

Sun through the trees,
Muck Water, above
Muck Water Bridge.

Content from the communities of
Ballantrae, Barr, Barrhill, Colmonell,
Lendalfoot, Pinwherry & Pinmore

SUMMER 2012

THE STINCHAR VALLEY MAGAZINE



Images

Top Row:
Sandra Osbourne MP
in the Falklands
(see article on pg 21)



Lower Rows:
Ballantrae Scouts
at work & play
(see article on pg 3)



...at work and play



Mail to the Editor

Welcome to the Summer issue of the Stinchar Valley Magazine, a very warm and sunny greeting to all from everyone here. This publication is your chance to read and make the community news in the Stinchar Valley and surrounding region. If you have any news you would like to send us or comments upon articles you have read in these pages please get in touch. The same goes for any additions to these pages you would like to see in the future and if you have events, clubs or anything that local people would like to attend or hear of.

Would you or someone you know like to appear here in the future? Are you from Ballantrae, Barr, Barrhill, Colmonell, Glen App, Lendalfoot or Pinwherry & Pinmore areas? For all this and anything else that crosses your mind about our communities contact the editorial team. Your input is vital. Be heard, make a difference. Items may be edited.

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Editorial Panel

The Stinchar Valley Magazine is published by the voluntary editorial group with the valued support of the contributors, with the aim of supporting the community interest and local businesses. The magazine is funded by Community Council funds and Hadyard Hill and Carrick Futures grants schemes. Images are used with all needed permissions from, open source, Flickr.com under open copyright standard licence. Images also courtesy of Clker.com and Public contributions. All material copied from newspapers, websites and other sources are accredited and referenced wherever possible. All contents and views in this publication are those of the contributors.

Scout About with Ballantrae Scouts

Just before the Easter holidays Mr Papakanelou (father of Andreas and Marcos) offered to come on a Tuesday night to show us how they make kites in Greece and the following Saturday morning we met at the harbour to fly the kites with great success. Apparently in Greece before Easter the sky is full of kites and so we plan next year to have a Greek day and see how many kites we can get in the air.



The Scout section has been busy finishing their Community Challenge. We were asked if we could plant rose bushes between the hall and the shop as well as lifting all the old polythene under the stones on the other side of the hall. All the scouts worked very hard and a good job was done. We were also asked if we would deliver leaflets around the village for the Ballantrae Development Group.

Ballantrae Cubs won the Margaret McCluskie Challenge Shield held at Dailly for Cub Packs from South Ayrshire. They had to compete in a mini Olympics and had a great time – had their pictures in the paper – well done the Cubs.

The Cubs and Beavers are working on their Olympic challenge which will lead to their fitness Challenge. We are also arranging a weekend camp for the Cubs and Scouts in the next few weeks. The Beavers can come for the day.

On the 19th of May the Chief Scout, Bear Grylls, is coming to a FUN day for all sections in Ayr. Ballantrae scouts will be constructing a mountain bike course for the Scout section.

We have a section from 14 to 18 years male and female where Scouts can carry out a wide range of outdoor activities such as camping, hill walking, rock climbing, abseiling, coastering, kayaking etc. etc. as well as visits to factories, bowling, shows or whatever the group want to arrange. People wanting to join do not need to have been in Scouts before. If you require information please ring John on 01465 831 391. (See pictures on front inner page)

Community Council News

Community Councils are the most local tier of statutory representation in Scotland. They are non-party political. They bridge the gap between local authorities and communities, and help to make public bodies aware of the opinions and needs of the communities they represent. Their primary purpose is to ascertain and express the views of the community to the local authority and other public bodies. Many Community Councils also involve themselves in a wide range of other activities including fundraising, organising community events, undertaking environmental and educational projects and much more. There are currently around 1200 Community Councils in Scotland, all of which are composed of elected volunteers from the community. For more information go to the Scottish Government website www.scotland.gov.uk or the South Ayrshire Council website www.south-ayrshire.gov.uk.

Ballantrae Community Council

The Ballantrae Community Council (BCC) meets on the last Tuesday of every month. In recent months it has discussed a number of current issues affecting the village including opening the old Stinchar bridge to pedestrian traffic, building work to protect the harbour after the repairs done after damage done by the winter storms, working with the Community Association to replace the damaged noticeboards outside the public hall, and working with the school to celebrate the passage of the Olympic torch through the village. The BCC is entering an interesting phase with the Development Group, which has been set up as a sub-committee of the Community Council with other residents, to work on a village development plan. Its' first major project has been a consultation on enhancements to the play area in the village. BCC is looking for new members and a minute Secretary. If you are interested in either of these roles please contact Dr Mhairi McKenna, at Beachbank House, 41 Foreland, Ballantrae. Tel: 01465 831459.

Pinwherry & Pinmore Community Council

Full minutes of all meetings are available upon request. Contact Claire Pirrie, Acting Secretary: Rose Cottage, Poundland, Pinwherry, KA26 0RU. Email: clairepirrie@gmail.com

Pinwherry & Pinmore Community Council require a paid minute secretary to take minutes at Community Council meetings held on the 3rd Thursday of each month at 7pm in Pinwherry Hall. Requirements are below and for further information please contact Claire Pirrie as above:

- Interested in supporting the work of the Community Council?
- Access to a computer, word processing skills and email. An external back up drive will be provided.
- The position will be on a self employed basis, paid above minimum wage and expenses will be reimbursed.
- Approximately 5 hours per month, except July and December.

Vacancy for a Community Councillor.

Pinwherry and Pinmore Community Council need your help, so please think about becoming a Community Councillor and help us to represent your community. If you think it is important that we have a voice

- in local government,
- in what happens with planning applications,
- where funding is spent,
- how we look after our community hall,
- what developments might improve our community,

then please come and join our team. For further information contact the Acting Secretary, Claire Pirrie.

Pinwherry & Pinmore Community Council Annual General Meeting.

The office bearers elected for the year 2012 to 2013 are; Chairperson: Roger Pirrie. Vice Chairperson: Chris Saunders. Treasurer: Mike Chamberlain. Secretary's role will be shared by the Chair and members. Contact details are unchanged. Among issues dealt with in the last year are;

- CCTV has identified vehicles damaging Pinwherry bridge and SAC have claimed from their insurance
- Negotiations related to possibilities for community use of the school building
- Requested South Ayrshire Council improve the condition of the entrance to Colmonell Cemetery
- Roadside wheelie bins removed and a small lorry now operates up to Farden Farm
- Working with Stagecoach and Scottish Passenger Transport on local bus problems
- Attended SAC's Planning Forum on residential development in the countryside
- SAC have agreed to place additional grit bins on some roads
- Stinchar Valley Garden Club have been asked to maintain local lay by flower tubs
- Responding to windfarm planning applications
- Supporting SAYLSA to try and keep the Ayr to Stranraer rail line open.

...continued overleaf

- Attending meetings with SAC's roads department
- Supporting Ayrshire Rivers Trust in a project to clear invasive species that are posing significant threats to the river Stinchar
- Removal of lay by mosaics which were disintegrating
- Identifying fly tipping at Laigh Letterpin. SAC served a warning notice on Scottish Power, who have apologised
- Small grants have been issued to SWRI, Stinchar Valley Pipers, Stinchar Valley Garden Club, Colmonell Curling Club, Stinchar Valley Magazine and to aid a young person undertake charity work

- Representing the community on
- Carrick Futures Community Benefit Fund
- Carrick Community Council Forum
- Hadyard Hill Community Benefit Fund
- South Ayrshire Planning Forum
- Windfarm liaison groups
- Hadyard Hill Community Energy Project
- Stinchar Valley Magazine

Pinwherry School

At a meeting of Pinwherry & Pinmore Community Development Association and Pinwherry Community Association it was indicated that Pinwherry School is not fully suitable for use as a community facility and the preferred option is a new community centre. The community is being invited to a public meeting when it will be asked to actively support work towards a new centre.

Age Concern Girvan

We are open Wednesdays, Thursdays and Fridays, Coffee & cakes from 10am. Three course delicious home cooked meals for £3.50. Come along and try, wonderful friendly, cosy surroundings. All ages welcomed. We have Christmas Parties, Burns lunches, coach trips and lots more. We would love to see you.

Address: 2 Duff Street

Contact: Tricia 01465 712032

Email: Mail@ageconcerngirvan.org.uk

Web site: www.ageconcerngirvan.org.uk

Local Council Elections

Following the local council elections held on 3rd May 2012 the Girvan and South Carrick Ward will be represented by Alec Clark, John McDowall, and Alec Oattes. Alec Clark is a new South Ayrshire Councillor but is well known to most Stinchar Valley residents as Chair of Girvan Community Council (a post which he has now vacated) and as the owner of the Sweetie Shop in Girvan. Both Alec Oattes and John McDowall are existing Councillors for this ward. All three will represent the residents of the Stinchar Valley and will attend Community Council meetings on a rotational basis. We give all three Councillors our best wishes for the future and look forward to them supporting the rural communities of South Carrick.

Stinchar Valley Red Squirrel Preservation Society

(see article on page 10)

Thursday June 14th at 7.30

The hall in Pinwherry is booked for Thursday June 14th at 7.30 in the hope that lots of like minded red squirrel fanatics are willing to join forces.

The aim is to see if we can set up a Stinchar Valley red squirrel preservation society and all do our very best for the reds and seriously control the greys.

If you are interested and might come to the meeting, please let me know.

Victoria: 01465 841270



Girvan Camera Club

The Club season has just ended with a prize giving during which we celebrated and revisited some of the great pictures taken by members during the season. The club year runs from September to March and last year we had speakers, practical nights and other activities. Although we are called the Girvan Camera Club, our members come from all over South Carrick. We cater for all levels from the outright beginner to the more experienced photographer. If you are interested in photography and would like to give the club a try, our first night of the new season will be on Tuesday 18 September at 7.30pm in the South Church Hall (behind the Church) in Girvan. You can find out more about the club on our website: www.girvancameraclub.org.uk.



Picture from the prize giving taken by Andy McAlpine. (see back page)

Left to right John Foster, Roddy Robertson, Donald Love, Ged Connelly, Liz Arnott, Bill Arnott, Yvonne Morrison and Rory McAdam (Club Champion).

Knockdolian Gun Club

Shoot Dates

Sun	April 29th	(practice)	carleton	11 am
Sun	May 13th	sporting	bougang	11 am
Tues	May 22nd	sporting	bougang	7 pm
Fri	June 8th	dtl	boghouse	7pm
Sun	July 8th	sporting	dalreoch	11 am
Sun	July 29th	skeet	whithorn	11am
Sun	Aug 19th	dtl	bougang	11 am
Sun	Sept 16th	sporting	glenluce	11 am
Fri	Nov 16th	trophy night	boars head	7.30pm

Enquiries to secretary: Gordon Hyslop - 07767 332 800

Did You Know?

Shepherd's Pie is so called because it is topped with mashed potato forked up to look like sheep's wool.

Cottage Pie is topped with sliced potato to look like the slate roof of a cottage.

Tips from The Citizen Housewives' Guide:

- To keep FISH fresh overnight, lay it on an ashet, cover with a piece of clean, damp paper and sprinkle the paper thickly with salt.
- To curl BRANDY SNAPS after baking, roll them round the oiled handle of a spoon.
- When weighing SYRUP, sprinkle the scales with flour and the syrup will roll off.
- A few drops of vanilla added to MASHED DATES when making sandwiches gives a delicious caramel flavour. (Date Sandwiches!?)
- If you cook on an Aga place a two pence coin under a pot and it will maintain a simmer.

Ballantrae Church Linked With St Colmon Church

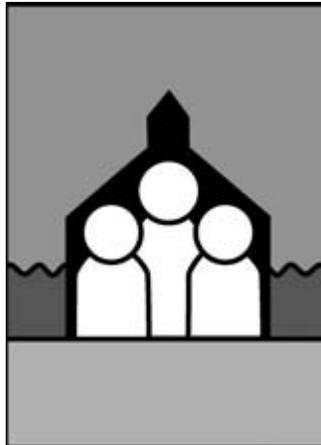
During the last month, I have been able to get out in the garden a lot more. The lighter nights combined with drier weather has helped me to get much needed work done. The vegetables are in and growing, but it was the fruit section which has needed the most amount of effort to get right. I have over the last few years tried unsuccessfully to grow raspberries in a certain spot in the fruit garden. However I found last year that if I planted them next to the wall, they seemed to do much better. And so my first task this year was to get the raspberries and the strawberries to switch places.

Moving all the plants was fine, except that I really needed to create some raised beds for the strawberries. Now in the past, I would have gone to B&Q or Dobbies and bought some wood, but because I had recently built a raised bed in my herb garden with some driftwood, I decided to head to the beach instead. As it happened, it was a good time to go and I nearly filled the back of my car with wood. The beach is always full of interesting items, and apart from the wood that day, I also saw an adder! From the wood collected, I managed to build eight raised beds, which have a great rustic feel to them, as well as saving me quite a bit of money.

Someone once said, "One man's rubbish is another man's treasure." and it is great to reuse items, and whether it is using driftwood that has been cast into the sea, or recycling rubbish by putting them in our blue bins, it all makes a difference. Everything has some value even though we may not all see it.

Sadly there are people in our world who do not think they have any value, and who feel alone with no one to care for them. However, the good news of the Christian faith is that God cares for the world, not just on a vast global scale, but right down to our level. It was Jesus who said, "As for you, even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows!" God knows everything about us and cares deeply for us. To him we are never rubbish to be cast away, but always his dear and precious children that he will hold close. May you discover the joy of his love as you know and remember that you are valuable to him.

God bless, Stephen



Forthcoming Events

Ballantrae Church Fair

Saturday 28th July at 2pm in Ballantrae Community Centre. crafts, books, baking, hamper, tombola, bric-a-brac, plants & produce, games, car wash, teas and balloon modelling.

St Colmon Church Fair

Saturday 4th August at 2pm next to St Colmon Church Hall. jewellery, bric-a-brac, books, baking, tombola, plants & produce, games, teas and balloon modelling.

Church Information

We are friendly churches where everyone is welcome.

St Colmon Parish Church

10am every Sunday in Colmonell, with Sunday Club for all children and young people from 3 years old.
3pm on the third Sunday of the month in Barrhill Memorial Hall.

Ballantrae Parish Church

11:30am every Sunday in Ballantrae with Sunday School for all children 0 - 12 years old. Occasional services in Glenapp Church (next service 26th August at 3pm).

Minister: Rev Stephen Ogston, The Manse, 1 The Vennel, Ballantrae, KA26 0NH

Telephone: 01465 831252, Email: ogston@macfish.com

Websites: www.ballantraeparishchurch.org.uk or www.stcolmonparishchurch.org.uk

We are also on Facebook as 'Ballantrae Church' and 'StColmon Church'.



Kings Arms Hotel, Main Street, Ballantrae
01465 831 202 | info@kingsarmsballantrae.com

Olympic Torch Special!

The King's Arms Hotel is very involved in activities surrounding the arrival of the Olympic torch in Ballantrae on the 8th of June. At the time of going to print, the King's Arms Hotel is planning the following events:

Wednesday 23rd May

Between 6.00pm and 9.00pm, the Kings Arms will have a genuine Olympic torch on the premises so that people can see, touch and have photographs taken with the torch.

Friday 8th June

The torch passes through the village just after 7.00am. During the day, we shall celebrate the event with team games and prizes. In the evening, the fun will continue with a free Olympic Disco.

As always, a warm welcome awaits you in the well stocked lounge and public bars and good food in our restaurant. During the day we have a snack and full lunch menu. In the evening we serve a full a la carte menu which is complimented by our extensive wine list. We also have a take-away menu available.

Your hosts, Suzanne and Brian Stirling, look forward to welcoming you.



Qigong

Feeling stressed and tired? Why not come and enjoy the mental and physical benefits of QIGONG ?

Qigong was developed in China over 5000 years ago. It is a series of slow gentle exercises which help to promote health and vitality. The smooth flowing movements of the exercises, to music, reduce tension and stiffness in the muscles, improve sleep and have a calming, relaxing effect on stressed minds. Following the exercises, there is a short period of complete relaxation. Classes are led by Jacquie Wilson, an experienced instructor, and are suitable for all levels of fitness (including wheelchair users) and all ages from sixteen and over are welcome.

Classes are every Monday, 11am to 12 noon in Ballantrae Community Centre. £2.50 per person per session. Do come and join us - you are guaranteed a friendly welcome.

If you would like any more information, please contact Janice Ross (Secretary) on



Barr Village

“The Baur”, ‘a coy little place lying hidden in a great cup among the hills’, became a parish over 300 years ago in 1653, with documentation signed by Oliver Cromwell himself.

The road to Barr from Girvan passes Penquapple Glen, among scenery which delighted the Pre-Raphaelite Circle, also said to be the inspiration for “In the Bleak Midwinter” by Christina Rossetti while visiting their Scottish hideaway at Penkill Castle. Barr is also pin-pointed in the Art Map of Scotland, crediting George Henry’s painting “Landscape at Barr” (1891 ~ National Galleries of Scotland) as a milestone in Scottish Art.

Scotland’s Open Garden scheme continues this year and Barr Village will be open on Saturday 7th & Sunday 8th July from 1 pm.

Come along and wander around the gardens and then enjoy a cream tea in the village hall. Tickets will be on sale outside the hall.

Barr Bowling Club Open Pairs Competition will be held on Saturday 28th July. Entries to Isobel Ringrose on Tel: 01465 861651 by Wednesday 25th July. Prize money £ 100.00.

Barr Bowling Club Triples Competition will be on Saturday 15th September with prize money of £ 150.00. Entries to Isobel Ringrose on 01465 861651 by Wednesday 12th September.

Barr Tea Room is going well after opening on Easter Sunday and we will be opened right through to the end of September. We have seen old friends return with some new ones too.

Come along and enjoy a nice cup of tea and home baking and then stroll along the river Stinchar.

Parties can be catered for if we have advance warning just telephone Isobel Ringrose (01465 861651)



The campaign is over and the people have spoken. The outcome is that I have been given an overwhelming mandate to represent the good folk of Girvan and South Carrick as an Independent Councillor (with no political ties whatsoever) on South Ayrshire Council. It is a position that I will not take for granted and will serve honestly, honourably and to the best of my ability to give the best service possible to people that I serve.

Having chaired Girvan and District Community Council for the last ten years, I am well used to the workings of the Council but even so it will be a learning curve for the first few weeks. My aim is the same as it has been over the years and that is to keep my finger on the pulse and push forward (now that I am an elected member) with the interests of Girvan and all of the surrounding villages.

I am of course aware of the good work that is carried out by the Carrick Community Councils Forum and will endeavour to support that body as well as others such as South Carrick Community Leisure who are charged with taking forward

the regeneration project for a new South Carrick Leisure Centre at Girvan. Having served on the board of Carrick Futures, I am also aware of the importance of the income that is made available to the communities of Carrick by Carrick Futures and Hadyard Hill as well as the possibilities of joint future projects.

Of course at the heart of our communities are our Community Councils and the work that they carry out and the community issues that they deal with. I look forward to meeting and working with you. I am a straight talking person who believes in the vast potential of our beautiful part of Scotland and that message has to be understood in County Buildings. South Ayrshire is not all about our urban neighbours, economic investment and support in rural areas has to be on a comparable rate to that of the populated areas such as Ayr, Troon and Prestwick.

The journey starts now and I will work with others to make Girvan and South Carrick the best that it can be.

Councillor Alec Clark,

RED SQUIRRELS IN SOUTH SCOTLAND (RSSS)

The Squirrel Year

Red squirrels eat a variety of different foods throughout the year. They are adapted to living and foraging in woodlands, where their diet is made up of tree seeds, nuts, berries, fungi, buds, shoots, flowers, bark, lichen, and even insects in summer. The autumn and winter seed harvest is extremely important, both for survival through the winter months, and to ensure breeding success the following spring.

Chewed and stripped pine cones and broken nut shells (often found scattered below a favourite feeding branch or on tree stumps) are clues to show where a squirrel has been feeding. Squirrels can even tell good nuts from rotten ones by weighing them and shaking them in their paws. If the nut rattles, the kernel is likely to be small and shrivelled, and not worth eating. In the autumn, squirrels can be seen gathering and storing caches of nuts and cones ready for the winter. Squirrels do not hibernate, but continue to forage for food throughout the winter, although they may not emerge from the shelter of their drey in very cold or wet weather.

During the breeding season (which usually starts in January) you may see squirrels leaping from tree to tree, then running round and round the tree trunks in mating chases. Female squirrels can have spring and summer litters, producing three young on average. However, breeding success is directly influenced by the previous autumn's seed crop and the severity of the winter. Young squirrels, known as kittens, open their eyes at around 30 days old, and begin to venture from the drey at around 45 days. At 10 to 12 weeks they become independent from their mother and start to disperse. The young squirrels' survival is determined largely by their first winter, with up to 85% of young perishing during harsh conditions.

Where Do Squirrels Live?

A squirrel's home is called a drey. A red squirrel will build its drey close to the main trunk, or in the fork of a tree and is used both for rearing young and nocturnal shelter. The drey consists of a hollow ball of twigs and leaves, which is then lined with soft hair and moss. Summer dreys may also be constructed, which are flat, less protective structures used for resting during daylight hours. As an alternative to dreys, some squirrels may use natural holes in trees which are known as dens.

Supplementary feeding

It is important to remember that the food you provide for red squirrels should be supplementary, and not take the place of their natural food sources. Small amounts of food should be put out every 3-4 days. Hazelnuts in their shells are one of the best foods to provide, but other foods including wheat, linseed, or pine nuts are also useful. Fruits such as apples also make a welcome addition. Peanuts and sunflower seeds can be used but are of lower nutritional value. We do not recommend using peanuts exclusively. Evidence is starting to suggest that peanuts may cause liver damage in red squirrels as they can contain a substance called aflatoxin. If you do use peanuts, please make sure they are labelled as "Afla-

If the public and private sector can pull together, if enough of us care, together we can save one of Scotland and the UK's most charismatic mammals - our red squirrel.



toxin free". A variety of food helps to relieve problems such as calcium deficiency which is particularly an issue for young squirrels. Providing bone meal, a cuttlefish bone, or even pieces of carrot can help protect against this.

It is important not to overfeed, and all uneaten food must be removed from the feeder, not allowed to accumulate. There are many relatively inexpensive squirrel feeders on the market. If you would like to try your hand at making your own feeder, we can provide you with a template and instructions that follow an approved and tested design. Feeders and feeding sites should be located as high as possible, out of the way of cats. All feeders or feeding sites must be regularly cleaned with a disinfectant such as Virkon S or Trigene to help ensure good hygiene for squirrels, garden birds, and yourself.

Be careful - providing too much food could result in artificially increasing the number of red squirrels that can be supported by the natural habitat in your area. This can lead to hardship if the supplementary food source is interrupted, for example by your summer holidays or if you move home.

You can help local red squirrels get through hard times by feeding them when natural food sources are low. One of the most important times for supplementary feeding is during the summer months; in between the availability of shoots and buds in the spring, and cones, seeds, and berries in the autumn.

Due to the threat of disease transmission, we advise that you should not carry out supplementary feeding if grey squirrels are close to where you live, and existing feeders should be removed if a grey is sighted. If your garden or feeding area is visited by a grey squirrel, please notify Red Squirrels in South Scotland immediately.

Please Help; Report Squirrel Sightings Control Grey Squirrels Apply for SRDP Funding

The new Scottish Rural Development Program (SRDP) is a vital tool in the grey squirrel control effort. Land owners can apply for grants to cover the cost of large scale daily control efforts on their property and we will assist and guide their applications. To find out more about SRDP funding you can visit the Scottish Government website or contact us: Telephone: 01750 23446 Email: karen@redsquirrels.org.uk

Welcome to the Wonderful World of Acupuncture

As some of you may or may not know Acupuncture is an ancient system of healing developed by the Chinese and has been practiced in China for thousands of years.

The treatment involves inserting fine, stainless steel needles into the body to treat a wide variety of conditions including pain, headaches, arthritic conditions, digestive disorders, heart/lung conditions and skin disorders to name a few.

The general theory is that Acupuncture helps to disperse energy blockages in the body that are responsible for causing disease thus enabling a free flow of energy throughout the body to aid better recovery.

When I first qualified as an Acupuncturist I went to work in an Acupuncture Hospital in China. I experienced many strange and wonderful things: - from the daily queues and the strong intoxicating smell of herbs from within the Hospital, to the elderly people elegantly practicing Tai Chi in the corridors. There was also an operation being performed using Acupuncture as a natural form of anaesthesia which I found totally amazing.

As I observed all this I began to understand that Acupuncture is a way of life to these people, used not just for health problems but as a preventive measure to enable them to lead a better quality of life with a better balanced body and mind.

These days it has become popular within the Western society and an example of this is using Acupuncture to help to bring life into the world. I have treated many couples going through IVF and infertility and it has helped greatly with pregnancy success rates.

Not long ago I treated an elderly gentleman who used to be so depressed he dreamt nightly about his own funeral. After 5 sessions of Acupuncture he felt his spirit and general melancholy had lifted and he felt much brighter and able to sleep at night without the dreaded nightmares.



These are just a few examples of the true benefits of Acupuncture. Cherie Blair (wife of Tony) had regular sessions for stress, even wearing an acupuncture stud in her ear.

I generally treat myself for wellbeing and energy boosting and find it extremely beneficial, the same way the wise old men from ancient China known as Sages used Acupuncture and lived to be a ripe old age with little health problems.

So whatever problems or ailments you may suffer from, Acupuncture provides a safe and beneficial solution.

An old Chinese proverb says:-To nurture one's life and health is mainly accomplished by cultivating one's mind. If the mind is calm and clear, the spirit is in a pure and healthy world. If the spirit is in a healthy world, how can the illness enter you? - Qing Dynasty

Julie Perry BSc (Hons). M.BAcC FEA

(Member of the British Acupuncture Council)

To arrange an appointment 01465-821236/ 07890-502955 Barrhill.

Lost & Found, Wanted and For Sale

Why not use this magazine to let your neighbours know what you need help with or what you would like to buy or sell? You could save yourself money, time and a longer journey.

Ailsa Horizons Attends Regional Studies Association Conference

Representatives from Ailsa Horizons recently had the honour to be asked to take part in a conference, held on the Isle of Gigha by the Regional Studies Association on March 20 – 21. The theme of the conference was community ownership, primarily of renewable technologies, and the effects this has on the communities both in terms of acceptance of the technologies and the social impact in terms of community regeneration, employment creation, and social enterprise facilitation. While this was a largely academic forum, Ailsa Horizons was asked to participate as a practitioner in the field of community regeneration and social enterprise with an expertise in managing community benefit funds to provide an insight “from the horse’s mouth”. The representatives were Julia Whitaker (Regeneration and Enterprise Manager), Paul Torrance (Chair of Ailsa Horizons) and Catriona Haston (Hadyard Hill Community Benefit Fund Village Development Worker). The other practitioner group was the hugely successful Isle of Gigha Heritage Trust which has been able to turn the island around by negotiating a community buy-out of the island.

The presentations were based on studies in Scotland, Wales, Canada and Europe focused on the link between different kinds of ownership and alternative energy systems. Essentially, the research proved that there are growing levels of opposition to planning applications for wind farms on the scale developed by multinational companies. This, however, is emphatically not the case when the planning applications are for smaller scale alternative energy systems which are largely, or wholly, community-owned and when most or all of the revenue from the wind farms goes directly back into the community. Moreover, community involvement in administering the revenue obtained from community-owned and managed turbines is significantly higher, better organised and more geared towards

larger, more long-term projects which benefit the area as a whole economically and socially. Essentially, community ‘buy-in’ and commitment is greater, the greater the level of community ownership.¹ The Gigha Heritage Trust’s presentation came at the beginning of the conference and Horizons’ presentation at the end, the practical experience of both groups confirming and underpinning the general conclusions of the academic contributions.

The research conclusions are also strongly supported by other recent studies such as ‘Does community ownership affect public attitudes to wind energy?’ (Charles R Warren and Malcolm McFadyen); ‘Community involvement in rural regeneration partnerships in the UK: evidence from England, Northern Ireland and Scotland’ (Stephen P Osborne, Rona S Beattie and Arthur P Williamson); ‘Community Ownership and Sustainable Development’ (George Callaghan, Mike Danson and Geoff Whittam. In the South Carrick area, community ownership is something which is currently being explored by both Community Benefit Fund companies as a means of securing assets and investment in the future.

Ailsa Horizons participation in this event came about as a result of growing national and international interest in its work in this part of the country. Horizons has already held talks with a leading Canadian academic, J J McMurtry, who described them as “extremely helpful” and more visits are in the pipeline from other academics and industry leaders in the field of regeneration and social enterprise from the UK and Europe.

Catriona M Haston
Village Development Worker
Hadyard Hill Community Benefit Fund Ltd
c/o 22 Dalrymple Street, Girvan KA26 9AE
Tel: (01465) 710628 | Mob: 07786272938

Girvan & South Carrick Community Policing

Mark Hornby, Sergeant U802, Strathclyde Police
Girvan & South Carrick Community Policing
4-6 Montgomerie Street Girvan KA26 9HE
01465 715314 ISSI 6406461



STRATHCLYDE
POLICE

Heating oil for domestic properties

Home heating oil tank security was a major issue back in the winter months following the rocketing cost of domestic heating oil. Please don't become complacent just because it's spring time, thefts are still being reported.

Most domestic heating oil users only check their tanks every few weeks or months and are unaware if a thief is syphoning off small quantities but on an often basis, so try to dip / check your tank on a frequent basis to monitor your heating oil level.

One of the biggest challenges is keeping the heating oil in your tank and out of the hands of thieves.

Siting Your Oil Tank - The position of the tank can have a significant effect on how hard a target it is in the eyes of the thief. If the tank is close to the house, with one or more windows capable of giving a view of it, then the thief may consider the chances of being seen too high.

Oil Level Gauges - Remote electronic oil level gauges are now available which will set off an audible alarm if the oil level in the tank suddenly drops or falls below a quarter full but are dependent on you being home and in the same room as the alarm unit at the time.

Security Lights - Security lights can have a very positive effect and make any property a much harder target for the thief, especially lights which also sound when the light has been triggered.

Defensive Planting - Defensive planting is nature's way of helping to reduce crime. Thieves will not wish to force their way through or over a prickly hedge.

Securing Your Oil Tank - A wooden or metal fence, trellis or wall can give significant protection to the tank, but it must be remembered that the oil tanker driver will need access to fill the tank! A metal or grill cage with a lockable access point across the top of this wall or fence can further improve security but can be costly.

Diesel theft farmers

More than 1.5 million British households, mainly in rural locations, rely on heating oil. Added to that many hundreds of thousands of on-farm and business-use tanks of red and white diesel, there's a tempting target for opportunist oil-thieves. There are many tips to do to try and stop this. Here is a quick checklist to carry out-

- Deter thieves from entering your property by installing and using lockable gates and by maintaining boundaries and perimeter fencing.
- Plant shrubs or install fences to hide exposed domestic heating oil tanks from the eyes of opportunist thieves cruising the neighbourhood.
- Consider fitting a locking cap to your tank or an alarm system which warns if the oil level drops suddenly.

- Check tank oil levels regularly.
- Where possible install automatic movement sensor security lighting to cover your tank and the immediate surrounding area.
- Note suspicious vehicles' registration numbers and report them to the police.
- If tanks are located in outbuildings or sheds, ensure these are kept locked.
- Be aware that if thieves have already stolen fuel from your tank they may return to steal any replacement oil you order.
- Be especially vigilant following a recent delivery of oil.

Ensure your insurance policy covers you for fuel theft.

South Ayrshire Council Contact Centre

Don't wait for others to report issues, it may not be done! E.g. road damage, dead animals on the road, water leaks - pick up the phone. Telephone the Customer Services Team on 0300 123 0900. Send a Text message to 0797 1120 498.

Pinwherry Bridge CCTV

Residents in Pinwherry can help reduce costs for South Ayrshire Council and council tax payers by reporting any damage to Pinwherry bridge. If damage is reported as soon as it happens, South Ayrshire Council can retrieve the CCTV footage and claim from the insurance of the driver who has done the damage. Contact details for the Council's Bridges Section are as follows:-

Douglas Hemmings

(Team Leader - Bridges & Lighting).

E mail. Douglas.hemmings@south-ayrshire.gov.uk.

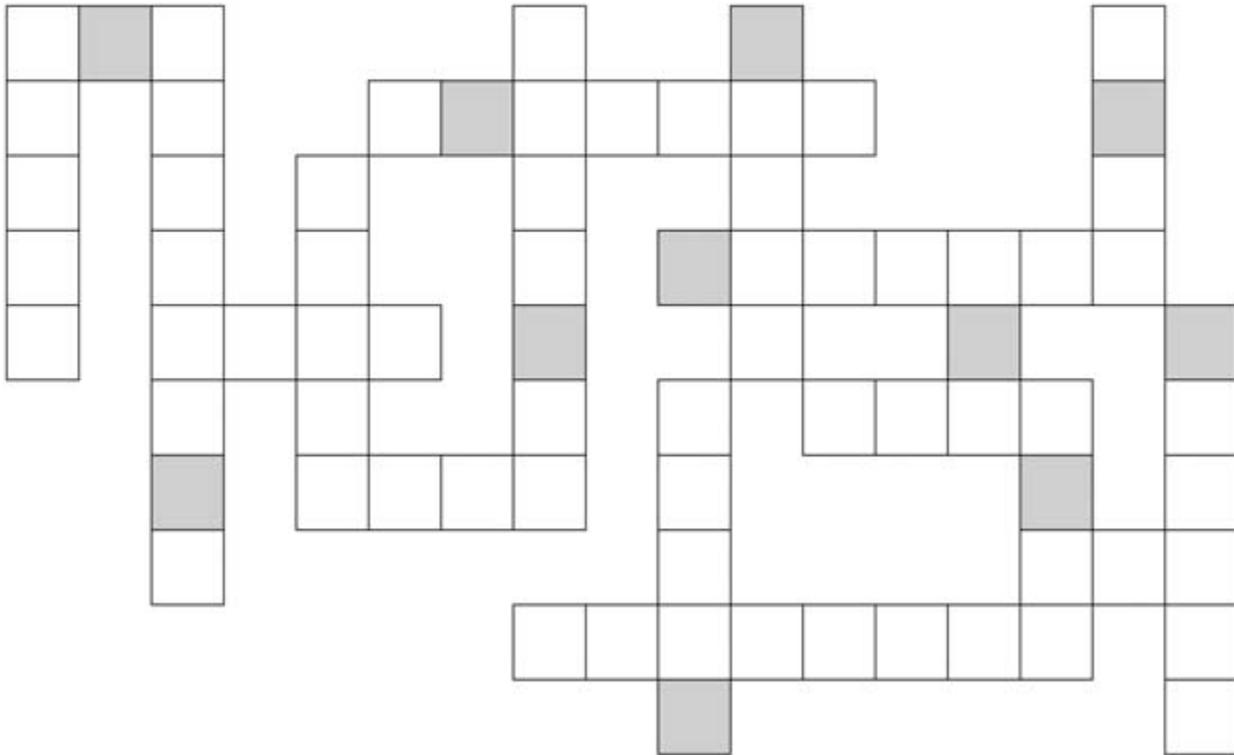
Tel. No. 01292 616377

Scott Greig (Supervisory Engineer - Bridges).

E mail. Scott.greig@south-ayrshire.gov.uk

Tel. No. 01292 616659

Grid fit



3 letter words

Ash
Oak
Ivy

4 letter words

Keys
Nuts
Haws
Hips
Sloe

5 letter words

Rowan
Beech
Elder
Acorn

6 letter words

Conker

7 letter words

Bramble
Catkins
Berries

8 letter words

Hawthorn
Sycamore

Fit the words into the grid above and collect all the letters in the grey boxes



Then re-arrange them to find the mystery tree



Tracks hunt sheet



badger



deer



dog



duck



fox



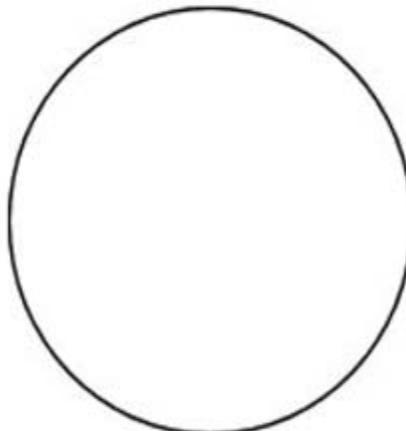
heron



otter



squirrel



Start your own adventure at naturedetectives.org.uk

Fun stuff for kids, families and schools by the Woodland Trust, a charity registered in England & Wales (294384) and Scotland (SC038865) at Nature Park, Grantham NG21 6LL. © 2009 You may print and copy this sheet, in its entirety, for non-commercial purposes. Do not put this pdf on other websites - please link to our download page. Questions? 0800 005 9000



WOODLAND TRUST

We're halfway to achieving our target for the Jubilee Woods project.

As we start to enjoy spring we wave goodbye to our official tree planting season. And what a tree planting season it's been...

The Woodland Trust is celebrating a major success in its Jubilee Woods project, which aims to plant six million trees and involve at least one million children to commemorate Her Majesty's Diamond Jubilee.

Thanks to the fantastic support of people and businesses, Jubilee Woods is halfway to achieving its ambitions. That's a staggering three million trees in the ground, many of which have been planted by people just like you.

The current tree planting season may be over, but it's not too late to get involved. Expert support is available now to help you create your own Jubilee wood, or register for a free tree pack for your school or community to plant next autumn.

With your continued support we can plant six million trees and raise £8 million. See how your support can help create a lasting legacy for the next 60 years and beyond at www.jubileewoods.org.uk



The Gardening Club held its AGM along with a plant swap in April. Nancy Syme resigned as secretary (Thanks for your help Nancy), Margaret Bean offered to take up the post with help from Moira McAlpine.

Our monthly evening sessions start in September; we offer a warm welcome to all who wish to join us. Our last speaker was Jenny Gustafson, Jenny comes from Newton Stewart and gave us a talk and presentation on 'Garden Design'.

Some visits in line for summer include:

- Ardwell & Logan Botanic (Both Stranraer)
- Galloway House Gardens (Newton Stewart) & Bayview Nursery (Wigtown) with lunch at Wigtown House Hotel.
- Enid's Garden at Creetown (private garden) with Lunch beforehand at the Gemrock Museum
- Buckland Plants (Kirkcudbright - AM) and Cally Gardens (Gatehouse of Fleet - PM)
- Aldouran Wetland Garden & Soleburn Garden Centre, Leswalt to meet and for lunch - both Stranraer
- Drumlanrig Castle & Gardens

We have been to some of these before, gardens change over time and season, along with their owners, and it is interesting to see these changes for better or worse, gaining ideas for our own plots. We are very much indebted to the owners of the gardens we are allowed to explore.

For more information contact one of the committee:

Mail to: stinchar_valley_gardening_club@hotmail.co.uk

Pat Spence - Chairperson Tel: 01465 821377
Mail to: patspence@piperpublications.co.uk

John McAlley - Vice Chairperson Tel: 01465 841198
Mail to: j.mcalley@btinternet.com

Jill McAlley - Treasurer Tel: 01465 841198
Mail to: j.mcalley@btinternet.com

Roger Pirrie - Member Tel: 01465 841644
Mail to: rdpirrie@gmail.com



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"We will for the rest of our lives remember the Forbes family, the fantastic hospitality, great accommodation, delicious meals, friendship and of course red wine!"

Beulah's, our licensed bar/restaurant, is open daily and offers a delicious range of freshly prepared dishes. The stylish lounge bar offers a variety of drinks including a selection of malt whiskies, champagne, draught beer, wines, spirits and liqueurs.



Woodland Farm, Girvan, Ayrshire, KA26 OHP
call:- 01465 710700 email:- info@woodlandfarm.co.uk
visit:- www.woodlandbayhotel.co.uk



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We believe that by buying from local producers you get fresher and cheaper products and support your community. We are interested in starting a project helping to promote that rich variety of products, made by us and others in the area, and connect local residents with the food and drink the area produces.

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Mobile: 075 02495697

E-mail: nlcourt@hotmail.com

ST JOHN'S EPISCOPAL CHURCH GIRVAN



Serving the Anglican and Episcopalian community
(and anyone else interested!)

in Pinwherry, Pinmore, Ballantrae, Barrhill
Colmonnell, Lendalfoot
(we have members in all these villages)

Services are held in
Girvan Methodist Church, Dalrymple Street
Sundays 9.30am Holy Communion
(First Sunday of each month 10.30am
Joint service with Methodists)

Tuesday Fellowship
11.00am informal worship
11.30 am coffee
12.45pm - 1.30pm Bible study

Rector: Rev Dr Ian Meredith
Tel: 01292 261145

Pastoral Assistant:
Mrs Anne Morris, Tel: 01292 267859

All Welcome



Wednesday: 10:00-11.00am

**South Parish Church Hall
Girvan**

Creche Facility Available!

£3.50 per fitness class

£1.00 for creche

Phone :07988 705395



The Ship On The Shore

Take a wander along the shore about a mile north of Ballantrae and you will stumble upon the final resting place of the commercial wooden sailing ship "RICHARD 111". Mind you, all you will see now are the scorched timbers and some planking festooned with discarded pieces of rope and netting along with the usual seaweed and flotsam. Now broken in two halves it is easily seen that this was a very solidly built ship in it's day with planks at least 3ins thick and timbers up to a foot thick. So how did this fine vessel meet it's end?

At 148 feet long this 4 masted schooner weighed in at 380 tons with a carrying capacity of 575 tons and was built in 1920 in Svenborg, Denmark. The owner was Adolf Einer Sorensen and the ship was captained by the owner's brother Rasmus Peder Sorensen along with a crew of 5 seamen. She was a cargo ship plying her trade across the Atlantic and it was after one of these crossings that she met her end on 9th October 1926. She had brought a cargo of timber from Canada which had been discharged at Newry in Northern Ireland on 8th Oct and had set sail in Ballast for her home port in Denmark via the North

cotland route. In the Irish Channel very severe storms caught her, washing one of her lifeboats away and forcing the crew to attempt a landing on the Ayrshire coast. She was eventually driven ashore at high tide and this was witnessed by Mr Ede, Station Officer of Ballantrae Coastguards who, along with the men of Ballantrae Lifeboat Saving Apparatus Company, made their way along the shore to render assistance. On arriving they found that a rope had been floated ashore and the crew were beginning to haul themselves hand over hand towards dry land. The Ballantrae men, assisted by farm workers from Balig formed a human chain (some wading out into the sea) and all the crew were saved.

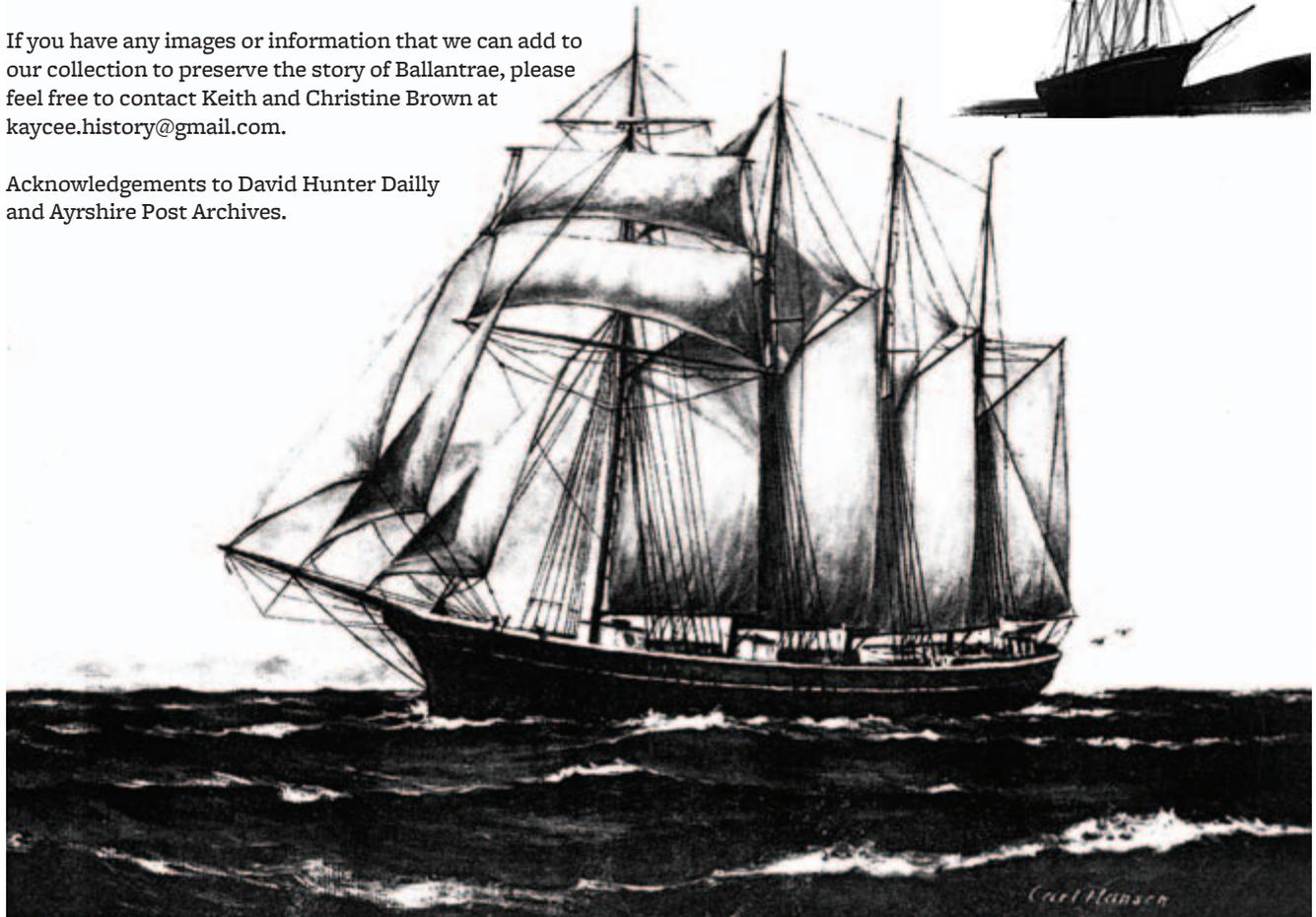
Several attempts were made over a period of time to try and refloat the Richard but none were successful. In October 1927 auctioneer John McPhail of Girvan conducted an auction of any movable items still left on the ship and it was reported 'that every lot made good prices'.

Some items remain to this day in the Ballantrae area.

The hull remained on the shore (having been unsold as being too badly holed) and it was set on fire around 1929 for what reason is a mystery. Indeed a sad end for what was in it's day a very fine vessel.

If you have any images or information that we can add to our collection to preserve the story of Ballantrae, please feel free to contact Keith and Christine Brown at kaycee.history@gmail.com.

Acknowledgements to David Hunter Dailly and Ayrshire Post Archives.



Svendborg-skonnerten "Richard", Tidl. A. E. Sorensens flagskib.
Malas af Carl Hansen.

The 2012 Graeme Obree Sportive

3rd January 2012

Media Information

It is pretty well documented that Graeme Obree started to ride his bike as a kid, perhaps as a form of escapism, when he would set out on the roads around Ayrshire. What is sure is that he loved to ride his bike and still does and the local Ayrshire roads offer the complete package for bike riders. Fast roads, light traffic, punchy climbs, long climbs and technical descents. The idea for the Graeme Obree Ayrshire Sportive was born over the last 24 months when Graeme was looking at the opportunity to bring a sporting event onto the roads he had trained extensively on. The Graeme Obree Classic Sportive launched in 2011 with help from South Ayrshire Council and Auchincruive SAC. The route selection was integral to delivering a worthy challenge to riders. The out and back route from Auchincruive SAC allows riders the opportunity to experience a diverging terrain. Obree spoke with a lot of riders during and after the inaugural event in July 2011 and was really taken with the enjoyment of the roads and scenery. The feedback was unanimous – the course is exceptional. Not just hard and getting harder but challenging, fast, scenic and demanding, all the elements vital to creating an exceptional cycling experience.

Graeme Obree added

“Last year’s event was really enjoyable. I set off with the intention of riding the shorter course and chatting with as many riders as possible. I ended up riding the longer course and this allowed me the chance to share a chat with a huge number of riders of all abilities and from lots of different backgrounds. This proved to be an inspired choice as the feedback I got was enlightening and the general consensus was the sportive was proving to be something special.

Well, I can confirm that the work that went into organising last year’s event was quite incredible with a huge effort from all parties to ensure a safe event on some quite exceptional roads. The same focus and concentration will be brought to bear to make this year’s event even more special. Many thanks are due to South Ayrshire Council for their most energetic support of the Graeme Obree Ayrshire Sportive and to Auchincruive SAC for providing the event HQ infrastructure.

This year we have decided to separate the main sportive from the family event. The family event will run on Saturday 28th July with the sportive rides on the 29th July. I am delighted to say that the family ride will also be open to riders with a disability this year and again the course selection has been key to offering a course which will suit riders of all abilities. I am a great fan of seeing as many people as possible getting on their bikes and I am inspired by those with a disability who demonstrate incredible courage and great spirit to fight adversity and get on their bikes. The course for the family and disability ride will be from Ayr centre along the coastal path to Troon, mostly on cycle paths and avoiding main roads. Riders will get the pleasure of riding along the Ayrshire Coast, always a magnificent experience. On line registration and more event information on the family and disability ride will be published early in 2012. The main sportive events will run again over two distances 48.5 and 68.5 miles on Sunday 29th July.

I hope to see lots of old and new faces on the start line on 28th and 29th July, 2012”



Councillor Bill McIntosh, Leader of South Ayrshire Council added:

“I am delighted The Graeme Obree Ayrshire Sportive is returning to South Ayrshire in 2012, following a successful inaugural event and am particularly pleased the event is being extended into a festival weekend, giving even more people the opportunity to get involved. The Sportive will once again offer something for everyone – from the most amateur of cyclists to the most professional – and will offer a terrific day out as well as an exciting sporting event. I look forward to welcoming cyclists of all ages to our wonderful area where they can take advantage of our fantastic cycling network and facilities as well as our stunning scenery and coastlines and warm hospitality.”

General Information

Saturday 28th July 2012

The 2012 Graeme Obree Ayrshire Family and Disability Ride will launch from Ayr centre. Navigating the coastal path between Ayr and Troon this event will be open to riders of all ages and abilities with marshals and the support infrastructure necessary to make the course open to as many riders who are up for this challenge. Comprehensive event information on the Family and Disability Ride will be published in January 2012.

Sunday 29th July 2012

48.5 mile Intermediate ride (Entry fee £35.00). Starting at Auchincruive the route heads south then south east before routing back to Auchincruive. This course has over 1500 feet of climbing and will provide a stern test of fitness and endurance.

48.5 Mile intermediate route: http://gb.mapometer.com/en/cycling/route_1243737.html

Sunday 2nd July 2012

68.5 mile Endurance ride (Entry fee £35.00). Starting at Auchincruive this route will challenge the strongest riders with 68.5 miles of energy sapping roads heading south and south east, crossing the notorious Nick o The Balloch climb before switching back up via Straiton and Dalmellington to return to Auchincruive for the finish. The Flying Scotsman himself, Graeme Obree will lead this ride across many of the roads he trained on as a youngster. This course has 3750 feet of climbing and some technical descents and traverses some magnificent scenery in the moorland high above Ayrshire.

68.5 Mile endurance route: http://gb.mapometer.com/en/cycling/route_1237492.html. Event entry for the Intermediate and Endurance rides is available online only at Entry Central: <http://www.entrycentral.com/index.php?raceID=101111>

Graeme Obree - Overview

Graeme Obree, nicknamed “The Flying Scotsman“, is a truly inspirational figure who has battled the odds to reach the pinnacle of his sport.

Graeme twice broke the world hour cycling record, and was the individual pursuit world champion in 1993 and 1995.

Known for his unusual riding positions and for the “Old Faithful” bicycle he built from washing machine parts, Obree has created some of the most radical innovations in the history of bicycle design.

His life story, record breaking attempts and struggle with suicidal depression were the inspiration for the Hollywood blockbuster The Flying Scotsman.

Obree Timeline

- 1965 Obree is born in Nuneaton, Warwickshire before moving to Newmilns, Ayrshire where he & his brother Gordon are brutally bullied for being outsiders
- 1972 Takes up cycling to escape the jobs who terrorised him
- 1993 Breaks world hour record in Norway with his ‘Old Faithful’ bike
- 1994 Smashes the hour record again after rival Chris Boardman had broken his record just days after his first success.
Brother Gordon, 30, dies in a road smash in October. Graeme is sacked from his professional team in France after a dispute but he scoops the World Pursuit Championship. Cycling bosses BAN his bike and unique riding style.
- 1995 He regains world championship in Colombia after adapting his style and bike.
- 1996 Obree crashes out of Olympics in Atlanta after failing to find form as he struggled with a virus.
- 1998 Obree tries to kill himself with a massive drugs overdose at an airport in Switzerland.
- 2001 He attempts another suicide attempt by hanging himself.
- 2003 Writes his autobiography “The Flying Scotsman” about his career - and fight against depression.
- 2006 The movie about his life is released starring Trainspotting actor Jonny Lee Miller, Lord of the Rings star, Billy Boyd and Emmy award winning actor, Brian Cox.
- 2011 Graeme launches The Graeme Obree Classic Sportive scheduled to take place in Ayrshire on Sunday 31st July 2011.

Publishes his second book, “The Obree Way, a training manual for cyclists” and launches The 2012 Graeme Obree Ayrshire Sportive and
- 2012 Graeme Obree Family and Disability ride.

**For additional information please contact
Charlie Milarvie; tel: 0141 332 7755 e: charlie@maximisesport.com**

Pinwherry S.W.R.I. Update



If anyone is interested in coming along, please call me, Irene McCrae on 841162 for further details. Hope to see you, soon.



Adventure Centre for Education is an Ayrshire based charity formed in 2005 as a small local project. We provide outdoor activity days and training courses to suit individuals and groups of all levels of ability and aspiration, so if you have a passion for outdoor adventures we will be privileged to guide you on your journey.



Donald Hendrie Building, Auchincruive, Ayr KA6 5HW, Tel: 01292 525142
Scottish Registered Charity No. 030426

We have secured funding for an Invasive Weeds Project commencing in April 2012. If you would like to know how this project will clear invasive weeds from our precious river banks and how you can help, please contact Ayrshire Rivers Trust, your Community Council or watch local notice boards.

Ayrshire Rivers Trust

Sandra Osborne MP

Sandra Osborne MP in the Falklands

Photographs on inside front cover.

Local MP and Defence Select Committee member Sandra Osborne recently visited the Falkland Islands, seeing for herself the base of service personnel there and meeting the islanders. Here is her description of the visit. We travelled in what they call “the air bridge”, but it’s basically an Airbus operated by Titan Airways. It’s a chartered flight used for MoD personnel and the Islanders.

From Brize Norton you fly to Ascension Island. It’s an eight-and-a-half-hour flight, you refuel there and then you go on down to the Falkland Islands. Over 20 hours in total.

As an overseas territory we support them with their health service. They have a hospital in Stanley but if you require specialist treatments, cancer, children’s medicines, they come back to the UK. So there are a number of seats put aside on these flights for the islanders.

At this time of the year it’s the Falklands’ summer, and even if it’s cloudy it is very easy to get sunburned. What we found were hills, open countryside, sheep and stunning bays. But the beautiful landscape hides a dark legacy of the Falklands War with Argentina – the land mines. Some of the bays like Yorke Bay, just outside Stanley have big warning signs up and are out of bounds.

The debate on the ownership of the islands has flared up again with Argentina seeing it as a matter of negotiation between them and the UK. The truth is that it is a three way dialogue with the islanders’ voice needing to be listened to (there are 4,000 islanders). The hard reality is that 90% of the islanders want the status quo to remain, and that impasse isn’t likely to go away. UK governments have consistently said that if any of our overseas territories wish to go to independence, provided they meet the government requirements, they would not stand in their way. The UK policy has always been for self determination.

We visited HMS Clyde – a protection vessel. One of its primary roles is to make sure there is no illegal fishing. It also acts as a patrol vessel between South Georgia and the Falklands. They were sailing to South Georgia on a regular visit. We then spent some time with the Typhoons, search and rescue, Hercules as well.

We also spent time with the families, seeing what their accommodation was like. We mustn’t forget that there are 35-40 families of service personnel living for up to 2 years there. One of the great challenges the primary school has on the base is to educate these children while being mindful that they are going to have to leave their friends and go back to the U.K when their parents’ tour comes to an end.

There was a conscious decision made to put the base 35 miles away from Stanley, specifically so Stanley didn’t turn into an army town. There is a convenience shop on the base selling Waitrose and Iceland products but with



the original prices covered up. For example a small packet of Weetabix is £4.20. We spent a day in Stanley. We met the Governor, the Chamber of Commerce and the elected representatives. Discussion included the issue of hydrocarbons and gas. It is fairly well-known that there have been some promising findings there. How do we help the Falkland islanders tap those valuable reserves? They don’t have the capability in-house to manage extensive oil and gas fields and will need help to ensure the fields are properly licensed and that they are not exploited by the multinational companies.

We visited the cemetery at San Carlos in Ajax Bay and took the opportunity to lay wreaths at the Stanley war memorial. There was a human cost to the conflict of over 250 UK personnel who lost their lives and 650 Argentinians.

The main purpose for the Defence Committee visit was to reach a better understanding of what goes on there- the deployment of service personnel and the welfare of their families. However it was also fitting we should be there as the 30th anniversary of the war approached.

Sandra Osborne MP

Parliamentary Office of Sandra Osborne MP
139 Main Street, Ayr KA8 8BX
Tel: 01292 262906
Email: osbornes@parliament.uk

Names On Cell Phones

You might want to make a few changes after reading this!

Be careful how you list names on your cell phone! This lady has changed how she lists her names on her mobile phone after her handbag was stolen. Her handbag which contained her mobile, credit card, purse etc, was stolen.

20 minutes later when she called her husband, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Credit Card PIN number and I've replied a little while ago.'

When they rushed down to the bank, the staff told them all the money was already withdrawn. The pickpocket had actually used the stolen hand phone to text "hubby" in the contact list and got hold of the PIN number. Within 20 minutes he had withdrawn all the money from the bank account.



Moral of the lesson: Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom etc..... And very importantly, when sensitive info is being asked thru texts, Always CONFIRM by calling back the perso.

Also, when you receive a text from friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

Technical Support

Customer: My keyboard is not working anymore.
Tech support: **Are you sure it's plugged into the computer?**
Customer: No. I can't get behind the computer.
Tech support: **Pick up your keyboard and walk 10 paces back.**
Customer: OK.
Tech support: **Did the keyboard come with you?**
Customer: Yes
Tech support: **That means the keyboard is not plugged in!**

Customer: I can't get on the Internet.
Tech support: **Are you sure you used the right password?**
Customer: Yes, I'm sure. I saw my colleague do it.
Tech support: **Can you tell me what the password was?**
Customer: Five dots





Beautiful Ballantrae is a voluntary group who liaise with the local community to address and co-ordinate aesthetic and environmental concerns in the village.

We undertake beach cleans and flower planting, organise a sponsored school competition and work with South Ayrshire Council to keep Ballantrae looking it's best.

New members are always welcome, as is help and ideas. Donations are gratefully received.

The group hold an annual garden competition, to be judged this year on Tuesday 24th July. As ever, great prizes for 1st, 2nd and 3rd in each category. Entry forms will be available from BRICC, Scotmid and Ballantrae Medical Practice or you can use the entry form below.

Thanks to all who took part in the beach clean on Saturday 28th April, and also those who regularly clear litter from the beach. This year in particular, debris from bonfires took a lot of time and effort to clear up.

Contact Rosemary 07765915268, or Claire 07727127825 for further info.

Beautiful Ballantrae Garden Competition 2012:

Entry Form

Competition rules:

1. entries should be from the village and environs
2. entries will be judged in situ
3. an entry will be accepted from an individual or a group
4. any number of entries per person or group will be accepted
5. entries must be cared for by the exhibitor
6. the decision of the judges is final

JUDGING WILL TAKE PLACE ON TUESDAY 24th JULY
by an independent judge

ENTRY FORMS MUST BE HANDED IN TO

BRICC THRIFT SHOP BY FRIDAY 20th JULY 2012

I wish to enter (PLEASE TICK):

- HANGING BASKET(S)
- WINDOW BOX(ES)
- BEST BORDER
- BEST KEPT LAWN
- BEST KEPT HEDGE
- BEST VEGETABLE GARDEN
- MOST ATTRACTIVE GARDEN

My name is

.....

My address is

.....

Ballantrae Gala Week 2012

The crowning of Ballantrae Gala Queen, Sarah Cosslett and King, Dougie Middleton will take place in Ballantrae Community Centre on Friday 15th June at 7.30pm. Entertainment, Refreshments and Raffle. Attendant to Gala Queen is Lucy Cosslett and Pages are Harvey Stewart and Flynn Williams.

Gala week begins with the John Boyd Memorial Fishing Competition, exact date to be confirmed as the Organiser Robert McIlwraith and another Ballantrae youngster Conor Robertson have been selected to represent Scotland Fishing down in Devon around this time. We will put dates in local press as soon as we know exact date. The Football competition, sponsored by McCulloch Rail will begin on Tuesday, 3rd July with the final taking place on Friday 6th July. Car Treasure Hunt will be on Thursday, 5th July starting at Kings Arms Hotel. Staggered starts starting at 6pm - 7pm. By popular demand the Parade of Floats and fancy dress will take place at 6.30pm on Friday 6th July, the football final will be immediately after this.

Gala day itself will take place on Saturday 7th July 1pm in the recreational field. There will be a display by Colmonell Fire Brigade, demonstration on wood carvings by Ross McCreadie, football enclosure, raffle, stalls, teas, beer tent, bouncy castle, owls, homebaking, pet parade, sports events, trophy tug-o-war and much more. In the evening the Barn Dance will start at 7.30pm in Kings Arms Farm.

Sunday 8th July it is the Bowler/Non Bowler Competition for the Louise Knox Trophy sponsored by Gordon McIlwraith Fishmonger. This starts at 1pm and is a fun day for all the family. The week is rounded off with a Concert of Praise in Ballantrae Church.

Ballantrae Gala welcomes all to our many events and there should be something going on throughout the week to suit everyone of all ages. The Gala last year was blessed with great weather and turned out to be the most successful Gala to date - please come along and make it even bigger and better! We have also invited the sunshine and do hope he can make it!

Ballantrae Flower Show 2012

The Ballantrae & District Horticultural Society Open Flower Show 2012 takes place on Saturday 18th August in Ballantrae Village Hall. The show is from 2.00pm until 4.00pm.

The schedules, listing the 109 entry categories and an entry form, will be available from Craigmains Garden Centre, the BRICC Thrift Shop or by telephoning Pearl McKnight on 01465 712891.

Schedules may also be downloaded free of charge from the Ballantrae website:
<http://www.ballantrae.org.uk/visiting/events/flower-show.php>

Although called the "flower show", categories include flowers, vegetables, baking and handicrafts. Twenty of the categories are for junior entrants.



<h1>Ballantrae</h1> <p>an attractive coastal village in Ayrshire</p>					
		visiting			
		Ardstinchar Castle and Ailsa Craig		Bluebells	
visiting accommodation food and drink shops and services what to see and do photo guide		home <p>Welcome to the website for the coastal village of Ballantrae. Ballantrae is located in South Ayrshire, Scotland, at the mouth of the River Stinchar.</p> <p>On this site, you will find all the information you need whether you are visiting Ballantrae, living in it, or interested in its history.</p>		welcome Accommodation --- more options >> Auchenflower Holiday Ardstinchar Cottage Cottage <p>more info >> more info >></p> Shops and Services --- more options >> BRICC - Ballantrae Rural Initiative Care in the Community - Ltd. Porter Painting & Decorating 	

160th Anniversary Girvan Flower Show

Exhibition of Flowers, Fruits, Vegetables, Floral Art,
Baking and Handicrafts.

NORTH PARISH CHURCH HALL
SATURDAY 11TH AUGUST 2012: 2.00 pm

ADMISSION:

Adults £1.50

Accompanied Children Free

Unaccompanied Children 50p

All enquiries & correspondence to:
Miss J Shaw, 15 Wilson Street, Girvan.
01465 713801

Mrs Jane Willis,
Mansfield Garden Centre, Girvan.
T. 01465 714268
E mail: mansfieldgarden@btconnect.com



It's In The Wind

For all you need to know about wind power and all the wind farms and turbines proposed for south west Scotland please keep an eye on- its-in-the-wind.blogspot.com. Are you aware of how many individual turbines are proposed in between all the major wind farms? Have a look at the map which is frequently updated.

The Ballantrae Patchwork Group

We meet on Wednesday afternoons in the Ballantrae Community Centre from 1.30 - 4.00pm and would welcome any new members, you do not need to have done Patchwork before - we have some good teachers!! We have a machine and all the basic equipment for you to use.

Our group is now over twenty five years old and we presently have members from Ayr, Maybole, Barr, Girvan, Ballantrae and of course Pinwherry and Pinmore. Do come along and meet us or just pop in some Wednesday and have a look at what we do.

If you want a contact first do speak to: Penny Savage, Asselview, Pinmore. Tel: 01465 841686 or Mob: 07748973940

BRICC

Ballantrae Rural Initiative Care in the Community Ltd. All in the area covered by the surgeries of the Ballantrae Medical Practice and who are pensioner or housebound are welcome at the BRICC Club or Drop In Club social afternoons, to enjoy entertainment and tea, friendship and care. Held in the BRICC House, both Clubs are free to those who partake. Transport s provided if required. They are open 52 weeks of the year.

BRICC CLUB
DROP IN CLUB

Tuesdays 2pm to 4pm
Fridays 2pm to 4pm

BRICC is a non-profit making company limited by guarantee. Company number SC 181899.

Scottish Charity Registration Number SC 027489A
Registered Office: BRICC House, 12 Main Street,
Ballantrae, Girvan, Ayrshire. KA26 0NB.
Tel: 01465 831380

Please get in touch with us at the above phone number if you would like to come and join us.



Glenapp Castle Re-Opens For The 2012 Season on Sunday 25th March & Launches a New Set Sunday Lunch

Glenapp Castle re-opens for the 2012 season on Sunday 25th March and we are launching our new set three course Sunday lunch at £29.50 per person on the same day. Our set three course lunch will be available every Sunday from March through till 1st December, excluding the month of August and will also be available on Easter Monday and Bank Holiday Mondays in May and June. We always invite guests to enjoy a walk in the gardens either before or after their lunch - making it the perfect relaxing afternoon.

Glenapp Castle is a spectacular Scottish Baronial Castle set amid thirty six acres of magnificent gardens and woodland on the beautiful Ayrshire Coast, only ten minutes from the new ferry terminal at Cairnryan and just ninety minutes south of Glasgow.

Glenapp Castle is open to individual guests and groups from Sunday 25th March until 3rd January each year and is also available for exclusive use bookings during this time. The castle is the perfect venue for weddings, family gatherings, corporate hospitality, team-building events and product launches.

We also serve a six course gourmet dinner in our Michelin Star restaurant including canapés, petits fours and coffee each evening. While all resident guests have an automatic dinner reservation, the dining rooms at Glenapp Castle are also open to non-resident guests by prior reservation. We recommend guests book early to avoid disappointment.

New - Set Sunday Lunch at £29.50 per person
 Our Three Course Gourmet lunch is £39.50 per person
 Afternoon Tea is £19.50 per person
 Champagne Afternoon Tea at £34.50 per person
 Our Six Course Gourmet Dinner is £65.00 per person

The castle is open for lunch, afternoon tea and dinner most days however an advance reservation must be made. Please telephone 01465 831212 to check availability and make your reservation. If you are looking for a luxury gift with a difference why not buy a Glenapp Castle Gift Voucher. An ideal gift for all occasions. For further information please contact Fay Cowan on 01465 831212 or email info@glenappcastle.com

The Stinchar Valley Magazine

Funded by: Hadyard Hill Community Benefit Fund Ltd
 Carrick Futures Community Benefit Fund



Adam Ingram MSP

Wind Farms & Tourism

Locally we are no strangers to windfarm developments with the onslaught of applications by large developers over the past few years. However, new research published by VisitScotland shows that Scotland's fast growing renewables industry is thriving in tandem with Scotland's tourist sector with almost half of visitors expressing an interest in visiting wind farms as part of their holiday.

The survey findings follow figures which show tourism in Scotland increased 9 per cent between 2010 and 2011, and money spent by visitors jumped by 14 per cent during what was a record breaking year for renewables.

The research, commissioned by VisitScotland, shows:

- 83 per cent of respondents in Scotland and 80 per cent of UK respondents stated their decision to holiday in the UK would not be affected by the presence of a wind farm
- 80 per cent of respondents in Scotland and 81 per cent of UK respondents either disagreed with or neither agreed nor disagreed that wind farms spoil the look of the Scottish countryside
- 46% of respondents said that they would be interested in visiting a visitor centre at a wind farm

This study and another report carried out by Glasgow Caledonian University on visitor attractions which shows Ayrshire & Arran has had the greatest increase in visitor numbers across Scotland at almost 30% - confirms that both of these important industries employing tens of thousands of people in communities across Scotland are thriving together.

That said I know locally and particularly in the South Carrick area of the adverse impact that inappropriate siting of turbines can have on the wellbeing of residents and local communities in close proximity.

There is also the question of the numbers of applications in the local area and other concerns which were laid out recently by local Ayrshire resident Mark Gibson at the Scottish Parliaments Energy Committee, speaking as a member of the Communities Against Turbines.

So whilst I am broadly supportive of renewables and harnessing windpower, I do agree that the scale and rapidity of proposed development locally is alarming. South Carrick is being targeted relentlessly by all sorts of windfarm developers large and small keen to exploit the opportunities that have been opened to them. I would like to see tighter control by planning authorities to prevent overconcentration of development.

However, this new piece of research has certainly relieved the concerns I have with the impact of windfarm developments on the local tourism industry. I know there is a great deal of hard work going on in the local area to boost tourism. I was delighted to hear that thanks to the Carrick Community Council Tourism subgroup, chaired by Cllr Alec Oates, project funding of £195,000 has been secured to take forward tourism development in the wider Carrick area. That means Carrick should be well placed to take full advantage of the second year of homecoming due in 2014.

In conclusion, Scotland has massive renewable energy potential that is delivering jobs and investment across Scotland as well making a big difference environmentally. We also have a successful and growing tourist sector. Both of these industries are a high priority and both are doing well, demonstrating that we can benefit from our renewables sources and our successful tourist industry.

Further information on the VisitScotland research can be found at: www.visitScotland.org/research_and_statistics/tourism_topics/wind_farms

Further information on the Glasgow Caledonian University Research can be found at:

<http://www.moffatcentre.com/newsevents/managed/news/bydate/2011/1/name,29665,en.html>

Adam Ingram MSP Constituency Member for Carrick, Cumnock & Doon Valley
Scottish Parliament|Rm M5.17|Edinburgh|EH99 1SP t: 0131 348 5720 e:adam.ingram.msp@scottish.parliament.uk



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Balkissock Lodge

If you're looking for a peaceful and relaxing base for your holiday in South West Scotland, Balkissock Lodge will provide you with a comfortable break with a touch of luxury.



Colmonell Gala Week

Friday	8th June	Clay Pigeon Shoot.
Saturday	9th June	Fun Day.
Sunday	10th June	Football Tournament Final.

Look out for further information nearer the time.



Alec Oattes's Stinchar Valley Newsletter

I have always been pleased to be invited to contribute to the Stinchar Valley Magazine and I wrote this at a strange time in the electoral cycle, the day before polling day on Thursday 3rd May. At the time of writing I wondered how the election would turn out and it was anybody's guess.

Whatever the result I would like to say it has been a privilege to serve the residents of Girvan and South Carrick over the past five years.

It was a challenging time with many issues to resolve including the condition of local roads, educational provision and public transport. Not forgetting the impact of wind farms in South Carrick which as ever is a double edged sword which has brought community economic benefits but has been also detrimental to road conditions, tourism potential and quality of life issues. As a member of the Regulatory Panel in the last Administration, I have had to determine each application on its merits bearing in mind the recommendation of Planning Officials.

Tourism

As Chair of the Carrick Community Council Forum, Tourism Sub Group, I was delighted Bett Associates were appointed as the Consultants to take forward the Carrick Wide Tourism Development Project which will develop and promote all aspects of tourism in the Carrick area. It has taken two years since this idea was first promoted by myself and I was delighted to have worked with the Chair of the CCCF, Peter Mason, the Tourism Sub Group and Ailsa Horizons who have all worked together to take this idea forward. There was a range of funding from various sources amounting to £195,000 and this will also tie in with the wider all Ayrshire Tourism Development Plan developed by the three Local Authorities in Ayrshire and the Ayrshire Chamber of Commerce to highlight the tremendous tourism potential of the area leading up to the next year of homecoming in 2014.

To finish off, I would like to thank those individuals and all members of Community groups who have given of their time and talents over the past few years which has contributed to the general well-being of the residents and communities throughout South Carrick. Without their efforts the work of the Council and Councillors would be much more difficult in trying to improve the quality of life for all. In particular I would like to pay tribute and give thanks to farmer John Wilson from Barr who has served the Barr and wider community in different roles over many years. I wish John and his family many years of contentment.

No matter what the outcome of the Local Election was, I wish you all well in the future as South Carrick goes from strength to strength over the coming years.

>>> Stop Press <<<

It is now the weekend after the South Ayrshire Council Election and I am delighted to have been re-elected to serve the good people of Girvan and South Carrick. I aim to carry on as before, supporting and helping individuals, families and Community Groups in the best way I can. At this point in time, no new administration has been agreed, but whatever comes out of that, I will continue to work for road improvements in South Carrick, which I am well aware is a huge problem, public transport is also prominent in my thinking and to maintain the improvements in Educational achievement recently gained. In an age when we are thankfully living longer, care of the elderly is also very important. Finally I want to continue the project already started to develop all aspects of tourism in the wider Carrick Area through my work with the Carrick Community Council Forum, in conjunction with the new Leisure Facility at Girvan Harbour, including a state of the art swimming pool, to replace the run down and badly maintained previous pool and Beach Pavilion closed many years ago.

Alec Oattes

How To Send In Your Magazine Articles And Pictures

Email the Editor John McAlley at: Stinchar-valley-magazine@hotmail.co.uk or to your local representative.

- Send in text as a WORD or OPEN OFFICE Document.
- Photographs should be full size images straight from the camera and scanned images should be high resolution 300dpi wherever possible and sent as separate attachments from your text please.
- Tell us any special instructions about the layout/content of your article. What are the images about that you want included? Include any Website names and web links that are relevant.
- If you have a logo or badge - please send a high resolution image of this.
- If you do not have access to a computer or Email you can post or drop off material to our Editor John McAlley at: Ligartrie Farm Pinwherry KA26 0SL.
- We will return any photographs to you.
- People in the communities of the Stinchar Valley and beyond are interested in you, your club, your business and your local area: The Stinchar Valley Magazine needs you!!

* Please note - The Editorial Team will consider all submissions and make the final selection of material for each issue.

* Small grammatical errors in articles will be corrected. Larger issues will be discussed with the author prior to publication if possible.

Invigor8 Works!

A large number of people aged 65 and over experience falls. This is not always a consequence of ageing and falls can be prevented. Sustained exercise to improve walking, strength and balance will reduce your risk of falls.

What is Invigor8?

Invigor8 is a programme of exercise classes for the over 65s. It supports participants at risk of falls to exercise at a level suitable to their ability. The classes will be led by highly trained and experienced instructors.

Invigor8 is suitable for people:

- Feeling fearful of falls
- Feeling unstable on their feet
- Who have had a previous fall
- With osteoporosis.

The classes are designed to help build and maintain 8 core components:

- Balance
- Strength
- Flexibility
- Endurance
- How to get down on to the floor and back up
- Floor work
- Tai Chi
- Confidence building.

How do I become involved in the classes?

You can be referred to Invigor8 through a voucher scheme by a health or social care professional e.g. doctor, practice nurse, physiotherapist, home care provider.

Call the contact telephone number on the voucher and you will be invited to come along for an assessment prior to joining a class.

There will be classes throughout South Ayrshire in Ayr, Girvan, Maybole, Prestwick & Troon.

For more information contact: South Ayrshire Council
tel: 01292 294716 or 01292 294704 | email: Janey.Anderson@south-ayrshire.gov.uk



Local & Interesting Web Sites

St Colmon Church	www.stcolmonparishchurch.org.uk
Ballantrae Church	www.ballantraeparishchurch.org.uk
Ballantrae Village	www.ballantrae.org.uk
The Ancient Tree Hunt	www.ancient-tree-hunt.org.uk/project/hunt
Pinwherry/Pinmore	http://www.pinwherryinmorevillages.net/
Galloway & Ayrshire Biosphere	http://www.sup.org.uk/biosphere/index.htm
Red Nose Day	http://www.rednoseday.com/
The Southern Uplands Partnership	http://www.sup.org.uk/
Scottish National Heritage	http://www.snh.org.uk/
The Woodland Trust	http://www.woodlandtrust.org.uk
Sign the Petition Now	http://www.38degrees.org.uk/save-our-forests
Forestry Commission	http://www.forestry.gov.uk/
Scottish Environmental Protection	http://www.sepa.org.uk/
Girvan Attractions	http://girvanattractions.synthasite.com/
Red Squirrels in South Scotland	http://www.redsquirrels.org.uk
Ayrshire Red Squirrel Group	www.ayrshirered squirrels.org.uk/
ASDA Online shopping	http://groceries.asda.com/asda-estore/index.jsp
The Commonwealth Orchard	http://www.commonwealthorchard.com/
The Flavours of Galloway	www.flavoursofgalloway.co.uk
BBC Web Wise	http://www.bbc.co.uk/webwise/courses
Carrick Buildings Learning Centre,	cb1c@south-ayrshire.gov.uk
Going Wild	http://www.goingwild.net
The Big Wildlife Garden	http://www.bwg.naturalengland.org.uk/
The Peinn Mor Pottery	http://www.peinnmor.co.uk/
M.J.A Photography	http://www.mjaphotography.co.uk/
Public services all in one place	www.direct.gov.uk
For timetables, fares and bookings	www.citylinkonlinesales.co.uk
Library Catalogue	https://library.south-ayrshire.gov.uk
Library Services	http://www.south-ayrshire.gov.uk/library
South Ayrshire Libraries Blog	http://sayrshirelib.wordpress.com/

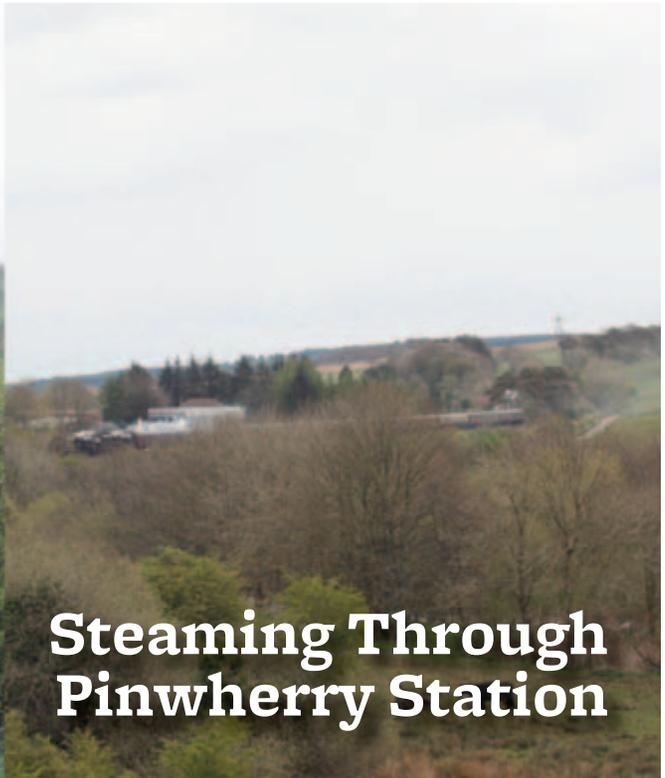
Please contact: John McAlley [Editor]

Liglartrie Farm Pinwherry KA26 0SL | Tel: 01465841198 | Email: stinchar-valley-magazine@hotmail.co.uk

Useful Contacts

Accident & Emergency	Ayr Hospital	01292 610555
Minor Injuries Unit	Girvan Community Hospital	01465 712571
NHS 24		08454 242424
Samaritans		0345 909090
Girvan Community	Policing Team	01465 710995
Citizens Advice	Stranraer 10am - 4pm Mon - Fri	01776 706355
SEPA Emergencies		0800 807060
Gas Emergencies		0800 111 999
Scottish Power	Power Cut/Emergencies	0845 2727 999
Emergency Services		999

For suspicious articles found on any beach contact the police on 999 and ask for the Coast Guard because it might have come from Beaufort's Dyke; Beaufort's Dyke is the sea trench between Northern Ireland and Scotland within the North Channel. The dyke is 50 km long, 3.5 km wide and 200–300 metres deep. Because of its depth and its proximity to the Cairnryan military port, it became the United Kingdom's largest offshore dump site for conventional and chemical munitions after the Second World War; in July 1945, 14,500 tons of 5-inch artillery rockets filled with phosgene were dumped in Beaufort's Dyke. Munitions have subsequently been washed up on beaches in the area. In particular, in 1995, incendiary devices were discovered on the Scottish and Northern Irish coasts. This coincided with the laying of the Scottish Northern Ireland Pipeline (SNIP), a 24-inch gas interconnector being constructed by British Gas.



Steaming Through Pinwherry Station

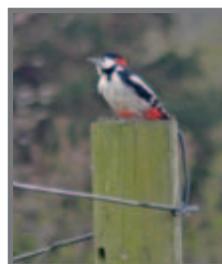
Community Spirit

Our thanks to Charlie and Christine Welsh for the fantastic refurbishment of our Milestones, to Willie and David Logan for the now erect notice board in the Virgin Inn Layby and to local residents for the upkeep of some of our planters.



Our Visitors

Robin in a Rucksack, our Woody, Long Flight Cleaning, Slow





Panel images from Pinwherry notice board sites.

Girvan Camera Club

(See Article)

Left to right: John Foster, Roddy Robertson, Donald Love, Ged Connelly, Liz Arnott, Bill Arnott, Yvonne Morrison and Rory McAdam (Club Champion). Picture from the prize giving taken by Andy McAlpine

Dinvin Motte Pinmore



From the Water of Assel

You've really got to stand in the burn to appreciate how ancient travellers might have felt when they first caught sight of the huge fortress towering above them, its occupants easily able to watch their every move. They had nowhere to hide from this point on.

Photo by: Keith and Beryl Dawdry
<http://www.peinnmor.co.uk>

Peinn Mor Pottery

