



VILLAGE CRIER



DELIVERED TO 800 HOUSEHOLDS

Info@villagecrier.co.uk

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ABERNETHY, ABERARGIE AND DRON NEWS

20th EDITION

September 2013

Closing date for next edition 31.10.13

Hello again Readers,

I have written telling you that I usually do my column for The Crier in stages, adding to it bit by bit; not this time; the deadline is only 3 days away and Jimmy will be getting anxious so I need to get cracking.

I am always being teased about where I am when I start my article, sometimes looking out to the islands of Eigg and Rhum from Morar or maybe from south western France. This time I am in my own house in Bridge of Earn but having just returned from some time spent overlooking the Pacific Ocean from a magnificent setting on Vancouver Island, hence the rush towards the end of July. One does not take extra baggage when flying such as notepad etc. Just as well as my luggage and I parted company at Heathrow and were re-united a day and a half later in Bridge of Earn. Could have been never I suppose, so I was lucky. It is quite amazing how things co-ordinate through various changes and are able to be checked during one's journey. I was flying from Victoria BC where my baggage was checked in and assured that I did not need to think about it until I arrived in Edinburgh----- arrived in Edinburgh, no baggage. It was to be expected as my flight from Vancouver was delayed for 3 hours and 30 minutes-----maintenance problems but better to be safe than sorry. Subsequent flights had therefore to be rescheduled. Anyway, at least in Edinburgh I was reassured that my luggage was last noted between Terminals 3 and 5 in Heathrow; it was in the UK! The journey itself was another story which will keep.

What excitement there was in Canada over the birth of Prince George. There was an update of events on every news channel, fireworks, books of congratulations etc etc., everyone so happy to celebrate.

Another event which was strange was watching the end of The Open at Muirfield early in the morning realising it was

evening in Scotland and unusually seeing the course looking so brown. First thoughts, my grass won't be growing either, not too much to face when I get home!

I was still in Scotland when Andy Murray won the Men's Singles at Wimbledon; such an exciting event which I will never forget. I took a newspaper over to Canada with a full report of the match and all my relatives were as excited as we were in the UK. On the strength of this I was tempted to play a bit of tennis with the younger generation, not having held a racket in my hand for many years, can still run a bit and hit a not too bad forehand!! Happy memories now.

I haven't caught up with very much Abernethy news yet, hence all the above is about me and Canada (a bit like doing an essay, "What I did on my Holidays". I am sure some of you will remember your schooldays!_ I did hear that the BBQ at the Museum was most succes)ful and that the Grand Golf Raffle was won by Alan Hill, Captain of Dunning Golf Club. His wife Corinna teaches in Abernethy School, so perhaps Alan may invite her to share the prize. Good to know there is an Abernethy connection.

The Fete at the Williamson Hall was enjoyed by young and old. I expect there will be a full report within these pages. It was lovely for me to catch up with longstanding friends and acquaintances and recall Gala Days of bygone years.

Looking forward, do not forget the Art Exhibition in the Museum, this time extending over two weekends 18th, 19th, 20th October and 25th, 26th, 27th October.

I cannot believe that next time I am writing my contribution it will be for the December issue.

Till December,

Hilda Clow.

EDITORS VIEW

Is there no enthusiasm for the vote next year?

Brian Boyes seems to be the only person in the village who has anything to say about this life changing event.

Do you agree or disagree with Brian?, Give us your views.

You get the Community Council, Local Council and Government you deserve. If you don't vote you can't complain.

Very well done to the Parks Project Committee for raising so much money towards further park developments. The new facilities in the Williamson Park and the Powrie Park are great.

I see there is a letter in on the age old subject of dogs fouling on the highways and bye ways. How many more years will the people of this village have to groan and moan about the irresponsible dog owners who mess our walks?

What is wrong with these people? Have they no respect for the village, its people and their health.

Get a grip, get a dog poo bag.

Please note ALL articles must be accompanied with a name and address BEFORE they will be published in the Crier.

On request, the name and address may be withheld from publication.

Any submission without these details will NOT be included



LETTERS TO THE ED

Dear Ed.

Reference my previous article in Junes edition of the "Crier" where I asked the reader to trust in themselves and those of their fellow countrymen when deciding the question...."should Scotland be an independent country or not?" I feel compelled to revisit the matter again in light of a Report published by a highly eminent firm of Accountants, viz. Ernst & Young. "Without Prejudice" Ernst & Youngs' report shows Scotland is not only flourishing but positively blooming despite the austere circumstances that we all live in at this time. Without boring everyone with the minutiae of the report there has been a 49% increase in long-term investment....compare that with a 3% increase in England during the same time, 2012-2013. There have been 79 new projects "signed and sealed" in Scotland during the last 12 months spread across a wide spectrum of hi-tech industries; oil, science, business and education to name just a few!! The Report, highlighted on BBC's Newsnight, unanimous and unambiguous in its content clearly shows that foreign conglomerates, investing tens of billions of pounds within SCOTLAND are unconcerned whether we vote "YES" at the Referendum in October 2014....they firmly believe that Scots with their intellect and hard working ethos are worth investing in...IS IT NOT ABOUT TIME THAT WE, OURSELVES, STARTED BELIEVING IT???

Brian Boyes

Dear Ed.

Can I have a rant on your page about Dog Poo littering Cordon, Hatton and Carey roads especially Cordon Road. Firstly I would like to say a "Big Thank You" to the responsible Dog owners who bag and remove their Dogs poo safely. (Bens owner even carries a wee bag of sand to mop up after picking up the poo. Thank you Bens Daddy).

A "Big Thumbs Down" to the irresponsible ones who feel it necessary to let their Dog foul in the middle or sides of the road. Would you like it if someone walked their Dog up your Garden Path and did this???

This is the road to our homes, the shortcut to the local park and as proves popular a very pleasant walk for people of all ages to walk, run, jog, bike push a pram etc. BUT when you have to step into the grass to let a Farm vehicle or car pass well you take your shoes into risky territory!

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The Farmer maintains the road by expensive tarring and keeps the verges neat by cutting the grass, he has no objection to people using the road (abiding by the country code of not destroying crops etc) so PLEASE respect his part of the deal by keeping the road and verges clean of Dog Poo.

I have been in touch with the Community Council who in turn got in touch with the Dog Warden to see if we can get a Dog Poo bin down the road.

Points to remember children and adults and especially pregnant women coming into immediate contact with Dog Poo can develop the disease of Toxocara which can result in blindness and complex medical conditions in unborn babies. PLEASE PLEASE be a responsible Dog owner and dispose of DOG poo safely.

Sandra Gourlay Cordon Farm. 850463.

Dear Ed

A big thank you to the Senior Citizens Committee for a great day out to Helensburgh. The weather could not have been better, as the sun shone all the time showing off the treasures Scotland has to offer, hills, glens and Lochs.

With a luxurious coach and a great driver we navigated the narrow roads of the west coast. A lovely atmosphere in the coach all added to the day.

We finished off with a delicious meal at the Dewars Centre.

Thank you very much to all committee for the work put into making this outing a great success.

Lillias Johnston

“The views expressed in the letters are the views of the contributors and do not necessarily reflect the views of the editor or The Crier”

MACMILLAN CANCER SUPPORT

You are warmly invited to come along to the Session House Abernethy Church on Saturday 28th September between 10am -12 noon to join in WORLD'S BIGGEST COFFEE MORNING. We all know someone who has been grateful to have a Macmillan team around them. The money we raise will help to make a real difference to how many people Macmillan can be there for in the months ahead.

Kathleen Baird

ABERNETHY, DRON & ARNGASK CHURCH

- On **Sunday 18th August at 11am** the Sunday club will have resumed; for children up to primary school age. The children join together with the adults in Church for the first ten minutes of worship then go out to the adjacent Church hall with the Sunday club leaders until 12pm. There are songs, games and Bible stories as well as crafts. Babies and toddlers can come too (with an adult). We have a good supply of toys for them.
- On **Sunday 15th September at 7pm** in the church at Abernethy, our mission partners Rob and Ritu Jones will be visiting from Malawi. We are joining together with other churches in the Lower Earn valley to welcome them and hear of their work in a hospital, pharmacy and nursery project in Malawi.
- On **Friday 27th September at 7pm for 7.30** we hope to have a Harvest supper in the Williamson Hall, Abernethy. A two course meal will be served and there will be some form entertainment - (yet to be confirmed). Tickets £8 for adults and £4 for children, available from Celia King on 851 010 from September onwards.
- On **Sunday 29th September at 11 am** we plan to have a Harvest Thanksgiving service. Please bring an offering of goods or money. The produce will go to CATH and any money to a charity (yet to be confirmed)
- The search for a new minister continues.

WOOD CHIPPING SERVICE

Clear out all unwanted or damaged trees and branches

Chippings can be removed or left on site for weed control



Can chip up to 10" diameter



Euan 07739 114334 01738 850395

PARK LIFE

Hands up who's been brave enough to attempt the double pole slidy thing in Williamson Park or who's been birlled off either of the roundabouts. There may still be a couple of things to be perfected but isn't it great to have two shiny new playgrounds in the village? We'll be looking for your feedback on what we've achieved so please keep your eye on our website and Facebook page.

Now we've got the bit between our teeth, we're onto phase 2 of the improvements in Powrie Park. This includes upgrading the footpaths, improving access and parking, creating a sensory area, adding a trim trail and installing picnic tables and new benches and I'm delighted to report that we have managed to secure a huge award of £60,000 from SITA Trust towards this. This will make a huge hole in the budget but, until we manage to raise the rest of the difference, PKC can't get started on the work.

As it stands, the shortfall is approximately £19,000. We are working on reducing this but, even if all our plans come to fruition, we still need to raise more than £6000. If you can help with this in any way, please get in touch. Maybe you know of a potential funder that we haven't tried or work for an employer that supports community projects. Perhaps you have a great idea for a fundraising event or would just like to make a donation. You can contact us via our website <http://abernethyparksproject.webs.com/>, Abernethy Parks Project on Facebook or the old fashioned way on 850087 (Jill Young). All support, practical or financial, will be greatly appreciated.

Abernethy Parks Project

CALLING ALL MUSIC LOVERS!

Just a reminder that once a month we in Abernethy are fortunate to have live music and song (mostly folk) performed by a diverse group of professional musicians, with the odd local amateur joining in. The sessions take place on the last Sunday of every month, from 8.30 p.m. in Cree's Inn, and they really are well worth the money (actually, the music's free, but buy yourself a drink).

There's room for a bigger audience, so come along if you can.



Angus Macintyre.

UNPLEASANT ODOUR FROM BINN FARM

The owners of the landfill site at Binn Farm have been installing equipment to deal with the air borne smell at the request of SEPA.

If you experience this offensive odour please call
SEPA every time 0800 80 70 60 (24 hr)
after hours take Option 1

This is the best way of making your objection known, and they do take notice!

Have your answers ready for these questions

Your name

Where you experienced the smell

At what time first noticed it

Describe the smell (Gassy? Rotten eggs?)

Your contact telephone number and address

Severity of the smell on a scale of 1 - 5 (5 worst)

Did anyone else with you witness the smell at the time (this is important - have a witness)

Tim Michel

BURNS CLUB OF ABERNETHY

presents
**GABERLUNZIE
IN
CONCERT**

Saturday 12th October 2013
at 8pm in the Williamson Hall

Tickets £8 from Ian Bett

The tickets will be available first to Members,
then to the general public

BADMINTON IS BACK!



And we're coming home too. After a year of playing along in Newburgh (with its strange lighting and random low beams), the school hall will once again be welcoming us and we will be happy to be back in it too. So if you haven't picked up a racquet for a while and feel like getting back into badminton then please feel free to join us. Our season will start from the 18th September and run through to Easter. We play most Wednesdays from 7-9pm. The school will on occasions need the hall for other activities so please do check by emailing or calling or finding us on facebook. keir.allen@gmail.com. 850676

ROMAN HOLIDAY - O.H.M.S.

The scenes from Rome during the TV coverage of the election of Pope Francis earlier this year brought back memories of my only visit to the Eternal City in October 1946.

I was serving with the army in Austria when a notice appeared on the camp notice board inviting applications to take part in a Rome historical course. The prospect of a trip to Rome appealed to me and I submitted my name.

To my surprise I was the only applicant from my unit and in due course I boarded a train for the overnight trip to the Italian capital.

We were housed in a camp on the outskirts of the city and were transported around in an army 3 ton truck.

The course was conducted by a Major and a Sergeant from the Army Educational Corps. The Majors fanatical interest in Roman history convinced us that he retired to bed at night clad in a toga!

We had talks in the mornings and visits to various locations in the afternoons, such as The Forum, The Coliseum and The Pantheon.



We could hardly miss the Memorial to Victor Emmanuel known appropriately as the Wedding Cake due to its appearance.

One day was set aside for a visit to the Vatican City where the uniforms of the Swiss Guards made us feel that we were stepping back in time. We saw through the Basilica of St. Peter, marvelled at the roof of the Sistine Chapel painted by Michelangelo and climbed up to the dome to enjoy the view. We finally ascended a ladder which took us four at a time into the ball which is surmounted by the cross. The Vatican museum contains a virtual treasure trove of gifts presented to the various Popes throughout the centuries. The most poignant memory however is of a visit to the Ardeantine caves which lie just outside Rome. During the latter stages of the war a bomb attack by members of the Italian Resistance movement killed 35 German SS troops.

In retaliation Field Marshall Kesselring, the German Commander in Italy, ordered that 335 Italian hostages from all walks of life, be rounded up and taken to the caves and shot. The caves were then sealed up. The War Graves Commission were responsible for opening up the caves, which when we saw them were lined with plain wooden coffins, each one a shrine to the unfortunate victims of this atrocity. A tragic re-

minder of the brutality of war. Following the end of the course we had to wait several days for a train to take us back to our various units and as a result we ran out of money. The solution was to draw our daily free issue of fags and sell them to the locals which enabled us to survive. The fact that I have never returned is probably due to the fact that I was either too skint or too mean to toss a coin into the fountain of Trevi!

Bob McDonald.

TAY LANDSCAPE PARTNERSHIP (LATEST)

As you may have seen in the local press or online, the TayLP bid for Heritage Lottery Funding was successful. £1.4 million was awarded, and it is anticipated that matched funding from various sources will add about another £1 million.

Development Officers Johanna Babbs and Catriona Davies did a great job of putting the bid together, but now the delivery phase will be in the hands of 5 individuals, who may just have been appointed by the time you read this. These will be a Scheme Manager, along with 3 Project Officers to cover the historical environment, access & diversity and learning & interpretation, plus a part-time volunteer co-ordinator.

Abernethy features specifically in 2 of the 28 projects--Ancient Abernethy and The Story of Abernethy, although other projects will also impinge on our area. Beginning this month the entire scheme will run for about 4 years. See <http://taylp.org/index.php> for details.

Angus Macintyre.

ABERNETHY AND DISTRICT COMMUNITY COUNCIL

Dates of Meetings –**Wednesday** Evenings, 7.30pm.
Venue: Primary School Abernethy

2013

August 21st
September 18th
October 30th
November 20th
December – No meeting.

2014

January 22nd
February 26th
March 19th
April 23rd
May 21st – **This will be the AGM**
June 18th
July – No meeting

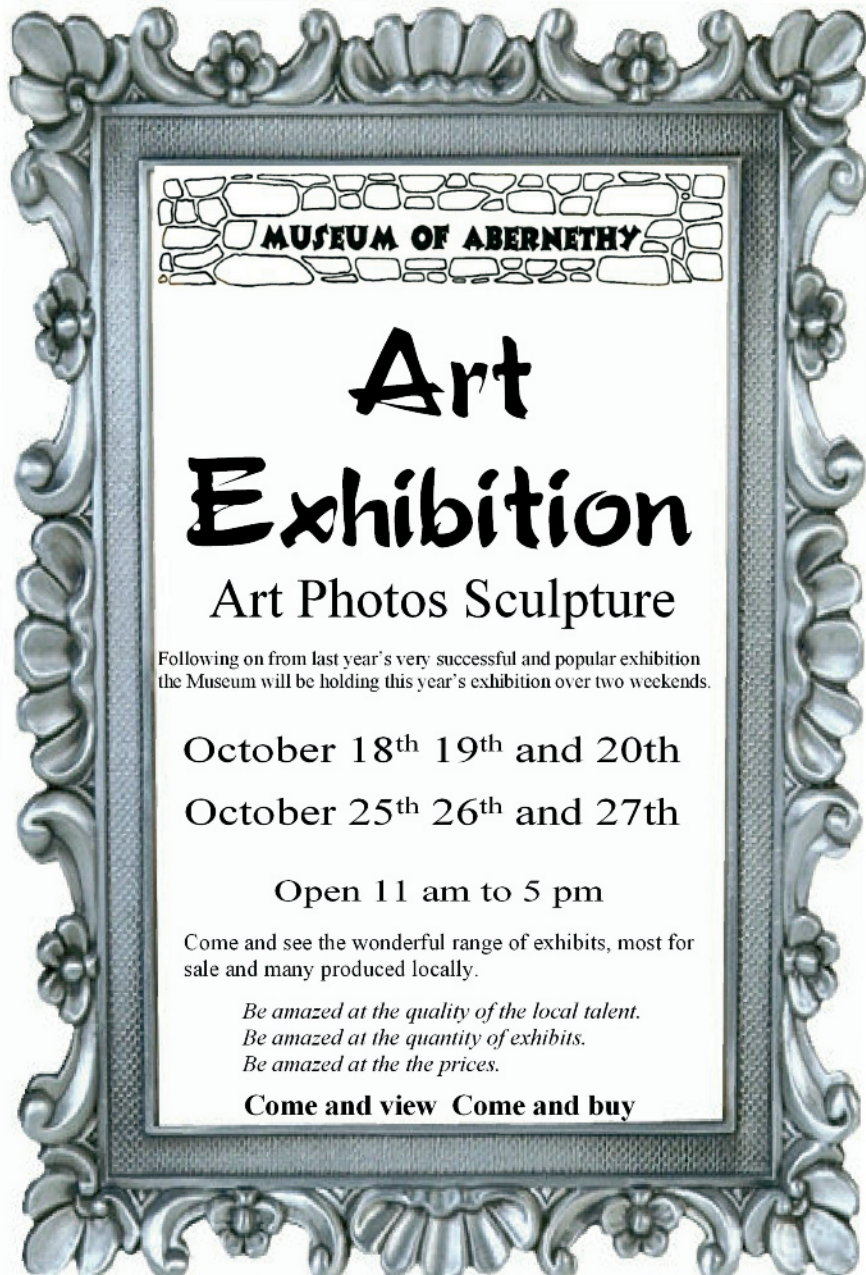
MUSEUM NEWS

It seems that the beautiful summer weather has had a very positive impact on our visitor numbers. At the time of writing at the end of July we have welcomed 156 more visitors this summer than we had at the same time last year. We have also had a significant increase in the number of groups visiting, which is wonderful.

The Museum Summer BBQ took place on 13 July. It was a very jolly evening and certainly enhanced by Robin's fish which he caught himself. We made a healthy profit of £73 on the evening so thank you to all those who assisted and those who attended. I also had the exciting task of drawing the winning ticket for the Golf Raffle. The brilliant prize of a round of golf for two at Gleneagles was won by Alan Hill (captain of Dunning Golf Club). Congratulations to him! We made £500 from the raffle, so once again, thank you to everyone who purchased a ticket.

The Museum of Abernethy will close for the season on Sunday 29 September. However, we still have the Art Exhibition to look forward to (18-20 October and 25-27 October) and a visit from Red Wine Productions in early November.

Rachel Cheer
Chair of the Museum of Abernethy
rachelcheer@hotmail.co.uk
850578



**SOMETHING TO SELL
A STORY TO TELL
YOUR GRANNY'S NO WELL
GET IT IN THE CRIER**

The Crier Committee appreciate very much the contributions from you all and are very pleased that so many businesses wish to advertise with us. However, could you please try and stick to the deadline for articles (see front page), late entries results in a late newsletter or may not be included.

HORTICULTURAL SOCIETY GARDEN DAY 2013 AND FUND RAISING CEILIDH

The Abernethy Horticultural Society will be having its Fifth Annual Garden Day on Saturday 21 September. From 2- 4 you are invited to come along to the Williamson Hall for an afternoon of fun with a horticultural flavour - plants galore for sale, local produce to buy and eat, stalls and café. Come and take part in seed swapping. Bring your apples along for pressing. Ask a gardening question or have your tricky horticultural problem

solved by our garden doctors. There will be lots of activities indoors and out for kids - try the bouncy castle, have a lucky dip, guess the number of marbles in the jar, try your skill at roll a ball and the tin can alley. We've also got a raffle with lots of prizes and anyone arriving in fancy dress as "something from the garden" wins an instant prize.

We would love you to enter one of our Best in Village competitions:
Age 2- 5 Best potato print pattern (A4 size)

Age 6 - 9 Best lookalike vegetable model of your favourite person

Age 10 + Best logo design for the Abernethy Horticultural Society and for all ages: Best late summer flower/fruit/veg arrangement

Best cake or biscuit using a fruit, vegetable, herb or flower recipe

Best jam or preserve

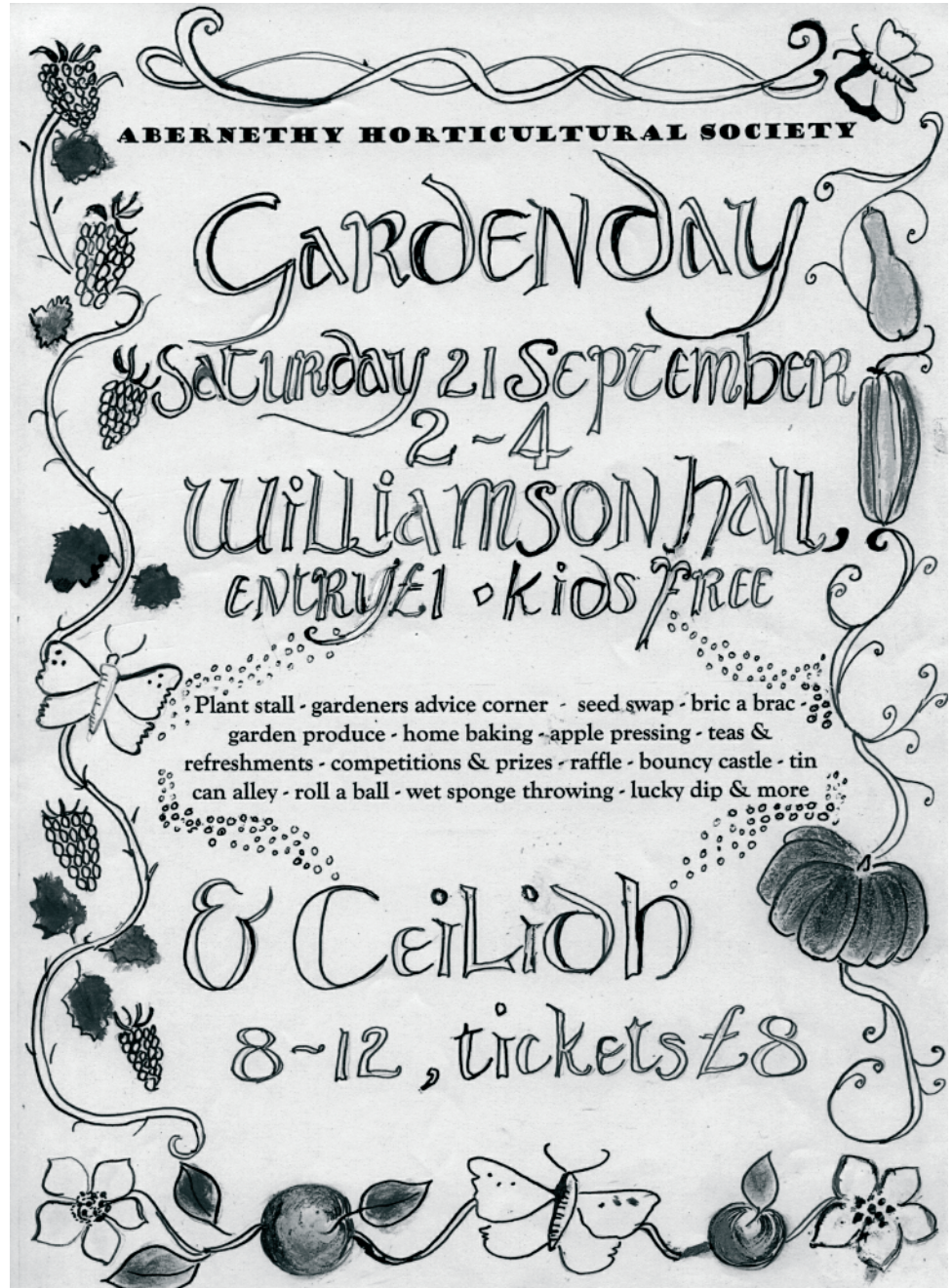
The competitions will be judged on the 21st just before the afternoon events start so please bring your entries along in the morning between 10 and 11.30. Competition entry forms and full details available from Caroline Boyle (Tel: 851190, e-mail: carolinepboyle@hotmail.com) or from the village shop and the Museum. Kids forms will also be available through the primary school.

Entrance to Garden Day costs just £1 for adults (redeemable against annual membership of the Horticultural Society) and kids are free.

The same evening in the same venue from 8 to midnight we are also holding a Ceilidh to help raise funds

for our planned Fruit Tree Trail which will be planted through and around the village. Music will be provided by the Dancing Feet Ceilidh Band. Tickets cost £8 and will be available via the Horticultural Committee. Look for full details on posters around the village. Please BYO Snacks and Drinks. Stovies will also be on sale at the break.

If you want to get involved and help on Garden Day or have donations for the plant and produce stalls or would like tickets for the Ceilidh, please contact myself Caroline (Tel: 01738 851 190) or Ian Lamond (Tel: 01738 850 186) otherwise, hope very much to see you on 21 September.



Caroline

THE ALTERNATIVE ROUTE TO HEALTH AND WELLBEING

Do you feel below par, lack energy, aches and pains, depressed, back pain, migraines, tired all the time, just can't put your finger on why ??

The magical touch!

Cranio Sacral Therapy(CST) Visceral Manipulation (VM) Lymphatic Drainage technique (LDT).

These therapies can be used as a sole therapy or may be combined to reach a satisfactory result.

CST - light hands on treatment which encourages the body's own healing ability by light manipulation of the physiological system which exist in humans, as well as animals with a brain and spinal cord.

VM - addresses the internal organs and their associated structures.

Using gentle specifically placed manual forces to encourage normal internal movement of organs and their associated structure :-

Nerves blood vessels facial restriction

LDT - very gentle palpitation of this system will reduce bloating, oedema, pain and much more.

The above therapies have many benefits which can include emotional issues and these can be addressed during treatment.

Contraindications may apply

Treatment can be given from new born upwards.

A note from Linda:

Over the last 17 years I have developed my skills through studying with Upleger Institute UK and Barral Institute UK. Having experienced this form of alternative therapy personally with life changing results my passion grew to deliver this to others. It is my belief that most people will benefit from these therapies in some way.

What my clients say:

I go to Linda regularly as a beautician and as a therapist. While I recommend her as a beautician I feel she has an intuitive ability as a therapist. I have experienced life changing benefits from this treatment and it enables me to approach life with a spring in my step! Thank you, Linda. Vicki

I have been going to Linda for 8 years regularly every week. It has benefited my asthma and also I have a prolapse which Linda has helped me manage through visceral manipulation and I no longer require medical intervention. I now have regular treatments to enable me to achieve homeostatic balance. Many thanks, Linda. Gloria.

I have been a client of Linda's for at least 4 years. Linda has a great skill for visceral manipulation; a treatment that improves and restores the functioning of the body through targeted massage. The manipulation reconstructs pathways that have been blocked because of postural and biochemical distortion or stress. I am unsure about where and what my visceral system consists of, except that treatments are very effective. Linda's experienced, careful but probing manipulations - realign, re-energise and restore. This form of treatment should become an integral part of mainstream health care - please try it so that you can experience the beneficial effects first hand. Sophie

All enquiries to Linda on Mob 07801729475



Linda Sinclair C.I.B.T.A.C.
BEAUTY & COMPLEMENTARY THERAPIES

15 Ballo Braes, Abernethy, Perth PH2 9GB
m: 07801 729475 e: lindasinclair15@gmail.com

C.A.C.I. FUTUR-TEC & NON-SURGICAL FACE LIFT	THERAPEUTIC MASSAGE
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	CRANIOSACRAL THERAPY
	LYMPH DRAINAGE THERAPY

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ABERNETHY SWRI

The first meeting of the new Session is on Wednesday 18th September when Sandra Batty will talk about "Beatrix Potter". Competitions are "Animal or Bird Ornament" and "Flower of the Month". New members will be made very welcome.

Meetings are held in the Session House at Abernethy Church, on the third Wednesday of the month at 7.15pm from September to May each year. The subscription for the year is £17. Visitors £2 per meeting. We still need new members so please come along and give it a try. If you are not sure if this is for you, please feel free to come along as a visitor first. Contact person Evelyn Scobie Tel: 01738 850496. Mobile: 07719240294.

Future Meetings (hopefully) will be as follows:

Wed 16th October – Neil Butler from Stewart Tower, Stanley will be telling us how he got into the "Ice Cream" business – still to be confirmed.

Competitions: "3 Chocolate Brownies" & "Flower of the Month".

Wed 20th November – Betty Graham will give a "hands on" demonstration using "plastic canvas".

Competitions: "Embroidered Article" & "Flower of the Month".

Wed 18th December – "Christmas Meal" – Venue to be arranged.

Wed 15th January – "Talk on Red Squirrels" – still to be confirmed.

Competitions: "Photograph of Winter Scene" & Flower of the Month".

Please see Village Notice Board each month for fuller details.



ABERNETHY KEEP ACTIVE CLUB

Community residents from Abernethy and District met recently with Margaret Weir from Perth & Kinross Healthy Communities Collaborative at one of the monthly Open Doors Coffee and Chat sessions held at Kirk of St Bride Session Hall.

Healthy Communities Collaborative is based at Perth Royal Infirmary, Moncrieffe Ward, and links in with local communities to take forward opportunities that support healthy ageing.

Everyone present expressed an interest in trying a gentle exercise group that would offer an opportunity to take part in an activity that supports local people with staying younger for longer and Abernethy Keep Active Club was borne!

Three local residents, Evelyn Scobie, Patricia Miller and Ann Sangster are organising a series of **4 free gentle exercise taster sessions** to take place at Kirk of St Bride with the Church kindly agreeing the use of the Session Hall to support the venture.

The sessions are planned for the second and fourth Mondays of September and October 2013, to alternate with the Open Doors Coffee and Chat sessions.

James Knight, a fully qualified training instructor with experience of leading gentle exercise physical activity classes has offered to lead the taster sessions.

We are keen that people from Abernethy & District that are interested in taking part, have an opportunity to do so. If someone has difficulty with transport we would ask they contact us, as we may be able to help. Information posters will be placed on local notice boards nearer the time.

Dates for the sessions are: 9th and 23rd Sept and 14th and 28th October

Time: 12.00- 13.30pm.

People are invited to come along for 12 noon for light refreshments and a chat before the sessions start at 12.30. Participants should wear suitable clothing and footwear.

Following the free taster sessions we will look at how the local community in Abernethy & District can support further sessions on a longer term basis.

For more information on the Abernethy Keep Active Club free taster sessions please contact:

Evelyn Scobie:

01738 850496 or mobile 07719240294

Patricia Millar:

01738 850879 or mobile 07849 152693

Margaret Weir at Healthy Communities Collaborative:
01738 473718



This poem was written by my cousin's sixteen year old grand-daughter. It gave me food for thought and I hope it might do likewise for others.

Hilda

HOW TO LOOK BETTER

How to look better
This is never easy
Look at your face, but don't look too hard.
See that mole? Those freckles? Crows' feet?
Only you can see them.
Don't look too hard.
Do you see the tired eyes, the furrowed brow, and the downturned smile?
Feel your face, and the emotions pounding underneath it.
Rub your eyes – we all get wrinkles eventually
Feel where your emotions have poured out.
Salty tears, preparing to fill a bathtub, letting briny ocean waves wash over a lonely island, an island that is "ugly"
Now smile
Do you hear your laughter? Do you see the life shining in your eye?
Now speak
Do you feel the air soften? Do you feel the spaces around you fill?
Like music, bright orbs of love and intelligence float lightly
Or the looming shadows of cynicism, hatred and criticism resound in the thick air
The air is filled all the same.
Now laugh,
It's not forced.
Somewhere inside you is a happy place, a sanctuary of memory.
For a minute you can forget divorce, death and the diverging of two thoughts that were supposed to mingle together carelessly but didn't
Laugh because you have beauty stored in your heart.
Laugh because you have bottled emotions of hatred and abuse that you want to let free.
They will not always be there.
But sometimes they will hit you as you sit in the corner of some coffee shop on an idle Tuesday
Or maybe when you stare into the mirror, not even attempting to see the millions of memories that swirl in the beauty that is your eyes, because you are looking at the wrinkles that lay beside them, formed from years of laughter.
Don't look too hard.
Realise that those little lines indicate how many years you have been on this earth and inspired people, made them laugh, made them feel something.
The faint scars on your legs are because you are a tiger.
Your stripes, scars, speckles, smudges, stains, mark you. They individualize you. They separate you from the projections of perfection, lies.
They make you a part of something big. They draw you into a group of reality, truth. When you feel the bumps you can say this is me. Your skin is cracked because it can only attempt to hold back your endless ideas and emotions that pulse inside you.
Don't look too hard
Because when you look too hard, your brow furrows, your smile wanes, you cannot hear your laughter.
You see the lines as lines.
Not as the markings of a warrior
How to feel better,
See yourself for who you are, not masked by imperfection
Your beauty can be heard in the sound of your voice, your laughter
See yourself as others see you
Don't look too hard

Kira Hoff. Vancouver.

THE NEXT JIM BAXTER?

Good news from Dunfermline Athletic.

Scott Sutherland has been attracting the attention from Blackburn Rovers due to his excellent performances with the U14's squad this season.

Scott, who signed up with the Pars again for next season at U15's will be travelling with the young Dunfermline Athletic teams to the annual football festival at Repton this coming August.

He will follow this up with a week long trip to Blackburn Rovers Academy before restarting the season again with the Pars in late August.

Head of Youth at Dunfermline, Stephen Wright said: "Again this is excellent news for one of our young players and everyone involved with the Youth Department. Scott has performed brilliantly this season and has scored a lot of goals along the way. This is a great reward for Scott as he will get the chance to test himself against top English opposition, an experience he will surely enjoy"

At the moment Scott is training with the Scotland U15s at Largs. After successfully getting through two trials, this is his final trial in the process and hopefully will be picked for the squad.

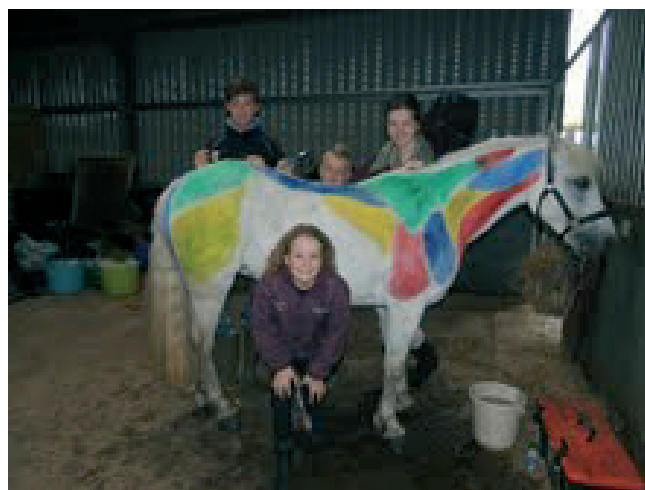
Evelyn Sutherland

FENELLA'S MUSCLES

In July Imogen spent a busy week at Young Rider's Camp for young Endurance riders near Dunning. Young riders are between 8 and 20 years old and ten year old Imogen was the youngest camper.

The children had a great time with a varied range of activities, including a Preliminary Dressage test. One of the talks was by Horse Physiotherapist Catriona Gould and Imogen's Connemara pony, Fenella, was a model. She had all her muscles painted in bright colours on one side and her skeleton drawn on the other. She was well washed afterwards but traces of pink and yellow paint are still clinging to her. If you see her out with Imogen you may think she looks like 'My Little Pony'!

ANNE



YOUNG JOURNALIST COMPETITION

The Crier Committee was very disappointed not to receive a single entry for the 'Young Journalist Award'

We have not given up in our efforts to encourage young writers and the next issue will provide details of a **new** competition.

We are going to look for short story writers and have three classes; primary age children, secondary age children and any age adults.

All information will be in future 'Crier' issues but you have until July 2014 to think about what you could write.

MANY THANKS

Mrs Iris Watson wishes to extend her warmest thanks to the following people who were so kind to her following her accident viz the staff in the Clinic and PRI, Brian Greig and everyone else who helped with various chores etc and also to the Church for the flowers she received.



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2013/14 SYLLABUS

2013

October	2nd	The Journey of Jute	Sandra Thomson
November	6th	Gaelic Monasteries of Southern Pictland	Oliver O'Grady

December	4th	Way of the Wanderers	Jess Smith
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2014

February	5th	Admiral Cochrane	Joseph Giacopazzi
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March	5th	Glenshee Pictish Longhouse	David Strachan
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April	4th	AGM followed by a talk about Alexander Buses	
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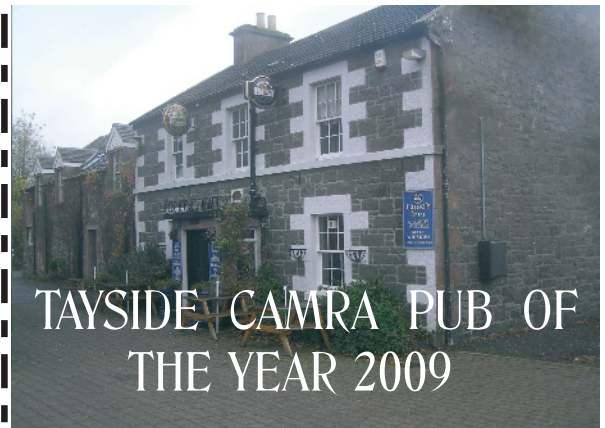


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