

# DRYMEN REPORTER

March 2024 Issue No. 97

Deadline for next issue 15 May

Editor - John Cameron

drymenreporter2017@gmail.com



Weather article, Page 6

## Spot the Prince!

Does this brilliant 28<sup>th</sup> of February photo of toads ('puddocks' as I knew them) from our Weather Reporter, remind you of old phrases like 'A face only a mother could love' or 'You have to kiss a lot of toads to find a prince' or does it make you wonder 'What happened to all the frogs and toads we used to see? Can I do anything to help?' More and more communities are setting up 'Toad patrols' to reduce the numbers killed on the road at this time of year - something for the school and youth groups to think about?

Unfortunately we don't have a report from the Guides this time due to illness and I find it quite distressing to report that; the Hall committee is still looking for a Treasurer; and the Youth Café will close for want of a Chairperson and a Treasurer. Perhaps some of the parents who benefitted from child free nights when the Youth Café leaders looked after their children, or now grown-up ex Youth café members and Hall users, could give some time back by taking on these roles and showed some respect for the amazing dedication of the past leaders. Or will we be saying in June 'The ship sank for a ha'penny worth of tar'?

John Cameron  
Editor

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# Try ‘Curling’ – in the Village Hall?

Drymen Curling Club are holding an “Open Evening” in the Village Hall on Tuesday 19th March 7pm – 8.30pm. You might ask “how does this relate to curling on ice?”. OK, we won’t be on ice! We do, however, have a kit that will allow you to get a sense of what is involved in the addictive game of Curling. **Drop in anytime and meet the members.**

The Club was formed in 1830 and almost had an ice rink built by Sir Hugh Fraser around 1978, on the ground now occupied by Winnock Court. We have members from Gartocharn, Croftamie, Drymen and Stirling and we usually curl at the Ice Rink in the Peak, Stirling. We have good car share arrangements amongst the members, and it is possible to curl as often or as little as you like. For regular curlers the games tend to be on a Tuesday evening.

A recent development for those who are wary of sliding, or not able to slide, on the ice, is the introduction of “Stick Curling”- this short video shows this technique - <https://www.youtube.com/watch?v=xfZLLjrMjwl>

Families are especially welcome as this is a game for all! For more info, or to book a time slot, email [drymencurlingclub@gmail.com](mailto:drymencurlingclub@gmail.com).



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# School news - By Fergus, Jacob & Molly

## Burns Afternoon

The School had a successful Burns afternoon, which some of the senior citizens attended. There was shortbread, biscuits, Irn Bru, tea and coffee to eat and drink. The P4-7 poetry winners recited



their poems which everyone enjoyed, and P1-3 performed some Scottish Country Dancing. The P7 house captains were also there, and they helped with serving teas and coffees.

## House Reading Challenge

Drymen Primary has four houses which are named after four mythical creatures: Kelpie, Selkie, Nessie and Wulver. Everyone is encouraged to read a book and complete a review and then a photo of them and a photo of their book will be displayed on the board. The house with the most books read will win a special treat. This challenge is part of our school goal to improve reading for enjoyment.

## New Books

The Young Leaders of Learning did a survey, met with the PTA and Mr



Robertson, and decided on new books for class libraries. There are also new books in the library which are dyslexia friendly as the pages are different colours. Everyone is enjoying the new books.



## P7 Sports Leaders

P7 have been planning Sports Leaders with Neil from Active Stirling. They have now started their sessions with the younger ones, and they are going well. It started on the 20th of February and will be going on for a few weeks.



## Outdoor Classroom

The children voted to call the outdoor classroom 'The Cozy Cabin'. This can be used for outdoor learning. P7 recently built a fire pit and enjoyed some hot chocolate.

## Robin Hood Pantomime

P1-P7 and all the staff enjoyed a very funny (and loud!) performance of Robin Hood. It was lovely to have a pantomime in the school. Thank you to the PTA for fundraising for the show.



Fergus, Jacob, and Molly.



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## Puns

**These puns were originally received from Alison Brown some years ago but are still good!**

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding - A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play

Does the name Pavlov ring a bell?

### Disclaimer

*The views expressed in articles published in the Drymen Reporter may not be the views of the Editor or any other members of the Drymen Reporter production team.*

## Let us know if you can help

If you have any interesting articles we would love to receive them. Please send emails or word documents to John Cameron at [drymenreporter2017@gmail.com](mailto:drymenreporter2017@gmail.com)

### The Team

John Cameron - Editor  
Claire Pocock - Compositor  
Frances Lander  
Jakki Sendall

The Reporter is now available to view online at [www.drymen.org/drymen-reporter](http://www.drymen.org/drymen-reporter)

Community groups, clubs, and societies are not charged for non commercial adverts.

### Printing

J.Thomson Colour Printers.  
Tel 0141 429 1094

## Next issue June

If you would like to have your contribution included please send it before the deadline of

# 15th May

# Drymen Community Development Trust

**With spring nearly upon us (fingers crossed), Christmas now seems a distant memory.** Thinking back, we had a lucky gap in the weather for the Christmas Tree lights switch on, which was well attended as always. Thank you to all who contributed and, most importantly, to Niamh and Jayden from Drymen Primary School for pushing the big red button! We also had some lovely Advent Windows again this year. We know how much work it takes to create beautiful windows, so a big thank you to everyone who took part.

**Road Safety Trial** - Following on from the vote last autumn, the new layout was removed in early January and the previous layout reinstated.

**Public toilet feasibility study** has now been completed, and we held a community drop-in and evening presentation in the village hall on 6 February. Thanks to all that came along to hear about it and share their thoughts. The study highlighted the financial challenges of community operated public toilets, but we will continue to work with partners to try and find a way forward.

**Defibrillator** - Some people may have noticed that this was

missing from outside Conic Crafts. We believe we have tracked it down and hopefully it will be back in place soon!

**Path maintenance** - By the time this goes to press we will hopefully have had our first session, starting with the path over to Home Farm which is increasingly disappearing into the beech hedge! We hope that these sessions will become regular fixtures so please get in touch if you'd like to help out ([hello@drymen.org](mailto:hello@drymen.org)).

**Village litter pick** - This year's pick will be on Saturday 23 March. We'll be meeting at 9.30 in the square if you'd like to join us for an hour or two to get the village looking great for the summer!

**E-bikes** - Talking of summer, as the weather warms up we will be getting the two village e-bikes back into action. Please get in touch if you'd like to register to use them. We are also organising this summer's Piping on the Square. We are finding it increasingly difficult to get pipe bands to play for us, so if you have any contacts then please let us know.

As always, we welcome new members to the Development Trust. It is £10 to join and can be done on our website page here: [www.drymen.org/community-trust](http://www.drymen.org/community-trust).

## Make the most of the Library's resources

**The new year is now in full swing at the Library as Bookbug, Fabric Fun, Coffee Club and Book Group** have already started and our diary is filling up nicely for the next few months as we look forward to many more events to come.

The Citizens Advice team will be at the library on the first Monday of the month from 10am to 12noon - pop in or make an appointment. If you need help and advice with looking for a new job, our Learning and Employability team are on hand with all sorts of useful information.

Many people suffer from Seasonal Affective Disorder at this time of year and, to help combat this, we have an area set up for you to relax and read a good book while you soak up the rays of our SAD lamp.

Our IT & Me sessions are held every Thursday from 2pm - 4pm where we can help you with getting online, setting up an email account or gaining confidence when using your phone, tablet, laptop, or pc.

As you can see, there is a lot going on and, if you want more information on all the things that are happening in Drymen Library, or want to book an appointment for CAB, Learning and Employability or IT & Me, then please call us on 01360 660751 or email us at: [drymenlibrary@stirling.gov.uk](mailto:drymenlibrary@stirling.gov.uk)

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# Happy days for some!

Drymen 2024	Dec	Jan	Feb
Temp highest max	11.9	11.8	12.1
Temp lowest max	0.2	-0.6	2.7
Lowest min	-5.2	-8.8	-4.5
Highest min	10.3	7.9	7.0
Mean maximum	7.5	6.6	8.8
Mean minimum	2.8	0.1	2.9
Mean temp	5.3	3.5	5.6
No. days <0	7	16	8
Monthly rain (mm)	201	144	116
Most in 24hrs (mm)	47.2	36	17.3
Days with >0.2mm	27	26	26
Days with >2mm	19	12	17
Days with >20mm	2	1	0
Annual rain so far	1403	144	260

Temperature shown in degrees Celsius

It was a mild winter. December was 50% wetter than average and sustained high winds for 24 hours through 21st -22nd brought some trees down in the surrounding area. The monthly mean temperature was up by 1°C but, even so, a little snow lay on the 30th.



Toads on the move West of Drymen - carefully moved to the side of the road

January was slightly cooler than average. A run of 14 frosts in a row, including three under -8°C, was more than offset by the effect of a warm airstream from the Azores towards the end of the month when Kinlochewe, in Wester Ross, saw the mercury rocket to 19.6°C on the 28th, providing a January record for the UK.

February was a very warm month with daily maximums up nearly 2°C. Great news for amphibians! By the middle of the month, daytime temperatures were consistently in double figures and on the 28th, after 3mm of rain and the magic after-dark temperature of 6°C, conditions were perfect for the first of the Spring frog and toad migrations. The perilous nocturnal journey across the Drymen to Balmaha road saw hundreds flattened, but the smorgasbord would be cleaned up by morning as the crows, magpies, jays, and foxes moved in.

LB

# Drymen Community Council (DCC)

2024 is off to a great start with the exciting news that **Drymen, Croftamie and Buchanan Gala Day** is back and will be held on **Saturday 15th June**. The day will kick off with a float procession from Drymen Primary School at 12:30pm and this time local businesses are invited to join in too.

Please contact Louise if you wish to participate with a float, or Rebekah / Maja if you would like to have a stall, using our email address which is detailed below.

Other news of interest is:

**Committee Members:** there has been a change in office bearing roles with Rebekah MacDonald now being interim Chair after David Mackie stepped down from the Community Council due to his role in Loch Lomond and Trossachs National Park. Rhona Carmichael is now interim Vice Chair

**Transport Working Group:** a group has now formed comprising of representatives of the DCC, DCDT and the local community to try to find solutions to our lack of public transport.

This will feed in to our monthly DCC meetings.

**Stirling Council BIG Conversation:** if you are interested in finding out more, communications between the Community Councils and Stirling Council can be found in Drymen Library.

**Forum of Rural Community Councils:** there are plans to form a forum for Rural Community Councils. Should this come to pass, DCC will participate and will provide regular updates.

**Drymen Community Development Trust (DCDT):** we are working closely with DCDT who are supporting lots of projects of benefit to the local community and they provide updates at our monthly meeting, the most recent of which included the work they have been undertaking to look at a solution for public toilets.

These are just a few examples of news and so much more of interest to the local community is discussed at our monthly meetings. We encourage everyone able in

our community to come to our meetings to be part of shaping and supporting what is already a great place to live, work and visit!

Should you have any questions, concerns or ideas please do not hesitate to contact us by email: [support@drymenc.org](mailto:support@drymenc.org), by dropping a letter into to the DCC post-box in Drymen Library or by contacting us on our Facebook page. Our next meeting will be held in the Village Hall on Tuesday 07 May at 7pm and we look forward to seeing you there.



# BITS AND PIECES

## A busy start for Probus Club of Lomond

**The Winnock Hotel was the venue for the Club's Annual Lunch on 11 January and, after enjoying an excellent meal, Chairman Robin Stevenson entertained members and their partners with a humorous recalling of his experiences when he was a recently qualified doctor in Africa.**

The second half the season began with a talk from Philip Rodney on the current state of Glasgow City Centre and his thoughts on how this could be returned to its glory days. Murray Pittock then looked at how Scotland's history was linked to the sea and some of the many Scots whose dynamism help shape today's world.

Murray Cook explored the Archeological Treasures of Stirlingshire before Douglas Griffin explained the work of 'Shared Hope' in helping those in extreme poverty by promoting independence and sustainability.

February ended with a walk up to The Whangie followed by lunch at The But & Ben.

If you would like further information on Probus, please contact the Secretary, Duncan Gilmour on 07717 477152.

## New 'perspectives' at the Art Club

We kicked off 2024 with a fascinating Charcoal and Pen and Ink session with our Club Tutor Iain McAulay and members were delighted with the artwork we produced. At a later session, we enjoyed a constructive session grappling with the complexities of perspective drawing and painting – which crops up everywhere and in surprising ways.

We meet in the Village Hall every Wednesday afternoon from 1 pm – 4 pm from the end of September to the end of March. If you would like to join us, you can drop in to see what we do, or contact the Club Secretary, Morag Findlay at [morag.findlay87@gmail.com](mailto:morag.findlay87@gmail.com) or 07868 540 488.

We are looking forward to our Annual Exhibition and Art Sale on Saturday the 20th and Sunday the 21st April 2024 from 9 am – 5 pm in Village Hall. The Annual Exhibition is our chance to display the many and varied paintings and art works produced by our members and to welcome visitors for tea/coffee and cake. Admission is free and this year we are raffling a painting by a Club Member with the proceeds of the raffle being donated to the RNLI.

## History Society

**On Thursday 28 March Alastair Eckersall (Property Manager/ Ranger Naturalist for the National trust, based at Rowardennan) will give an illustrated talk in the Village Hall at 7.30 pm on 'Ben Lomond: the history of the mountain and the surrounding area'.**

Thursday 25 April is Members night with; Cheese and Wine (at the earlier time of 7 pm); some short talks from members (including a presentation of photographs and slides from our archive collection), and a short AGM.

## Competitions for men at the WI – what's the world coming to?

**It's Spring again, and we are almost at the end of another year of meetings when we have had a good range of speakers and a good attendance and support from our members.** Our Christmas charity donation went to Mountainview School for the Deaf in Malawi.

For the last few meetings we are doing embroidery, a bit of garden care and then our AGM followed, of course, by the Drymen Show. Please come and visit the W.I. tent on the day or watch out for details of competitions which are open for non-members and men!

Even better, come and join our meetings next session.  
**Elsbeth O'Brien**

# What's happening at the Village Hall?

There are exciting things happening at the Village Hall in March - from engaging workshops to hands-on repair sessions, there's something for everyone to get involved in!

## Repair Café Survey Goes Live!

West Stirling Repair Café takes place in the Village Hall on the third Monday of the month at 6.30pm. With the Café - By participating, you'll have the chance to be entered into our prize draw to win a voucher for Stirling Reuse Hub.

Have a knack for fixing things? Curious about sustainable living? We still need volunteers to carry out small repairs, and to keep our Repair Café running smoothly, so please pop in or get in touch at [halloffice@drymen.org](mailto:halloffice@drymen.org) if you would like to get involved!

## Recyke-a-Bike visits the Open Doors Project:

Mark your calendars for the 29<sup>th</sup> of March when Recyke-a-Bike rolls into the Open Doors Project. They'll be offering a free bike maintenance class and a Dr Bike session. The maintenance class will run from 10am to 12noon and requires booking and Dr Bike will be taking place 1pm to 3.30pm, no booking required.

## Textile Mending Workshops:

Get ready to flex your sewing skills! Keep an eye on our Facebook page for updates on our upcoming textile mending workshops in March. It's the perfect opportunity to learn new techniques and breathe life back into your favourite garments.

## Weekly Activities:

Don't forget about our regular clubs and groups! From yoga to art, playgroup to dance classes, there's always something happening at the Village Hall. Check our calendar for the latest schedule at [www.drymen.org/village-hall](http://www.drymen.org/village-hall)

## Call for Treasurer:

Drymen Village Hall Committee are still on the lookout for a treasurer to join their team. If you or someone you know is interested in getting involved and would like some more information about what the role entails, please don't hesitate to get in touch at [halloffice@drymen.org](mailto:halloffice@drymen.org).



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# It's not a secret!



**When John McKenzie joined Lodge Loch Lomond No. 1483 in 1974 he could not have realised how much he would become involved in Freemasonry.**

He has been Right Worshipful Master of his lodge on 12 occasions and been an installing master in numerous lodges in almost 70 occasions. As well as being involved with local lodges, John was elected as Provincial Grand Master of Stirlingshire and served from 2005 to 2010.

The Grand Lodge of Scotland has also featured in John's masonic career and after many years' service he has just completed his term as Grand Senior Warden, the highest elected office in Grand Lodge.

At the annual installation of office-bearers of the Grand Lodge of Scotland in November 2023, John was installed as Substitute Grand Master, an office which is in the gift of the Most Worshipful Grand Master Mason Bro. Joseph Morrow.

This is a well-deserved accolade for John, who has given much of his time travelling throughout Scotland on masonic duties, and is an honour not only to him but also to Lodge Loch Lomond No. 1483 and to the Provincial Grand Lodge of Stirlingshire.

John is also an elder in Gartocharn Parish Church.

**Bob Edwards**

## Useful Info

### Library

Monday 9.30am - 1.00pm. 2.00pm - 5.00pm  
 Tuesday 9.30am - 1.00pm. 2.00pm - 7.00pm  
 Wednesday - Closed  
 Thursday 9.30am - 1.00pm. 2.00pm - 7.00pm  
 Friday 9.30am - 1.00pm. 2.00pm - 5.00pm  
 Saturday 9.00am - 1.00pm

### Mobile Post Office service

The Mobile Post Office service is available at the bus stop in the Square on Tuesday from 3.30 – 4.30pm and on Thursday from 9 – 10.30am.

It will also be in Croftamie at the But and Ben car park on Wednesday 3.30pm-4.30pm

### RBS

Monday 1.25-2.40pm Stirling Rd car park  
 Friday 10.00 - 10.30am But and Ben car park

### Drymen Pharmacy

Telephone: 01360 661285  
 Monday to Friday 9am - 6pm  
 Saturday 9am - 1pm

### Balfour Recycling Centre opening hours

(Dunkeld Court, behind the Co-op)  
 Monday to Friday 5pm - 8pm  
 Saturday 10am - 2pm

**Booking online is now essential. See Stirling Council website [www.stirling.gov.uk](http://www.stirling.gov.uk)**

## The end of the Youth Café???

**The Youth Café will be holding their AGM on Wed 27th March at 7pm in Drymen Village Hall.**

A very short annual report and review of the accounts will be given.

Sadly, as we have had no further volunteers to join the Committee and take on the roles of Chairperson and Secretary, this meeting will formalise the steps to closing the Café.

**Lynn Armstrong**

## ...more Puns

A midget fortune-teller who escapes from prison is a small medium at large

Condoms should be used on every conceivable occasion.

Reading while sunbathing makes you well red.

When two egotists meet, it's an I for an I.

A bicycle can't stand on its own because it is two tired.

# Senior Citizens' Association

**Hello there! Well, winter is almost behind us and snowdrops, crocuses and daffodils are out at the same time - as one succinctly describes it "The silent explosion of green that is Spring".**

Here at the Senior Citizens' a warm welcome awaits anyone over 60 who would like to join us for some light entertainment followed by afternoon tea, a raffle, and a blether. Membership is £10 for the year or £4 per meeting for visitors.

In January we had Perthshire flautist Munro Gauld accompanied by his friend Neil who played the cittern. The boys research old Scottish tunes and keep them alive; we had a lovely afternoon hearing them once again and letting our minds wander to days of old.

February 20<sup>th</sup> was our High Tea in the Winnock Hotel, who looked after us as well as ever. After our meal we adjourned to the Conservatory where locals Paul Rybarczyk and John Mackay (and their guitars) gave us a great evening of folk music.

Our next meeting is in the Village Hall at 2pm on Tuesday 19<sup>th</sup> March when Lydia and Lou will be singing a wide variety of songs from easy-listening standards to pop tunes of yesteryear.

April is our AGM in the hall at 2pm on Tuesday 16<sup>th</sup>. The business part doesn't usually take very long and will be followed by a light-hearted musical quiz.

This year we are having a shorter, more local outing, but as yet we haven't decided where to... We may well be looking for some help with cars, so if you can be free on Tuesday 7<sup>th</sup> May and would be willing to help us out I would be delighted to hear from you!

Yours hopefully,

**Linda More, Secretary. Tel. 660706**

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## Sorry Melanie

In the December issue I referred to the local wheelchair paralympian as 'Melanie Reid' when, of course, it should have been Melanie Woods - my apologies for any confusion caused by this typo. Our best wishes go to the 'real' Melanie in her preparations for the World Para Athletics Championships in Japan.

**John Cameron, Editor**





DRYMEN SHOW

Saturday May 25<sup>th</sup> 2024

A Fun Filled Day On The Bonny Banks Of Loch Lomond

Agricultural Livestock, Light Horse and Dog Classes, Pet and Rabbit Tents, School, SWI and Walking Stick Classes, Vintage Tractors and Cars, Trade and Craft Stands, Catering Village, Beer Tent, Fun Fair and Main Ring Attractions

Follow us on Facebook or visit our web page [drymenshow.com](http://drymenshow.com) for more information

## Buchanan Arms Bowling Club

I start this report with the sad news that since the last 'Reporter' edition two members have passed on to the great Bowling Green in the sky - David Burgoyne and Anne Rankin, and our thoughts are very much with their families. David will be sadly missed; he was always willing to help.

On a brighter note we had an enjoyable afternoon at the indoor bowling in Fintry in February, our thanks go to Brenda and her staff for making the day go so well.

Spring and summer are on the horizon and our thoughts turn to sunny days on the Bowling Green - mid-April will be our opening and we look forward to once again meeting old, and hopefully, new friends on the Bowling Green.

Can I make a plea to anyone in Drymen and surrounding areas who would like to come along and join the Club, our numbers are declining, and we need new blood to keep this important amenity for the residents going. Bowling is for all ages, there is no better way to spend a summer evening than by having some gentle exercise and a good natter. Anyone who would like to join the Club, just speak to a member, or contact myself, or, once the green is open just come along on a Monday night 7:00pm. Looking forward to an influx of new members joining us. John McKenzie tel. 07737859442 email [mckenzie.john1943@gmail.com](mailto:mckenzie.john1943@gmail.com)

## ... more Puns

What's the definition of a will? (It's a dead giveaway.)

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

# News from Drymen Church

Our regular Sunday morning services are at 11.30am. You are welcome to come early for a coffee and a chat.

Visitors and all members of the community are especially welcome to join our church family for our Easter services:

**Palm Sunday** will be celebrated on the 24th of March at 11.30am in Drymen Church.

**Maundy Thursday** service will be at 7pm on 28th March in Drymen Church.

**The Good Friday** service will be in Buchanan Church at 7pm on the 29th of March.

**The Easter Sunday** service on 31st March will be in Drymen Church at 11.30am (with Hot cross buns and coffee from 10.45am).

For those unable to attend the Sunday services, recordings of our Sunday morning services can be viewed on the Drymen Church web site later in the day.

Thank you to all who have generously contributed to our



collections for Start up Stirling Food Bank. The first March collection was on Sunday 3rd and the **second is on 10th March**. Donations of non-perishable goods within their "best before" dates are very much appreciated along with cash donations to allow the Foodbank to buy fresh produce.

Our monthly 'Good Companions Lunches' for the over 60s and are held in the Church Annex from 12 noon to 2pm - look out for the posters. There is no charge, but cash donations are welcome. Please phone 660361 to book a place.

**Alison Brown**

# Drymen Show Saturday 25th May

Come along and enjoy a great day of family fun on the Bonnie Banks with a fantastic range of livestock (cattle, sheep, light horses, Clydesdales, highland ponies, and rabbits) being shown alongside other classes and competitions for Walking Sticks, Vintage Cars, and Vehicles, SWI (Rural), Schools and Nurseries.

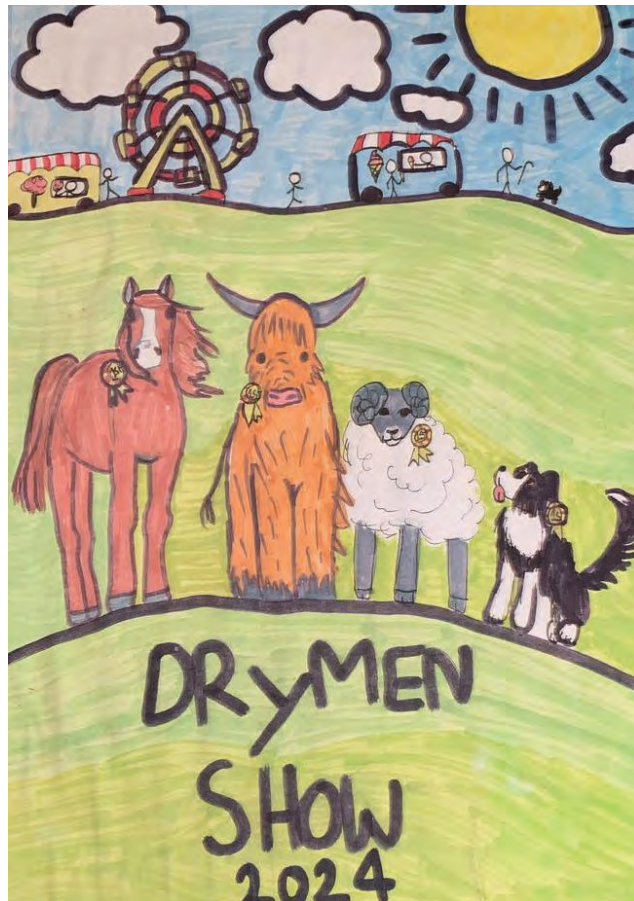
For all the children (young and old) we have our infamous Pet's Tent where as well as petting the animals we have the RHET (Royal Highland Educational Trust) who provide information and fun activities to build awareness and education of all things Farming. From there it's only a short walk to the Fun Fair and then back down to the

Main Ring to enjoy amongst other things "Pig Racing", Children's Tug Of War and Vintage Tractor Pulling. There will also be a whole host of craft and trade stands to visit and, after all that, you can grab a bit to eat at our Catering Village and a light refreshment in the "Beer Tent".

Looking forward to seeing you all there.

**The Drymen Show Committee**

Poster Courtesy Of Mirren Emerton of Fintry Primary who won our "Drymen Show Poster" Competition in last year's School Competition.



# Cubs and Scouts 'hone' their skills

**The Cubs and Scouts of Drymen have continued to meet each Wednesday for 90 minutes of adventure - Cubs at 6pm and Scouts at 6:30pm.**

The Scouts have been involved in activities that have included learning how to safely sharpen, care for and use knives and small hand axes - many thanks to local outdoor specialist Tom Gold for coming to guide the young people in this activity.

The highest award for Scouts is now the King's Scout Award and our Scouts are focussing on trying to win this award in the next 12 months. Part of this was to learn new skills and, with this aim in

mind, we visited Callander climbing wall where some had their first try at climbing whilst others honed their skills further.

Meanwhile, the Cubs have all been learning how to be more helpful around the home and, while changing lightbulbs, ironing, and setting a dinner table were among the challenges, the ultimate challenge was to keep their bedrooms

support of the Buchanan Community Hydro Society - we really appreciate your support! The day trip to the UNESCO site at New Lanark was a great success - train to Lanark followed by a hike down the hill to the Mill where Cubs and Scouts learnt how Robert Owen improved the efficiency of the mill by taking better care of his Victorian workers. A great day out, which included

a hike up to the Falls of Clyde, and then a tough climb out of the valley back to the railway station for the trip home. Luckily one parent was there with a car and some rather tired Cubs and Scouts were able to get a lift back up the hill.

Next on our plans is a weekend away in Cardross, hikes

on the Clyde and this year a trip to The Glasgow Science Centre. The Cardross trip is becoming a firm favourite in our



tidy for a week! We had good reports from parents on this one, so well done Cubs for continuing to help at home.

In January we went as a large group on a trip to learn more about green energy - a trip only made possible by the generous



spring calendar and includes Robins (now famous) spaghetti bolognese and garlic bread!

Many thanks for all the support we receive to keep the group going and as ever, if you wish to become a leader, a Cub or a Scout please do not hesitate to get in touch.

**Gavin Rowley**




**Drymen**  
Croftamie & Buchanan

**G A L A** Day  
2024


**15TH JUNE**


**DRYMEN FOOTBALL FIELD 1PM**  
**FLOAT PROCESSION 12.30PM, DRYMEN PRIMARY**  
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For more information:  
[support@drymenc.org](mailto:support@drymenc.org)



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# Coming to Drymen this March - New Strength and Balance Session!

**Join Loch Lomond and Trossachs Countryside Trust's weekly walking & mobility confidence- building activities!**

Regular walking plus strength and balance exercises may provide the key to an active, happy, and healthy older age. Strength and Balance exercises may also be a simple way to improve balance and mobility, increase strength, boost your confidence, and help improve your social wellbeing. From our recent survey of Strength and Balance participants, 80% told us they have noticed benefits to their physical wellbeing from attending our sessions. New to Drymen this month, we are inviting you to discover the benefits of Strength and Balance and come along to our free **Strength and Balance 'Come Try' session on Tuesday 26th March, 12pm – 1.30pm, in Drymen Village Hall. Just turn up, no booking required,**

Research shows that walking can have huge benefits to our overall wellbeing. Physical benefits like increased heart and cardiovascular fitness and keeping your muscles and bones strong. Walking, especially in nature, is shown to reduce stress and anxiety and improve mood. Meeting new people and being part of a community are some of the social benefits to walking in a group.

**Join our free volunteer-led and gentle weekly walks, adapted to suit all abilities - every Thursday at 10.20am – meet in Drymen Village Square- walks end with optional refreshments at a local café!**

To find out more, call our Health Walk coordinators on 07784 240270 or drop an email to [fiona@trustinthepark.org](mailto:fiona@trustinthepark.org) or [grace@trustinthepark.org](mailto:grace@trustinthepark.org)

JOIN 

FOR **Strength & Balance**

Drymen Village Hall

Tuesday 26th March

🕒 12.00pm - 1.30pm



Strength and Balance exercises focus on building strength, improving balance and mobility which help build confidence.

**What our Participants say**

88% experienced an improvement in their social wellbeing

"I now feel I have more strength and an increased confidence to take the stairs"



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