



the BLACK bitch

Linlithgow's news by Linlithgow's people



**TOWN FLAG
UNVEILED P10**

**MEET THE
QUEEN EMILIE
CUNNINGHAM**

14



**ROSIE'S
SONGS FOR
SUMMER
2018**

15



**RECORD BREAKERS
SPRINGFIELD PRIMARY**

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PLUS

The Arts, New Hopetoun Gardens, Burgh Beautiful, Town Centre BID/Mill Road BID,
Scottish Youth Parliament, Police Scotland, L1 Bus Service, Party at the Palace...



FOR MORE INFORMATION SEE OUR WEBSITE

www.linlithgowcommunitymagazine.co.uk

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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 3 July 2018

Last month's Shopping Voucher competition winner: Maeve Scott

SAT 11TH AUGUST **SUN 12TH AUGUST**
james **TEXAS**
Gabrielle **EMBRACE** **MELDA MA**

Party at the Palace Online Tickets

Use the code **BB2018** to
buy your Party at the Palace tickets
and earn the magazine a donation from
organisers PATP & Loop Connections.

**FOLLOW THE SIMPLE STEPS ON PAGE 24.
PLUS SEE OUR COMPETITION.**



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

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www.linlithgow.com/pride_passion.htm

WHAT'S ON - JUNE, JULY

June

Wed 13 Perambulation of the Marches, From: 7:00pm - 8:30pm

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

Sambalistic, 7:30pm - 9:45pm at the Linlithgow Academy*

Sat 16 Summer Stroll, 1:00pm - 3:30pm, Linlithgow Peel, A Historic Environment Scotland Ranger event

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

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

Sat 30 Spectacular Jousting at Linlithgow Palace, From: 12:30pm - 4:30pm, Linlithgow Palace

Burgh Beautiful Inviting Gardens, 2:00pm - 4:30pm, for information contact: burgh.beautiful@lbt.scot

July

Sun 1 Spectacular Jousting at Linlithgow Palace, From: 12:30pm - 4:30pm, Linlithgow Palace

Burgh Beautiful Inviting Gardens, 2:00pm - 4:30pm, for information contact: burgh.beautiful@lbt.scot

Tue 3 Linlithgow Holiday Club - Minibeast Mini Adventure, 10:30am - 12:30pm, Linlithgow Palace

Wed 4 Blackness SWI, 7:15pm Blackness Community Hall

Thu 5 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

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

Tue 10 Linlithgow Holiday Club - Water World, 10:30am - 12:30pm, Linlithgow Palace

Sun 15 Folk Session, 2:00pm at the Black Bitch Tavern*

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

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 Late Night Shopping. Friday 29 June

Linlithgow
Scotch Hop
11th July 2018
and the following 4
Wednesdays at 7.30pm

Come Tidy
With Us!
Sunday 10 June,
9.30am, The Town
Marquee at the Rugby
Club, Family tickets:
£10 from Far From
The Madding Crowd



Linlithgow Burgh Halls - Summer Arts 2018

Under The Sea
Monday 9 to Friday 13 July.
A week of fun craft activities for the kids inspired by the sea. Age 7-10.

Colour Craft and Create
Monday 9 to Friday 13 July.
A fun and expressive week of activities for children. Age 7-14

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



WEDDINGS • EVENTS • PORTRAITS

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PHOTOGRAPHY



Folk Fae Lithgae

JOHN CUNNINGHAM

Photo: Martine Stead



In 1990, twenty four year old, John Cunningham watched the Marches procession from his usual vantage point at the West Port. Together with his wife, Myra and young son, Calum, John marvelled at the nineteen floats which swelled the parade, described by the local press as *one of the best ever*. It would be the last time he would spectate from the side-lines.

A year later, he would embark on a journey which has taken him from being a bystander to leading the entire celebration as Provost of the Deacons' Court and the town's number one citizen on Marches Day.

"Taking part in the Marches has changed my life altogether", John told me. *"Twenty eight years ago, I would never have thought that I would end up wearing robes and being the Provost. It's amazing and something I am very proud of."*

There were eight bands involved in 1990, including Broxburn Public, who were making their Marches debut in their centenary year. John, Myra and one year old Calum enjoyed the music as they walked with members of their extended family out to the Brig for drinks at Auntie May and Uncle Jimmy's. The Clan then walked back in with the procession and headed to Merker Terrace for the traditional steak pie dinner, served up by John's Mum and Dad, Betty and Joe.

The record number of floats recorded

by the *Gazette* included the *Fire Brigade's Ghostbusters*, Balbardie School's magnificent *Pinocchio* and the hilarious ballet-inspired *Swan Loch* by crowd-pleasers, *The Young Yins*.

The Lithca Lore group portrayed *Cinderella* and the following year, John would be a fully paid-up member and a huge part of their *Gazette* Trophy-winning theme *The Tattie Hawkers*. John became a leading light of the Marches Day effort, which usually had a historical theme. Few will forget his tour de force performance as the exorcising Ghost Walk Cardinal in 1992 or Vera Lynn in the wartime, "Lithca 1943", which won the prize for best overall entry.

Installed as the group's Deacon in 1996, John attended meetings of the Deacons' Court and threw himself wholeheartedly into the mammoth fundraising exercise which takes place every year to finance the Marches. His enthusiasm, dedication and willingness to get his sleeves rolled up caught the eye of some of the senior Court members and, after proving to be a very capable Marches Day steward, he was approached to take on the huge responsibility of procession convener, a role he carried out for ten years.

At the 2008 AGM, John was appointed as the junior bailie and started a nine year apprenticeship which culminated

in him being elected as Provost last November.

With this year's Marches on June 19th now looming large on the horizon, John and his Bailies have been visiting all the local schools. He is very passionate about getting the youngsters involved and took along a decorated bicycle to give them ideas for entering that category of the procession:

"I have been telling the kids that the Marches is all about the future and encouraging them to take part", he explained. *"The Marches is continually evolving and I am delighted that new traditions are being developed."*

John has had a tremendous insight into numerous different aspects of the Marches on his long journey and is grateful for all the encouragement he has received. As he undertakes his first Marches Day as Provost, he is thrilled to have the support of his wife and four children, as well as his Dad and Step-Mum.

"The Marches brings families and the whole town together and I hope everyone has a great day", said John.

Murdoch Kennedy



'Polio's days are numbered'

JUST OVER SIXTY YEARS AGO – LESS THAN A LIFETIME –
POLIOMYELITIS OR “INFANTILE PARALYSIS” WAS
WIDESPREAD HERE IN THE UK...

Mon
27
Aug

Just over sixty years ago – less than a lifetime – poliomyelitis or “infantile paralysis” was widespread here in the UK. In the 1950s, there were 45,000 cases and hundreds died in the UK alone. Both the author of this piece and his wife, each at separate schools in Edinburgh, had a polio victim as a classmate in their childhood. With the introduction of the polio vaccine, discovered and developed by Jonas Salk in 1955, numbers in the developed world began to fall significantly. Albert Sabin further researched a polio vaccine and developed an oral vaccine that could be more easily administered.

In 1985, **Rotary International** decided to use their global reach to eradicate polio and in 1988, with the help of the World Health Organisation, UNICEF, and the US Centers for Disease Control and Prevention, PolioPlus was created. Rotary has been at the forefront of delivering protection from this scourge of a disease to developing nations ever since.

Now, the seemingly impossible dream of eradicating polio from the world has nearly been reached. 99.9% of the globe is now free from this horrible virus that chooses children as its victims. Last year, only 22 cases worldwide were reported, 14 in Afghanistan and 8 in Pakistan. The work to penetrate the strife-torn areas where the wild poliovirus exists goes on. So long as one child is infected with polio, no child in the world is safe.

Only smallpox has so far been eliminated from the world by Man’s intervention. With the world being on the cusp of total success eradicating polio, there is great excitement that realising Rotary International’s vision is not only possible but also achievable. Governments are now beginning to offer financial and logistical support, but the greatest debt of gratitude is owed to the Bill and Melinda Gates Foundation, which for



Linlithgow Grange
2018 Charity Golf
Competition at
Linlithgow Golf Club
on Monday August 27

the past five years has supported Rotary’s initiative by tripling money raised by the voluntary organisation.

Members of the Rotary Club of Linlithgow Grange have fully supported the global eradication programme, now called End Polio Now, with personal donations and fundraising initiatives. With the end game now in sight, money raised from the Linlithgow Grange 2018 Charity Golf Competition at Linlithgow Golf Club on Monday August 27 will be going in its entirety to this worthy cause.

The cost of participating is £125 for a team of four which includes a meal at the end of play. To add extra fun and excitement to playing for the Magdalene Cup and winners’ medals, players can also opt to compete for a car by achieving a hole-in-one. Two years ago, there was indeed a hole-in-one scored by one player but, sadly, there was no car on offer at the time. Last year, the Rotary Club of Linlithgow Grange arranged to have a car available through SDM Toyota of Falkirk but there was no hole-in-one. Could 2018 be the year when one lucky player strikes it lucky?

The last time the proceeds from the competition were dedicated to this the

polio campaign was in 2009 when enough money was earned to inoculate 100,000 children. With the Bill and Melinda Gates Foundation standing ready to triple the earnings from this year’s golf competition, the possibility of saving three times that amount of children from paralysis and possible death is a tantalising prospect.

Monday 27 August 2018 promises to be a rewarding day for the global eradication programme and, who knows, perhaps a golfer too?

To book your team into the competition, contact Douglas Robertson, Convenor of the Golf Tournament Committee at Linlithgow Grange Rotary Club. His email address is drobertson1948@outlook.com or call his mobile, 07855 779480.

Douglas Robertson
E: drobertson1948@outlook.com
M: 07855 779480

Rotary
Club of Linlithgow Grange 

ALICE FERGUSON MSYP

MEMBER OF THE SCOTTISH YOUTH PARLIAMENT FOR
THE LINLITHGOW CONSTITUENCY



> SYP65, SALTOATS NORTH AYRSHIRE

During April, the rescheduled SYP65 took place in Saltcoats, North Ayrshire. I was really impressed with the North Ayrshire Council at how they connect with young people within the Council! West Lothian Council are looking for a new platform/framework for engaging and consulting young people, so if you have any ideas how this would best work, please let me know!

The sitting was great as per usual! Motions were debated, Committees met, workshops were participated in. The next sitting is happening in June in Stranraer. This will be the AGM where new board members, Committee Convenors, the Chair and Vice Chair, will all be elected. We will also be voting to see if the National Campaign, 'Right Here, Right Now' will be continuing, or if there will be a new campaign. The proposed options include; Youth Unemployment, Personal Social Health Education, Climate Change or Public Transport.

So, make sure to have a say in the consultation below if you are aged 12-25 to vote for which campaign you would like to see!

> CONVENOR OF THE HEALTH AND WELLBEING COMMITTEE AT SYP

I am also very excited to share that I will be running for Convenor of the Health and Wellbeing Committee at SYP, and if elected I hope to act upon the motion recently passed within SYP that there should be mandatory mental health training for teachers in schools.

I aim to do this by working with excellent organisations including SAMH who are the Scottish Association for Mental Health, and in particular See Me, who aim to end mental health discrimination. We were lucky enough to meet with See Me at the sitting who spoke to us about the amazing work they have been doing in schools already, working with teachers and pupils.

> CAMPAIGN TO REDUCE THE PLASTIC CONSUMPTION IN SCHOOLS

In the upcoming months, after exams are over, I hope to be launching a campaign to reduce the plastic consumption in schools around West Lothian, so make sure to keep your eye out and get involved!

Alice Ferguson MSYP

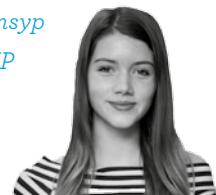
You can keep up to date with my work and how to get involved by following my social media or browsing my website!

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

Twitter - @aliceMSYP

Instagram - @alicemsyp

Facebook- @aliceSYP



PUBLIC MEETING FOR FRIENDS OF THE L1 BUS

Thursday 7th June, 7.30pm, Low Port Centre

The recent round of Council cuts highlighted the real possibility that public subsidy could be withdrawn from Linlithgow's town bus service in the future.

A report was commissioned by the Community Council to review options to develop an improved bus service for Linlithgow.

The Community Council is holding a public meeting to present report findings, and discuss how the community could work constructively with the Council to develop a bus service suitable for the needs of the community.

A community led delivery could draw on the strengths of public, private and community partners to provide an improved bus service.

Please join us on 7th June to find out more.

www.facebook.com/FriendsoftheL1bus

Wed
7
June



ALL CHANGE AT THE THIN BLUE LINE IN LINLITHGOW



**IF YOU WANT TO REPORT SOMETHING ANONYMOUSLY CALL CRIMESTOPPERS
0800 555 111**

Constable Neill Drummond has moved on to pastures new at Livingston Police station. The new member of the Linlithgow Community team is Constable Neil Hunter, he has over twenty five years police service and will be a familiar face to residents whose children attend Linlithgow Academy having been the Youth Community officer.

Constables Hunter and Murray 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 magazine every month covering ongoing community issues which we are keen to address within the ward.

WE HAVE MOVED...

Linlithgow Police have now relocated to the newly refurbished Tam Dalyell House at Linlithgow Partnership Centre where the public assistance desk will be open from 9am to 5pm Monday to Friday.

LINLITHGOW COMMUNITY POLICE SURGERY

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 or Neighbourhood Watch Scotland for future dates or check local press for details.

If we don't know then we can't fix it!

CALLING ALL PARENTS

Over the past few weekends there have been complaints from residents in various areas of Linlithgow about large groups of youths congregating.

Unfortunately some of these groups have been involved in the consumption of alcohol, setting fires, shouting, swearing

and littering the areas. The police and other partners are aware of these issues and will be conducting patrols in the areas.

This behaviour is having a negative impact on the local communities and there are also concerns regarding the personal safety of those involved in this conduct. The police would encourage parents in Linlithgow to have an open discussion with their children as to where they are going and what they are doing when out with friends in the evenings and check the contents of their rucksacks.

Active parenting skills are required to challenge and check on their children's whereabouts and encourage young people to make good decisions, focusing on keeping young people and communities safe.

NEIGHBOURHOOD WATCH SCOTLAND

We would like to take this opportunity to increase public awareness of the existence of Neighbourhood Watch Scotland and their Alert system. Police Scotland is one of many partnership agencies who are working alongside Neighbourhood Watch Scotland in order to develop and promote the Alert system.

This system allows users to receive alerts from Neighbourhood Watch and Police Scotland. The idea being that if there has been a recent crime trend, then officers from Police Scotland can send an alert to all users who may be effected or who may have an interest in the crime.

The alert would normally be received by means of an email, however in urgent situations it can be sent by text message and / or voice message. The scheme has numerous uses but from a police point of view it can be used to alert the public about:

- > Crime Trends – recent crimes that have occurred in their area, housebreakings etc.
- > Missing Persons – Details of High Risk missing persons can be broadcast to specific areas.

Members of the public can register online and the registration process is very simple. You can register as an individual

or an association such as a residents association or community council / community group.... Or both!!!!

The key to the Neighbourhood Watch Alert system being a success is YOU, we require the public to register online; the more people who register the better. You can register at <https://www.neighbourhoodwatchscotland.co.uk>

And follow the link to JOIN.

BOGUS CALLERS / WORKMEN IN LINLITHGOW AREA

Over the past month we have been receiving calls regarding Bogus callers and workmen. Residents are reminded to take the following precautions:

- > Do not feel pressured into agreeing immediate work. Never listen to scare stories and beware of traders who suddenly appear after storms, floods or even snow and avoid claims that a low price is only available if you sign up right away.
- > Do not agree to buy from the first person who calls. Ask yourself if you really want these goods or services.
- > Do not pay cash up front. Never pay for work before it is completed and don't hand over large sums of money.
- > Do shop around if you decide you need work done. Get a minimum of three quotes from reputable traders.
- > Do report them. Don't ever feel embarrassed if you feel you have been the victim of doorstep crime.

You can also contact police anonymously through the Crimestoppers number on 0800 555 111.



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 Hunter.

Regards,
Your Local Community Police – Linlithgow
Website: www.scotland.police.uk
Twitter: @policescotland
Facebook: www.facebook.com/policescotland

WORKING TOGETHER FOR BRITAIN IN BLOOM

JUDGING DAY ON 9 AUGUST

If you watched the recent Britain in Bloom series on BBC2, you may have been impressed by the floral displays and activities in the places featured, but noted that many are generously sponsored and supported by the relevant local authority – this is not a luxury afforded to Burgh Beautiful Linlithgow by West Lothian Council.

Burgh Beautiful, as you know, was able to adopt all the beds and tubs abandoned by West Lothian Council three years ago, thanks to an overwhelmingly positive response, in terms of both financial and volunteer support, from the good people of the town. We have also had to take on grass cutting and edging in order to provide an appropriate backdrop to set off our carefully tended flower beds.



Lack of traditional street sweeping is leading to a build-up of weeds and detritus which spoil the appearance of our Royal Burgh. Last year, in addition to our normal gardening responsibilities, our volunteers had to spend many hours clearing barrowloads of weeds and accumulated debris from our streets, in order to bring the town to a sufficiently high standard to justify our entry into the Beautiful Scotland competition. Our hard work proved worthwhile when we gained a Gold award, and attaining the highest marks in our category led to the presentation of a handsome trophy in recognition of our new status as the best medium-sized town in Scotland.

On the back of all this, Linlithgow accepted an invitation to participate in this year's Britain in Bloom finals, entailing further challenges for us, as this national

competition demands even higher standards. Competitions take up a great deal of volunteer time, but the publicity benefits of doing well in Britain in Bloom should not be underestimated in terms of tourism and economic benefit.



At the time of writing, talks are progressing with West Lothian Council to see what support for us might be forthcoming – nothing is guaranteed, even in relation to simple

matters such as suitable replacement trees at The Cross and the refurbishment of the lamps at the County Buildings, both of which would earn us points in the non-floral categories of the judging. Council officials have expressed unwillingness to undertake the much-needed repainting of the shabby bins, seats and other items of street furniture in the town centre.



However, we CAN turn our difficulties to our advantage! The English towns we are competing against in the Britain in Bloom finals all receive support from their local authorities, either in full or in part. Here in Linlithgow, we can demonstrate how we have, as a community, joined together to overcome the challenges we have faced and show the judges a result which is as good as, or even better than, our competitors. Although more volunteer help for Burgh Beautiful is always welcomed, everybody can help in the run-up to the judging on 9 August, whether by adding to the floral displays, keeping their dogs out of the

flower beds, ensuring that the town is litter-free or taking a moment to remove any obvious weeds or detritus from the streets – and yes, we all know that the Council should be doing the latter!



All going well, we will have plenty to show the judges, including our innovative World War I bed; our cat sculpture at the Canal Basin and our many floral displays and other projects – hopefully this time we might be awarded that elusive Gold at Britain in Bloom level, so cruelly denied in the past because of dog pee stains on the grass and scratched bus shelters! However, unlike the impression given on the BBC2 programmes, we don't programme our work solely to please the judges. We believe that our function is to have Linlithgow looking at its best all year round. This involves valuable input from schools and many local organisations.

We need to raise sufficient funds to buy over 27,000 plants per year and pay for such things as the watering of hanging baskets and grass cutting. If you want to join us, help to clear up the local streets, paint the town's shabby street furniture, donate or sponsor one of our floral displays, please email us at bbl@lbt.scot. You will be made most welcome.



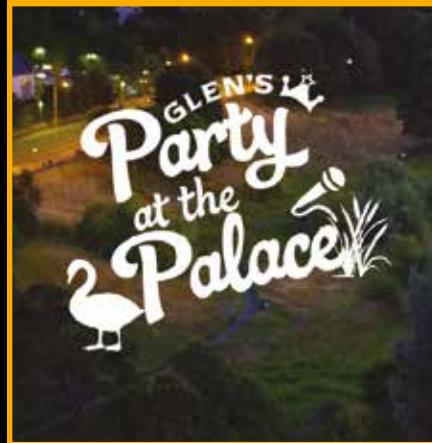
 Burgh Beautiful Linlithgow

By Ian Orr and Ron Smith,
Burgh Beautiful Linlithgow

event
11 & 12
Aug

COMING HOME FOR THE PARTY

Party at the Palace, 11th and 12th August 2018.



Before you go on holiday in July don't forget to get tickets for Party at the Palace on 11th and 12th August 2018. Ticket sales this year are ahead of last year and in 2017 Saturday tickets were sold out by mid-July. The earlier people buy their tickets the better the price they get. When Linlithgow based John Richardson first conceived a music festival in Linlithgow he wanted it to be like other festivals where the whole town gets involved.

Partnering with local smart places technology specialist Loop Connections, to help manage connections within the community, has helped the festival to become established as one of the 'go to' events of the year for residents. Loop Connections also invests 2% of ticket sales revenue back into community projects supporting local groups, events, shops and restaurants.

The three music stages at the 2017 event gave plenty of space for people to catch up with others in the town and enjoy the great food and drink. Lives are so busy these days that it can take a big draw like a major music festival to get people together. Many families in Linlithgow have relatives spread across the country, and have increasingly been choosing the festival weekend to get together in Linlithgow giving everyone a chance to meet up with old friends.

Party at the Palace started in 2014 and right from the outset has worked with local businesses. In 2016 special offers for festival ticket purchasers resulted in local restaurant Delhi's Winter being so busy on the festival weekend that in 2017 the restaurant set up stall on the site so that party goers could enjoy their pakoras with the music. In 2018 a few of the local businesses setting up on site include Macs sweetie shop, Granary, Delhi's Winter and Mannerstons Farm Shop & Café.

The local businesses on site are only a small part of the wider community that get together to make the event happen. The team at Kingsfield Golf & Leisure provide parking and hospitality for the bands, Images Above Ltd for the stunning footage, Loch House Farm Caravan Park for looking after the campers and all the local crew, and many staff and volunteers putting the show together. Party at the Palace has become a great team effort across the town.

Investing in developing skills and talent in the community has included competitions for local bands wanting to perform at the event. In 2018 investing in community music projects is set to become an even more important focus for the event, building on the partnerships with education authorities developed in recent years. When the people of Linlithgow buy Party at the Palace tickets they are not just paying for bringing leading bands to Linlithgow, but they are also investing in the work of many local people. Expanding the community music projects will seed the next generation of potential performers at Scotland's best family friendly music festival.

Making the Festival Greener

Party at The Palace has been working with Transition Linlithgow to reduce the environmental impact of having a large scale music festival in Linlithgow. This partnership has brought about the following improvements:

- >> No plastic food containers on site.
- >> No plastic knives and forks on site.
- >> All cups used for hot and cold drinks will be compostable. This will save approximately 60,000 plastic cups from going to landfill.
- >> No straws on site. This supports Transition Linlithgow's "Linlithgow's Last Straw campaign. You are welcome to bring your own straw should you need it.
- >> All waste on site to be separated and recycled where possible by the event partners Scotwaste.
- >> A reduction on single use bottles by introducing water stations on site with compostable cups rather than plastic bottles.

Party at The Palace are very grateful again to have the 4th West Lothian Scouts assisting with the clean up duties. We would urge all our visitors to be mindful of the beautiful setting we have and to do their bit to keep it looking great.

John Richardson



Tue
19
June

FLYING THE FLAG FOR LINLITHGOW

Linlithgow is gearing up for the Annual Riding of the Marches which this year will take place on Tuesday 19th June. Within the Deacons' Court, preparations are well underway for the big day which will this year see Provost John Cunningham take the lead in his first year as Provost.

The flutes and drums kick start the day at 5am from the West Port before the 11am Procession sets off from the Cross, west to the Brig then east to Blackness. The day ends with the 5pm procession going three times around the Cross Well before the traditional declaration of "Safe oot, Safe in!" ending another Marches Day.

The Deacons' Court flag bearers take their positions at the front of each procession on Marches Day, this year they are Deacons Paul Meenan, Malcolm Sneddon, Graeme Old and Calum Cunningham. For many years, the Marches Day procession has been led by the three flags; however this year there will be an additional flag taking its place at the front of the Marches Day processions.

Last year, the Lord Lyon King of Arms, presented the Royal Burgh of Linlithgow with a town Coat of Arms as a result of an initiative raised by the Linlithgow and Linlithgow Bridge Community

Council. The Coat of Arms depicts the town's Saint, St Michael, holding a shield of the town emblem, the Black Bitch, with the message "*St. Michael is kinde to stranglers.*"

Jim Carlin was Provost of the Deacons' Court at the time of the presentation ceremony, which was held in Linlithgow Burgh Halls.

"It was such a momentous occasion that I along with the Baillies and members of the Deacons' Court felt that it should be marked with the commissioning of a new flag that would bear the town's Coat of Arms."

Past Provost Jim Carlin

The Coat of Arms belongs to the town and so too the flag which is a gift from the Deacons' Court to the people of Linlithgow. It will now take its place beside the other three flags to be used at civic functions, the Perambulation of the Marches, Deacons' Nights and future Riding of the Town's Marches.

The honour of carrying the new flag will this year go to Deacon Malcolm Sneddon, *"The new flag is a way of continuing the traditions of the Marches while bringing in new ones which is needed to keep the best day of the year alive and strong for the future."*

Deacon Malcolm Sneddon

The flag will be presented to the people of Linlithgow at the annual Eve of Marches dance which will this year take place on Friday 8th June. The first opportunity for the people of Linlithgow to see the new flag will be when it proudly takes its place alongside the three other town flags on the first Deacons' Night, Saturday 9th June. Thereafter it will take part in the Perambulation of the Marches on 13th June, second Deacons' Night on 16th June and of course on the Marches Day.

"I am very excited at the prospect of seeing the new flag in all its glory, coming along the High Street on the Deacons' Nights and Marches Day. I am very proud that in my first year as the Provost, Linlithgow will see its new flag in use." Provost John Cunningham

Long Live the Marches!

Keep up to date with everything happening on the run up to Linlithgow Marches 2018 by visiting our website (www.linlithgowmarches.org) or liking us on Facebook (Linlithgow Marches and Deacons' Court)

Deacons' Court

LINLITHGOW'S LAST STRAW



How many straws does a town like Linlithgow use in a single year?

According to research by the Marine Conservation Society it's somewhere between 1 and 2 million. That seems like a lot, but if you take into account the plastic straws used by every primary school child every school day with their milk, the numbers soon add up. With all the recent media coverage on single use plastic, it's not surprising that those same primary school children want to do something about those straw numbers. Hence our campaign, Linlithgow's Last Straw.

The campaign is a collaboration between Transition Linlithgow's new group **Plastic-Free Linlithgow**, and several local Primary Schools. The goal is to raise awareness about the damage being done by single use plastic and asks local businesses to not use plastic straws. Starting with a poster competition for all Primary children, any local business who supports the campaign will be invited to display one of the winning poster entries stating '**We Support Linlithgow's Last Straw**'. Volunteers from Transition Linlithgow have recently been surveying the use of single use plastic within Linlithgow and most businesses are already considering alternatives with some now using only compostable items such as **The Granary** and **The Hideaway Café at Beecraigs**. St Ninian's Eco Congregation have also gone plastic free in the Longcroft Halls. **Party At The Palace** is fully on board and a keen supporter of

Linlithgow's Last Straw, donating a weekend family ticket as a prize in the poster competition. So we're hoping for lots of support for this campaign.

Our local Primary Schools have already been active in campaigning against the use of single use plastic. **The Eco Group at Low Port Primary** has written to West Lothian Council urging them to replace both plastic straws and plastic water bottles within their school. Eco Groups at Linlithgow Primary and Springfield are concerned about the effect single use plastic is having not only on our oceans but also on our local countryside. Linlithgow Primary have replaced plastic water bottles with metal bottles. We are all keen to play our part in what is now a national debate to raise awareness.

It's encouraging to see steps being taken at governmental levels towards legislating against the use of some single use plastics. Certainly the legislation to charge 5p for plastic bags has been hugely effective, resulting in an 80% reduction in plastic bag use and a decline in the number of plastic bags found on the UK seabed (according to a new study by researchers at Cefas). Both Holyrood and Westminster intend to introduce deposit return systems for plastic drinks containers and there is talk of bans on plastic straws in Scotland. Even the large supermarkets have signed up to the WRAP UK Plastics Pact to make all plastic packaging reusable, recyclable or compostable by 2025. But if we're dumping



the equivalent of a truck load of plastic into our oceans every minute of every day (according to Greenpeace) can we not do more right now?

If you're a local business owner and want to support our campaign by displaying one of our posters or take part in our survey, please get in touch at plastic-free@transitionlinlithgow.org.uk or you can follow our activities (including a list of suppliers of single use plastic alternatives) via www.transitionlinlithgow.org.uk. Everyone is welcome to join our Facebook group 'Plastic-Free Linlithgow' where we welcome tips, ideas and thoughts from anyone interested in the project.

Transition Linlithgow is a community-led Scottish Charity (SCIO), number SC048006. Find us on our website www.transitionlinlithgow.org.uk, or follow us on Facebook www.facebook.com/transitionlin

SKIPINNISH
SAT 23 JUNE
MARCHES MARQUEE

Tickets £25.00

LINLITHGOW RUGBY CLUB, MAINS ROAD, LINLITHGOW EH49 6DB

7.30pm to 10.00pm. (Bar opens 6pm, Venue opens 6.45pm)
All seats unreserved. Licensed bar.

Tickets, priced £25, available online via <https://linlithgowfolk.yapsody.com/>
Also from "Far from the Madding Crowd" at 20 High Street, Linlithgow

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THE BLACK BITCH

"Great pub with a nice mix of locals and tourists. We felt right at home and the bartender knew what I wanted before I did."

What's NEW...

- **Black Bitch Easy Bar** – personalised pre paid card that entitles the bearer to 12 drinks of there favourite tipple!
- **Black Bitch Saturdays** – Live music from the cream of local talent - Adam Donaldson Sat 7th, Lyrix Sat 14th Christie's & co Sat 21st. We have Karaoke the last Saturday of every month & live music from Pure Malt the last Sunday of the month.
- **Black Bitch Beer Garden** – A mixture of traditional & modern bringing a real Mediterranean vibe to your doorstep?

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'ONE FOR THE ROAD' LINLITHGOW LADIES RUNNING TEAM...

Raising money for cancer charities



This May, a 12-strong team of ladies from Linlithgow will be taking part in the 2018 Edinburgh Marathon Festival and in doing so, raising vital funds and awareness for three very special cancer-related charities close to their hearts. Their team name, 'One for the Road', is a playful hint at their shared loves – running and the occasional glass of something at the weekend! Indeed a few glasses of bubbles may have been consumed during the ladies' 'planning meetings' for the event which involves 3 sub-teams of 4, each running a leg of the 26 mile route around Edinburgh's historic centre and beyond.

The idea to run the Marathon Relay started when two of the team, who regularly run together, were taking part in a 10k event and talking (yes, whilst running!) about their next challenge.

"We thought we could probably get a team of four together to enter the Edinburgh Marathon as a Relay Team as we know lots of people, like us, love to run in Linlithgow. We're so lucky to live in this beautiful place with so many interesting and safe places like the canal, loch and surrounding countryside, to run round! When we initially put the suggestion out there so many of our friends were interested that we had to enter 3-sub teams instead which is fantastic! The great thing about doing the Relay is that there is a distance to suit everyone – from the longest at 8.5miles to the shortest (glory leg!) at 4.5miles. Entering as a team also helps with the training and motivation!"

One of the other reasons the ladies are taking part in this challenge is to raise money for three vitally important charities, which have provided first-hand help, support and comfort to several members of the team – Marie Curie (who provide care and support for people with terminal illnesses), The Little Princess

Trust (who provide real hair wigs to children and young people who have lost their hair due to cancer treatment and other illnesses) and Children's Cancer and Leukaemia Group (CCLG – specifically Angus's Door which is a special named fund for research into rhabdomyosarcoma).

Eileen Simpson, who started running about 5 years ago with three of the other team-members, set up the special named fund at CCLG, called Angus's Door, in memory of her (and husband Willie's) precious, beautiful boy, **Angus Adam Simpson**. Angus was diagnosed with alveolar rhabdomyosarcoma (a massive visible cancerous tumour in his left eye) at just six and a half weeks old. Despite the gruelling treatment which he subsequently underwent, Angus grew to be a strong, gorgeous cheeky wee toddler, still running around even when the bones in his little body began to break due to the spread of the relentless disease. Little Angus, who loved life (and doors!), died six weeks after his second birthday in 2007. The treatment for this disease, as with so many child-cancers, is brutal. The prognosis for the particular type of cancer which Angus had is usually very poor. So a third of the funds that the team raises will go towards research into better treatments to give all the other little warriors going through a similar thing, more time and quality of life with their families.

According to Cancer Research's latest statistics, 1 in 2 people in the UK born after 1960 will be diagnosed with some form of cancer during their lifetime. These scary statistics mean that almost everyone these days is directly affected by cancer, either suffering the disease themselves or through supporting a friend, family member or other loved one with cancer, a fact known only too well by all of the ladies in the team. One of the running friends, Vicki McCorkell, mum to two lovely boys, has only in the last four years finished treatment for

breast cancer and continues to recover physically and mentally from this life-threatening experience. Another, Elaine Lee, is mum to Chloe, a beautiful, bubbly 6 year old who was diagnosed with Acute Lymphoblastic Leukaemia (one of the most common forms of childhood cancer) in 2016 and is currently receiving daily chemotherapy to fight this disease. When Chloe lost all of her hair during intensive treatment The Little Princess Trust provided her with a real hair wig so she could still be, in her words, "like Rapunzel" with long, girly hair. This made the trauma of all the horrible medicine and hair loss, a little bit more bearable for Chloe and her family.

Elaine says *"We all run for different reasons – to challenge ourselves, lose weight, keep fit, to clear our heads after a long day at work or even just to avoid bathing the kids for a change! – but most of us agree it helps to cure our bodies and our minds! We hope that our team fundraising efforts will help raise both awareness of and funding for these three wonderful charities which have helped all of us in some way or another, and enable them to continue helping more people affected by cancer and other life-limiting illnesses"*

Please donate if you can
[https://uk.virginmoneygiving.com/
fundraiser-display/showROFundraiserPage?userUrl=
OnefortheRoad1&isTeam=true](https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=OnefortheRoad1&isTeam=true)



A BIG THANK YOU...

Linlithgow Against Supermarket Development

*I*t is now ten years since a proposal was first put forward to build an out-of-town supermarket at Boghall East on Blackness Road. The strong and immediate opposition to such an unwelcome development led to the launch of the campaign group, Linlithgow Against Supermarket Development. No planning application was ever lodged for the Boghall East proposal but, two years later, a new and equally unwelcome proposal was put forward for a supermarket at Burghmuir. More than 1,000 people lodged objections with the Council and, only hours before it was due to be decided by West Lothian Council, the proposal was withdrawn.

In the ten years since the first proposal, the supermarket sector has changed

substantially and it now seems very unlikely that proposals will be advanced for inappropriate out-of-town development in Linlithgow in the foreseeable future. Accordingly, the Linlithgow Against Supermarket Development campaign has been ended. The website is being closed down.

The campaign received donations from supporters amounting to just over £710. It was stated at the time that any spare funds left at the end of the campaign would be donated to the Marches. After payment of expenses, principally the printing of information leaflets and the hiring of meeting rooms, there remained the sum of £371, which has now been donated to the Deacons' Court account of the Marches.

I am very grateful to the many people who actively supported the campaign and, in particular, to the campaign secretary, Elizabeth Bryan, and the treasurer, Lynne Sneddon and also to Chris Dewar, who has maintained the website and group mailing list facility.

I also wish to express my appreciation of the unfailing courtesy and helpfulness of the West Lothian councillors and the Council planning officers, as well as the various MPs and MSPs with whom we were in contact.

I am also very grateful to the Black Bitch magazine for its informative editorial coverage of the campaign.

*Yours etc,
Nicholas Leonard,
former chairman, LASD*

Bookshop Party

**Saturday 16 June, 11.00am-2.00pm,
Far From The Madding Crowd Bookshop**

FREE EVENT

To kick off Independent Bookshop Week 2018 we're having a Bookshop Party! Pop in at 11.00am for stories with BB the Bunny, then have a browse and see what exclusives and special offers you can pick up!

**Elevenses with AJ Pearce,
author of Dear Mrs Bird**

**Monday 18 June, 11.30am,
The Linlithgow Canal Tea
Rooms**

Tickets £5, available in the usual way from Far From The Madding Crowd

The Sunday Times bestselling author of Dear Mrs Bird is dropping in for elevenses! Join us to discover the inspiration behind one of 2018's best debut novels, ideal for fans of the Guernsey Literary and Potato Peel Society. Tickets are strictly limited, so don't shilly shally!

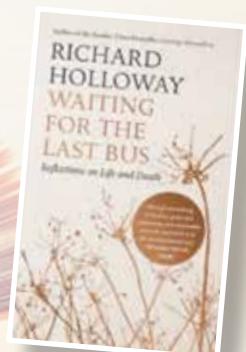


**An Audience with Richard Holloway,
Waiting for the Last Bus**

**Saturday 23rd June, 3.00pm, St Peter's
Church, Linlithgow High Street**

Tickets £5

Richard Holloway will be discussing his latest book with Bruce Jamieson chairing. Waiting for the Last Bus is a hugely thought-provoking and timely book and it is apt that the event is taking place in the newly refurbished St Peter's Church as Richard was Primus there for many years. Tickets are strictly limited, so book early.



MEET THE QUEEN

MISS EMILIE CUNNINGHAM

This year's Queen Elect is Miss Emilie Cunningham. We thought you might like to know a little more about her, so I've asked to her to tell you all a little about herself in her own words.



My name is Emilie Cunningham and I am 11 years old. I have lived in Linlithgow my whole life with my Mum, Clare, Dad, Derek and brother, Marc. We also have three pets, a black Labrador called Alfie, a goldfish called Nemo and a black rabbit called Jet.

I was in the Gala Day as a fairy in 2012 and had a great day. My brother has also been in the Gala Day, he was a Scottish Soldier in 2015.

I attend Springfield Primary School, I am in P7a and my teacher is Mrs Gordon. My favourite subjects at school are Art, Maths and Literacy. As part of my P7 duties I help my teacher with a P1 - P3 Dance Class. I also look after my P1 buddies and one of them is also a fairy in this year's Gala Day! The School Show this year was The Lion King and it was held at Linlithgow Academy. I had the part of Young Simba, it was so fun and I loved every minute of it.

Over the years I have enjoyed many after school activities. For 6 years I did Freestyle, Acrobatics, Tap and Ballet with Stenhouse School of Dance. I also sang in the Linlithgow Linties for 4 years. When I started P7 I left these clubs to take up new hobbies and now enjoy playing Netball, Cheerleading and Sewing with the Young Embroiders. I have also recently started skiing and have just gained my level 5.

My mum is on the Gala Day Committee so when the Draw came around I went along with her and my Gran. When I heard my name being called out for Queen, I was extremely surprised and shocked to be picked, there were so many P7 girls in the draw this year! I then phoned my Dad at his work to give him the exciting news. Two weeks later I went to Glasgow with my Mum, Gran and

Godmother to get my dress (all I can say is it's white and I love it!). I have been very busy helping my Dad with my arch and getting very messy with the painting!

I have met some lovely girls and boys who are also in the Gala Day and, now that rehearsals have started, have met up with them over the last few weeks. Being involved in the Gala Day is really good for making new friends just in time for going to the Academy in August.

I can't wait for the 23rd June to come so I can put on my dress, have my hair and make-up done and be crowned Linlithgow and Linlithgow Bridge Children's Gala Day Queen.

I would like to thank the Gala Day Committee for all their hard work over the year with fundraising and organising the Children's Gala Day for all the Children of Linlithgow and Linlithgow Bridge.

Emilie

As you've heard from Emilie, her mum, Clare, is on the Gala Day Committee, she is our Fundraising Co-ordinator. Just before we kicked the Draw off Clare said to us, 'anything but Queen'! But, luckily for Emilie, it was not to be! I know Clare is now over the shock and is loving the preparations for the big day just as much as Emilie.

So, now you know a little more about Queen Elect, be sure to give her a big smile and wave on the Gala Day!

Kate Lynch - with some help from Emilie!





ROSIE'S SONGS FOR SUMMER 2018...

Summer. The thing people dream about when they're stuck in class, bored at work, or watching the rain drizzle down their window. For me, I believe the best summer should be sound-tracked with the best music. Here, I will lay down some chilled summer-time songs, perfect for any summer activities, no matter what beats you are into.

Good Vibrations The Beach Boys

The entire song just does what it says on the tin. "Good Vibrations" was released in 1966 and has stayed as the perfect summer song ever since. It just makes you think of kicking back on a beach with a barbecue on, sun shining down, surrounded by some good company. It is a catchy and upbeat tune, definitely oozing summer feels. Good vibrations indeed.

Don't Look Back into the Sun The Libertines

This classic tune is perfect to blast at full volume on a road trip with the windows down. The catchy guitar-riff, paired with memorable lyrics, makes you want to sing it out at the top of your lungs. It's joyous, it's happy and it has a bittersweet, hopeful tone to it; the perfect tune to make summer memories with friends.

After the Storm Kali Uchis ft. Tyler the Creator

This song made me feel like it was summer even when it was released in January! It's retro-funky baseline and chilled-out summer feels make this song hard to stop yourself dancing to. It's the perfect song for relaxing in the sun. Let's hope Kali releases some more summer anthems on her upcoming album.

California Daze Peace

My personal favourite song from Peace's first album "In-Love", California Daze is the song that launched Peace to where they are now. It has a slow build and that, together with the gentle guitar melody, are a perfect combination. Whenever I hear this song I can't help but feel happy to picture myself walking along a beach with my friends in the warm weather.

Lost Frank Ocean

The irony of this choice is that this is my absolute favourite song for going on holiday. Yet the song tells the story of someone traveling, feeling lost and being unable to find a place to call home. But, it does have a catchy rhythm and the golden voice of Frank Ocean is irresistible; you'll have this song on repeat before you know it for sure.

Dua Lipa IDGAF

This is the follow-up single from the world-wide hit that was "New Rules". This is yet another catchy, pop masterpiece from the London born singer. The song is perfect for dancing with your friends at a summer party, forgetting about all your troubles. It's a winner.

Everything Now Arcade Fire

Released earlier this year, this feel good song is the best way to start off summer and dance around to. With its seemingly new sound and pan-flute riff, the song is definitely a special one. Its 'pop-y', happy and just downright fun to listen to.

Go Your Own Way Fleetwood Mac

And, to finish, another classic. This has been the perfect song for forgiving and forgetting since 1977. To me summer is all about starting over with fresh opportunities and this song represents that perfectly. It's catchy lyrics, drum-beat and guitar-riff all mix together beautifully to create one of my favourite Fleetwood Mac songs. It's sunny, charming and for me, it is the perfect summer song. So there you go, my favourite summer songs, perfect for any occasion. If you're like me, you can't be happier as the temperatures are warming up so now you have the perfect excuse to play some top quality summer tunes.

Rosie Crowe



PEDAL FOR SCOTLAND YOUR COUNCILLORS' OPINION.

Scotland's biggest bike event, Pedal for Scotland, returns on 9 September.

The Pedal for Scotland cycle event covering a route from Glasgow to Edinburgh has been coming through the centre of Linlithgow for several years now.

While there were always a minority who appeared to object to the event on principle, by and large the cyclists passed through relatively trouble free.

Matters changed when the "Wee Jaunt" for young folks was added in 2016 from Linlithgow's High Port to the finish at Inglinton. A decision was taken by the Police to enforce a full road closure from Edinburgh Road all the way to Winchburgh. For many people along the route, this meant being blocked into their homes for a large part of the day as the message had not got through on the implications of a full road closure as opposed to the partial road closure in previous years.

And matters changed again in 2017 when a full closure was applied at

Linlithgow Bridge, thus plugging both ends of the only route through and across Linlithgow from very early on the day of the event until mid to late afternoon.

In effect, travel through, across and round the town was severely disrupted without adequate provision being made for alternative travel plans. In 2016 in particular this disrupted several events planned in the town for the same day - Linlithgow Folk Festival, a regional junior tennis tournament, Doors Open Day, rugby matches and Church events. In addition, the view from the business community was mixed with a minority reporting an increase in trade but the majority feeling that the event had a negative impact.

In the aftermath of each event, information came to all three Linlithgow Councillors via email, surgery visits and telephone calls. These in almost every case supported the event in principle but nearly all were highly critical of the administration of the event and of

certain aspects such as stewarding and cyclist indiscipline at traffic lights, pedestrian crossings and in the countryside when the "Big Belter" was added through the Bathgate Hills with no signage to warn motorists.

Immediately following the 2016 event, repeated attempts were made to meet the local organiser to explain, and provide evidence to show, that while the town overwhelmingly supported the event there were serious concerns that required to be addressed.

All attempts to have the community voice listened to were rebuffed initially until in Spring 2017, a meeting of concerned local organisations and individual members of the community with the event organisers was held in the Burgh Halls under the chairmanship of the Community Council.



The reports of the effect of PfS on individual events and on the general community were listened to and noted. However, while one or two minor changes were implemented all the serious concerns remained for the 2017 event.

Overall, the progress of the event has been closely monitored by the Local Area Committee, attended by all three Councillors. Initially, while strong views were expressed by all three, there was perhaps a feeling that a learning process had to be gone through and things would improve in time. However, following the 2017 event even stronger views were expressed and a feeling began to emerge that perhaps no-one was really listening. There was in addition a feeling that there was an element of arrogance in the way discussions were being handled, that neither the views of the community itself nor its elected representatives were of any consequence.

An indication of the geographic remoteness and disconnected nature of the decision making process is that it has been suggested that as the Marches and Gala Day enjoy full road closures then full road closures should equally apply to Pedal for Scotland. This ignores the fact that the community of Linlithgow has had around five hundred years or more to acquaint itself with Marches arrangements and that the closures on those occasions are only for relatively short periods of the day.

The most recent Local Area Committee was held on May 24th when the 2018 event was again discussed at length rehearsing all the points previously made to no effect. The 2018 event will go ahead on September 9th with minimal and only peripheral improvements. Based on the discussion it appears that West Lothian Council itself has no power to intervene on behalf of Linlithgow residents begging the question who does have the power to listen and take action?



In summary,

while the consensus of community opinion is in favour of the event in principle, serious concerns remain over:

- >> Full road closures, timing and extent
- >> Stewarding – lack of local knowledge
- >> Cyclist indiscipline
- >> Poor communication with the community at large
- >> Distribution of incorrect information
- >> Absence of a co-operative approach
- >> Top-down, take it or leave it attitude on the part of the organisers.

Finally, to continue on the cycling theme but on a much more positive note, West Lothian Council is pleased to be able to work with Linlithgow Community Development Trust on their project to construct a 1km closed cycle circuit. The facility next to Xcite Linlithgow will provide a safe and accessible place for people of all ages and abilities to enjoy a range of cycling activities.

Should you wish to make your views known please contact individual Councillors at the email addresses below or contact the magazine at on.a.lead@gmail.com

Cllr Tom Conn
Tom.Conn@westlothian.gov.uk

Cllr Tom Kerr
Tom.Kerr@westlothian.gov.uk

Cllr David Tait
David.Tait@westlothian.gov.uk



FEARS, PHOBIAS AND MORE!

Going on holiday should be a relaxing and exciting experience, but does the thought of those pre trip injections, boarding a plane or going to a country with snakes or spiders fill you with anxiety and dread? Although your fear may seem irrational to others, it's very real to you and can be very frightening. Well fear not - hypnotherapy can help!

Julie Buchanan-Smith Hypnotherapy can help you to overcome your fear or phobia. Hypnotherapy is a simple yet powerful method of treatment that allows the unconscious mind to help make the changes you perhaps have long thought to be impossible.

Hypnotherapy can be used to treat more than just fears or phobias. It can be applied to a wide variety of conditions including pain management, stress, anxiety, weight control, stopping smoking, performance improvement, childbirth, habit breaking, anger management and insomnia, and both adults and children can benefit from treatment.

How does hypnotherapy work?

Hypnosis is very similar to the trance like state we all experience day to day, whether it be daydreaming or while drifting into or out of sleep. Hypnosis enables the body and mind to relax,

while the unconscious mind becomes more aware and open to the positive suggestions provided by the therapist helping to facilitate the changes required.

A typical hypnotherapy session usually lasts for an hour. At the initial session a full case history will be taken, along with a medical history. This information allows the therapist to write scripts to address issues that are personal to you. While sitting in a chair, the therapist will talk to you, helping and guiding you to relax. Once totally relaxed the therapist will use different techniques to facilitate the changes you desire. The therapist will speak directly to your unconscious mind, as this is where the thoughts and feelings causing your phobia are stored. At the end of the session the therapist will awaken you, and you will wake up feeling refreshed and optimistic for the future.

Will I be asleep?

During the hypnotherapy session you will be able to hear, and be aware of, everything that is going on in the room. You will also be able to remember everything that happened in the session. You may feel that at times you have fallen asleep, but you are not asleep, just deeply relaxed and absorbing everything the therapist is saying to you.

It is important to note that you cannot be hypnotised against your will, and you will only accept the suggestions that are

appropriate to you at that time.

Passionate About Hypnotherapy

Julie became passionate about hypnotherapy after seeking help to cure her phobia of injections, and later her fear of having a blood test. Julie was so amazed and overwhelmed by the experience that she eventually decided to leave the world of corporate finance and retrain to become a Clinical Hypnotherapist.

Julie trained with the London College of Clinical Hypnosis (LCCH) and the Harvest Clinic (Glasgow), in conjunction with the University of West London, and graduated in 2016. She is a member of the Complementary & Natural Healthcare Council (CNHC) and an Associate Member of the British Society of Clinical Hypnosis (BSCH).



Contact Julie on 07791 042 237 to discuss how hypnotherapy can help you.

www.juliebuchanansmith.co.uk
email : juliebuchanansmith@gmail.com



Julie Buchanan-Smith Hypnotherapy

www.juliebuchanansmith.co.uk



Hypnotherapy is a simple yet powerful method of treatment that allows the unconscious mind to help make changes you desire, the changes you have long thought impossible.

Some of the conditions hypnotherapy can help with are:

- Phobias & Fears
- Pain Management
- Childbirth
- Performance Improvement
- Stopping Smoking
- Stress & Anxiety
- Weight Control

■ Hypnotherapy can also be used to help children. ■

Please see our website for more information or call for a free 15 minute consultation to see how hypnotherapy can help you or your child.

07791 042 237 juliebuchanansmith@gmail.com | www.juliebuchanansmith.co.uk
Julie Buchanan-Smith Hypnotherapy at Linlithgow Chiropractic, 39 High Street, Linlithgow, EH49 7ED

DON'T WE ALL KNOW WHAT WE LIKE WHEN WE SEE IT?

We are writing this article while we are down in London judging the show gardens at The Chelsea Flower Show. Before you say it, we know it is a treat and a bit of a busman's holiday, but it is hard work. Lesley had two 8 hour days judging (Dougal only a 4 hour and an 8 hour) but this year we didn't have to feedback to the designers for once so escaped a day earlier than normal!



We have a fairly rigid 9 separate criteria by which we judge the gardens in order to be as objective and comprehensive as possible. Even so there are healthy debates amongst the seven judges and you realise how everyone has a different point of view about each garden we judge. Majority decisions by voting generally mean we arrive at a fair result for the award that each garden deserves and the judges are always delighted when we are able to award a Gold medal!



Although the judges try to be as objective as possible we all have different opinions, but in our private lives we know what we like and what we don't. In our own gardens we can choose what we like and what suits our style and the particular demands of our gardens. Lupins were the 'Chelsea Plant' this year, appearing in so many of the show gardens, but if you don't like them you don't need this currently fashionable plant in your garden!



Some of us love to grow-your-own salads and vegetables in our gardens, some don't want to be gardening at all but would like their gardens to be neat and tidy and not require much work at all.

What do you want from your garden? We use our garden as a laboratory to get to know individual plants, what they like and dislike and what they can do for us, but our overriding desire is a garden that looks great in every season, provides lots of food for visiting wildlife (but not deer or rabbits!) and isn't too much of a burden to look after. It would never win a Chelsea Gold Medal but it rewards us in so many other ways.

**Dougal Philip
and Lesley Watson**
New Hopetoun Gardens

**so much more
than just a
garden centre**

www.newhopetoungardens.co.uk

**NEW
HOPETOUN
GARDENS**

**ARE YOU 35 THIS YEAR?
OR DO YOU KNOW SOMEONE WHO IS?
35 IS THE 'GARDENER'S BIRTHDAY'**

Send us their name, date of birth and address and we will send them a £35 Voucher to spend here at New Hopetoun Gardens!

THE HIGH STREET For this edition's town centre BID update, we're focusing on attractiveness and presentation of the High Street for peak tourist season. There are lots of ways for businesses and residents alike to get involved, so there's no excuse not to! If you'd like to contact Linlithgow Town Centre BID about anything covered in these articles, our email address is info@linlithgow.info.

BURGH BEAUTIFUL PLANTER CHALLENGE



Evelyn Noble and Kate Young

Businesses on Linlithgow High Street are being urged to paint the town red... and white!

The plea has come from Burgh Beautiful, whose army of volunteers ensure the town is a riot of colour each year. They were rewarded by success in last year's Beautiful Scotland competition, followed by an invitation to Linlithgow to take part in this year's Britain in Bloom contest.

In part, the red and white theme is intended to commemorate the 100th anniversary this year of the end of the First World War. The two colours will predominate in Burgh Beautiful's planters and hanging baskets on the High Street, and the transformation of the "peatlands" theme at the Vennel will become a dedication to those involved in the Great War.

In order to heighten the colour theme across the length of the High Street, Burgh Beautiful is asking every business to consider joining this year's effort.

Jean Aitken, part of the committee set up to persuade businesses to play their part, said that while they were suggesting red and white, shops and other businesses shouldn't feel constrained if they have their own ideas, or wish to use their own brand colours.

"It could be some sort of floral display: a planted container, hanging basket, wall-mounted planter or window box - or creating

a themed window display with the colours red and white. What anyone does should only be limited by their imagination!"

Jean said that, with many High Street businesses in close proximity to one another, instead of "going it alone", a joint display might appeal.

"There's no reason why there can't be a combined effort, where you share the workload of maintaining displays, including regularly watering containers, where plants are more vulnerable than when planted in open ground."

Sisters Evelyn Noble and Kate Young, who own Lilypond Crafts & Gifts, have been the first to support Burgh Beautiful's plea, boasting two pots with red and white plants.

Said Kate, *"We think it's a good idea, and we were keen to support it. It would be great if shops up and down the High Street did something to help make it even more attractive for visitors and local people."*

Linlithgow Town Centre...

Marches Window Dressing

>> Deacons' Court is calling upon all town centre businesses to decorate their windows and shop-fronts with a special display for this year's Marches. The annual Riding of the Marches (19th June 2018) sees the whole town come together for a day of spirited fun and ceremony, so keep an eye out for local businesses getting in the party mood and sporting their Marches creations proudly!

Linlithgow Duck Race

>> Businesses on Linlithgow High Street have gone "quackers" this year in support of the hugely successful Duck Race - drawing praise from the charity fundraising event organiser.

With sponsored ducks already being lined up for the 12th annual race on June 11th, Linlithgow and Bo'ness Rotary Club is confident that this year's backing from businesses, including several new ones, will be at an all-time high.

Ian Gibson, of the Club's Community Services Group, said that in the last 11 years local businesses had played a major role in raising over £45,000 for local community good causes, including Linlithgow Bridge Children's Gala and Linlithgow Reed Band.

He said that "business ducks" could be sponsored for £25, with a few still available; *"We have one staggering first prize. It's an advertising board, prepared to the winner's specification, to be displayed at the grounds of both Linlithgow Rose FC and Linlithgow Rugby Club throughout next season. The winner and a friend will also ride The Marches with the official town party, and travel with the official party at the Children's Gala."*

He added that tickets for both business ducks, and for the "town people's duck race" at £2, with a raft of great prizes, could be purchased at the Platform 3 pub, where Ian is mine host.

The event takes place at 7pm on June 11th at Lochmill Burn, to the west of Linlithgow Loch, just off the Bo'ness road.



Flyposting

>> Linlithgow boasts one of the most attractive High Streets in Scotland, but its overall appearance is being blighted by the scourge of flyposting.

Linlithgow Town Centre BID is appealing to every business on the High Street for their help in eradicating the menace. Walk only a few paces and you'll encounter circus and other posters on vacant premises, gable-ends and fences - basically any free space that presents itself.

West Lothian Council can only remove posters from their own premises, or if they are deemed to be offensive. Removing them from vacant premises is problematic without a landlord's consent in case any damage is caused.

Stewart Ness, the BID Coordinator, said businesses were being asked to consider when approached to put up an event poster - something they would normally be happy to do - saying they would only do so if the person gave an assurance they would not flypost on vacant premises or elsewhere in the town.

"We're also asking businesses to challenge anyone flyposting and tell them that many shops would be willing to display their posters providing they don't continue with the practice."

Stewart said that it was also worth looking at the example set by a group of volunteers from Broxburn and Uphall Trade Association, who spent a whole day carefully removing all the layers of posters which had built up in the town in recent years.

Added Stewart, "Their efforts made a big difference to the appearances of the town centres. Perhaps it might be possible for something similar to happen in Linlithgow."



New business: Jewellery By Design

In an exciting addition to the wide range of outlets on Linlithgow High Street, the town now has its first jeweller, offering a bespoke service that combines cutting-edge technology with traditional hand skills.

Jewellery By Design, in the former Brodie's coffee shop at 121 High Street, will craft any piece of jewellery you want for an engagement, wedding, or other special occasion - and you can be involved in the design process.

The new business is owned by Steven Heggie and his wife Sharon, along with Claire Moore. Steven and Claire are bench jewellers with a combined 40 years of experience between them. In addition to his accomplished bench skills, Steven has 32 years' experience working with diamonds and gemstones. Claire began working in the jewellery trade after completing a degree in jewellery design, and for eight years she has worked alongside Steven, drawing on his extensive knowledge and skill.

The new shop will offer customers a bespoke design service that employs leading technology and bench skills to produce beautifully made jewellery. Claire uses Computer Aided Design, and rings will be crafted to each customer's preferred style and budget. Claire said Jewellery By Design would specialise in modern and classic diamond wedding and engagement rings. These would be available to buy from stock, or if a customer wanted to go down the bespoke route they could be involved in the design process.

"If someone shows us a style they like, but it's too high-set, too heavy, or they'd like to use their own stones, then we can help them create a design to suit those needs. Customers requiring shaped wedding bands can have a perfectly-fitted band designed in their chosen style, either plain or diamond set."

In addition to their design service, Jewellery By Design will also have selected Scottish silver jewellery collections, including Ortak, Chris Lewis and Linda McDonald. In celebration of the new shop's location in what Steven described as "a beautiful town with a lively atmosphere", Jewellery By Design has created a bespoke collection of silver jewellery inspired by Linlithgow, made with or without coloured enamel.

Added Steven, "The shop will be donating 10 per cent of the proceeds from this range to Strathcarron Hospice, a cause which is close to our hearts."



MILL ROAD BID

New Office for Mill Road B.I.D.

After being based at the Vennel in Linlithgow Town Centre since the start of term one and following feedback from Mill Road BID members during our recent mid-term consultation event, the BID is finalising the arrangements to have our very own office in the Mill Road Industrial Estate. This will allow members to drop in and see us at their convenience and we welcome the opportunity to see more of you! Full details will be on our website shortly.



CCTV

The Board would like to remind businesses and visitors to the Mill Road Industrial Estate that there is a bespoke CCTV system that is in operation 24 hours day and provides full coverage of the area. This system is used for the protection and security of persons and property. We have had enquiries from businesses regarding suspicious activity on the estate and we are always happy to work with the Police to identify individuals and vehicles.

Site Plan

Did you know that there is an up-to-date site plan and directory available on the Mill Road BID website? It shows you the location of all businesses, helping customers and delivery drivers alike.

The plan is in the NEWS section of the website – download yours now and discover some hidden gems!

For more information visit our website www.linlithgowmillroadBID.com or email Bridgette on Bridgette.Kleinman@linlithgowmillroadBID.com.

We look forward to hearing from you.

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Nicholas Gribben & Stewart Ness



LINLITHGOW POPPIES



Preparations are now well under way for Burgh Beautiful's flowerbed on the High Street at the Vennel to commemorate the centenary of the armistice and the end of the First World War in 1918. The plants will arrive in early June ready for planting.

We must give a big Thank You to the many skilled knitters who volunteered to make red poppies for us, and others who donated old knitting needles to make 'stalks' and also boots. It has been a real community effort. Some of the shops will be taking up the red and white theme in their window boxes and planters and we shall also be able to supply some shops with knitted poppies for window displays, thanks to all those nimble knitters.

We are also looking for a disused mens' "sit up and beg" bicycle to decorate and represent the local branch of the 10th Cyclists Battalion, the Royal Scots, leading up to 1914. Has anyone got an old bike abandoned in a shed somewhere? It would be very securely padlocked to the hedge at the flower bed.

Please contact:
linlithgowpoppies@hotmail.com

We remember that between 1914-1918, from across the world, from both the Allies and the Central Powers, about 18 million people died, both military and civilians, in what was sometimes termed The Great War. The word "great" nowadays has different connotations to the meaning a hundred years ago, when it inferred a sense of magnitude. Sadly, what was also sometimes referred to as "The war to end all wars", was followed just 22 years later by the Second World War from 1939 to 1945, with conflict again becoming global. With ever more sophisticated and deadly armaments, the situation in the Middle East becomes increasingly tragic.

We would like to invite people - residents and visitors of any nationality, race or religion - to dedicate one of our poppies to a relative who fought, died or suffered in WW1 or in any subsequent conflict. We have permission to mount a display of dedications inside the window of the old Library building in the Vennel, while it is empty. The dedications would then be assembled into a Memorial Album. Dedications

can be quite short or they may include a copy of a photograph and more details, if they are available.

The poppy symbol is the fundraising image for the charity, The Royal British Legion, of which Poppy Scotland is the Scottish Branch with the aim:

"To honour members of the armed forces who fought in The Great War and other conflicts since, and to support those serving today and their families".

To support this important work, they have set up The 1918 Poppy Pledge. If you would like to make a dedication there are contact details and examples on the website below. There is also a link for donations to the important work of Poppy Scotland to be made straight to the Linlithgow page on the 1918 Poppy Pledge website at www.linlithgowpoppies.co.uk



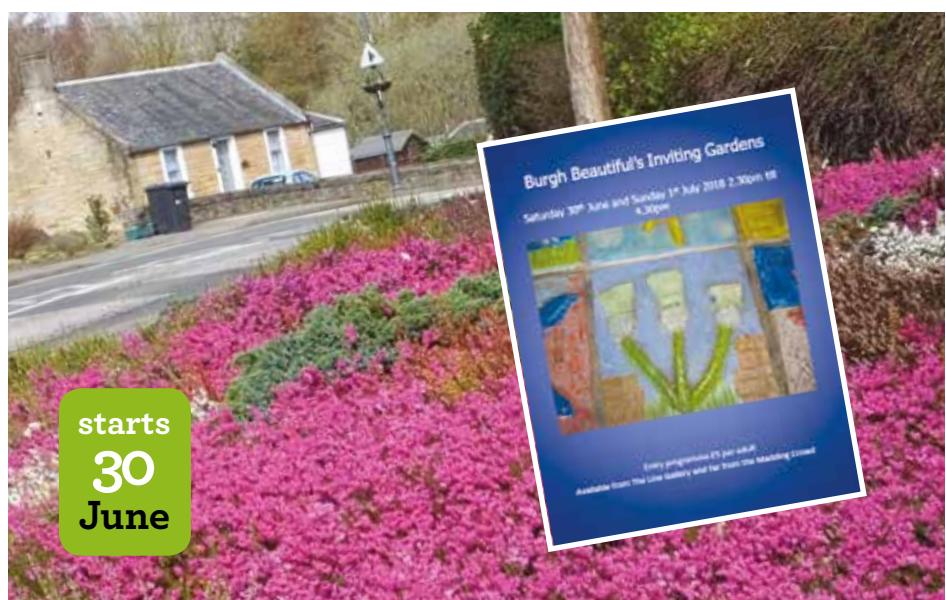
Copies of written details can also be picked up at Wilson's Newsagents, 1, The Vennel.

BURGH BEAUTIFUL'S INVITING GARDENS

This is your opportunity to visit a range of fascinating gardens in Linlithgow courtesy of their owners and, simultaneously, to support Burgh Beautiful.

Burgh Beautiful's Inviting Gardens on Saturday 30th June and Sunday 1st July from 2.30pm till 4.30pm each afternoon.

Programmes - which also act as entrance tickets - are available from The Line Gallery and Far from the Madding Crowd in the High Street for £5.00 per adult.



Sat
23
June

SKIPINNISH CONCERT WILL LAUNCH A FEAST OF FOLK

Fresh from a sell-out concert in Edinburgh's famous Usher Hall last month, traditional music Live Act of the Year - SKIPINNISH - are the hot-ticket event at this year's Marches Marquee at the Rugby Club.

The band has been selling out major venues all over Scotland, including Glasgow's Barrowlands, and they are coming to Linlithgow on Saturday June 23rd for a Gala Concert to mark 20 years of the local Folk Festival.

Skipinnish are on the crest of a wave that is growing bigger and more powerful with every performance. If this year's shows are anything to go by, their wave is on the way to great heights and the Marches Marquee in Linlithgow is the place to be on Saturday June 23rd.

In this fantastic concert performance, you can hear - and sing along to - all of the band's now classic anthems: The Island, December, Western Ocean and the massively popular Walking On the Waves. With wild, driving sets to savour, the audience is sure to be dancing in the aisles to all the favourites, plus songs from the latest album The Seventh Wave. Linlithgow Folk Festival Chairman,

Murdoch Kennedy, said:

"We are delighted that we will be celebrating our 20th year with a concert by Skipinnish. This is a real feather in the cap for the Association. We have had some tremendous events over the years, but bringing the 'Best Live Act' of 2017 to Linlithgow will surely be the biggest yet. We are looking forward to a full house and a fabulous atmosphere."

Tickets, priced £25, can now be purchased online via <https://linlithgowfolk.yapsody.com/>. The local ticket outlet is Far From the Madding Crowd at 20 High Street, Linlithgow EH49 7AE, tel. 01506 845509.

Looking ahead, the twentieth Folk Festival in September promises to be a real Feast of Folk and the organisers are delighted to announce that this year's headline artist will be the legendary RALPH McTELL. The English singer/songwriter and acoustic guitar player has been an influential figure on the UK Folk music scene since the 1960s. He is perhaps best known for his song Streets of London, which has been covered by over two hundred artists around the world, and for his tale of Irish emigration, From Clare to here.

In recent years, Ralph has been working closely with young emerging artistes and the headline concert on Saturday

September 8th will feature three of Scotland's finest - award-winning singer, Iona Fyffe, accompanied by musicians Jack Badcock and Ross Miller, Linlithgow's world champion Town Piper.

Another wonderful young artiste making an appearance in Linlithgow will be the BBC Young Traditional Musician of the Year, Hannah Rarity, who is earning rave reviews all over the country. Hailing originally from Dalmarnock, Hannah and her band will head up the second Songs and Reels at the Rose event at the Rose Social Club on September 6th.

Full details of the Skipinnish concert are available on the Linlithgow Folk Festival Association website www.linlithgowfolk.com. Please also check the LFFA Facebook page.

Jonathan Moore

**LINLITHGOW
FOLK FESTIVAL** **20TH**
2018





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*** PATP FAMILY WEEKEND TICKET COMPETITION ***

*For your chance to win - simply email the name of the TWO headline bands
to the editor at: on.a.lead@gmail.com*

PERAMBULATION OF THE MARCHES

Organised by Linlithgow Civic Trust.

Wed
13
June



The evening of Wednesday 13 June 2018, will see a few of the guid folk of Linlithgow, and hopefully a few friends and visitors, taking part in the fifth Perambulation of the Marches, organised by Linlithgow Civic Trust. All are invited to this year's walk round the town's old boundaries. Four-legged friends are more than welcome too!

Linlithgow is one of Scotland's most ancient Royal Burghs, and a tradition dating back to the 16th century is the annual Riding of the Marches, on the first Tuesday after the second Thursday in June. This involves the inspection of the extremities of the Burgh's interests, including those at Linlithgow Bridge and at the port of Blackness.

The Perambulation of the Marches complements the official Riding of the Marches, giving townsfolk and visitors alike the opportunity to walk the line of a recorded boundary (or 'march') of the Royal Burgh – in this case the Parliamentary Boundary as established in 1832.

The Perambulation of the Marches is an event open to all.

The walk is 4 miles (6.5 km) long and passes by seven out of eight march stones (one original and seven replicas, installed in 2014) marking the old boundary. The walk passes many features of historical and/or architectural interest.

The Perambulation of the Marches starts at 7pm at March Stone No. 1 in front of St Ninian's Craigmilen Church in Falkirk Road and proceeds in a clockwise direction round the route.

The walk will be led by the John Cunningham, Provost of the Deacons Court, along with flag-bearers and halberdiers, and the Town Crier. At each March Stone on the route, a standard is mounted on the stone and a piper plays.

The Linlithgow Union Canal Society (LUCS) will be providing refreshments at Linlithgow Canal Centre (payment by voluntary donation) and the Linlithgow Reed Band will be there too to provide some light entertainment.

The Linlithgow and Linlithgow Bridge Gala Queen Ruby and her Chief Lady in Waiting Emma will be present to welcome the participants in Rosemount Park.



Linlithgow & Linlithgow Bridge Community Council has produced an excellent, detailed booklet on the route of the Perambulation, and free copies will be distributed at the start of the walk. In the meantime, copies can also be obtained at the Burgh Halls, the public library, Far from the Madding Crowd, the Palace, the LUCS Canal tearoom, and elsewhere in the town.

They say that there is no such thing as bad weather, only bad clothing, so participants should come dressed for the prevailing weather. They should also take great care at all road crossings. Road traffic will be moving as normal. Please co-operate fully with the volunteer stewards who will be on hand to assist at key locations. Participants should also be aware that there are steps in two locations, one set particularly steep.

At the end, certificates will be issued to those who have completed the entire walk. This will be done in Code (the back function room) at the West Port Hotel, while stocks last, and where well-earned refreshments can also be purchased.

Linlithgow Civic Trust is part of Linlithgow Burgh Trust. Linlithgow Burgh Trust is a Scottish Charitable Incorporated Organisation. Scottish Charity No. SC047211

Allan Robertson
Linlithgow Civic Trust



Springfield School – record breakers!

Recently a number of children from Springfield School have joined hundreds of schools in the UK, USA, Canada, and Australia in creating a unique ‘world record’ embroidery.

The Embroiderers' Guild is an Educational Charity encouraging and promoting embroidery and textile art. To celebrate its Centenary the Guild launched the World's Longest Embroidery, currently over 600 metres long and still being added to at venues throughout the UK today. They then decided to invite schools to take part in creating the World's Longest Embroidery for Schools. It is hoped that schools will tell their stories in individual panels which will then be joined up to form a record breaking long embroidery panel. In the 21st Century there has been a resurgence of textile art, and the Guild is committed to bringing stitch and textile art to the attention of students and the general public.

A group from the school, helped by local members of the Guild, designed their embroidery to include many of the Linlithgow landmarks along with some things which were specific to the school.

It incorporates references to St Michael's church, Burgh Beautiful, the High Street, the Palace and the recent production of the Lion King at the school.

The Guild provided the school with a 1 metre length of material which formed the background of the panel. There is one main requirement for all the panels – there should



be a continuous line of stitching across the panel from one side to the other which will be used as a joining point to the next panel. The children decided to make their “line” represent the canal and the railway.

Many of the children had not stitched before and had to be taught basic stitches, although there were a few of the Young Embroiderers from the Linlithgow branch involved too. Various techniques were used including applique and handstitch.

This piece will be exhibited extensively

over the next 3 to 10 years (and beyond) and all the young people who take part will hopefully get a chance to see the whole thing one day.

Well done to Springfield School!
If your child is interested in joining the local branch of the Young Embroiderers, who meet monthly on Saturdays at the Academy, please contact **Shona Robertson**, the Group Leader, at linlithgow.ye@yahoo.co.uk.

Shona Robertson

BOOK REVIEW DINNER AT THE HOMESICK RESTAURANT ANNE TYLER

Dinner at the Homesick Restaurant sets out to document the lives, loves and losses suffered in one family and to explore the myriad of connections that exist between the protagonists. The main characters featured are parents (Pearl and Beck Tull) and their children (Cody, Ezra and Jenny). The novel weaves universal truths and the threads of complexity within family relationships, and explores the effects they have on people as they mature and develop throughout the rest of their lives. Tyler is interested in the bonds between parent and children, and what happens when these connections are severed.

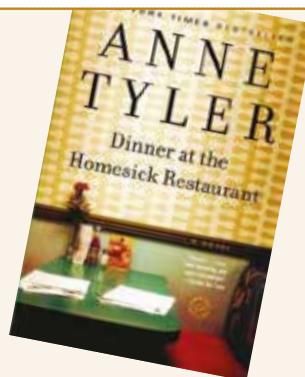
The novel is mainly set in Baltimore, North America, between 1930s-1980s. The main driving force behind the story is that the family have been abandoned by their

father, Beck, and the novel deals with the ripple effect of this pivotal event as each family member comes to terms with this derailment to their life's journey. This happens at a time in history when divorce was still something of a taboo. As the mother, Pearl becomes head of the household and chooses to live in denial about what has happened. This oppressive approach has far-reaching repercussions through the generations. Pearl is an obsessive, domineering and stifling mother which has a negative effect on the emotional and social development of her children, doing great harm to their self-esteem and confidence. We can see that she does not mean to project these negative emotions but instead acts out of love, desperation and perseverance in the face of adversity.

Tyler skillfully portrays the

thoughts and feelings of protagonists through exploring the varying reactions to Beck's abandonment and the subsequent behaviours of the other characters. Point of view is highly important throughout this novel. There is no manual for how to raise children or to live life – everyone does the best they can – and Tyler takes a subjective stance.

As the novel progresses the characters grow and develop either in proximity to one another or by creating distance between themselves and family life. The characters themselves are unremarkable – they are ordinary, everyday people. Throughout everything that life throws at this family, the reader cannot fail to be impressed by the fact that the family continuously try to make bonds and connections that will stand the test of time. In life there is no infallible benchmark for success – who are we to judge whether the Tull family have successfully achieved their happy ending? They are all making the best of what they have, struggling against negative influences, searching above all for the sense of place - of belonging -

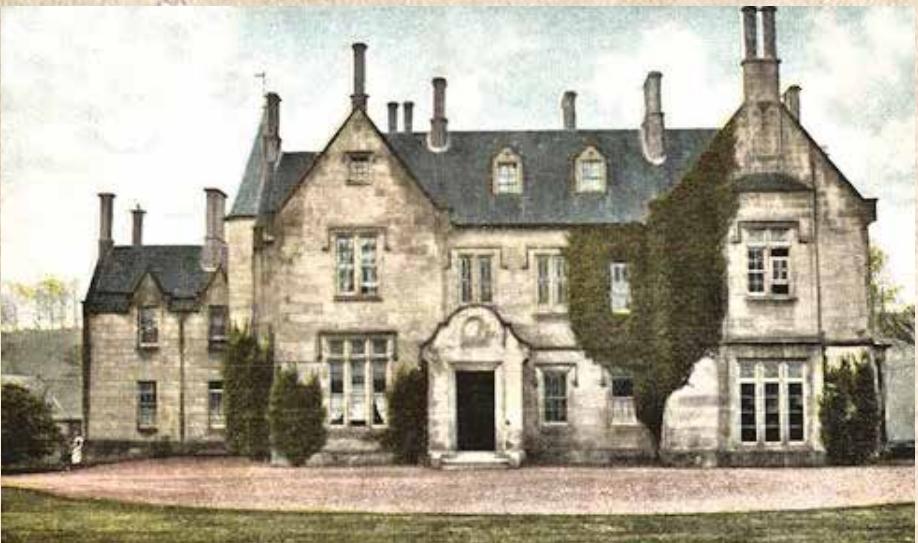


that being part of a family can bring. Tyler's aim is not to bring about a Hollywood-esque perfect ending. Instead she urges us to seek fulfillment in the unpolished, unfinished conclusion to the novel and, on reflection, this provides the real authentic ending to the continuous ebb and flow of family life.

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



1826



Lathallan House was designed by renowned Scottish architect, Thomas Hamilton, and built in 1826.

LATHALLAN HOUSE

As I drive up to the Lathallan Roundabout, trying to block out the smell of the huge landfill site on my right, I often glance over to the left and see, on the hillside, the gaunt, ruined remains of a once-proud mansion. Lathallan House was designed by renowned Scottish architect, Thomas Hamilton, and built in 1826, in the reign of King George IV, for a branch of the Livingston family – once the Earls of Linlithgow.



Johan
Theodor
Salvesen

In the later 19th century, the Tudor-styled, two-story building was bought by Johan Theodor Salvesen, a member of the wealthy shipping dynasty who was in charge of the family interests in Grangemouth. With his wife, Anna, and several servants, he lived in the building for some years, entertaining in the wonderful, panelled library and sumptuous dining room. Johan took pride in the Lathallan estate with its fine mansion and several associated buildings including a 'power house' (sometimes called the 'gas-house') a laundry and extensive stables.

Johan's son, Henry Adolph, was born in the house in 1860 and he continued to live in the house after his father moved into Edinburgh. Henry married Dagmar Maria Becker and between 1883 and 1891 two daughters

and four sons were born in his stately home.



Henry was a trained engineer and a keen inventor. He was fascinated by motorcars and was the first person in Stirlingshire to own one; the third in Scotland. In one of the Lathallan garages, where he also kept a Daimler and a Benz, Henry built a 10 Horse Power steam car, first registered in 1896. On its inauguration in 1899 he joined the Royal Scottish Automobile Club and several meetings and rallies were held at Lathallan. Henry's steam car – a marvelous contraption with a large funnel and a boiler towed on a trailer behind – is still operational.

The photograph above shows it in the 2011 London to Brighton Rally.

In addition to running the Salvesen shipping interests in Grangemouth, Henry was appointed Vice-Consul for Norway and the Netherlands and a Vice Consular Agent for Russia at Grangemouth. His efforts brought him many honours and he was created a Knight of the Royal Order of Wasa, a Knight of the Royal Order of St. Olaf, an Officer of the Royal Order of Orange-Nassau and a Holder of the Romanoff Tercentenary Medal.

He also served as Convener of the Works Committee of Stirling County Council and helped to supervise the construction of the East Stirlingshire Waterworks and the Polmont Drainage Scheme. As a reward for his labours, he was appointed Deputy Lord Lieutenant for Stirlingshire.

After Henry's death in 1924, the Salvesen family sold Lathallan (fully furnished) for the sum of £5000 and it was lived in until the new owners too moved out. It remained uninhabited for many years - its stables and outbuildings used as a junk yard and then as storage by a timber merchant. By 1994 the building was virtually uninhabitable and vandals had caused extensive damage to the interior. Its stone mouldings, handsome windows and fine portico were crumbling. In 2006 proposals for a restoration and associated housing development were submitted but in the May of that year the building was consumed by fire.



Despite the efforts of four fire engines and a water bowser from Bo'ness, the house was totally gutted. It remains in that condition today, desolate and unloved - a sad end for a house with a proud past and an interesting history.

Bruce Jamieson

THE ARTS

My focus this time is on Forth Valley artbeat, Central Scotland's Open Studios and Art Event, which takes place from 9-17th June. Artists & organisations across Central Scotland host a variety of events including open studios, installations, temporary public artworks, pop-up shows, film, performance, and exhibitions in galleries and community spaces. Over the last couple of years no-one in Linlithgow has participated in artbeat, but this year four ladies who live in the town are part of this arts extravaganza.



All four studied City & Guilds Creative Techniques in Textiles for several years and continue to create stitched, dyed and printed textiles and mixed media pieces.



Jane Charlton and Shan Press (left) have become tutors with ETTS (Embroidery and Textile Tutors Scotland) and can be found at 26 Highfield Crescent, Linlithgow. They will be taking bookings for forthcoming classes in the area and showcasing their own individual work, including Shan's fused glass. They will also be providing demonstrations throughout the week of free machine embroidery, hand stitch and printing.

"ARTBEAT"



Dianne Lamont and Anne Rooney (below) can be found at 38 Grange Road, Bo'ness where they will have a variety of their work on show and to sell.

One other bonus of visiting Open Studios is seeing all those wonderful garden cabins, where you can dream of spending your free time indulging in some music, reading or creative activities. I encourage you to visit a few, and support our local artists in particular. Opening times and directions for all venues are in the artbeat brochure which can be found in local galleries and shops, and online at www.forthvalleyartbeat.com.

Burgh Halls

In the Burgh Halls, The Royal Scottish Academy: Ages of Wonder, The Life School on Tour exhibition continues until July 15th. Jo Ganter: Walking Through opens on July 20th and there is a gallery talk on Thursday 23rd August. Discussions around printmaking, graphic scores and photography will form the backdrop of this evening, and tickets (£5) are available by calling 01506 777666.

The Line Gallery

The Line Gallery opens a new exhibition on 23 June, running till 10 July. They are thrilled to be able to bring new work, made locally, to The Line, as they believe there is a huge range of skill and creativity in and around Linlithgow. Two well-known photographers - Silje Elisabet Thorin and Paul Boyle - and ceramicist Lorraine Robson have prepared a series of new pieces which come together under the title Black is all the Colours.

Following that, and opening on 4th August to coincide with the 200th anniversary of the start of the Union Canal, they are delighted to exhibit new work by Lesley Banks. As artist in residence at Scottish Canals she walked the entire 137 mile canal network, but for this exhibition she is focussing on a small section of the canal in and around Linlithgow. She said "This attractive stretch of canal is a hive of activity, both water and towpath embraced by locals and visitors in a variety of ways. It is very much part of the community. Through mixed media works on paper, and oil on canvas, I am paying attention to the changing seasons, the dramatic weather conditions and the present function of the canal for leisure. On my visits to Linlithgow I am constantly amazed at how the shifting light, from dawn until dusk, reflects and alters the water."



Far From the Madding Crowd

Far From the Madding Crowd have a busy schedule in June, including events for Independent Bookshop Week from 16th to 23rd June (see separate advert).

I'm sure many of you will be watching "Scotland from the Sky" on TV at the moment. Fresh from his travels around Scotland in a biplane, BBC presenter James Crawford will be landing in Linlithgow to talk us through his journey, showing us some of the fabulous images he took of Scotland. The event is on Wednesday 27th June at 7.00pm in the Queen Margaret Hall. Tickets from the shop.

Linlithgow Jazz

Linlithgow Jazz have concerts on 1st July and 5th August, details on their Facebook page. All Linlithgow Jazz events are held in the Queen Margaret Hall, cost £9 and start at 7:30.

Torphichen Summer Nights

have started for the season, and the next concert is on Sunday 24th June. KIM jazz trio perform, starring Helena Kay who won Young Scottish Jazz Musician of the Year 2015. Detailed info is on their website.

Finally please do email me as early as possible about your events on patswan@virginmedia.com.

I hope you have time to experience some ART over the next few weeks.

Pat Swan

patswan@virginmedia.com.



QUOTE OF THE MONTH

"music is life. that's why our hearts have beats"

VOLUNTEER WEEK SCOTLAND LCDT



Linlithgow Community Development Trust is joined by Fiona Hyslop MSP to celebrate the huge contribution made by volunteers in Linlithgow as part of National Volunteers Week Scotland.

Linlithgow Community Development Trust, in partnership with Linlithgow Young People Project, is teaming up with thousands of charities and voluntary organisations across Scotland in a celebration of the vital contribution made by volunteers. This year the theme is 'Volunteering For All,' to highlight that volunteering is for everyone.

Volunteers' Week Scotland will see a huge range of events take place in communities all over the country, from small awards ceremonies to large celebratory gatherings.

Linlithgow Community Development Trust is running two events on Monday 11th June, a daytime roadshow to encourage young people to volunteer and an evening celebration.

'We Heart Our Volunteers' is an evening celebration, 7-9pm in the Marches Marquee at the Rugby Club. The event is a great opportunity for organisations to bring their volunteers together to celebrate their success and be thanked by the community for all their contributions. All community



groups and their volunteers are invited to come along and join the celebration!

To recognise Year of Young People 2018, LCDT asked a group of young people (pictured) from Linlithgow's Young People Project if they would organise the event. This experience will earn them a **Bronze Saltire Award** to be presented on the night. The Saltire Awards is a scheme designed to encourage and recognise young people's volunteering, the difference they make and the valuable experience gained.

Volunteers are vital to the strength and vitality of Scottish society, with their work valued at £2 billion every year. Recent research found that Scotland's young people are particularly engaged, with participation now at 52% - nearly double the adult figure of 27%.

With so many people volunteering, there are a huge range of achievements to celebrate. Whether working to improve the local environment, spending time with people who need help, or providing other kinds of essential services and support, the efforts made by volunteers make an invaluable difference to the lives of people and communities everywhere.

As well as celebrating the work of existing volunteers, Volunteers' Week Scotland

offers a new opportunity for voluntary organisations to promote the benefits that volunteering can bring.

During the day on Monday 11th June 2-3.30pm, a Volunteer Roadshow is also taking place in Linlithgow Academy for all S5 and S6 pupils. The Roadshow is for community groups to showcase volunteering opportunities to local young people. It is also a chance for local charities to attract the attention of S5s looking for Youth Philanthropist Initiative ideas. This initiative is where groups of young people choose a charity to champion and potentially win them £3000!

If your local group hasn't done so already, you can contact Katherine to book a free stall on kateorr32@yahoo.co.uk. Katherine works for the Linlithgow Young People Project and is also a Director of Linlithgow Community Development Trust. She can help community groups think about how they can benefit from young people volunteering and tailor opportunities for young people.

The Scottish Volunteering Forum is encouraging as many people as possible to take part.

Forum Chairman Paul Okroj said, *"Volunteers' Week Scotland offers a rare opportunity to mark the huge difference made by volunteers all over the country, and to catch the attention of potential new recruits. Don't miss out on what's set to be an inspirational week."*

Chief Executive of Volunteer Scotland, George Thomson said,

"Volunteering is absolutely for everyone. While we celebrate the diversity of Scotland's volunteering nation we should also recognise that more still needs to be done if volunteering is to be truly representative of our society. Those who are not engaged are who have the most to gain from volunteering, and we need to change to evaluate participation for everyone."

"Volunteers' Week is a great occasion to recognise volunteers and celebrate the difference volunteering makes to each and every community. It's also a time to reflect on how we can work together to make the offer of volunteering truly one that is open to all."

For more details contact Katherine Orr on kateorr32@yahoo.co.uk or Pamela Barnes on pamela@trust-linlithgow.org.uk

Katherine Orr



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financial future isn't just pie in the sky.

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There is a lot of truth in the Benjamin Franklin quote "*by failing to prepare, you are preparing to fail*" – have a clear idea of your financial journey and the changes you might make today to ensure a brighter future tomorrow.



Why not call or email to make an appointment to speak to one of our advisers, telephone 0345 034 3424 or email me at Susan@virtuemoney.com



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*Source data taken from YouGov Plc

This article is intended to provide a general review and opinion of certain topics and its purpose is to inform but not to recommend or support any specific investment or course of action.

Stuart from the Westport Veterinary Clinic tells us about some of his regular customers. This month it is Fudge and Shan Ronalson.

Fudge, the 13 year old Staffordshire Bull Terrier, is an energetic girl who just loves to sprint about like a rocket on her walks and making best friends with anyone she meets. Being the world's greatest sook, she adores company and would happily be a full-time cuddle buddy, she even gives Chip the hamster kisses! Fudge has the naughty habit of standing right behind her owners in the house and on walks, so they don't see her!

Shan, the 6 year old Border Terrier Cross, is a typical cheeky little terrier who adores her grub and enjoys basking in a cosy spot in the sun. She also likes to wind Fudge up (in true sibling style) by stealing her toys! Pulling clothes out of the washing machine is another of her naughty tricks as is burying herself under blankets and surprising her owners when they sit down.

Fudge and Shan's favourite place to walk is Beecraigs. Their favourite toy is always the same, a Kong Bone, which they like to argue over even though there are 4 to choose from!

To ensure that your dogs remain as energetic and loveable as Shan and Fudge we always recommend that you vaccinate your pets.

Here's why:

>> Dog vaccinations will provide protection for your dog as well as peace of mind for you. Your dog will be protected against several preventable diseases which are often fatal, and this will also prevent diseases being spread between animals.

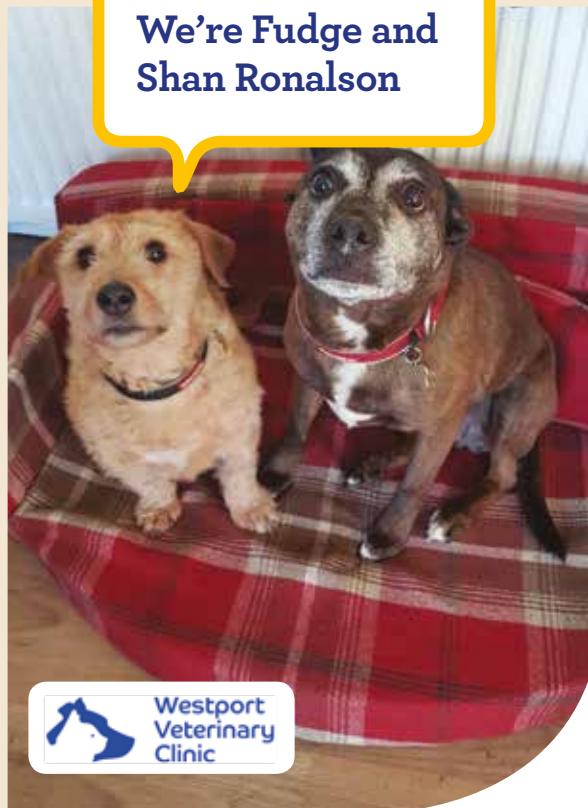
>> Your dog should receive primary vaccinations early in life, from around 7-8 weeks old, and again a few weeks later, followed by boosters, once yearly, for the rest of its life.

We routinely vaccinate against Canine Distemper, Parvovirus, infectious Canine Hepatitis, Kennel cough, Adenovirus, Parainfluenza and Leptospirosis. This vaccination schedule should keep your dog fully protected and most kennels insist upon full protection before any dog is admitted. A pet in poor health will not respond reliably to vaccination so we make sure that every dog is given a full clinical examination as part of their vaccination appointment.

If you're unsure about vaccinations and if your pet is not fully vaccinated please make an appointment by calling 01506 844165 and one of our experienced team will help.

Hello

We're Fudge and Shan Ronalson



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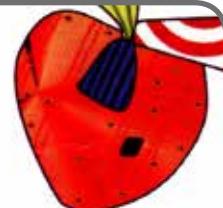
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