



the **BLACK** *bitch*

ISSUE 52 AUGUST 2017 £1.00

Linlithgow's news by Linlithgow people



LINLITHGOW FOLK FESTIVAL ¹²

With headline act Barluath



The Vennel Redevelopment 4



Refurbishment at the Rose Social Club 15



Linlithgow 10K Are you ready? 25

PLUS

The Arts, New Hopetoun Gardens, Linlithgow Folk Festival, The Walk for Jock, Scottish Youth Parliament, Police Scotland, Competitions, Book Reviews...



FOR MORE INFORMATION SEE OUR WEBSITE

www.linlithgowcommunitymagazine.co.uk

CONTENTS

- 4 Vennel Redevelopment - Have Your Say
- 6 'Meet Alice' - member Scottish Youth Parliament
- 7 'Meet Drew' - up for the Great North Run
- 8 Great Plans ahead at the Star & Garter
- 9 Community Policing - across the Town
- 10 Take Part in the Art - Arts News
- 11 Hopetoun Gardens - Harvest & Holidays
- 12 Linlithgow Folk Festival - Top Talent in Town
- 14 Feast of Folk - At refurbished Rose Club
- 16 Linlithgow BID - Town Centre news
- 17 Linlithgow BID - Mill Road news
- 18 Three Choir Concert at St Michael's
- 20 'The Walk for Jock' - ready to go again
- 21 Book Review - Lisa Nettleton
- 23 Doors Open Day - head around Linlithgow
- 24 Virtue Money - Brexit, One Year On
- 25 Linlithgow 10K - Ready for the challenge?

Contact the Black Bitch

For editorial and to advertise: on.a.lead@gmail.com
 Editor: David Tait, 07767 713024

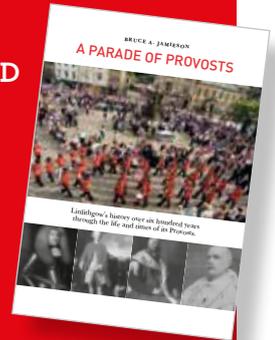


Copy deadline for next issue is 20 September 2017

WIN
A COPY OF
A PARADE
OF PROVOSTS

Q. NAME ONE OF THE
NEW TOWN RETAIL
BUSINESSES HIGHLIGHTED
IN THIS ISSUE?
GOOD LUCK
WITH OUR
COMPETITION.

Email the editor at: on.a.lead@gmail.com



Win two tickets to see 'Barluath' at Folk Festival.

Q. Name the venue where Barluath are playing on Saturday 9 September.

Email answer to the editor at: on.a.lead@gmail.com



Linlithgow & Linlithgow Bridge Community Council is an elected body with the responsibility for ascertaining, communicating and coordinating the views of the community and taking action to promote the interests of the community. It is a statutory consultee for town planning matters. It aims to work with and support other groups in Linlithgow to address a wide range of issues, including:

- Health services and health centre provision
- Transport, including high street traffic, bus services and rail services.
- Employment and business, including retail and the industrial estates.
- Tourism, including attractions, events and accommodation.
- Housing and social housing.
- Social and care provision.
- Recreation, sport and community centres.
- Youth facilities and groups.
- Events, such as the Marches, Advent Fair and Remembrance Day parade.
- Policing and crime reduction.
- Development and planning, with a statutory right to comment on planning applications.

We welcome new members to join the Community Council, as elected or associate members, and take an active part in ensuring our community is well represented and that voluntary activity is supported.

www.llbcc.org.uk

The Linlithgow Community Magazine (aka The Black Bitch) is a Scottish Charitable Incorporated Organisation (SCIO): SCO42542

Find us on Facebook, Follow us on Twitter. The paper we are using is FSC approved.

Images: A big thank you to all our photographers who support the magazine throughout the year.



Linlithgow - a Great Visit!

www.linlithgow.com

Download the Linlithgow App Today!

Pride & Passion
 LINLITHGOW

Pride & Passion Linlithgow. Financially protected by Alan Steel Asset Management
 Linlithgow's National Award Winning IFA
www.linlithgow.com/pride_passion.htm

WHAT'S ON AUG & SEPT.

***Note:** These event will run consecutively over several weeks or have weekly sessions confirmed. Check website for further details.

www.linlithgowcommunitymagazine.co.uk

Aug

Sun 27 Linlithgow Classic Car Day, 9:00am - 4:30pm, The Cross. The Linlithgow Classic Car Day in August 2016 was the best attended yet with over 130 cars. Let's hope that 2017 is even better!

Tue 29 Vennel Exhibition, 10:30am - 6:30pm, Low Port Centre Lounge. Your say on West Lothian Council's proposals for the redevelopment of the Vennel area.

Linlithgow Speakers, 7:30pm - 9:30pm, The Lounge, The Lowport Centre*

Thu 31 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

Sept

Mon 4 50+ Football (Walking), 6:30pm - 7:30pm, Rugby Club*

Wed 6 - 10 Linlithgow Folk Festival, Locations Throughout Linlithgow

Blackness SWI, 7:15pm, Entertainment by Cleish SWI. Blackness Community Hall

Thu 7 Folk Session, 8:00pm at the Black Bitch Tavern*

Tue 12 Linlithgow Speakers, 7:30pm - 9:30pm, The Lounge, The Lowport Centre*

Thu 14 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym

Sat 16 Scottish Chamber Orchestra Concert, 7:30pm - 10:00pm, St. Michael's Parish Church, Kirkgate, Linlithgow

Sun 17 Folk Session, 2:00pm at the Black Bitch Tavern*

Mon 18 50+ Football (Walking), 6:30pm - 7:30pm, Rugby Club*

Thu 21 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

Tue 26 Community Council, 7:30pm - 9:00pm, Burgh Halls

Thu 28 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

Fri 29 Three Choir Concert, 7:30pm St Michael's Parish Church

Want to help us deliver the BB Magazine?

and keep fit at the same time

Email: on.a.lead@gmail.com

Tel: Editor on 07767 713024.

LINLITHGOW KEEP FIT



Meets every Thursday from 7pm - 9pm in the gym at the rear of the Academy. **Contact Brian Gallacher: 07984 930235**

LINLITHGOW RAMBLERS WALKING CALENDAR



With so many exciting walks pencilled in across the monthly calendar why not check out www.linlithgow.info for details on the type of walk, duration and your meeting point.

Linlithgow Classic Car Day...

Sunday 27 August The Cross



Folk Festival 2017

Wednesday 6 to Sunday 10 Sept



"Three choir" concert...

Friday 29 September
St Michael's Parish Church

For more details and more events visit the **what's on** page at www.linlithgow.info

WEDDINGS • EVENTS • PORTRAITS

UNIT 7
BRAEHEAD ROAD
EH49 6EP
(opposite Linlithgow Rose F.C.)

01506 671700
www.paulgavin.co.uk

Gift Vouchers on sale now
Appointments available 7 days

MPA
Qualified MPA/ISPP Photographer

PAUL GAVIN PHOTOGRAPHY



THE VENNEL REDEVELOPMENT WHAT'S IT TO BE? HAVE YOUR SAY!

Readers will recollect the article by the Civic Trust in the 50th edition of the Black Bitch describing the proposal by West Lothian Council to redevelop the Vennel. The primary aim of the project is to raise income for West Lothian Council through the disposal of a number of properties in and around the Vennel which will not be required by the Council when the library moves to the new Partnership Centre at County Buildings.

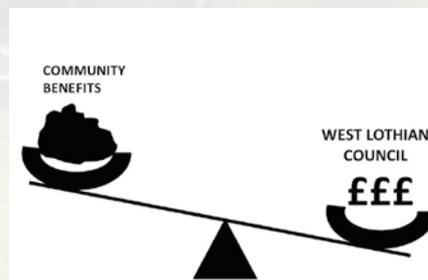
West Lothian Council has drafted Planning Guidelines which it will issue to development companies who have an interest in undertaking the demolition and redevelopment of the 2½ acre site. Developers will respond to the Planning Guidance with proposals which maximises the financial return to West Lothian Council and at the same time improves and regenerates the Vennel area. Individual Linlithgow residents have been invited to comment on the Draft Planning Guidance by emailing DPgeneral@westlothian.gov.uk by 5pm on Thursday 24th August 2017.

The Linlithgow Planning Forum is currently gathering opinion through interviews, a questionnaire and an exhibition. After collating this information it will send its response to West Lothian Council by 8th September. The Planning Forum believes that the proposed development will have an impact on the centre of the town greater than anything that has occurred in the last 50 years and possibly anything that can be envisaged in the next 100 years. It is vital that the Linlithgow community is absolutely clear in its message to West Lothian Council regarding the benefits

that the community expects from the redevelopment. It is essential that the benefits to income are in balance.

Areas to be redeveloped in detail

The site area comprises the library, shop units, toilets, parkland, car park, circulation, landscaping and green space.



1. There is a large area of green space bounded by the loch, the peel wall, the car park, the end of the Vennel avenue and the end wall of the flats (just shown on the picture).

Clearly this would suit a prestigious building but what would be the community payback for losing this space?



2. Residents of the flats on stilts value the garden area in front of the flats. If this area is to go as part of the redevelopment then should it be replaced with a loch side garden and should this be fenced for the sole use of residents?



3. The existing visitor information office/town centre information office is not exactly inviting although it is in a prominent position.

If you were visiting a town with a rich historic heritage would you expect better than this?

PLANNING
FORUM
EXHIBITION,
LOWPORT
CENTRE

Tues
29
Aug

WHAT IS YOUR VIEW OF
THIS DEVELOPMENT
PROPOSAL? – MAKE YOUR
OPINION KNOWN:

It is important that when the Planning Forum makes its response to West Lothian Council that it does so based on the very best level of consultation. For example of the 125 people who have already completed a questionnaire 82% do not want either a developer or West Lothian Council to be solely responsible for preparing the development specification or master plan but rather people wish to see a partnership of the Council, a developer and representatives of the Linlithgow Community. **If this is what people want then we must get this message through to the Council. The more that people engage with the process the more credible the report.**

YOU CAN INFLUENCE
THIS DEVELOPMENT
PROPOSAL BY:

1. Completing the 10 question questionnaire on-line at <https://llbcc.org.uk/community-matters/vennel-redevelopment/> or go to the library and complete the same questionnaire on paper. The supporting consultation document is also available on-line and in the library. The questionnaire closes on Friday 25th August.

2. Do not miss the Vennel Redevelopment exhibition on Tuesday 29th August 2017 in the Lounge, Low Port Centre, Linlithgow, 10.30am to 6.30pm at which the Civic Trust will be displaying a presentation of the area as it was in the past, as it is now and how it could be in the future. Members of the Planning Forum will be present to answer questions and record your opinion.

ANY OTHER QUESTIONS
OR COMMENTS
email secretary@llbcc.org.uk



4

4. Not pretty but does provide some useful parking. This area will be incorporated into the developer's proposals. **How might this area be used?**



5

5. West Lothian Council states that the new development must protect and enable views in, out and across the site and will be stepped, of one and two-storeys in height, to protect important views of the palace, church and loch and their settings.

In reality, the palace cannot be seen from the High Street and the church can only be glimpsed. Is this restriction realistic?



6



6. The flats adjacent to the Cross are in poor condition.

Providing residents & businesses agree to move to equivalent accommodation in the new development is this the right time to demolish and rebuild these flats.



Alice attending a meeting at the **Linlithgow Burgh Halls**.

Alice and co-MSYP **Lucy Martin** have the support of our head teacher along with a large amount of academy staff.



MEET ALICE FERGUSON...

MEMBER OF THE SCOTTISH YOUTH PARLIAMENT FOR THE LINLITHGOW CONSTITUENCY

Hi, my name is **Alice Ferguson** and earlier this year, I was elected as a **Member of the Scottish Youth Parliament** for the Linlithgow constituency. This year I celebrated my 15th birthday, meaning I am in fourth year of secondary school at Linlithgow Academy. I got involved in SYP through the school council, from there I attended many meetings with members of the council in preparation for the March 2017 election. I am pleased to have this opportunity to write for *The Black Bitch* and to explain how I hope to engage young people in my constituency during my term (two years) as a MSYP.

I believe that young people are highly engaged already with world affairs, however sometimes struggle to get their points across to the right people and to make a difference. Promoting the Scottish Youth Parliament in the community would make this easier and challenge the image that young people are disengaged and don't care about the world around them.

Scottish Youth Parliament is a democratically elected body, which is one day older than the Scottish Parliament. 12-25 year olds are given a platform to raise their voices about

issues they have as a young person in Scotland. Currently, SYP is made up of around 150 members representing constituencies and organisations around Scotland. My job is to consult with my constituency and represent them at SYP sittings. Every year, SYP holds three two-day sittings. One in March, June (AGM) and October (which this year will be held at Holyrood itself). We debate for our constituency, raise points for our constituency and vote in 'members' motions' for our constituency.

So far I have gathered from my constituents that free use of sporting facilities is something of importance. During school holidays and even school time many sporting facilities are left vacant. It seems wasteful. Young people are constantly told to exercise but many cannot afford or are not willing to pay a cost for gyms or use of sport pitches. I hope to raise this issue at the SYP in the coming months, and work with young people and local councils to discover a solution.

In Linlithgow, I am working on designing workshops to make it easy for young people to identify and talk about issues that are important to them. These will hopefully be presented in the academy and other local schools. Myself and my co-MSYP **Lucy Martin** have the support of our head teacher along with a large amount of academy staff. I have, in fact, found my head teacher and many of the academy teachers very supportive and willing to help engage the youth! I have also been using social media to

canvas views to a wider audience, an ideal hub for young people's views. I plan to keep active and approachable particularly on social media as well as face-to-face by organising local events.

If you are aged 12-25, I encourage you to speak to me! Whether that be through social media or face-to-face I will listen to what you have to say and fight for your issues at the Scottish Youth Parliament. I also encourage the community to promote SYP and embark on this amazing journey that my constituents and I are about to partake in.

You can keep up to date with my work and how to get involved by following my social media or browsing my website!

Alice Ferguson MSYP 

Twitter - @aliceMSYP

Instagram - @alicefergusonssyp

Facebook - @aliceSYP

Website - <https://aliceruby.wixsite.com/msyp>

Alice Ferguson



DREW MEAKIN & THE GREAT NORTH RUN by Drew Meakin

Raising funds for Ovarian Cancer Action



So it was back in September 2015 when I was at the finish line of the Linlithgow 10k and I turned to my wife and said “next year I am going to run this.” She replied, “you’re on!” So that is where my running journey began. I started with a fitness group at my work on a lunchtime. One of the members was Darren who told me about the Linlithgow Runners group (meets every Tuesday 7:30pm at Low Port and Thursday for fitness training) run by volunteers from the Linlithgow Athletics Club. They are a great bunch and helped me move from running not at all, to 5k then 10k. So in 2016 I ran the Linlithgow 10k in 57 minutes.... For me that was a great achievement (I know I am slow but for me under an hour was a great time).

My running journey has been part of a longer plan, to run a half marathon. An iconic one, the Great North Run! The reason... get fit and lose the beer belly is one, keep up with my wee ones (Finlay aged 6 and Phoebe aged 4). I can safely say at 45 this is the fittest I have ever been. But there is another reason why I am running the Great North Run, to raise awareness and money for charity, specifically **Ovarian Cancer Action**.

Why are you raising funds for Ovarian Cancer Action? I don’t know how many times I have been asked that, sometimes it easy to discuss, sometimes it’s

frustrating. I started to fundraise for OCA back in 2014 as I have been aiming for the magical £1000 mark so that my Mum’s name can be added to the memory wall. My Mum was diagnosed with ovarian cancer in hospital after being admitted (familiar story to many), unfortunately it was at a stage where it was non cureable. Mum fought on for nearly two years but passed away in October 2010, two weeks before my son (her 1st Grandchild) was born, that’s why it’s sometimes difficult to discuss. Only now after nearly 7 years can I talk more openly about it and I am more determined than ever to reach the £1000 mark! I also wanted to raise awareness of symptoms of ovarian cancer so that more men would take note as it could save the life of your Mum, your wife, your girlfriend, your daughter, your sister, your Grandma, your Auntie, your cousin... that’s one of my answers to why am I raising funds for OCA.

The Great North Run is one of those dates in the calendar we always used to watch as a family. I said I would run it one day... now’s the time, though I would have loved Mum to have seen me on the telly.

So, am I ready... Yes I am. **“Just Giving” page set up and text codes set...** yes. **Local paper and community magazine going to run articles...** yes. **Sponsorship form ready.** Yes. **Social media primed...** Yes! **Ready for half marathon...** Yes. I’ll

be running a warm-up 10k in Paisley on 20th August and will have my OCA running vest on. I run at least 3 times a week, twice during work lunchtimes (I have to thank my Managers, colleagues and Managing Director at Origo for all their moral support and asking how I am doing – we are a small company but have big hearts) and with my local running group (Linlithgow Runners) who have helped me progress to be able to run a half marathon, cannot thank them enough. Also like to thank the staff at Ovarian Cancer Action for their work and support. They are open and honest about where money raised goes, I love OCA for this and the fact that money just does not stay in London, it is fed out to research centres across the UK and to centres in Scotland (Beatson Cancer Research Centre in Glasgow).

So counting down to 10th September... It’s approaching fast. Cannot wait!

My just giving page is:- <https://www.justgiving.com/fundraising/drew-meakin>



Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they’ll never sell them on or send unwanted emails. Once you donate, they’ll send your money directly to the Ovarian Cancer Action. You can also donate by text. Type OCVA71, then your donation (e.g. £1/£2/£5/£10 to 70070). I also have one of those new-fangled sponsorship forms, if you see me around town and want to donate just shout up! Remember if you are a UK taxpayer please remember to Gift Aid your donation. Gift Aid is a tax relief allowing UK charities to reclaim an extra 25% in tax on every eligible donation made by a UK taxpayer.



Drew with Black Bitch designer Chris Hamilton who has also got the ‘Half Marathon bug’ and will be running for Guide Dogs for the Blind at the Great North Run.



Grand Plans Underway at The Star and Garter

A pub and hotel since the 1840s in a building constructed over 250 years ago, **The Star and Garter** has a strong claim on the term local institution. Located in the very heart of the town, just a stone's throw from the station, many in Linlithgow have been following the fortunes of the iconic building since the fire that devastated it back in 2010. In spite of some pretty major ups and downs, a great deal of work has since been done, and things now seem, once again, to be well and truly on the up.

While the business has passed through the hands of a number of owners since the fire, **Manorview Hotels and Leisure Group**, specialising in “the restoration of old and tired properties, transforming them into luxury boutique hotels”, bought **The Star** in December of last year and are currently working to build on the progress made since the its first full refurbishment.

Recent months and years have already seen a number of innovations, among them the introduction of a bespoke cocktail menu designed by Manorview's own mixologist, and an on-site microbrewery (which precedes the company's involvement). Cocktails on offer include unique local creations with Linlithgow-specific

names as well as a selection of classics and modern favourites, while the on-site microbrewery, run by Edinburgh company **Krafty Brew**, produces five unique beers, each with its own local flavour. **Black Bitch**, **Lithgae Pale Ale**, **St Mich Ale** and **Stevie G** (after golfer **Stevie Gallacher**), are available from the bar all year round alongside a wide range of other beers, while **Blackness Milk** is produced exclusively for the Marches. “Brew your own” days can be booked as a group activity and the main property is also a venue for events, ranging from weddings and funerals to plays and concerts.

Big changes have also been made in the kitchen with every dish now being prepared with fresh ingredients entirely from scratch; something that manager **Ian Riddle**, who has worked in a number of local eateries, claims that nobody else is doing. Even the bread and gnocchi served are made entirely on site and the tofu used in the restaurant's vegan option is smoked on the premises.

But there are grander changes still to come, chief among them plans to convert what is now the café into more guest rooms and expand the restaurant in order to place a greater emphasis on food. Under these plans, the bar will be “cut in half” and the wall that partially separates it from the main restaurant area knocked

down, in order to create more space for diners, who will have a choice between tables and booths. The renovation work is expected to take 12 to 18 months and aims to change the current dynamics by creating somewhere homely in the centre of town while retaining as much of the old **Star and Garter** as possible. As **Ian** puts it, “It will still be **The Star and Garter**, but with a facelift.”

Starters on offer currently include smoked chicken and black pudding terrine with piccalilli and toasted walnuts and steamed west coast mussels in a curry broth. For your main, choose between 28 day matured 8oz rib eye steak basted in smoked bone marrow butter and chorizo stuffed supreme of chicken among many other options. Desserts include vanilla custard panna cotta with poached rhubarb and baked lemon tart with orange curd.

For more information please see <https://www.starandgarterhotel.co.uk/>.

Vivien Green



THE THIN BLUE LINE IN LINLITHGOW



101 IS THE NEW NUMBER TO CONTACT THE POLICE WHEN YOUR CALL IS LESS URGENT THAN 999.

First of all let me introduce ourselves we are Constable Andrew Murray and Constable Neill Drummond. We are the two community officers based at Linlithgow Police station. Between us we have over thirty years' police service. We are keen to get involved in local community issues and want to hear your views and opinions on these issues. We will be publishing an article in the paper every month covering ongoing community issues which we are keen to address within the ward.

LINLITHGOW COMMUNITY POLICE SURGERY

Due to the positive response these surgeries have received more are currently being planned. These will be held **Town Centre Management office**, directly opposite the Library at The Vennel, Linlithgow.

Once again the public will be invited to drop by, meet their local officers and chat through any concerns they have or highlight any areas they feel we should be giving further attention to. Alternatively if you want to discuss an issue which may require more privacy, arrangements can be made to speak with them another time at a police station or at your home address.

To find out details of future Linlithgow Community Police Surgeries please log on to **West Lothian Police Facebook page** or **Linlithgow Facebook Page** for future dates or check local press for details.

ANTI-SOCIAL USE OF VEHICLES IN LINLITHGOW AREA

Over recent months, Linlithgow town centre and Linlithgow Bridge have been suffering increasing instances of anti-social behaviour involving motor vehicles driven by local 'boy racers'.

This has led to increased disruption to the local community through noise and danger from irresponsible driver behaviour.

In last month's article we had to report disappointing figures regarding the number of drivers who had been charged with motoring offences and issued with Anti Social Behaviour warnings.

Despite previous articles highlighting this problem, our advice has been ignored and as a result further enforcement has taken place.

In targeted patrols over a two day period a further:

> **5 ASBO veh warnings (a 2nd ticket to these offenders will result in the car being seized) these were issued to relatively young drivers**

> **1 vehicle seized under Anti Social Behaviour Legislation**

> **1 Section 3 RTA 1988 (careless driving) (£100 fine plus 3 penalty points)**

> **1 vehicle seized for no insurance**

> **1 Fixed Penalty Ticket - carrying excess passengers (in boot of vehicle)**

> **5 persons being found in possession of drugs**

Driving carelessly and dangerously not only puts the lives of the drivers and passengers at risk, but also the lives of other road users and pedestrians.

It is our intention to continue to provide a local, visible presence and maintain a level of enforcement.

We would like to thank the public for their support in relation to this issue

Anyone have has concerns regarding anti social driving or use of any motor vehicle contact Police on 101.

Be warned, enforcement will continue !!!!

PARKING IN LINLITHGOW

With the coming of Summer and the good weather it was hoped that this would bring about a change in driver behaviour regarding parking in the High Street and surrounding streets

Police Scotland are disappointed to report that despite previous appeals to motorists, the inconsiderate parking is still continuing to blight the High Street and surrounding streets.

Despite previous articles highlighting the congestion on the High Street, the selfish attitudes of drivers who wish to flout the parking restrictions that are currently in place to save themselves walking short distances or a few minutes continues. These come at the expense of other vehicular and pedestrian traffic.

Should the attitudes of these drivers continue then action will be taken against these people

Please, as a resident of Linlithgow, if you do need to drive please do not be a selfish motorist, park legally and adhere to the parking restriction signs.

HOME SECURITY WHILE YOU ARE AWAY...

Almost half of all housebreaking occur when a flat or house is empty. Here are a few tips of things you can do before you go

> *Make sure your home looks occupied. Ideally ask a trusted friend or neighbour to look after it (collect mail, water plants, feed pets). Let them have the spare keys but don't put your name and address on the keys.*

> *Don't leave your curtains closed in the daytime as this shows the house is empty.*

> *Use automatic switches to turn your lights on when it gets dark*

> *Cancel regular deliveries such as newspapers or milk.*

> *Avoid discussing holiday plans where strangers may hear details of your absence from home.*

> *Cut the lawn before you go and trim back any plants that burglars could hide behind*

> *Uncollected mail is a sign that you are away. The Royal Mail's "Keepsafe" service will keep your mail for up to two months while away.*

> *Consider leaving important documents and valuable items with other family members or a bank. Or lock them in a safe.*

> *Do not put your home address on your luggage when you are travelling to your holiday destination.*

> *If you normally leave valuable pedal cycles or similar items in your shed, consider putting them in the house.*

> *Finally, don't forget to lock all external doors and windows. If you have a burglar alarm, make sure it is set.*

> *And just before you set off, it's worth spending a couple of minutes checking that you've done all you had to do and taken everything you need with you.*

Oh and don't forget your passport and tickets Remember to have a great holiday !!!



You can get more advice on a range of topics on the Police Scotland website.

Alternatively you can email **LinlithgowCPT@Scotland.pnn.police.uk** or pop into the station and ask to speak to our Community officers, **PC's Murray and Drummond.**

Regards,
Your Local Community Police – Linlithgow
Website: www.scotland.police.uk
Twitter: [@policescotland](https://twitter.com/policescotland)
Facebook: www.facebook.com/policescotland

THE ARTS

“BACK TO SCHOOL”

The schools will be back for the autumn term by the time you read this. Many art organisations run a “term” time annual programme. Why not make a resolution to have some regular art or culture in your life – it’s often the best way of getting round to doing something. Here are a few suggestions – join up now and you’ll enjoy some activities over the winter, which might spark a new interest or give your social life a boost.



Linlithgow Arts Guild

The new season starts on 7 October and tickets are on sale on line from the Arts Guild and from local shops including “Far from the Madding Crowd”.

Full details of all of the concerts are at www.LinlithgowArtsGuild.co.uk, along with arrangements for purchase of season tickets, which offer a substantial saving to regular concert-goers. There will be more information in the next issue but meantime you may wish to look at buying tickets for an event taking place on Saturday 16th September.

Under the banner of “Your Orchestra in Linlithgow” the Scottish Chamber Orchestra’s tour of Scotland comes to Linlithgow when it will perform in St. Michael’s Parish Church. This will be the final concert of their tour which has taken them to smaller venues throughout Scotland during the summer. Linlithgow Arts Guild has been invited to support this concert, and want to highlight that this is a rare opportunity to hear one of Scotland’s top national professional orchestras locally. The SCO aims to provide as many opportunities as possible for people to hear their music by touring the length and breadth of Scotland and around the world, as proud ambassadors for Scottish cultural excellence. In recent years, the Orchestra has travelled throughout Europe, the Far East, India and the USA. Tickets are available online from www.sco.org.uk, and from “Far from the Madding Crowd”.

Embroiderers’ Guild

You don’t need to embroider to join this

group, just have a general interest in textile art or stitch. The group meets on the last Wednesday of the month in the Linlithgow Academy library at 7pm. A speaker talks for approximately an hour and usually brings some of their work to show. Some of the subjects for the session include The Scottish Plant Hunters, Venice, The Verdant Works and the works of Phoebe Anne Traquair and the Mansfield Trust. You might even be curious about some of these talks with no interest in their link to textile art!

Members run informal workshops occasionally where you can learn a technique such as felt making or transfer printing, and currently some items produced by the members are on display in the library (till the end of the month). You can join for an annual fee of £50, or you can pop along as a visitor too and pay a small fee to help cover costs. Please email me if you want further information. The Young Embroiderers’ Group, which meets on Saturdays, generally has a waiting list but if your child would like to be added please contact jane_charlton@yahoo.co.uk.

Linlithgow Film Society

The 45th year of the local film society kicks off on Monday 11th September with the highly acclaimed film “Lion” starring Dev Patel. There is an advert on page 27 detailing the Programme for the year, but I’d like to remind you what a bargain this is at only £26 (£21 conc.) or £42 for a couple, to attend 14 films! I reckon this is a great way to spend a Monday evening.

Linlithgow Writers’ Circle

It is often said that “everyone has a book in them”. Could it be you next? The Linlithgow Writers’ Circle is a friendly group for writers in and around Linlithgow. They meet every second Wednesday to discuss, critique, and to work on their writing. It often helps to free the block and to see the way forward when discussing ideas with others. They meet in the Linlithgow Tap from 19.30 until approx. 21.30 and the date of the next meeting is Wednesday, 13 September. For more information email linlithgowwriters@gmail.com or find them on Facebook. New members are always welcome.

Sambalistic

Making some noise and letting off some steam may be of more interest to some people. New members are always welcome in West Lothian’s Community Samba Drumming Band. They practice in the Academy every Thursday at 7.30pm during term time. Find them at www.sambalistic.com.

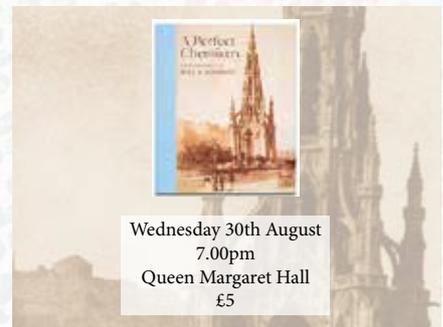
What’s on in the near future – read on...

The Antonine Ensemble is playing in St Michael’s Church of Scotland on 26th August at 7.30pm. Hear some Haydn, Boyce and Respighi for free, or a donation to charity. No booking required.

Linlithgow Bookshop host an interesting

June Carey, is known for her bold figurative etchings and works in a wide range of media including painting, pastel drawing, printmaking and three dimensions.

from
21
July



Wednesday 30th August
7.00pm
Queen Margaret Hall
£5

event on Wednesday 30th August at 7.00pm in Queen Margaret Hall. They are very excited to welcome Anne Lyden (Curator of Photography at the National Galleries of Scotland) who’s giving a talk on the current Hill & Adamson exhibition at the National Portrait Gallery (on till 1 October, and currently running an online 2 for 1 offer). Some of the duo’s photos of Linlithgow are included in the exhibition, so it should be a really interesting event. It’s being chaired by local historian Bruce Jamieson, who is always lively and amusing. Tickets are £5 which includes refreshments. Details of this event at www.maddingcrowdlinlithgow.com or sally@maddingcrowdlinlithgow.co.uk, and keep posted to Facebook for updates. Please also see the advert on page 26 for their event on 7 October.

Linlithgow Art Collective at The Vennel have two exhibitions coming up. Details will be posted on the Facebook page and I hope you will support a local enterprise by popping in from mid-September.

The Linlithgow Jazz concert on 2nd September is John Russell’s Swing Band. Pop the dates for the rest of the year in your diary as well, the acts are TBC – 7 October, 4 November and 2 December.

The Folk Festival runs from 6-10 September – see the full article on page 12 of the magazine.

The June Carey exhibition continues in the Burgh Halls till the end of September.

Please do keep in touch so that I know what’s going on - patswan@virginmedia.com. I hope you have time to experience some ART this month.

Pat Swan



QUOTE OF THE MONTH

“blessed are the curious, for they shall have adventures”

HARVEST AND HOLIDAYS – THE TRIALS OF A GARDEN

We're sorry to have to remind you about things that seem a long way into the future – like 115 sleeps till Christmas – but for you to be able to enjoy great displays of bulbs in your garden next Spring you do need to be planning now... you know how the television adverts start tempting you in January with adverts for the summer holidays that you may only now be enjoying!



'This Spring we really loved this pale yellow Hyacinth Gypsy Princess in this group of pots with winter flowering heather and dwarf narcissus Tete a Tete'

Many folk will just buy bulbs when they see them flowering in pots next spring but you get at least twice the number of bulbs if you buy them in the Autumn... and such an impressive display because each bulb you plant is called 'buried treasure' by Lesley because the flower is already in the bulb when you buy it and so long as you get round to planting them they are guaranteed to perform for you.



We grow a lot of bulbs in pots which we are then able to move to fill a gap at the front door, patio or even in a prominent bed. They are very bare looking when you plant them in September or October so we will plant some pansies, violas or even winter heathers

in the top and then you don't have to hide them away until they perform in the spring. We pack our pots full of bulbs arranging them in three layers as shown in the sketch. They sort themselves out and find their own room to flower. You can choose varieties to flower at different times or create your own colour schemes or use just one type to make a huge impressive performance.



Look how many flowers there are in these three pots, and doesn't the group of similar pots make a big statement? There were at least three layers of the greeny white tulips planted. You would probably have to have them at your front door so the whole world can appreciate the drama you have created!



This pink pot had three different types of bulbs plus a pack of winter flowering pansies in it. The earliest flowers were crocuses but when this picture was taken the pink Tulips and burgundy Hyacinths were holding court.



Bulbs also look great in flower beds and coming up through grass. These Pheasants Eye daffodils are some of the last to flower and have a lovely fragrance. Here some of them are planted in the border next to burgundy Hellebores and pink Primulas whilst some are in the lawn.

Did we mention that you'll need to plant 'prepared' Hyacinths bulbs by September 25th if you want them flowering for Christmas Day?

plant prepared Hyacinths by **25 Sept**

Dougal Philip and Lesley Watson
New Hopetoun Gardens

so much more than just a garden centre

www.newhopetoungardens.co.uk



IT'S BULB TIME!

HERE SPRING FLOWERING BULBS ARE ARRIVING BY THE DAY.

YOU SHOULD START PLANNING NOW WHICH BULBS YOU WILL PLANT THIS AUTUMN TO GIVE YOU GREAT DISPLAYS NEXT SPRING.

The Showcase is sponsored
by Linlithgow BID

**YOUTH FESTIVAL
SHOWCASE.**

**MUSIC SESSIONS AT
SELECTED VENUES.**

THE DADDY NAGGINS.

NORA DEVINE STAGE.

**SONGS & REELS
AT THE ROSE.**

BARLUATH.

**THE TONKERERS
AT CAFE/BAR 1807.**



from
6 to 10
SEPT

**FOLK FESTIVAL TO WELCOME
CREAM OF YOUNG TALENT**

Vivien Green



ANDY
McKEAN.

FAMILY CEILIDH
& COCKLERROY.

LINLITHGOW FOLK FESTIVAL 19TH



With some of Scotland's most exciting young talent ready to take centre stage, and a host of new events and venues set to be introduced, organisers are claiming that this year's Linlithgow Folk Festival, due to take place from 6th to 10th September, will be their biggest and best yet.

Given the event is now in its 19th year and a firmly established favourite on the traditional music scene, this is no mean feat. The town can look forward to five days of music from emerging and established musicians alike, some of them from Linlithgow itself with others travelling here from as far afield as France and Germany.

The festival's high point will be the headline concert by Glasgow based band **BARLUATH** which will take place at the Academy Theatre on Saturday September 9th. Describing themselves as a "diverse and innovative... Scottish folk band who embrace both the traditional and contemporary music of Scotland, Ireland and America", Barluath have been entertaining audiences at home and abroad since forming in 2010, and even went to Washington DC, on the invitation of the Scottish Government, to take part in America's St Andrews day celebrations in 2011.

But there will be plenty more to look forward to and alongside many Folk Festival stalwarts back by popular demand, there will also be appearances by emerging young talent. The line up includes fiddler **Charlie Stewart** who won this year's BBC Young Traditional Musician of the Year, guitarist Luc McNally, who has formerly played with Barluath but is set to perform as part of a duo with award-winning singer **Iona Fyfe**, and **Ross Miller**, Linlithgow's very own Town Piper who has recently graduated from the Royal Conservatoire of Scotland with first class honours.

In terms of events, the festival's mainstays will all go ahead as usual and include the musical cruises on the canal, family ceilidh at the Vennel, Bluegrass Concert and Gospel Session, and of course the Hub at the Masonic Hall and outdoor Nora Devine Stage at the Cross. The organisers are not resting on their laurels, however, and there will be several innovations this year, bringing new venues into play. These will include:-

SONGS AND REELS AT THE ROSE:

Town Piper, Ross Miller, and friends stage a fabulous concert at Linlithgow Rose Social Club.

The ever-popular Bluegrass Concert will move to larger premises at the Academy, with the THE DADDY NAGGINS making a welcome return to the town.

A YOUTH FESTIVAL SHOWCASE for budding young talent (under 18s) will take place in the relaxed and friendly atmosphere of St Michael's Kirk Hall.

Already a magnet for visitors from far and wide, the Festival will also have even more of an international feel this year, with musicians from Linlithgow's twin areas in France and Germany taking part. Folk Festival secretary, Jonathan Moore, explains:

"We are trying to keep things fresh, as well as continuing to raise the bar. This year, various new events will be taking place and new venues will be used for the first time. This is a very exciting development and we are delighted to welcome new partner organisations, such as Linlithgow Rose Social Club, where the "Songs and Reels at the Rose" will take place and Linlithgow Town Centre BID, who are supporting the Youth Festival Showcase in the Kirk Hall. This initiative will give emerging talent the opportunity to perform in a relaxed and informal setting.

"We are adding in other events in the build-up to the Festival and are greatly heartened to see that people such as the new Café/Bar 1807 and the TESCO supermarket are keen to be involved. 1807 will be providing space for musicians on the Saturday and on the Sunday, Falkirk favourites The Tonkerers will play from 4pm until 7pm. TESCO will also be welcoming musicians on the Saturday.

With so many new events and so many more people getting involved, we are confident that this year's Festival will be the biggest and best yet!"

The full programme can be found in the 12-page full colour Festival guide, which is available at "Far From the Madding Crowd" and other local venues. You can also find a comprehensive run-down at www.linlithgowfolk.com



A FEAST OF FOLK AT THE ROSE SOCIAL CLUB



**Thur
7
Sept**

In January, Glenfarg's Charlie Stewart (21) won the prestigious BBC Radio Scotland Young Traditional Musician of the Year for 2017. He performs with numerous Folk and Jazz outfits, including Sketch, Dosca, Snuffbox and Levack Stewart Irving. At the recent Edinburgh Jazz Festival, he took part in a new Jazz/Folk fusion project with some of Scotland's best crossover musicians.

Luc McNally is a guitarist and singer from Dipton, County Durham, who works all over Europe. Having been introduced to traditional music through four years with Kathryn Tickell's Olestra Youth ensemble, he went on to study Scottish Music for two years at the RCS.

As well as teaching guitar and playing multiple Scottish/Irish music sessions around Glasgow, Luc plays with new rock/traditional band Tosca, with electronic/Celtic group Sketch, and in a songs and tunes duo with piper and whistle player Eddie Seaman of Barluath, headliners at the 2017 Linlithgow Folk Festival.

Much in demand as a session musician. Charlie has performed in countries such

as Ireland, Brazil and Belgium and at festivals including Celtic Connections and Piping Live. He studies jazz double bass and fiddle at the RCS.

Linlithgow's very own Ross Miller began piping aged seven and was pipe-major of the National Youth Pipe Band of Scotland for three years until 2017. Ross plays with the all-conquering Inveraray and District Pipe Band, the current Scottish, British, European and World champions.

Also a successful solo piper, he competes regularly at Highland games in Scotland and elsewhere. A few weeks ago, he performed in the MacCrimmon Piping Competition at Festival Interceltique de Lorient in Brittany. Ross is also in demand as a border piper, performing at festivals all over the UK and abroad.

Another RCS student, Aberdeenshire folksinger, Iona Fyfe, is rooted deeply in the singing traditions of the North East. A finalist in the Young Traditional Musician of the Year 2017, Iona embraces the repertoire of her native area throughout the UK and Europe. Described as "one of the most sunning voices on the circuit today" her debut 6-track EP, EAST - encapsulating North East folksong - was received with great acclaim.

Twice a BBC Radio 2 Young Folk Award competitor, she has performed at all the major venues. Iona has been busy with her band on the festivals circuit this year and will release her debut album in January 2018.

In an exciting new development this year, for the first time a major Folk Festival event will take place at the Rose Social Club.

The function suite has recently undergone a significant refurbishment and on Thursday September 7th, the excellent facilities will be pressed into service for a concert involving four of Scotland's leading young traditional musicians.

SONGS AND REELS AT THE ROSE will feature two duos doing their own set and then all four will come together for an amazing finale.

The first pairing will see fiddler, Charlie Stewart, the current BBC Young Traditional Musician of the Year teaming up with piper, Ross Miller, who has recently graduated with a first class honours degree in traditional music with piping from the Royal Conservatoire of Scotland (RCS).

As this was the first graduating year for the course, and Ross was the sole piper, he is the only person in the world with this degree.

The second set features Iona Fyfe, who is one of the country's finest young ballad singers and Luc McNally, a singer and guitarist, whose work has taken him all over Europe.

SONGS AND REELS AT THE ROSE

is proudly sponsored by the Black Bitch Community Magazine.



TICKETS

£8.00 on the door.

for further information

t. 01506 840668

DEBUT EP

Ross and Charlie launched their debut EP - **ACCIDENTAL BELTERISM**

at the recent Piping Live festival and copies will be available on the night. *Artwork is by local artist Gregor Thomson.*



Murdoch Kennedy



REFURB AT THE ROSE



Images by ANDREW WEST

WHAT'S ON AT THE ROSE

Full Session Bingo at 8pm
on Tuesday, Thursday and
Sunday evenings.

Live entertainment every
Saturday and Sunday evening.

Domino competitions on
Wednesday afternoons and
Friday evenings.

Open 7 days

Bookings now being taken
for Christmas Party Nights for
members and their guests –
office and work parties are
most welcome.

December Party Night Dates:

Saturday 9 December
7.30pm – 1am

Friday 15 December
7.30pm – 1am

Saturday 16 December
7.30pm – 1am

Monday 18 December
1.30pm – 9pm

Cost: £30 pp, includes 3 course
Festive dinner, with tea/coffee,
mints, shortbread, tablet.

Hogmanay Bash

Sunday 31 December at 9pm.

Tickets: £12 (includes supper).

Linlithgow Rose Social Club has just completed
a refurbishment of its function suite.

Seating around 150 people, the suite is ideal for wedding receptions,
anniversaries, parties, fund raisers, funerals or other events.

With a raised stage, large dance floor and great range of drinks to
choose from, Linlithgow Rose Social Club has everything you need
for a great night out.

CONTACT: DAVID MCDUGALL ON 01506 843736 FOR MORE INFORMATION.

THUSA UPHOLSERY - FALKIRK
CONTACT: COLIN ON T. 01324 635712

GM CARPETS - LINLITHGOW
CONTACT: BILLY ON T. 01506 848807

LOYALTY LOTTERY

"I don't know why our town doesn't do something like this"... a comment typical of many made by visitors to Linlithgow on being handed a free Loyalty Lottery ticket because they've spent a modest amount in a shop.

"It's gone down extremely well with our customers"... another typical quote, from a well-established business in the town centre, which mirrors the sentiments expressed by a number of others in the High Street.

The scheme was started over a year ago by Linlithgow Town Centre BID, and the goodwill it has generated among businesses and customers has proved its worth many times over.

BID Co-ordinator and Town Centre Officer Stewart Ness said that he's been delighted with the success of the project, with customers so far spending vouchers worth over £1,200 in local shops:

"The feedback from both participating businesses and customers has been extremely positive. Businesses comment on how easy the scheme is to administer, and presents the opportunity to engage with customers. I am always delighted when speaking to winners, especially when they are from outwith the town. It's a great sign that customers see Linlithgow as a shopping destination."

Stewart said that many had praised the project and the town's unique, individual shops, invariably commenting that their own town should follow suit. He added that if any town centre business was interested in joining the project, he would be happy to visit and discuss the scheme with them.

Mike Vickers from Linlithgow said that he had been "delighted"

to win £50 in vouchers recently after a visit to Complete Health at the Millstone. *"It's a good innovation, and I was able to spend it in local shops which I support."*



Gail Wright, proprietor of Complete Health at The Millstone, said that almost every customer thought it was a "fab scheme": *"The fact that it's a free entry when you are spending above a certain amount appeals to them. It's gone down extremely well - some even spend a little more to get above the £10 level."*

Gail said that most of her customers were loyal regulars to whom the scheme had been explained over a year ago. If a customer who usually spent under £10 went above it, the way the Loyalty Lottery worked was explained to them.

"We always offer a ticket, and tell customers when we've had winners recently. We always ask the winner if we can take their picture and post it on our Facebook page."

Gail added that it was essential that all members of staff were trained to tell customers about the scheme, and were continuing to promote it to customers - except when the shop was busy and it could mean holding up waiting customers.



Gordon Forrest, proprietor of Linlithgow Papercraft, said that he spent a few moments with customers telling them about the Loyalty Lottery if they were unfamiliar with it:

"It is always very well received, and I have never had a single customer refuse to participate. Most say that it is a clever idea and a great way of promoting businesses within the town."

Gordon said that while explaining how the Loyalty Lottery worked a customer would be asked for their name, telephone number and e-mail address:

"This information is invaluable for example in marketing a new product or event. I also introduce myself and we can then be on first name terms. Once that has been achieved, we have a relationship that is quite strong, and when customers return they feel more comfortable."



NEW BUSINESS: NORMAN CUMMINGS

Linda Webb has embraced the tried and tested business philosophy "don't change a winning formula"... up to a point. In a career sea-change the former accountant has taken over the long-established haberdashery and fabric shop formerly owned by Norman Cummings in The Vennel on Linlithgow High Street.

For the moment Linda is retaining the name, but has given the interior a radical makeover, and is continuing to expand the range on offer in the shop - dramatically so in certain lines. In more than a nod to the burgeoning interest among locals in tuition in the creative arts field, she will

shortly be holding a variety of dressmaking and crochet classes, with others possibly to follow:

"I have long had an interest in dressmaking, as well as knitting, and bought lots of material and yarn from Norman after I moved to Linlithgow 18 years ago. I've been an accountant for 30 years, with the last 15 spent lecturing and writing textbooks. I fancied a change, and when I saw the 'for sale' sign in Norman's window I decided this was an opportunity I had to take."

Linda said that she had greatly expanded the range of dressmaking patterns and fabrics in the shop because of the surge in interest in the hobby, as well as for crochet, which was also becoming increasingly popular: *"...but I realise that many customers over the years have come in because of the haberdashery, and I am continuing to stock all the threads, buttons, zips and trims that regulars look for."*

She added: *"In the short time I have been open, business has been good. I've certainly valued the weekend help I have from my partner Paul, and at different times from the family, Amanda, Matthew and Rosie."*



Linda Webb

NEW BUSINESS: CREATIVE WORKSHOP

The Creative Workshop does exactly what it says on the tin in an exciting addition to Linlithgow's expanding arts scene.

Zibah Kilbride's main focus may be on pottery at the moment, but her intention is to collaborate with other local artists and offer workshops in a variety of disciplines from her airy and spacious complex in the Vennel, just off the High street:

"I am also looking forward to setting up a printmaking studio where artists can rent the use of everything they need at times to suit them."

She is welcoming novices and experienced makers alike, and is serious about one thing above all - she wants everyone to have fun and enjoy themselves: *"It's a welcoming social environment, with everyone sparking off one another and being creative together in a relaxed setting, and over a glass of wine at the evening sessions."*

Zibah said that she had already held classes in tile decorating, and would be catering for a growing demand for glass painting, particularly stained glass.

It was in 2002 that Zibah graduated from Maine College of Art in the States, majoring in ceramics, with a minor in printmaking and a strong focus on furniture design. After her move to Scotland, she married Steve, whose help she described as "invaluable", and ran a workshop in a former cow shed in Philipstoun before setting up her new project: *"This is a dream come true. I love to create, and I'll never stop learning."*



Zibah Kilbride

NIFTY NEEDLES

Nifty Needles has been less of a shop and more of an institution on Linlithgow High Street for the last 26 years.

Proprietor **June Stevenson**, who has decided to sell up and retire, is the first to concede that while customers came in to purchase hand knitting yarns, patterns, and specialist needlework products, more than a little time could be spent on putting the world to rights: *"My three ladies and I have built up a rapport over the years with so many customers. It's been really satisfying giving advice and helping them in any way we can, but we've often spent longer blethering - discussing the news, politics, local affairs, and everything else under the sun!"*

June, a former teacher, said that it had been "good, great... with a lot of fun and banter". While the internet had made inroads into traditional markets like that occupied by Nifty Needles, the great

majority of her customers - some from quite far afield - had remained loyal.

"All the hobbies we cater for are quite tactile, Customers can handle material, yarn or thread, and see their true colours. And over all these years they have been able to get help on a one-to-one basis, and discuss ideas they might have."

June said that when an offer to purchase the shop had come "out of the blue", she had taken only minutes to decide to accept it. She added: "The time was right. My husband Craig retired 18 months ago, and our first grandchild was born in February. I'm looking forward to spending more time with my grandson and with Craig, and going on more holidays. I also intend spending time in my garden."



BUSINESS RATES

Town centre businesses have been offered assistance by the town centre BID, in partnership with Colliers International, in appealing business rates following the 2017 national revaluation.

If you have any concerns regarding the revised rates for your Linlithgow town centre business, Colliers will be able to review your situation and, if deemed appropriate, they will submit and manage an appeal on your behalf. This project has been funded by Linlithgow Town Centre BID, which means there is no charge to you as a business for Colliers to provide information and advice or to submit an appeal on your behalf.

If your appeal is successful, Colliers International will deduct a fee of 7.5% from the total amount saved. This would normally be 15%, however Colliers have agreed a preferential rate for Linlithgow town centre businesses, whose appeals are successful, and the normal engagement fee is being funded by the BID.

Don't forget - There is a deadline of the end of September 2017 for appeals to be lodged - so if you have a concern about your business rates, don't delay - contact us today! At first instance, please contact info@linlithgow.info to be put in touch with Colliers directly.

MILL ROAD BID CHAIR'S UPDATE



Another fruitful month at the Mill Road BID with our work progressing well with the Scottish Business Resilience Centre (SBRC) to create bespoke training for businesses, as well as looking at the existing broadband capability. We've also continued supporting the police in their ongoing initiative to address the antisocial use of vehicles in the Industrial Estate and the wider town, which has been a great success - with feedback from the community supporting this!

Social Media Support

We mentioned in the previous edition of the Black Bitch that the BID was in discussion with companies offering Social Media Support for businesses, with a view to providing a 'Support Package' for Mill Road BID businesses.

We're delighted to confirm that **Lisa Lumsden the owner-operator of 'Sunnycat', a niche marketing consultancy based in West Lothian** has now been selected to take this project forward on behalf of the BID.



Lisa works with a range of businesses to raise their profile and attract custom, is CIM qualified and as well as having 17 years of all-round marketing and communications experience, she runs social media accounts for a number of businesses in varying sectors.

Lisa said: *"I'm really looking forward to meeting with members of the Mill Road BID and helping them to get started or improve existing accounts on social media. I plan to showcase how social media can help businesses in a number of ways - from communications, to building a community and for sales - and the sessions will be practical rather than theoretical so that participants get the most from them."*

This is an exciting opportunity for Businesses based on the Mill Road estate and we would encourage everyone to "Sign Up" for the sessions and take advantage of this BID funded project.

Broadband

In the last edition of the Black Bitch we advised that the BID board had agreed to engage an external Broadband consultant to advise on how the connectivity could be improved within the Mill Road Industrial Estate. Step one of the process has now commenced with a Survey being issued to business on the estate to respond to and once the survey results have been analysed a decision will be made with regards to the next steps.

CCTV

The entrance sign to the estate has now been updated to alert people to the use of CCTV and ANPR within the estate, and additional signs will be located around the estate over the next few weeks.

New Business Rates

The BID board have completed their review of the proposals received from companies specialising in helping businesses reduce their business rates, and we are pleased to advise that Colliers International have been selected to take this project forward on behalf of the BID.

Work is already underway with several Businesses having contacted the Senior Surveyor to take forward an appeal on their behalf.

BIG

All businesses within the estate will now have received a postcard reminding them of the Business Improvement Grant scheme offered by the BID. Further information and an application form can be found on our web site www.linlithgowmillroadBID.com or contact Stewart Ness on 07717 865225.

New Businesses

If you're a new business on the estate, you may not be aware that we offer businesses a FREE listing on our website and will also help to promote your business on Facebook and our website if you send us the material, jpegs, etc, and it's all FREE of charge.

For more information visit our website www.linlithgowmillroadBID.com or email Bridgette on Bridgette.Kleinman@linlithgowmillroadBID.com. We look forward to hearing from you.



Contacts:

Nicholas Gribben

Chair
chair@linlithgowmillroadbid.com
07956 974981
www.linlithgowmillroadbid.com

Stewart Ness

BID Manager
stewart.ness@linlithgowmillroadbid.com
07717 865225

Bridgette.Kleinman@linlithgowmillroadbid.com



**Fri
29
Sept**

EXCITING PLANS FOR RUGBY CLUB CHOIR START WITH A “THREE CHOIR” CONCERT IN SEPTEMBER



Linlithgow Rugby Club's Male Voice Choir has exciting plans in place running up to 2020 that include joint home concerts with Choirs from Australia and Italy, tours to France and Italy and a second appearance at London's Royal Albert Hall for a Gala Festival of Brass & Voices, raising funds for Cancer Research UK.

Choir Chairman Chris Thomas comments *“If you enjoy singing, supporting good causes and having a lot of fun whilst doing both, now is a great time to join us. Local and regional engagements will always be the cornerstone of our activities, but we also relish events that take us to new locations at home and abroad, thus further extending our relationships with other choirs.*

I'm particularly delighted therefore that our 2017/18 season starts with what I'm certain will be a wonderful evening of music, when we join the Hart Male Voice Choir (visiting from Hampshire) and the Toccata Ladies Choir (based in Livingston) for what I'm sure will be a wonderful Concert at St. Michael's Parish Church, Linlithgow oat 7.30pm, Friday 29 September.”



For over 40 years **Hart Male Voice Choir** has provided the opportunity for men who enjoy singing to share their passion for music and song whilst also supporting local and national charities, for which many tens of thousands of pounds have been raised over the years.

The Choir also encourages young singers and last year President Alan Titchmarsh MBE compered their bi-annual gala concert “Supporting Young Singers” in Aldershot.

The choir has enjoyed tours, to South Africa, Holland, Spain, Germany, Ireland and Portugal where they enjoyed full houses and standing ovations at four concerts.

It will a pleasure to hear them sing in Linlithgow!



Toccata Ladies Choir, whilst based in Livingston, also has members throughout the Lothians & Fife – from Linlithgow to Kelty!

The Choir is about to celebrate its 40th year and performs and enjoys a wide range of music – from Classical to Musicals to Pop.

Toccata has won several awards over the years in Festivals such as Bangor, Blackpool, & Coleraine and in 2016 the Glasgow Orpheus Choir Trophy Certificate for the best overall performance at the Glasgow Festival.

Toccata has a long tradition of fundraising to help many organisations and is delighted to be part of the St. Michael's event.

Raising funds for good causes is a key objective for all three Choirs and maintaining that tradition, the Children of Chernobyl Charity will be the key beneficiary of the Concert.

Chris adds – *“The Concert will be a very special opportunity to hear three excellent choirs, whilst at the same time supporting a very important and worthwhile charity. Ticket information and Choir contact details are given below and I'm looking forward to another*

Full House at 7.30pm, St. Michael's on 29 September.”

Concert Tickets (£10) available from:

- > Far from the Madding Crowd, Linlithgow High Street (*cash only*)
- > St. Michael's Parish Church Office, Cross House, The Cross, Linlithgow (*cash only*)
- > Ticket Hot Line 01506 844383 or Email to: choir@lochan.org

Further information about Linlithgow RFC Male Voice Choir

Chris Thomas:
Telephone: 07823 884802

Further Information about Toccata Ladies Choir: Email Hilary Selbie at: hselbie@hotmail.co.uk

Further information about The Hart Male Voice Choir:

Andy McLaren:
Telephone 07831 748175 or
Email: clan.mclaren@sky.com

Choir web site is:
www.hartmvc.org.uk

Linlithgow Writers' Circle

"A Memory of the Loch"



The group meet every second Wednesday at 7.30pm in the back room of the Linlithgow Tap. New members welcome. Contact email linlithgowwriters@gmail.com

Mary Easson
Linlithgow Writers' Circle

Mary Stuart climbed the few steps to the scaffold, watched in silence by an assembly of her enemies. The masked executioner was waiting, the heavy blade of his axe reflecting splinters of light, like the sparkle of sun on water. The sight of it unearthed a long-buried memory: Mary was five years old and back in Linlithgow, slipping out of the palace on an early summer's morning and running down to the loch's edge. A sharp breeze tugged at her uncombed hair and dew soaked the hem of her skirts. Already she could hear distant shouts and knew that she would soon be caught and marched back up the hill, to be scolded by her mother. Before long, Mary would leave her childhood home to take her place at the French court, as the future Queen of France, but for now she grabbed at her last moments of liberty with small hands outstretched.

Facing the plain, wooden block, Mary pressed a silver coin into the executioner's rough-hewn hand and forgave him for what he was about to do. Her ladies carefully blindfolded her with a square of white silk and then, despite the February chill, Mary asked them to remove her outer garments. Gasps rippled round the room as her blood-red petticoats and bodice were revealed. Kneeling down, Mary showed no fear and felt none. She faced not an ending, but a beginning; not an axe, but the key to unlock the door of her cage. She groped for the block, and then stretched out her arms, waiting for the final blow. She imagined she could still feel the gentle morning sun on her face and hear the drum-beat of swans' wings skimming across Linlithgow loch.

**A piece of flash fiction
written by Kate Sleight.**

GREENFIELD HERBALIST

BLACK ISLE & LINLITHGOW

Specialising in herbal medicine & tonics tailored to your specific needs
www.greenfieldherbalist.com



5 Royal Terrace, Linlithgow, EH49 6HQ tel: 01506 842888 mob: 0777 3013357 email: annettegreenfield@gmail.com

star barber

TRADITIONAL TURKISH BARBER

HOT TOWEL SHAVES
GENTS HAIR CUTS & STYLES
BEARD TRIMS & STYLES
OAP RATES
KIDS & BOYS HAIR CUTS
PATTERN DESIGNS
HIGH LIGHTS
GIFT VOUCHERS

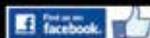


WE HAVE MOVED
TO 76 THE VENNEL

FO
NE
X

ARKO
MEN

OPENING HOURS



MON-TUE-WED- 9AM-6PM & THURS-FRI 9AM-7PM & SAT 8AM-5PM

76 THE VENNEL LINLITHGOW EH49 7ET 01506237387



Linlithgow Physiotherapy

Local Physiotherapy Clinic.

We can help with:

- Back/Neck Pain
- Sports Injuries
- Joint/Muscle Pain
- Ante/post Natal Care
- Modified Pilates
- Bladder Problems
- Headaches
- Dizziness
- Acupuncture



26c High Street
Linlithgow
EH49 7AE

Karen Graham
Pamela Armstrong

Tel. **01506 238189**

www.linlithgowphysiotherapy.co.uk
contacts@linlithgowphysiotherapy.co.uk

Healthcare Insurers Recognised
HCPC registered



from
8
Sept

CHARITY FUNDRAISERS DO IT ALL OVER AGAIN! “The Walk for Jock”

It’s what we do!” is the proud slogan of fundraisers “The Walk for Jock” and the “Jockers” will be doing it all over again when they embark on their annual assault on the West Highland Way.

Seventeen hardy souls have signed up for the 96 mile hike from Milngavie to Fort William from the 8th to the 13th of September and among those involved will be several old hands, the ladies from the Hockey Club and other returnees, and at least two people who were first inspired to take part when they read about it in the Black Bitch Magazine in November 2015. Newcomers will include Linsey Campbell (22) and her friend Nicole Ward, who are raising money for a memorial fund for local boy, PJ Cockburn, who lost his battle with a rare liver disease in June.

Leading the way again will be the organiser, Davie “Deep Sea” Paterson and it will be a special year for him, as he tackles the six-day trek for the tenth consecutive time.

Davie has organised charity events in Linlithgow for many years and walked the West Highland Way for various causes from 2008 onwards with his great pal, Les Pattison. In 2011, they encouraged others to come along, including Davie’s elder brother, Jock, who loved the experience and couldn’t

wait to do it again. Sadly, a few months later, he was diagnosed with cancer and died on the day before the Marches in June 2012.

Davie set up an organisation to honour Jock’s memory and September 2012 saw the first trip under the banner of “The Walk for Jock”

Davie told me:

“This is my tenth time on the West Highland Way, the sixth as “The Walk for Jock” and it’s going to be the biggest one, a real extravaganza.”

“Because we want to make it a bit special this year, we have secured some amazing sponsorship. For example, Jim and Wilma Edgar are supplying us with top-of-the-range T shirts in breathable material, and the Fraternity of Dyers, Roy Miller, Tom Graham Transport and Andrew Fernie from “Easy Way” have also supplied top quality gear, so that the walkers can have a fresh T shirt every day.”

“Fundraising has gone really well and we have even been selling bottles of a luxury blended whisky, called “Jock’s Dram”. £5 from each bottle goes to our good causes.” (SEE COMPETITION)

Davie is overwhelmed by the generosity of people who have come

forward to help and he paid particular tribute to the Harris brothers of ACL Hire, who supply a free minibus every year and Brian Kirkwood who organises the baggage.

“The Walk for Jock” is open to anyone who wishes to take part. The only rule is that all participants nominate their favourite charity. All the money raised in the group’s name goes into a central pot and is distributed equally. Individuals are encouraged to open a “Just Giving” page of their own, so their chosen cause can benefit even more.

The Platform Three pub is the spiritual home of the “Jockers” and that will be the venue where the various good causes receive their cheques from former Old Firm footballers, Pat Bonnar and Dave MacPherson on Sunday October 1st.

Further information about “The Walk for Jock” can be found on the group’s Facebook page.



Murdoch Kennedy

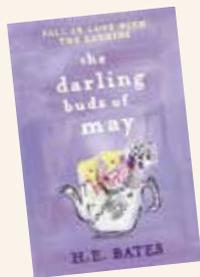
COMPETITION

WIN a luxury bottle of “Jock’s Dram” blended whisky: **Q.** Name the location where the West Highland Way starts.

Email answer to the editor at: on.a.lead@gmail.com

BOOK REVIEW THE DARLING BUDS OF MAY

H. E. BATES



Written in 1958, *The Darling Buds of May* heralds the first of the Larkin family novellas which were somewhat immortalised into modern culture by the '90s television series of the same name. The title

of the book is from a Shakespearean sonnet: *"Shall I compare thee to a summer's day?/Thou art more lovely and more temperate:/Rough winds do shake the darling buds of May,/And summer's lease hath all too short a date."*

This is a fitting passage to be connected to this short story - the family weather whatever storm may come their way with irrepressible good humour, overwhelming nonchalance and just a hint of sharp cunning.

This first novella in the series begins with the Larkin family

- Pop, Ma, Mariette, Zinnia, Petunia, Primrose, Victoria and Montgomery - squeezing merrily into their "genatin-blue, home-painted thirty-hundredweight truck" distributing delicious-sounding ice-creams of every description. They are chattering merrily amongst themselves with the accustomed ease of a family who are relaxed and free in each other's company. Readers will find it difficult not to be swept along by their unbridled joy of life - they belong to an idyllic version of a more innocent era.

As home suddenly appears around the corner, "beyond a scrubby fringe of woodland, half filled with bluebells, half with scratching red-brown hens" they spy an unexpected visitor, Cedric Charlton, who has come from the office of

the Inspector of Taxes. Cedric is in stark juxtaposition to the Larkin family. He is a city-dweller, staid, formal and of a nervous disposition whereas the Larkins represent country freedoms - they are one with nature and live life on unrestrained, good-natured impulse.

Cedric quickly finds himself enveloped into the bosom of the Larkin family and his awakening begins with an overwhelming, intoxicating, unrelenting assault on his senses. His infatuation with Mariette leads him dream-like along a path of no return - with only the lightest, most cursory of protests.

H.E. Bates adopts a light, easy writing style from the outset of the novel, filled with humour and lots of double-entendre. His descriptions of the novel's characters are well-rounded, of ample adjectives and impossible to read without a smile. For example, when the Brigadier comes to visit to put forth an exciting proposal to Pa, Bates' description ends with caricature-like focus on his "extensive white eyebrows, altogether too large for his cadaverous face, which stuck

above his pale blue eyes like two salty prawns".

From the outset the theme of food and drink is a recurring obsession in the novella - not surprising given that the story was written at a period in history when the rationing of war would still be fresh in the minds of society. Nothing is off-limits for the Larkin family and meal times are described in mouth-watering clarity.

This novella is a fun, easy to read tale of a larger-than-life family viewed through the rose-tinted haze of a post-war society. The Larkins celebrate life and freedom - they are unperturbed by worldly events and are unhurried and unabashed in their pursuit of enjoyment and happiness. As Pa might himself be moved to say, what could be more 'perfik'?

Lisa Nettleton Lisa Nettleton is a teacher who lives in Linlithgow and enjoys reading on her daily rail commute into Edinburgh.



Q Worth



Passionate about Quality, Comfort and Unique top brand products

Coming soon:

An exclusive Catwalk Preview for the Autumn Winter 2017 Selection Saturday 2nd September 6.30pm-9pm.

To reserve your seat:

Text: 079148 45017 Call: 01506 238850

Email: sales@qworth.co.uk



207 High Street Linlithgow tel. 01506 238850 e: sales@qworth.co.uk Visit us to experience exceptional customer service

cgh creative

BRANDING, DESIGN & COMMUNICATIONS

+ DESIGN

BLACK BITCH MAGAZINE

+ WORK

LOCAL COMPANIES & ORGANISATIONS

+ CREATE

LOGOS, WEBSITES BROCHURES, ADVERTISING EXHIBITIONS, SIGNAGE AND PRESENTATIONS

call today:

chris hamilton m: 07843 856922 www.cghcreative.co.uk



MORRISON
Personalised Wealth Management



**Financial Planning;
Done differently.**

01506 200580
www.morrisonpwm.com
enquiries@morrisonpwm.com

DETAIL

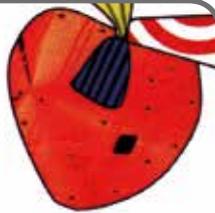


AVEDA
the art and science of pure flowers and plant essences

13 HIGH STREET • LINLITHGOW • EH49 7AB
distein@detailhair.com • www.detailhair.com

TEL: 01506 670429

what's new...



So Strawberry Caffé

happiness is homemade!

Soups, panini, toasties, posh sandwiches, baked potatoes, gluten and dairy free cakes, homemade cakes and desserts, ice creams, smoothies & juices and speciality teas & coffees.

Remember to use your Loyalty card.

So friendly.

Open 7 Days. Outside seating
Dogs eat and drink free (outside!)

**SUPPORTING & SOURCING
PRODUCTS LOCALLY**



t: 01506 843333
3 THE CROSS, LINLITHGOW

FAR FROM THE MADDING CROWD PRESENTS

THIS IS GOING TO HURT
CONFESSIONS FROM A JUNIOR
DOCTOR
BY ADAM KAY

SATURDAY 7TH OCTOBER
12.30PM
QUEEN MARGARET HALL
LINLITHGOW
£5

FOR TICKETS AND INFO
T: 01506 845509
E: SALLY@MADDINGCROWDLINLITHGOW.CO.UK
WWW.MADDINGCROWDLINLITHGOW.COM

HAVE A LOOK INSIDE THE COUNTY'S BUILDINGS!

**DOORS
OPENDAYS**
Get into buildings!

The weekend of 9/10 September 2017 will be a busy weekend in Linlithgow. Not only will the Folk Festival be in full swing and a few people on bikes be passing through (see below), but the annual **Doors Open Days** event will also be taking place.

So, what is it all about?

It all started in 1990 as part of the European City of Culture celebrations. That year the Scottish Civic Trust co-ordinated the first ever Doors Open Days festival in the UK, with events in Glasgow and Ayr. The popularity of the event encouraged several other areas in Scotland to take part the following year and that year Scotland became the only country in the UK and one of only 5 European nations to take part in the first ever European Heritage Days.

Alongside **Scottish Archaeology and Heritage Festival**, co-ordinated by **Archaeology Scotland**, Doors Open Days forms Scotland's contribution to European Heritage Days, which sees over 25 million people from 50 countries take part annually, uniting our communities in a unique celebration of heritage in our own special ways.

Doors Open Days is now Scotland's largest free cultural festival. It celebrates the built environment and gives free access to around 1,000 venues across the country throughout the month of September, every year.

Doors Open Days is co-ordinated nationally by the Scottish Civic Trust with annual support from Historic Environment Scotland. Local area programmes are co-ordinated by a network of local authorities, heritage consultancies, civic societies and heritage groups who are in turn supported by a large number of volunteers, businesses, community organisations and building owners.

Linlithgow Civic Trust has organised West Lothian's Doors Open Days since

2011 and are proud to be doing so again for a seventh time in 2017. The dates are picked to coincide (as we have always done) with Linlithgow Folk Festival. The overlap has been mutually advantageous – well exemplified on sunny afternoons when building visitors have mingled with the audience at music sessions.

We have a varied programme once again in 2017, including the **Canal House and Crossview Studios in Linlithgow**, and a number of ecclesiastical properties of interest including **St Michael's Parish Church in Linlithgow** and **Abercorn Parish Church**. Of particular interest this year will be the chance to see **Annet House and Garden** for the last time before it closes its doors and the Museum moves to its new home at the Linlithgow Partnership Centre. For those up for the challenge to navigate past Pedal for Scotland cyclists the **Regal Community Theatre** and **Blackburn House** in Bathgate are a little further away.

Bruce Jamieson, Linlithgow's eminent local historian, is also providing a one and half hour walking tour of Linlithgow Cemetery at Braehead, visiting many of the characters who feature in **"A Parade of Provosts"**, Bruce's new book published earlier in 2017.

For more details of what is happening in Linlithgow, West Lothian and across the country as whole, then check out the official event website at www.doorsopendays.org.uk.

For more details on the activities of Linlithgow Civic Trust then visit <http://lbt.scot/civic-trust>. Linlithgow Civic Trust is part of Linlithgow Burgh Trust. Linlithgow Burgh Trust is a Scottish Charitable Incorporated Organisation (Scottish Charity No. SC047211).

Allan M Robertson

*Linlithgow Civic Trust and
West Lothian Doors Open Day
Co-ordinator*

St Michael's
Parish Church

weekend
9&10
Sept



Crossview Studios



One final thing. I mentioned people on bikes. The Pedal for Scotland annual charity event is taking place on Sunday 10 September 2017. This event will affect travel in West Lothian that day and, in particular, in and around Linlithgow. There will be various road closures and other restrictions. For more information on how this event might affect you please visit the help and advice section of the event website – see www.pedalforScotland.org – from where maps showing the various restrictions can be downloaded.



15TH SEPTEMBER 2017 - READY TO DANCE AGAIN

Our new Scottish Country Dancing season will soon be starting again, at 7-45pm every Friday night at The Chalmers Hall, Linlithgow Bridge.

We are a small friendly, sociable Club and welcome new members, whatever their standard, so why not come along to our opening night and join the fun?

We will also hold a few informal instruction sessions, starting on 22nd September at 7-00pm

Web Site: www.linlithgowscdc.org

or contact John Carswell on 01506 845698

BREXIT- A YEAR ON

Susan Ralston, Virtue Money

In June 2016, the UK voted to leave the European Union and Brexit was born.

Since then we have had a snap general election which when announced saw the FTSE100 suffer its worst day since the Brexit Referendum announcement. The pound plummeted to its lowest level in over 3 decades and Mark Carney, the Governor of the Bank of England, has kept interest rates the same which although great for those looking to borrow money is not so great for those with savings.

We have seen the impact of this when we've gone to buy our holiday money and at the supermarkets where prices are increasing. In fact, the milk that I always buy and which was £1.25 last week was £1.30 this week, an increase of around 5%!

As a result of the rising prices and perhaps more of us saving for a rainy day instead of spending, the economic growth of the UK is slowing. Businesses are "circling their wagons" trying to figure out what the impact of Brexit might be on them and at the same time taking a much more cautious approach to making investment.

So, what does all this financial uncertainty mean for us?

Although things are tougher here in the UK, the weaker pound has boosted the outlook of global trade which has resulted in it running at its strongest rate for 6 years.

There is always a but though and in this case, it's the consensus that the financial uncertainty surrounding Brexit is likely to have an adverse effect on investment. It is expected that it will pull investments below their historic average and if the Monetary Policy Committee figures are correct then investment in 2020 will be 20% lower than its pre-referendum forecast.

Any fall in investment in the UK could make a dent in UK focused investments and this is where a globally diverse portfolio should help to alleviate any potential risk.

So now is a good time to put your financial ducks in a row and look at your savings, retirement pots and investment portfolios.

Here at Virtue Money we want to help you make the most of your money by providing a service tailored to you and helping you meet your financial goals.



If you would like to make an appointment to speak with one of our advisers regarding life assurance, retirement, critical illness, income protection or any other aspect of your finances then please give me a call or send me an email and I will be happy to arrange this. The first consultation is completely free of charge and no obligation.

At Virtue Money, we also run regular Pre-Retirement Seminars which are aimed towards people with between 5-10 years until retirement. We have speakers that cover a variety of topics, tax, legal matters, health and wellbeing and of course pensions. The seminars run from 9am to 1.15pm and we have tea, coffee and (yummy) pastries before we begin and a buffet lunch afterwards.

The people that have already attended have all been incredibly positive and one lady recently commented on how refreshing it was to be in a room with people who were at the same life stage as her.

Our next seminar is being held in our office in the Oracle Building in Linlithgow on Wednesday 6 September 2017. If you would like to attend then you can book your place by either giving me a quick call on 0345 034 3424 or emailing me at susan@virtuemoney.com.

The seminar is free of charge so you have nothing to lose and hopefully a whole lot of thought provoking information to gain.

wed
6
Sept



© 2016 Virtue Money | Virtue Money is a trading style of Policy Services Limited. Registered Office - Priorsford, 75 Grahamsdyke Road, Bo'ness, EH51 9DZ. Registered in Scotland No. 230167.

Policy Services Limited is authorised and regulated by the Financial Conduct Authority. FCA No. 214036.

www.virtuemoney.com e: info@virtuemoney.com t: 0345 034 3424



Virtue Money
Oracle Campus, Linlithgow

LINLITHGOW 10K

How many have you ticked off?

Paul Sorrie, number 471, leading the runners from the start in 2012. Karen Kennedy winning the 2015 event.



The Linlithgow 10k was first held on Sunday 4th October 1992, with a field of 410 runners taking to the streets of this historic town. The event was effectively a replacement to the Cockleroy Hill Race which had been staged in the previous 15 years by Linlithgow AAC. On Sunday 8th October 2017, the CCW Linlithgow 10k will mark the 25th staging of the road race. Remarkably, there are a handful of runners who have competed in every event to date.

That first event in 1992 proved to be very popular in the town, with the Gazette report highlighting that “immediately before and after the race it was like the Marches”. There to help set the atmosphere was the Linlithgow Reed Band, which led the runners along the High Street to the start near the Crown Arms.

The winner in that first year was Bo’ness born Ken Rankine, who by then was living in Grangemouth and who ran for Falkirk Victoria Harriers. Ken finished in an impressive time of 30:20, defeating a couple of international athletes on the way. The first female home was Janette Stevenson who completed the course in 35:53.

The CCW Linlithgow 10k stands out from other events with a start time of 2:30pm – most 10k races are run in the morning. The reason for this is simply to avoid disrupting religious services with several churches on or near the route.

In 1993, the athletic club was successful in securing sponsorship from BUPA, taking the event to another level with a lead car with timing clock. This put the race on the map as it became one of a national series of events supported by BUPA.

BUPA sponsored the event again in 1994; however it later moved on to larger city events and a long running partnership BP started in 1995. The event in 1995 was won for the second time in three years by Stirling policeman, Ian Brown, who clocked in at 30:49.

In 1996, the number one was allocated to Brian Kirkwood, competing in the colours of the highly respected Mizuno Running Club. Brian, an international athlete, was in

tremendous form having recently competed in a series of events forming a US tour and showed his class from early on in the race. The bib number one proved to be a lucky one for Brian as he won the race in 30:49, a clear two minutes ahead of the next competitor.

1996 also marked the fifth and final time that Janette Stevenson was the winner of the female prize. Following her finish in 36:19, she stepped aside to allow someone else the opportunity to win the following year.

In 1997, for the second year in a row, the winner, Phil Mowbray of Hunters Bog Trotters, jetted in from the United States. Brian Kirkwood could only manage fourth place individually, however was able to console himself with the team prize as Mizuno runners came in 2nd, 4th and 5th.

The Linlithgow Palace Peel became the new finish area for the 1998 edition. There was another first that year as Colin Meek became the first West Lothian winner of the race, finishing in 31:27. This was also Colin’s debut as he had been unable to run at the event as either injury or other commitments for his club, Livingston AAC, got in the way.

There was almost a disaster in 2001 as an error in traffic management resulted in cars travelling eastwards on the High Street. Fortunately, there were no accidents however the race did endure some negative reporting in the local press, not to mention a number of complaints from competitors. A hastily arranged meeting between the club and police took place soon after and ensured that there would be no recurrence.

In 2007 a remeasure of the course led to another alteration in the route, with the new start in line with the old Sheriff Court. That year also marked the start of seven years of dominance by Shettlestone Harriers’ Paul Sorrie, winning the race in a time of 31:52.

2011 was a sad year for the Linlithgow 10k with no staging of the event. With the increase in

traffic on the roads the club was asked to pay for road closures and the Committee was unable to put arrangements in place in time and cancelled the race. There was however a symbolic running of a Not the Linlithgow 10k event by a number of Linlithgow AC (note that the club name by this time had been amended from AAC to AC) members, friends and family.

A new committee resumed the race in 2012 and the popularity shone through as, despite missing the previous year, the event sold out well in advance. This year also marked the last time the event would be manually timed via a stopwatch. The official timekeeper turned up without his gear and the now race director, Graeme Lawson, had to step in and take over this key role. Graeme timed Paul Sorrie at 32:50 that day.

2012 also marked the first time that the event had a Ferrari as lead car!

In 2013, the route changed again as Bonnytown House changed hands and the club no longer had the permission to run through the grounds. The race was diverted to use the Blackness Road instead with competitors sharing the road with traffic, each getting one lane. As a consequence, the route had to be remeasured again and the start migrated to its current spot outside the Cancer Research shop. This was also the first Linlithgow 10k where runner’s times were recorded via a timing chip attached to their shoelace.

By 2015 technology had moved on again and nowadays the timing chip is incorporated into the runner’s bib number. This year also marked the introduction of a new headline sponsor for the race, with a new partnership being struck up with CCW Business Lawyers. Alastair Hay won the CCW Linlithgow 10k with his time of 31:32, with Karen Kennedy the female winner times at 40:16.

Sun
8
OCT

CONTINUED.
ON P26

Year	Male Winner	Time	Female Winner	Time	Field Size
1992	Ken Rankine	30:20	Janette Stevenson	35:52	410
1993	Ian Brown	30:27	Janette Stevenson	35:43	350
1994	Steven Weir	30:28	Janette Stevenson	35:52	245
1995	Ian Brown	30:49	Janette Stevenson	36:44	435
1996	Brian Kirkwood	30:49	Janette Stevenson	36:19	391
1997	Phil Mowbray	30:47	Fiona Lothian	34:43	340
1998	Colin Meek	31:27	Ruth McLean	36:52	217
1999	Max Colligan	32:35	Justine Hewson	41:44	351
2000	Phil Mowbray	30:27	Adrienne Gerrard	36:05	328
2001	Donald Naylor	31:04	Megan Smith	38:29	287
2002	Charles Thomson	32:10	Tracey Brindley	35:15	565
2003	Stuart Campbell	32:10	Christine Milne	37:39	595
2004	Max Colligan	32:10	Fiona Matheson	36:21	526
2005	John Newsom	30:57	Siobhan Coleman	42:40	521
2006	John Newsom	31:10	Fiona Matheson	36:36	480
2007	Paul Sorrie	31:52	Fiona Matheson	36:27	472
2008	Paul Sorrie	31:50	Elke Schmidt	35:50	507
2009	Paul Sorrie	32:45	Fiona Matheson	37:37	491
2010	Paul Sorrie	31:45	Janet Dunbar	39:23	512
2012	Paul Sorrie	32:50	Fiona Matheson	36:22	464
2013	Paul Sorrie	32:01	Chloe Cox	37:24	631
2014	Paul Sorrie	32:12	Catriona Probert	39:08	584
2015	Alastair Hay	31:32	Karen Kennedy	40:16	504
2016	Alastair Hay	31:05	Jenny Maclean	37:57	604

The current title holders are Alastair Hay, who set a new record on the current course of 31:05, and Jenny Maclean. Chloe Cox retains the female course record at 37:24.

The event requires a lot of support from individuals as well as local organisations. Upwards of 100 roles require to be filled on race day and the event could not operate without the valued support of Linlithgow & Grange Rotary Club, 4th West Lothians Scouts, 4th Linlithgow Guides to name but a few.

As stated previously, a few people have run at every staging of the event. Whether you have run it before or are simply looking for a new challenge. Make sure that you can tick this one off by entering the 25th CCW Linlithgow 10k via www.entrycentral.com/CCW-Linlithgow-10k.

Graeme Lawson, Race Director
Linlithgow 10k



Linlithgow Physiotherapy

Local Physiotherapy Clinic.




We can help with:

- Back/Neck Pain
- Sports Injuries
- Joint/Muscle Pain
- Ante/post Natal Care
- Modified Pilates
- Bladder Problems
- Headaches
- Dizziness
- Acupuncture

26c High Street
Linlithgow
EH49 7AE

Karen Graham
Pamela Armstrong

Tel. **01506 238189**

www.linlithgowphysiotherapy.co.uk
contacts@linlithgowphysiotherapy.co.uk

Healthcare Insurers Recognised
HCPC registered



The News & Card Shop

Watch Batteries
(and replacement service)

£3.99

Best watch battery prices in Town

28 High Street, Linlithgow
(01506) 842155

Ace Tree SURGEONS

Fully qualified arboricultural specialists

specialising in:

- * Sectional felling of dangerous trees
- * Limb removal * Hedge trimming
- * Pruning and Shaping * Stump Grinding
- * Fully Insured * 24 Hour Service
- * Seasoned hardwood firewood for sale.

For a **FREE** estimate call (01506) 847 049 or mobile 07850 624 939

www.acetreesurgeons.com

MATHEWSON PLUMBING

FOR ALL YOUR PLUMBING REQUIREMENTS

All Plumbing and Central Heating Work undertaken.

Installation of Full Central Heating, Combi Boilers Hot Water Cylinders, Gas Hobs and Cookers, Kitchen Sinks, Full Bathrooms and Installations, Electrical Showers, Outside Taps.

Landlord Certificates, Boiler Services and all Plumbing repairs

**WORK GUARANTEED
FREE ESTIMATES**

CALL GARY ON
01506 202878 or 07841 551096

Linlithgow Based

safe REGISTER

Linlithgow Film Society

CINEMA IN THE COMMUNITY

JOIN US FOR OUR 45th SEASON

SEASON STARTS: MON 11TH SEPT
LINLITHGOW ACADEMY THEATRE: 7.45pm

**** New Members Welcome ****
Guest Tickets / Concessions
FOR INFORMATION CONTACT:

T. McKerron: 01506 844425 Or come on the Night!
www.linlithgowfilmsociety.org.uk

11 SEP	Lion
25 SEP	Hidden Figures
9 OCT	Arrival
30 OCT	Manchester by the Sea
6 NOV	Moonlight
13 NOV	Hacksaw Ridge
27 NOV	I Daniel Blake
11 DEC	La La Land
15 JAN	Split
22 JAN	Trainspotting 2
5 FEB	Elle
19 FEB	Son of Saul
5 MAR	The Accountant
19 MAR	Hunt for the Wilder People

Back to school

Kumon's **maths and English** study programmes work to develop your child's confidence and independent study skills so they excel throughout the new term and beyond.

To unlock your child's potential, contact your local Instructor for a free assessment.

Linlithgow Study Centre
Alison Maternaghan **07902 775839**

KUMON kumon.co.uk

Fees vary. Please refer to your local study centre.

"Would recommend EKJN without hesitation. From planning and design through to completion we were supported and advised by Jon and the team, at times over and above the call of duty!"

"Professional service. Project finished on time and under budget. Can't ask for more than that. Excellent"

"We love our new home! We feel you've added some lovely features and have made it a house that works for us. I'll make sure we recommend your services to all our friends."

"We couldn't be happier about the way the build went and the final result is fantastic"



EKJN Architects
Turning dreams into reality
Tel 01506 847151
mail@ekjn.co.uk

CHARTERED ARCHITECTS

RIAS ACCREDITED IN SUSTAINABLE DESIGN

RIAS ACCREDITED IN ARCHITECTURAL CONSERVATION

BASED ON LINLITHGOW'S HIGH STREET FOR MORE THAN A DECADE

MORE THAN 50 COMPLETED PROJECTS IN LINLITHGOW, SUNROOMS, KITCHENS, SINGLE AND TWO-STOREY EXTENSIONS, DOMESTIC AND COMMERCIAL

NOMINATED FOR THIS YEAR'S SCOTTISH CIVIL TRUST AWARD FOR OUR WORK ON THE CROSS WELL

FRIENDLY, EXPERIENCED AND EFFICIENT TEAM

GOOD DESIGN, SOUND ADVICE, SURVEYS, PLANNING, WARRANTS AND FULL PROJECT MANAGEMENT

Call now for a free one-hour consultation quoting reference: BB04

Truly Scrumptious
DESIGNER CAKES LTD.



Fresh cupcakes and treats available daily

Enjoy the elegance and quality of a Truly Scrumptious wedding cake. Bespoke colours and finishing touches can be created to suit your individual style.

Choosing a Truly Scrumptious Designer wedding cake includes a personal cake tasting at our shop giving you the time to discuss all your wedding cake ideas and requirements.

No 1 The Cross, Linlithgow, West Lothian, EH49 7EY
tel: 01506 671133 email: office@trulydesignercakes.co.uk
www.trulydesignercakes.co.uk

LINLITHGOW SPORTS PODIATRY & CHIROPODY CLINIC

Martin Godley BSc, MSc

Sports Podiatry & Chiropractic Clinic Linlithgow

- > General/High Risk Foot & Nail Care
- > Biomechanics & Gait Analysis
- > Custom made Orthotics
- > Foot & Lower Leg Mobilisation
- > Low Level Laser Therapy
- > Both Elite and Recreational Athletes treated



Knee, Hip, Lower Back Problems Call Today

Appointments available at:

**Unit 8, Braehead Business Units
Braehead Rd, Linlithgow EH49 6EP
www.podiatryscotland.co.uk Tel: 07596 954189
Email: m.g.podiatry@gmail.com**