
- If you work for a business and receive a call or visit, be sure to speak with your manager or business owner first. Never pay the debts yourself on behalf of the business you work for; some fraudsters have suggested employees make payment suggesting they can then be reimbursed by their employer when in reality the debt is non-existent.
- Exercise caution believing someone is genuine because you’ve found something on the internet; fraudsters could easily create fake online profiles to make you believe them.
- Double check with the court, company or public body they claim to work for to confirm whether the call is legitimate; if you use a landline make sure you hear the dialling tone prior to dialling as the caller could still be on the line and you could potentially speak to the fraudster(s) to confirm the non-existent debt. Also be sure to independently search for a telephone number to call; never use a number provided by the caller without carrying out your own research.
- Do not feel rushed or intimidated to make a decision based on a phone call. Take five and listen to your instincts.
- If you know you have a debt, keep in regular contact with your creditor and be sure to establish the debt type at the earliest opportunity if you are not aware. This will help you to understand who might be in contact with you regarding any repayments or arrears.

You can report suspicious calls like these to Action Fraud by visiting www.actionfraud.police.uk or by calling [0300 123 2040](tel:03001232040).

PC Jeremy Moore L342 (Oban district)



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 and leave a message**

A HISTORY OF BAROCHREAL GARDENS 2006 - TO THE PRESENT DAY.

For those of you really interested in the construction of our garden please visit our website www.barochreal.co.uk –garden page- you will find both a written and pictorial account of progress. This is still a young garden with some areas constantly changing.

During the Spring of 2006 we started the garden from a blank canvas. We had to remove old corrugated iron fencing and debris filling a skip with metal alone. In March 2006 Nigel helped Andrew Sandilands erect a 700m fence and gates around an area which would define the gardens from the rest of Barochreal land.

All the 'lawn' areas were scrub grass but we started on the area in front of the barn, planting trees for height. Only the Copper Beeches have done well. Trees have died and been replaced and the hawthorn hedging was planted in 2015.

In April 2006 I started on the area we call the Rock garden. It contained the Tulip Tree, the Medlar and the old crab apple. The wall now planted with rockery plants was a mass of old stones taken from the original house before the big extension was added in 2003. We moved here in July 2005. We had things to do to the house as well, all on the website.

Nigel and Andrew dug the bed from the barn to the sheep fank now with the dogwood hedge and specimen trees. This was no easy task as the eastern end contained the foundations of a pig sty. In 2006 Nigel and I started on the area we call the tiered garden. Previous builders had used this as a dumping ground and bonfire area. Having been kindly allowed to dig Scammadale midden, shrubs quickly established themselves. Hoping to have each of the 7 tiers a different colour the severe winters of 2010/11 spoilt this idea.

By the end of 2006 we turned our attention to the sheep fank/fold, now the Rose Garden. Nigel went on a stone dyke/wall building course at Kilmartin Glen to better enable him to rebuild the many stone walls we have. The fank was to become a formal rose garden dedicated to the memory

of my parents. Pet cats over the years have also been buried here, a fernery on the north facing wall as well as espalier plum and pear trees on the south facing wall have been planted. Roses are hard to grow in Argyll, however some have done very well, others repeatedly failed. This gardens construction was completed in 2007. The slate arch built by Nigel in 2009 replacing the metal one. In 2007 the Bell mouth entrance to Barochreal was constructed and tarmacked and at the same time Nigel and Andrew defined the drive areas with sarking. The drive around the house and barn was just a farm track. Nigel and I shovelled 52 tons of gravel on to this to establish the drive you now see after I had hand weeded it!!

During Spring 2007 we planted the front bank with rhododendrons and azaleas. In June we added the water fountain to the rock garden. Andrew dug out the bed in front of the fank and I the one at the base of the back slope. We call this the Jenny and Terry Moody bed as they gave us so many shrubs and trees for that bed and back slopes. I pulled away all the grass and rubbish from the fallen stone wall establishing another natural rockery. In 2007 the large barn doors were added and the conservatory built.

In March 2008 Nigel started working on the back walls and flower beds. I had to remove quantities of sapling Sitka spruce. I replanted them in the field to act as perimeter road screening, most to be eaten by the Tups. A lesson learnt! All the trees and shrubs on the back boundary fencing were replanted in 2009, having lost our leptospermum bushes and Lupin trees in 2008.

Once the back walling was finished and the repeat planting effect established Nigel with digger cleared an area outside the conservatory to create a patio area and to reveal the waterfall and burn. He built the steps down to the burn and the Coyle Bridge over it, helped by Philip Coyle and son Philip. The steps up to the wild garden were built in 2011. In the same year he also constructed the upper small pond, bridge and weir in the field. He then went on to clear a track to the north of the fank where there was such a mass of building rubble one could not walk over it.

2009 saw Nigel start to clear the area where the green house now stands. This took some time as collapsed walls had to be rebuilt and the whole area levelled off. He then built the base for the green house and with help from Andrew and Philip erected the green house.

In 2010 the area behind and to the side of the green house was completed, steps built up and the rubble mound levelled off for a seating area. Sheep dip buried and drip pen became my Japanese garden. However, in 2017 this became the Bee garden as the wild garden was too damp for them. Nigel started Bee keeping in 2014. The Planting is now done with Bees in mind. The path around this area will always remain a little rough due to the foundations of a house from when Barochreal was a village of 16 houses during the 1700s, the ruins of 14 we have found on our land.

More recently we have tried to create interest with wind sculptures and benches to enjoy different aspects of the garden. Areas have been added like the burn bank beds by the house and the parking area beside the barn. However, harsh winters and wet years have taken their toll.

We now open annually, by appointment, under the charity the Scottish Gardens Scheme from May 1st. until September 30th, this is flexible. We encourage visitors to explore other aspects of our land and to facilitate this Nigel has flayed tracks to places of interest and sprayed bracken. There are paths to waterfalls, Burns Meet, Dingly Dell and if one is prepared to climb they will be rewarded with glorious views of Mull and The Firth of Lorn. The land according to the Lorn Natural History Group boasts 70 different species of wild plants/flowers.

We hope all our visitors enjoy their time with us, will encourage others to visit us, and also return, there is sure to be something new!

Toni and Nigel Mitchell,

Barochreal, Kilninver, 01852 316151

antoinettemitchell1946@gmail.com

Our Nan is now wheelchair bound .

**Loves to visit, but there is no
bedroom on the ground.**

For us there is no problem here.

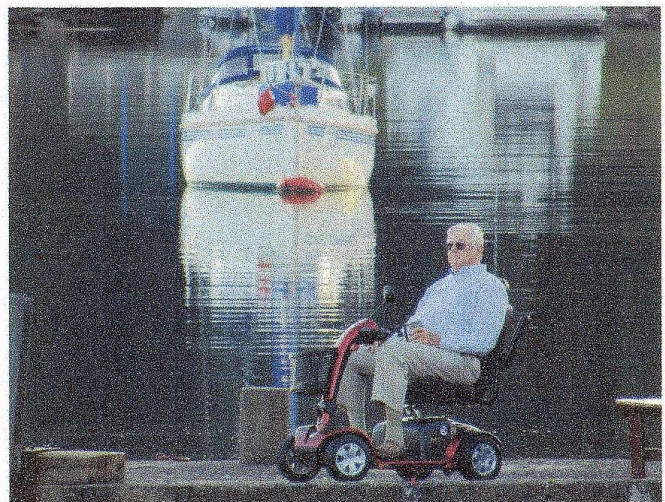
We book a house at Melfort Pier !



Uncle Bill, from Stirling gets his wish.

He and aunty catch a lot of fish !

**Scooter or wheelchair,
we have the house for
you here,
Come and relax at
Melfort Pier**



www.mellowmelfort.com

Call for more information 01852-200-333

**Melfort Pier & Harbour
Kilmelford (by Oban)
Argyll , PA34 4XD**





Kilmartin Museum

Redevelopment

For twenty years, Kilmartin Museum has been collecting, conserving and revealing the stories of Kilmartin Glen and the artefacts found here. Our collection now includes treasures from all corners of Argyll, unfortunately many more than can be displayed in the current Museum Gallery. We need your support to help us raise the last £1.5million of our exciting Redevelopment Project, and invite you to be part of this adventure. Find out more at www.kilmartin.org/redevelopment, or contact us at the Museum.

Guided Walks

Every Wednesday until the end of October: Guided Walk of Kilmartin Glen

Meet at the museum at 1.30pm

Meet at the Museum reception before 1.30pm – no need to pre-book, though places are limited. The walk lasts approximately two and a half hours and is free (donations welcome). Sorry no dogs.

Events

Easter Guided Glen Walk: Sunday 1st April

Meet at the museum at 1.30pm

Meet at the Museum reception before 1.30pm – no need to pre-book, though places are limited. The walk lasts approximately two and a half hours and is free (donations welcome). Sorry no dogs.

Kits & Cubs Easter Event with Heart of Argyll Wildlife Organisation at Barrandaimh

Monday 2nd April; drop-in from 11am – 4pm

Activities include crafts and a baby wildlife quiz

Easter Fun at Kilmartin Museum

Tuesday 3rd April; drop-in from 1.30 – 3.30pm

Activities include a mini Easter Trail for younger children and Easter Crown making

Quintessential; A-cappella Singing Evening

Saturday 28th April from 7pm

A fundraising event at Tayvallich Village Hall, tickets £10 & £5 under 16's. For more information email ruth@kilmartin.org or phone 01546 510278

Crofting; Permaculture Design

Saturday 26th May; mini bus to venue from Kilmartin Museum

Learn how to creatively design your croft using Permaculture principles.

£40 per person. Book via training@crofting.org

Kilmartin Museum Café and Shop

Our café has a delicious menu and a mouth-watering range of home baked cakes, whilst our shop is stocked with a great selection of books and a wide range of gift ideas, the perfect place to find something special.

Email: admin@kilmartin.org Telephone: 01546 510278

Website: www.kilmartin.org

Find us on Facebook, Twitter and Instagram

Slate Islands
Heritage
Trust
Museum



**The History of The Slate Islands,
Displays depicting:-
The Quarries & the Quarriers.
Military & Nautical History,
Medicine, Education & Sports.**

**Photos & Archive of
The Islands of Seil, Easdale,
Luing & Belnahua.
A vast Archive containing
Census Records, Rent Books
&
Lists of the Kilbrandon
Cemetery Burials.**

**For more information find us
on Facebook at
"Slate Islands Heritage Museum"**

SCOTTISH SLATE ISLANDS HERITAGE TRUST
MUSEUM SITUATED at 13a, ELLNABEICH, ON SEIL ISLAND.

18 Miles SOUTH of OBAN

OPEN DAILY (INCLUDING SUNDAY) from 10:30 to 16:30

WE ARE A REGISTERED CHARITY. (NO 29805)

ENTRY IS FREE and WE RELY SOLELY ON DONATIONS FROM THE PUBLIC

SOME FISHY VERSES

LO! THE ANGLER
HE RISES EARLY IN THE MORNING
MIGHTY ARE HIS PREPARATIONS
HE GOETH FORTH WITH GREAT HOPE IN HIS HEART
AND WHEN THE DAY IS FAR SPENT
HE RETURNETH
SMELLING OF STRONG DRINK
AND THE TRUTH IS NOT IN HIM



A FISHERMAN'S TALE

UPON A RIVER BANK SERENE
A FISHER SAT, AND ALL WAS GREEN
AND LOOKED IT
AND AS THE LIGHT WAS GROWING DIM
HE SAW A FISH, OR ELSE,
THE FISH SAW HIM,
AND HOOKED IT.
HE TOOK WITH HIGH ERECT COMB
THE FISH, OR ELSE, THE STORY HOME,
AND COOKED IT.
AND GUARDIAN ANGELS
BY HIS BED
SAW ALL THAT HE HAD DONE, AND SAID
AND BOOKED IT.



THE FISHERMAN'S PRAYER

GOD GRANT THAT I MAY FISH
UNTIL MY DYING DAY,
AND WHEN IT COMES
TO MY LAST CAST I THEN
WOULD HUMBLY PRAY,
WHEN SAFELY IN HIS LANDING NET
I'M PEACEFULLY ASLEEP,
I HOPE, THAT IN HIS GOODNESS
HE WILL JUDGE ME
GOOD ENOUGH TO KEEP.



Contributed by Farlane MacKenzie who owned and, with his family, ran the Cuilfail Hotel for many years. In those days it was a renowned fishing hotel, hence the nature of the above selection.



The Shower of Herring

Restaurant & Bar & Takeaway

Melfort Village, PA34 4XD, Tel: 01852200345;
showerofherring@gmail.com

Find us on Facebook: www.facebook.com/theshowerofherring/

Opening times

Thu 5.00pm-9.30pm, Fri 5.00pm-9.30pm, Sat 5.00pm-9.30pm,
Sun 5.00pm-9.30pm, Mon 5.00pm-11.45pm

Looking for a meal outwith opening times – just give us a call. We are here to cater for you.

FREE ENTRY – ALL WELCOME (dog friendly)
Live Folk Music every Monday 8.45pm-11.45pm

EVERY THURSDAY

10 Wholetail breaded Scampi with Chips £9.99

FREE Homemade tartare sauce

FREE Garden peas

FREE HOMEMADE COLESLAW

IN THE SPOTLIGHT

In early 2017 a career change for my husband Paul meant us relocating from our home of ten years in Aberfeldy, Perthshire. It also meant me leaving my career and job as a physiotherapist and provided the catalyst for me to take my growing “hobby” Thistle Fairy Designs, into a full-time business.

Four years previously I had made my teenage daughter a tote bag for her sleepovers. She had seen a Cath Kidston bag that she liked but being a canny Scot I wasn't prepared to spend that kind of money on a bag for a 14 year old! We looked online and found some oilcloth fabric that she liked and adapting a pattern I had used previously for a quilted bag, I made her her sleepover bag and a slightly smaller version for myself for work.

Friends and family soon asked if I could make them one too and then friends further afield asked me to put a picture on Facebook having heard about the oilcloth tote bags. The next few months went by in a flash as I was inundated with orders for Christmas and Thistle Fairy Designs was born!

Two years later I launched my Harris Tweed range in addition to the oilcloth. Trying to stand out from the crowd I discovered a number of small independent weavers who create short runs of limited edition tweed, sold to crafters like myself rather than commercially, and rarely repeated. The colours and patterns were gorgeous and I was hooked! A real highlight for me was when the husband of one of the weavers I work with chose one of my bags as a birthday gift for his wife made up in a tweed that she had woven.

Although I dreamed of giving up my “day job” I never quite had the courage to do so, its very reassuring to have that monthly salary and not to depend on selling bags even though I was struggling to keep up my stock levels between working and other commitments, so when this opportunity presented itself it seemed it was meant to be. Encouraged by family and friends I decided now or never

We moved into Kilmelford at the end of July with plans to build a studio for me to work from in the garden, in the meantime I took over the lounge only now realising how much equipment and materials I had accumulated not to mention the stock I had made! Space was at a premium. With the existing shed in the garden needing replaced we opted to build the studio there rather than go through the lengthy process of planning, required if we were to build on the other side of the house.

Paul began building the cabin in October and despite the weather challenging us most days, I was able to move in mid December. I can't begin to tell you how wonderful it is to have my own workspace, a bespoke cutting table, photography area and plenty of storage and most of all my lounge back!

It really doesn't feel like going to work in the morning when I make my “commute” from the house to the cabin with the two dogs and a mug of tea. I've been busy developing new additions to my range and introducing a new fabric to my arsenal, Cork Leather.

As people in general are becoming increasingly aware of the environment and are seeking products made from eco friendly, sustainable materials I was keen to incorporate that into my bag making.

Cork fabric is made in Portugal where the cork bark from mature cork trees is harvested when the trees reach 25 years old. The cork is air dried for six months, it is then boiled and steamed to make it more elastic. Heat and pressure are then applied pressing the cork into blocks which can then be sliced into thin sheets that are then transformed into a huge variety products. Unlike the chemical heavy processing used in the manufacture of animal leather the production of cork leather is chemical free. It is extremely light, water resistant, durable, soft and flexible and pairs beautifully with the Harris Tweed that I use.

My studio is open by appointment where you can peruse the items I have ready made or browse the fabrics I have available and choose something to be made for you specially. Follow me on Facebook @ThistleFairyDesigns or visit www.thistlefairydesigns.co.uk where you can also shop online.

Shona Jennings



Hodge Fencing and Argyll Woodfuels

**Now located in Timberyard
at Lerags Road Junction**

**Phone 01631 563271 or see
www.hodgefencing.co.uk
www.argyllwoodfuels.com**

**For Fencing materials, gates,
rails, electric fencing, briquettes,
wood pellets and logs.**

**Open 9am to 5pm through the week
and otherwise by arrangement,
please phone.**

**KILMELFORD VILLAGE HALL
KILMELFORD & KILNINVER COMMUNITY ASSOCIATION**

Chair: Astrid van der Kraan | Vice Chair: Ruth MacCowan | Secretary: Diane Scaife | Treasurer:
Carla Banham | Minutes Secretary: Gill Philpotts
Committee Member: Matthew Anderson
Caretaker: Colin Gibson 01852 200204

Bookings + heating cards: Kilmelford Village Shop 01852 200271

The Kilmelford Village Hall is organized by the Kilmelford & Kilninver Community SCIO (Scottish Charitable Incorporated Organisation). The minutes of the meetings of the Association, the constitution and the code of conduct as well as all other information regarding the Village Hall can be found on www.kilmelford.com For a copy of the (draft) AGM minutes or Chair Report please contact Diane Scaife: 01852 200208

The Kilmelford Village Hall holds a number of events and regular activities to which everybody is welcome (see “What is on in and around...” at beginning of this newsletter or check calendar page on the local website) There is a squash court, lesser hall, main hall with stage and balcony, suitable for indoor sports, dances, meetings etc. Well equipped kitchen, tables, chairs, sporting equipment, toilets / showers. Wheel chair friendly.

KILMELFORD & KILNINVER VILLAGE HALL CHARGES

SPORTS

Squash and Badminton	£5.00 per hour all categories
Junior football and indoor tennis	£5.00 per hour

HIRE CHARGES

LESSER HALL

MAIN HALL

Charities and regular groups (non profit-making)	£2.00 per hour	£5.00 per hour
Social use, children's parties	£4.00 per hour	£7.00 per hour
Profit-making tuition	£6.00 per hour	£9.00 per hour
Commercial use	£10.00 per hour	£20.00 per hour
	£15.00 minimum charge	£25.00 minimum charge

Evening functions (non profit-making)	17.00- 01.00 use of both halls & kitchen	£95.00 (deposit £50.00)
Evening functions (profit-making enterprises)	17.00 -01.00 use of both halls & kitchen	£120.00 (deposit £50.00)
Wedding hire all day & evening	use of both halls & kitchen	£200.00 (deposit £50.00)

After use the Hall must be left clean & tidy. Failure to do so will lead to loss of deposit.

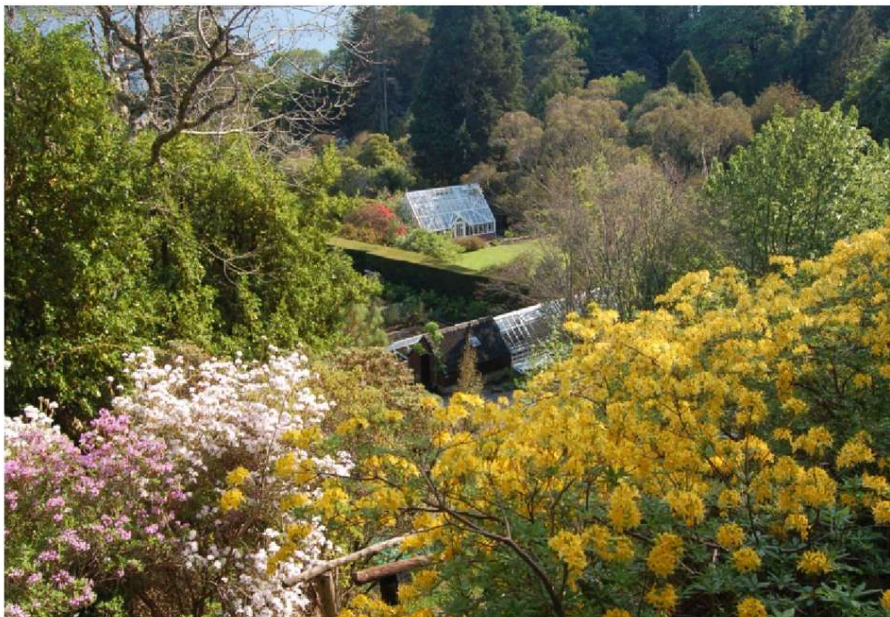
HEATING CARDS FOR MAIN & LESSER HALL - £1.50 each

Arduaine garden is open every day of the year from 0930 to sunset; garden reception is open daily from 0930 to 1630 from April to September inclusive.

Arduaine Friends

*Just **£7.50** per year (or £15 for a family membership) to enjoy free all year round access to Arduaine Garden.*

*Join online today at **www.arduainegarden.org***



"One of the finest of the west coast's many woodland gardens - perhaps the most outstanding panorama of any Scottish garden"
Ken Cox in Scotland for Gardeners

Arduaine Friends work closely with Arduaine Garden owners, the National Trust for Scotland, to raise awareness of the garden. Arduaine Friends membership fees and donations are used directly to promote awareness of this historic and beautiful garden.

OTHER USEFUL INFORMATION

Easdale Medical Practice: The Surgery, Clachan, Seil, **01852 300223**

www.easdalemedicalpractice.scot.nhs.uk

Consultations: Mondays & Wednesdays: 9.30 – 10.30 am & 4.00 – 5.00 pm

Tuesdays & Thursdays: 9.30 – 10.30 am | Fridays: 8.30 – 10.30 am & 3.30 – 4.30 pm

Late appointments possible on Monday and Wednesday at 6pm, please phone

The surgery is open from 9 am till 12.30 pm Monday – Friday and 2 pm till 5 pm (except Thursday) to receive phone calls and to dispense medicines.

Easdale Surgery will be closed on Good Friday 30th March and Easter Monday 2nd April.

Lorn Medical Centre Oban: Soroba Road, Oban, **01631 563175**

www.lornmedicalcentre.co.uk

Opening hours: Monday – Friday 8.00 am – 6.00 pm

Out-of-Hours Medical Service: call NHS 24 on **111**

Emergency: call **999** (Chest pains and / or shortness of breath constitute an emergency)

Vets Oban: 13 Tweeddale Street, Oban, **01631 562876**

Vets Lochgilphead: Manse Brae, Lochgilphead, **01546 602240**

Power Cut: call **105** to report or get information about a power cut in your area

NORTH ARGYLL VOLUNTEER CAR SCHEME - (NAVCS) Registered Charity No SCO37509

Many thanks to the local community for their ongoing support by filling our 'Wee Red Car' donation box in the Kilmelford Village Store.

These contributions help to keep the show on the road!

The NAVCS provides transport for residents of designated areas of North Argyll who are unable to use, or have difficulty with access to public transport, and do not have suitable access to a private car. We organise volunteers to provide transport in their own cars to passengers who are registered with the scheme.

The scheme is not intended to replace buses, taxis or emergency services for those who would normally use them.

We only undertake journeys within North Argyll and passengers are asked to make a small contribution to driver costs.

If you would like further information about the scheme please do get in contact.

Caroline Gillanders – Co-ordinator 01852 200760 carolinenavcs@gmail.com



the LORD OF THE ISLES

Stunning views overlooking Craobh Marina, the Corryvreckan Whirlpool and the surrounding islands with arguably the finest sunsets on the West coast.

Lord of the Isles bar, restaurant & stores is located in the beautiful little village of Craobh Haven just in-between Oban and Lochgilphead. We are open for lunch and dinner 7 days a week and have the enviable reputation for offering a scrumptious menu incorporating fresh shellfish, prime meats, extensive vegetarian options and gluten free desserts.

FRIENDLY, KNOWLEDGEABLE AND HELPFUL STAFF

REAL ALES ON TAP

FINE MALT WHISKY SELECTION

EXTENSIVE WINE LIST

CHILDREN'S MENU AVAILABLE

DOG FRIENDLY

LIVE MUSIC AND ENTERTAINMENT

LIVE FOOTBALL, RUGBY AND TENNIS WITH BTSPORTS

POOL TABLE AND MORE!

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The Kilninford News is governed by the Constitution of the 'Kilninford Association 2015'.
Contact any member of the Kilninford News team for more information

Contributions to the Kilninford News

Contributions can be emailed or posted in our Kilninford Letterbox inside the Village Shop. Obviously we would like everybody to keep in mind that our newsletter is potentially read by all ages.

Deadline for contributions for the SUMMER EDITION is 2nd July 2018

Please send contributions and adverts to Astrid or Iain (editors)
or use our Kilninford News letter box INSIDE the Kilmelford Village Shop.

For comments / questions with regards to distribution, please contact Gill

Your local KN contacts are:

- Gill Philpotts gill@thephilpotts.me.uk
- Iain Bark barkee@live.com
- Jane Rentoul j.rentoul@btinternet.com
- Astrid van der Kraan astrid@glenbeg-it.co.uk
- Mark van der Kraan Glenbeg, Kilmelford

Current advertising rates:

full page	£25
½ page	£12.50
¼ page	£7
outside back cover	£30
B&B and self catering adverts	£2

Issue #	Edition	Deadline for contributions:	Estimated distribution:
61	Summer	02/07/18	end of July

Kilninford News online

The digital form of the Kilninford News gets uploaded to the local website for all to read. This digital edition might contain more pictures / photos compared to the paper copy, as some pictures don't print well in black on white. Alex Tweedly, Iain Bark and Astrid + Mark van der Kraan try to keep the local website updated with any information / event they are made aware of.

www.kilmelford.com

KILMELFORD VILLAGE STORE

Post Office, Cafe & ATM

OPENING HOURS:

MON TO SAT 9 AM UNTIL 5.30 PM

SUNDAY 10 AM UNTIL 3PM

Post Office Closed Wednesday PM

Basic provisions as well as:

JB Home baked pies

Wild Argyll Venison

Mull Cheese

Local free range eggs

Seil Bakery Bread

Local Pork



FREE Wi-Fi

KILMELFORD VILLAGE STORE TEL: 01852 200271

Email: honeytummy@hotmail.co.uk

