



the **BLACK** *bitch*

ISSUE 44 AUGUST 2016 60p

Linlithgow's news by Linlithgow people



**Zumba Linlithgow
charity event 8**



**Pedal for
Scotland 9**



**Linlithgow Reed Band
flying high 17**

PLUS

Folk Fae Lithgae, New Hoptoun Gardens, Linlithgow Folk Festival, Star Trek 50th Anniversary, Zumba Fundraiser, Competitions, Book Reviews, Pets' Corner...



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What's On....

Aug

Fri 26 Exhibition: Workings - Ruth Nicol, Line Gallery (*all Aug*)

9:00am - 5:00pm, Matisse: Drawing with Scissors, Burgh Halls (*Aug & Sept*)

Sat 27 1:00pm - 2:00pm, Linlithgow 2nd XI vs Carlton 3rd XI, Boghall Cricket Ground

2:00pm - 4:30pm Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

3:30pm - 4:30pm Hopetoun Grounds Walk

Sun 28 8:00am, Golf: Rotary Charity Match, Linlithgow Golf Club

Tue 30 7:30pm - 9:30pm, Linlithgow Speakers Club Meeting

Sept

Thu 1 8:00pm - 10:00pm Folk Session - Linlithgow Tap

Sat 3 2:00pm - 4:30pm Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

7:30pm, Girls Night Out, Linlithgow Cricket Club

Mon 5 Lady in the Van, Linlithgow Film Society, Linlithgow Academy Theatre

Wed 7 7:00pm, SWI Monthly Meeting

8:00pm, Linlithgow Folk Festival: celebration stramash!

Thu 8 Linlithgow Folk Festival: See website and leaflet - venues across town.

Fri 9 Linlithgow Folk Festival: See website and leaflet - venues across town.

Sat 10 Doors Open Day, West Lothian

Linlithgow Folk Festival: See website and leaflet - venues across town.

2:00pm - 4:30pm Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

Sun 11 Doors Open Day, West Lothian

Linlithgow Folk Festival: See website and leaflet - venues across town.

2:00pm - 4:30pm Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

Tue 13 1:30pm - 4:00pm, Tea Dance, Burgh Halls

7:30pm - 9:30pm, Linlithgow Speakers Club Meeting

Sat 17 2:00pm - 4:30pm, Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

Sun 18 12:00pm - 4:30pm, Canal Boat Trips

2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct

2:00pm - 4:00pm, Folk Session - Black Bitch

Wed 21 10:00am - 1:00pm Autumn Wander with Ranger, Hopetoun House Car Park

Fri 23 4:00pm - 5:00pm, Painting Weekend with Wild at Art, Court Residence

Sat 24 2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct, Canal Boat Trips

Sun 25 2:00pm - 4:30pm, Canal Cruise: Avon Aqueduct, Canal Boat Trips

3:30pm - 4:30pm Hopetoun Grounds Walk, ranger led walk

Tue 27 7:30pm - 09:30pm Community Council meeting

7:30pm - 9:30pm, Linlithgow Speakers Club Meeting

LINLITHGOW KEEP FIT



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

LINLITHGOW RAMBLERS WALKING CALENDAR



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

Want to help?
We're always looking for volunteers....

Email: on.a.lead@gmail.com
Tel: Editor on 07767 713024.

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

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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 20 September.



Scotland's biggest bike event, Pedal for Scotland, returns on 11 September for its 18th year.

Low Port Centre mural

More than at any other time in the past 70 years there is a pressing need for us all to develop a real sense of community and belonging, faced as we are by rapidly changing times.

The magazine therefore is very pleased to carry an article on page 6 of this issue by **Sandy Wood**, Collections Curator, Royal Scottish Academy of Art and Architecture on the subject of the Low Port Centre mural.

The mural is titled “**Community: A Festival of Time**” and was completed in 1988 by highly acclaimed Scottish artist **James Cumming RSA** (1922-1991).

Although little publicised in Linlithgow, tucked away as it is in Low Port Centre, it is recognised as “one of the great artistic murals of the twentieth century”. The artist took residence in the Centre while completing the work and is fondly remembered today, over twenty years later, by some staff who were present at the time.

Next time you are on the shopping run to a well known local store, why not take a couple of minutes to pop in to Low Port Centre, pause a while and be inspired to make your contribution to the Festival of Time – an initiative to publicise the mural might be a good start!

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

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



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Folk Fae Lithgae

HEPHZIBAH KILBRIDE

Hephzibah Kilbride is a Linlithgow-based artist, who is involved in pottery and printmaking in her studio at 226 B High Street.

Originally from the New England states of Maine and Vermont in the United States, she is a graduate of Maine College of Art, where she gained a Fine Arts degree in Ceramics, with a strong focus on printmaking.

Hephzibah moved five years ago to Linlithgow, which is her husband's home town, as she explained:

"My husband was born here, but his parents emigrated to South Africa when he was at Primary school. When we decided to settle in Scotland, this was the place to be. It has taken some time and a lot of help, but I am now set up with a clay studio and some space for my printmaking in an outbuilding behind the Stove shop, formerly Tomlin's carpet shop."

Hephzibah has had a lot of her work displayed in the Line Gallery and is very grateful for the support she has received from the owners Gail Boardman and Elisabet Thorin. She told me:

"I've had a few shared shows in the Line Gallery and I always have work in there. Last year, I did a joint show with Elisabet as part of the Forth Valley Open Studios programme, featuring my prints and her photographs. Gail and Elisabet are lovely ladies and have always been very supportive of me. I've not pushed out so much, I've just been busy trying to get my studio going and getting into the swing of things, so the Line Gallery has been my main venue."

"I was doing markets in Edinburgh. I did the market in Stockbridge for two summers and I really enjoyed that, but I decided this year that I would put more focus into getting work done in the studio."

Hephzibah is now turning her thoughts to producing pottery for the Christmas market, as she explained:

"This is the time of year I have to start thinking about making stuff I can get fired and glazed in my kiln in time for the Christmas rush, so I will be in the studio working on that in the coming weeks."

"With my ceramics, it's all thrown, I throw on the wheel for the most part and it's all functional. So it's things like cups, bowls, plates, vases, jars. I love making jars. Cups, I love

making cups. I think that's because I know people are going to use them, they're not just going to get put on a shelf as a thing to look at."

"What I do on my wheel is just like my print figures, it's all about movement, so it's more about the texture and the movement I get out of that texture. I do draw on them sometimes, but mostly it's about the textures and the way the glazes pick up the textures."

Hephzibah misses the ocean of her native New England, but visits the seaside as often as she can and appreciates Linlithgow and it ideal location.

"I love it here", she said. "Out of all the places we've been so far, I love our situation in Linlithgow. I like to walk a lot and be out in nature, which is easy to do here. But I also like to have a bit of a city life, which is fifteen minutes on the train into Edinburgh. So, I love it here and the community is so nice. I'm getting to know more and more people."

Murdoch Kennedy





1: James Cumming painting 'Community: A Festival of Time', 1988. Copyright the artist's estate, Royal Scottish Academy collections (Cumming Gift).

2: James Cumming, 'Community: A Festival of Time', 1988. Copyright the artist's estate. Image copyright Sandy Wood.

3: James Cumming colour zones chart for 'Community: A Festival of Time', 1987-8. Royal Scottish Academy collections (Cumming Gift). Copyright the artist's estate. Image copyright Chris Park.



'COMMUNITY: A FESTIVAL OF TIME' A MASTERPIECE MURAL IN LINLITHGOW

Hidden away in Linlithgow's Low Port Centre is one of the great artistic murals of the late twentieth century. 'Community: A Festival of Time' by renowned Scottish artist **James Cumming RSA (1922-1991)** was completed in 1988 and remains as fresh as when it was first painted. It deserves to be rediscovered and celebrated as a masterpiece of contemporary painting in the town.

The artist James Cumming was nearing the end of an illustrious career when he undertook the task of painting 'Community: a Festival of Time' for the architect Anthony Wheeler. Wheeler's Low Port Centre in Linlithgow had just been completed and he was keen to adorn its stairwell with a bespoke artwork to bring an added dimension and celebrate the building's locality. James Cumming was the perfect artist; he was a painter of unrivalled technical ability and had taught mural painting at Edinburgh College of Art. Cumming's art mixed the abstract with the figurative and he was a master of bringing together complex compositions using harmonies of colour and line.

It took Cumming nearly four months to complete the eighteen foot by twenty foot mural. He worked on it tirelessly, regularly ascending and descending eight feet of scaffolding, which for a man of 66 was no mean feat. Cumming lived at the Centre during the week and was to

become a favourite with the people there, many of whom still remember his colourful wit and personality. He took the idea of developing a community mural seriously, and was clear that it should be something that everybody could connect with and appreciate, no matter what their understanding of art.

Cumming sought to present a timeless scene in the mural, and embody the idea of a town's community. The character-led theme developed through consultation with the people of Linlithgow and the town is represented by a gamut of personalities who enliven the landscape. The foremost figures of the mural stand on the verge of the river of time – at the centre of them, holding a conductor's baton, is the character named 'senior citizen'. He sports Cumming's trademark moustache and is most certainly a humorous representation of the muralist himself, conducting the scene he has imagined. Certain figures have been drawn into groups and associations. One can find 'childhood' at the bottom left and follow it loosely up through 'youth', 'unemployment' and 'graduation', then through the marketplace to 'outgoing' at the top right of the composition. Cumming has inserted wee puzzles and clues here and there and no matter where the eye is drawn there is something for it to be rewarded and intrigued by. This was the skill of Cumming as an artist in any scale: he could always tantalise and surprise. One particular enjoyment is finding the little animals, which are dotted around the composition. The

mural is a conversation between a land and its people, its history, its identity and its origins; in creating it Cumming summed up his fascination with humanity and where we come from, the things we see and experience and the means of communication we use to try and understand it all.

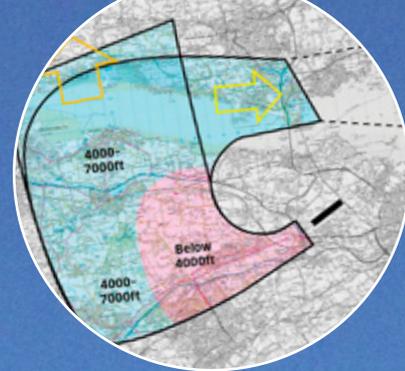
Earlier this year the artist and his amazing mural were celebrated in an exhibition from the collections of the Royal Scottish Academy of Art and Architecture in Linlithgow Burgh Halls. As Collections Curator at the RSA, I was inspired to create the exhibition after seeing the mural for the first time last year. In a town that is steeped in history I was surprised not to find signposts or information pointing out its whereabouts. Hopefully everyone in Linlithgow can now discover their twentieth century masterpiece, perhaps inspiring its location to be made more prominent in the future.

Sandy Wood
Collections Curator
Royal Scottish Academy of
Art & Architecture



View the mural in the Low Port Centre any time the centre is open. Details at: lowportcentre@westlothian.gov.uk.

ALL CHANGE - FLIGHTPATHS TO BE ROUTED OVER LINLITHGOW



We are nearing the end of a 14-week consultation by Edinburgh Airport on a proposal to change radically the pattern of flightpaths across the eastern part of the central belt of Scotland. Edinburgh Airport is making the case that advances in navigational technology mean that more effective use can be made of its runway.

Background:

After the construction of a new runway and terminal building, Edinburgh Airport reopened for business in May 1977 operated by BAA. At the same time new flightpaths were developed. In 2012 BAA sold the airport to Global Infrastructure Partners (GIP), an aggressive, successful American infrastructure fund manager. During the stewardship of GIP passenger numbers have increased 20 per cent to more than 11 million a year. However, the number of air transport movements (take-off and landing numbers combined) has fallen from 128,172 in 2007 to 115,286 in 2015. The apparent contradiction is explained by larger aircraft and higher load factors.

Changes to the flightpaths:

Currently, there are three primary flightpaths named TALLA, GOSAM, and GRICE (see side panel for details). These 'roads in the sky' have been in existence since 1977 and are marked in part by ground beacons. However, modern aircraft are now equipped with GPS navigation systems which allows them to fly from waypoint to waypoint with a high level of accuracy. A waypoint is simply a Latitude and Longitude bearing in the aircraft's on board computer. In theory a new flightpath can be set up in an afternoon and transmitted to all aircraft. The current proposal by Edinburgh Airport is to replace the current flightpaths with new flightpaths within broad flight envelopes giving huge navigational flexibility.

The consultation:

Edinburgh Airport has begun the consultation process required by the Civil

Aviation Authority on the change from the existing three flightpaths to an unknown number of new flightpaths within broad flight envelopes which cover most of West Lothian. Edinburgh Airport has posed the question "What local factors should be taken into account when determining the position of the route within the design envelop, given the potential impacts, and why?". There are a number of issues relevant to this question:

1. The existing three narrow flightpaths can be recorded on maps and taken account of in community planning. The most used TALLA flightpath under BAA stewardship affects about 15,000 people. However, because it has been in existence for almost 40 years the majority of those living under it have elected to do so knowing the consequences of their choice. In the same way, some people would buy a house on a main road whereas others would never do so.
2. If Edinburgh Airport is successful in its proposed change then residents of Linlithgow could be living with noise equivalent to that of a main road five metres from their door, 24 hours a day, seven days a week. There is no night curfew at Edinburgh Airport.
3. Most Linlithgow folk generally accept the requirement for a well-connected and therefore successful airport enterprise in the east of Scotland. However, Linlithgow also requires clarity and certainty in the master planning of future development of the airport and its supporting flightpath infrastructure. This was the case in the past but not now.
4. There is currently a high level of distrust which Edinburgh Airport should overcome before going further with the current proposal. The flightpath trial last year which brought misery to thousands, and was stopped prematurely, demonstrates Edinburgh Airport's arrogant approach to consultation. While saying it had learned from the exercise, the airport went on to the 'Runway06' trial with its extensive use of the GOSAM flightpath. The trial lasted from 25 January

until 25 July and resulted in many complaints from Linlithgow residents.

Linlithgow and Linlithgow Bridge Community Council is currently collating comments on the current consultation for onward transmission to the airport before the 12 September deadline. Comments can be sent to flightpath@llbcc.org.uk or left at the Library. Copies of the consultation document are also available for reading at the library.

- a. **TALLA** takes eastwards departing aircraft over the Forth estuary around Inchkeith and then south crossing the coast between Musselburgh and Prestonpans. TALLA takes westward departures south of the M8 over Houston industrial estate and Livingston centre turning south between Addiewell and West Calder.
- b. **GOSAM** takes eastward departures over Inverkeithing and Rosyth crossing back over the Forth to cross the coast at Blackness then over Linlithgow. GOSAM takes westward departures south of the M8 over Houston industrial estate and Livingston centre continuing west between Bathgate and Blackburn turning south near Aidrie.
- c. **GRICE** is for the relatively few northbound aircraft and takes eastward departures directly over the Forth and then north over Fife. Westbound departures go south of the M8 over Houston industrial estate and Livingston centre turning north and crossing the Forth east of Blackness.

John Kelly, Vice Chair, Linlithgow and Linlithgow Bridge Community Council

ZUMBA FOR BREAST CANCER RESEARCH

Fri
7
Oct



“You lose your 43-year old sister to a rare and aggressive form of breast cancer, which leaves you almost unable to get up most mornings – until your start channelling your grief into fundraising to try and stop other families from facing the same fate.”

Local mum-of-two **Julie Ogilvie** is hosting one of her regular charity Zumba classes at Linlithgow Primary School on 7 October, and she’s hoping to raise even more cash than she did at last year’s event.

Julie’s sister died from Triple Negative Breast Cancer (TNBC) last year, and shortly after that she set up the **Anne Konishi Memorial Fund**. It raised so much money in a few short months that Breast Cancer Now agreed to channel those funds into researching treatments for that particular type of the disease.

Julie said: *“We had never heard of TNBC before Anne was diagnosed, and we thought it’d be treatable. However there are no effective targeted treatments for it. When my sister was diagnosed, following a clear mammogram only three months earlier, the cancer had already spread to her liver and she survived only a little over three years.”*

TNBC tends to affect younger women, and between 10–20 per cent of all breast cancers are of this type.

Julie says she’s overwhelmed by the support she’s received since starting out on her quest: *“People from across West Lothian have been amazing. Some have taken part in challenging charity runs, others came along to our ladies night at the West Port earlier this year. Our Zumba night is the biggest event we put on, and last year it raised an amazing £2,984 for Anne’s Fund.”*

Last year’s event was sold out and attended by more than 100 dancers, and it followed a session of Zumba kids. The event this year will take the same format, with a kids session starting at 6.30pm, and then an adults session at 7.30pm.

Julie is hoping for an even bigger event this year. She said: *“The Zumba community from miles around were so supportive of the event. We received many generous donations, and there was an amazing array of home baking donated on the night. We really can’t thank people enough.”*

Local businesses are also supporting the event, with many donating raffle prizes and helping to sell raffle tickets. This year’s event already has commitments from Detail and Hopetoun’s Magical

Fireworks & Bonfire Night, as well as a generous cash prize. The organisers are, of course, always grateful for any other forms of support and donations, and are keen to speak to businesses which would like get involved.

Mary Allison, Director of Breast Cancer Now in Scotland said *“We’d like to thank Julie for organising her fantastic Zumbathon event in Linlithgow for Breast Cancer Now. Thanks to her support, we’re able to fund cutting-edge research right here in Scotland. One of these research projects is underway at the Beatson West of Scotland Cancer Centre, where our scientists are investigating new ways to make breast cancer treatments more effective.”*

Tickets can be bought directly from ‘Zumba Linlithgow With Julie O’ on Facebook, at the Low Port Centre on Tuesday nights at 8pm, or from Eventbrite. Adults tickets are £6, and children’s tickets £2 (Eventbrite adds a booking fee).

For more info on Anne Konishi Memorial Fund see:
[www.facebook.com/
AnneKonishiMemorialFund](http://www.facebook.com/AnneKonishiMemorialFund)



Emma Gordon

GET READY TO PEDAL FOR SCOTLAND

Scotland's biggest bike event, Pedal for Scotland, returns on 11 September for its 18th year.

What is Pedal for Scotland

The event encompasses three rides of varying distance. The 10 mile Wee Jaunt Edinburgh starts in Linlithgow, while the 46 mile Classic Challenge and the epic 112 mile Big Belter start in Glasgow Green – all finishing at the Royal Highland Centre.

The Wee Jaunt® Edinburgh provides a fantastic closed road route **starting for the first time in Linlithgow** and taking in the last 10 miles of the Classic Challenge route to join the festival atmosphere with the rest of the Pedal for Scotland riders at the Royal Highland Centre.

The Classic Challenge sees around 7500 participants head off from Glasgow Green, crossing the central belt, stopping for lunch at Linlithgow Palace, and arriving exhilarated, energised and accomplished, at the prestigious Royal Highland Centre with 46 miles under their belts.

The Classic Challenge's huge popularity is down to a great route that it takes in Scotland's two largest cities via the beautiful Linlithgow Palace and a fantastic atmosphere on the day. It's the perfect challenge for both regular riders and those who perhaps haven't cycled

in a while. There are rest stops around every ten miles or so serving refreshments, lunch at the beautiful Linlithgow Palace and an event village at the Royal Highland Centre, making for the perfect active day out for groups of friends, family or work mates. Transport can also be booked to get riders and bikes to the start at Glasgow Green, or home from the finish line in Edinburgh.

The Pedal for Scotland Big Belter® is a Sportive ride of 112 miles from Glasgow to Edinburgh. The ride uses the same start and finish points as the Classic Challenge ride, but takes a different route through the Southern Uplands, giving riders the buzz of Scotland's biggest bike event on a quieter route designed for road cyclists. The transport service will serve Big Belter® riders too.

Everyone taking part will have the chance to raise money to help children living in poverty in Scotland through the STV Children's Appeal, Pedal for Scotland's official charity partner.

Information for local residents and businesses To deliver the events safely for participants, event staff and spectators, some road closures and bus alterations are necessary. The event organisers are creating a route and



event schedule that enables participants to get through earlier in the afternoon and to enable roads to re-open more quickly afterwards. Access will be maintained on most routes around Linlithgow though some delays can be expected with the High Street closed to Eastbound traffic.

With the last day of the Linlithgow Folk Festival, including the family ceilidh at 2.30pm, Sunday 11 September will be a great day to enjoy Linlithgow's High Street.

To find out more and enter, visit www.pedalforScotland.org.

For more information about other initiatives in the town, including cycling, check out the Linlithgow Community Development Trust at trust-linlithgow.org.uk

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SUMMER GARDEN DAYS

The summer holidays are over for another year and are just fading, but hopefully happy, memories. Did you manage to get away or did you take a 'staycation' like so many folk? Many of whom appeared to do lots of work in their gardens because they came to the gardens to fill up with lovely garden plants! We were lucky enough to escape to Tuscany although we wished we'd bought more Euros when we booked in January because the exchange rate since the Brexit vote has been horrible!



We were tempted to bring back some local Chianti but resisted because in the past we have often been disappointed when we have opened a bottle back home in Scotland. It just didn't taste as wonderful as it had when we enjoyed it in the warm, relaxing atmosphere of Italy.

The same temptation is made by the wonderful displays of every sort of vegetable you could wish for on market stalls and potager-style gardens. Ten different sorts of tomatoes and potatoes given pride of place like the bottles of Chianti, freshly-cut micro-salad crops of rocket, mizuna and lambs lettuce. We were tempted by, and bought, the giant lemons brought up from further south and they travelled well and lived up to expectations here in the cooler north.



We love the Italian style of cooking which relies on the simple preparation of the best seasonal produce, always supplemented with virgin olive oil and balsamic vinegar. Leisurely meals outside with views across the rolling landscape Tuscan can occasionally be recreated up here in early Autumn - well at least eating outside in the middle of the day on the odd occasion. But we can recreate successfully some of those wonderful Italian recipes using fresh vegetables and salads - hopefully from our own gardens. With good company to share them with they are hard to beat. In Italy vegetables seem to grow abundantly everywhere, and we were delighted on our return to find Lesley's potager garden overgrown with lots of late crops.

We have two recipes that we use as standbys at any time of year because you can use whatever combination of vegetables you have available. Our recipe for Minestrone Soup is based on onion, carrots, celery and garlic and uses a mix of tomato, potato, green beans and courgette as available. Pick up the recipe card



next time you pop into the Gardens. Here is our recipe for our other classic standby, Mint & Courgette Frittata.

Mint & Courgette Frittata Frittata is easy and quick to make and you can use any seasonal vegetables you have to hand. Here we use mint and courgette, but instead you could try peas, broad beans and basil.



Cook one thinly sliced onion in oil in a nine inch frying pan for 10 minutes on a low heat. Add two thinly sliced courgettes and cook for a few minutes.

Beat together two tablespoons of chopped mint leaves and six eggs, and season with lemon juice and black pepper. Add to the vegetables in the frying pan - it's good to arrange the veg in an even pattern at this stage. Cook over a low heat for 10 minutes until all but the top of the frittata is set. Then sit under a hot grill to complete the cooking till just golden. Best served warm or at room temperature although cold leftovers from the fridge are irresistible - especially with some Prosecco!

Dougal Philip and Lesley Watson
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LINLITHGOW WOMAN REACHES NEW DEPTHS TO SUPPORT INJURED VETERANS



Linlithgow local Mhairi Docherty is helping an innovative UK charity which supports disabled veterans through scuba diving.

Depththerapy helps injured soldiers who have suffered life-changing traumatic injuries and post-traumatic stress disorder (PTSD). The organisation runs specially-adapted scuba diving programmes for seriously-injured service people and now hopes to extend the service to a wider group of disabled people.

Mhairi, an amateur diver who got involved with the organisation earlier this year, said:

“Scuba diving can make a huge difference to people with life-changing mental or physical injuries, and I’m really proud to be part of Depththerapy. We are always looking for other divers to train as instructors, and I would really encourage other scuba fans to get in touch.”

Depththerapy helps veterans build self confidence and earn a strong sense of pride by tackling physical challenges they never thought possible. The weightlessness of scuba diving can allow many to be pain-free for the first time since their injury, and for those with PTSD it provides a calming aquatic environment.

Depththerapy’s sister charity Depththerapy Education provides training and advice to dive professionals and dive organisations on how to help those with disabilities qualify as scuba divers.

You can find out more about Depththerapy at: www.depththerapy.co.uk. Or donate at: www.justgiving.com/depththerapy-education.

Mhairi Docherty



FUNDRAISING FOR TILLY...

Fri 16 Sept
Sat 8 Oct



John Simpson, who owns Linlithgow’s Simpson’s Accident Repair Centre, is helping to spearhead a fundraising campaign to pay for vital medical treatment for his granddaughter, Tilly.

Local John Simpson, who owns Linlithgow’s Simpson’s Accident Repair Centre, is helping to spearhead a fundraising campaign to pay for vital medical treatment for his granddaughter,

Five-year-old Tilly Simpson has a rare, inoperable and aggressive brain tumour. The type of tumour Tilly is suffering from has a low survival rate, but has been shown to respond to a combination of targeted gene therapy and a type of chemo using compounds called antineoplastons.

Tilly has been flown to Texas to start receiving the treatment which her family hope will give her more time.

But is hugely expensive - \$33,000 a month, running to \$792,000 over the two years needed.

John said:

“The whole town of Linlithgow has been absolutely fantastic in raising funds for Tilly, and we are incredibly grateful for everyone’s support. We are determined not to lose Tilly, and are

doing all we can to raise the money needed for her specialist treatment. Our target is £100,000, and every penny donated is bringing us closer to a longer and healthier life for Tilly.”

A huge amount of fundraising has already been done, including charity buckets in shops and pubs, a Princess walk, Motown night in the bowling club, quiz night in the Crown, and a Three Peaks Walk.

There are lots more fundraising events planned, including a race night and disco in the Rose Club on Friday 16 September, and Kerry and the Malting Boys playing at the Rose Club on Saturday 8 October.

For further information, or to donate, please visit: www.chuffed.org/project/raising-hope-for-tilly.





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from
7 to 11
SEPT

LINLITHGOW 18TH FOLK FESTIVAL

Multi-award-winning traditional musicians The Outside Track will make a hotly-anticipated return to Linlithgow on 10 September, when they headline the 18th annual Folk Festival.

Winner of 'best group' in both the Live Ireland and the Tradition in Review awards, The Outside Track are one of the top Celtic acts in the world. They were 'best live act' nominees in the MG Alba Scots Traditional Music Awards and won the German radio critics' prize 2014 for their album 'Flash Company'. Live Ireland called them, "among the top bands in the world... stunning on every cut".

The Outside Track's marriage of Celtic music, dance and song has been rapturously received around the world. Hailing from Scotland, Ireland and Cape Breton in Canada, the five members are united by a love of traditional music and a commitment to creating new music on this foundation.

They blend fiddle, accordion, harp, guitar, whistle, step dance and vocals with breath-taking vitality. Their boundless energy and remarkable joie de vivre has won them a large following around the globe. On their last appearance in Linlithgow in 2013, they described the Folk Festival as one of the friendliest they had been to.

The concert on Saturday 10 September in Linlithgow Academy theatre will be the high point of the five-day Folk Festival, which runs from the 7 to 11 September.

First staged in 1999, the Festival is firmly established on the traditional music scene and all the mainstay events will take place again. These include the

musical cruise on the canal, the family ceilidh at the Vennel, the hub at the Masonic Hall, the bluegrass concert and gospel session and the outdoor Nora Devine Stage at the Cross. The organisers are not resting on their laurels, however. Last year's very successful blues night with Blue Dubh will be repeated, as will the children's show 'Weans' World' - featuring young talent from near and far.

Festival secretary, Jonathan Moore, explained:

"We are trying to keep things fresh, as well as continuing to raise the bar. This year, various new events will be taking place, along with all the old favourites. There is something for everyone over the five days of the Festival. The emphasis this year is on participation and we are encouraging as many people as possible to come along and get involved."

"We are hoping to add in other events in the build-up to the Festival, bringing new venues into play, and are looking for people to join in."

Full details of the programme will be published in the 12-page full colour Folk Festival guide, which is now available at the Burgh halls and other local outlets. A comprehensive run down also appears on the website www.linlithgowfolk.com.

Most of the Festival events are free, including the two-day Nora Devine Stage at the Cross, where a whole variety of performers will appear. Payment for the canal cruise and the headline concert can be made at Far From the Madding Crowd at 20 High Street. Bluegrass concert tickets are available from Norman Cummings' shop. An online ticketing service is in place via www.linlithgowfolk.yapsody.com.

Murdoch Kennedy



Sat
17
Sept

GET ON YOUR BIKE, LINLITHGOW... MAKE SMARTER TRAVEL CHOICES

September is the month to find your trainers, dust off your bike and get active in Linlithgow. The Town Centre and Mill Road Business Improvement Districts (BIDs) are gearing up in support of European Mobility Week with events throughout the Town Centre and Mill Road Industrial Estates.

European Mobility Week encourages everyone to think about how they travel and to try using different, more sustainable forms of transport. Doing so can help improve overall health and quality of life and explore concrete solutions to tackle urban challenges, such as air pollution.

The BIDs will be offering everyone visiting the town centre and employees at the Mill Road Industrial Estate the opportunity to get involved in a range of fun, engaging activities to encourage cycling on a more frequent basis.

Town Centre BID are organising Pedal 4 Linlithgow on Saturday 17th September 2016 which will

have a 'cycling in the community' focus. There will be plenty going on at The Vennel and a great 'treasure hunt' style trail around the cycle routes in Linlithgow. Local businesses will be on hand with a range of activities and information for members of the public, including free bike safety checks, cycling goody bags and advice about local cycling in the area. Local groups will be providing information on their efforts and encouraging Linlithgow residents to get involved.

European Mobility Week activities at the Mill Road Industrial Estate will begin on Friday 16th, and then continue between Monday 19th and Thursday 22nd September 2016. Employees will be offered, amongst other activities, the opportunity to receive personalised advice on how to get to work using

more sustainable forms of transport. Options considered will include sharing a lift, walking, cycling and public transport.

Both BIDs are encouraging Linlithgow workplaces to sign up for the National Cycle Challenge. This fun, free competition is designed to encourage local employees to experience first-hand the joys and benefits of riding a bike. This year the Challenge will run throughout September. There will be lots of fantastic prizes on offer to encourage you and your team. For more information and to sign up your workplace go to: www.lovetoride.net/westlothian/

More information about Linlithgow's European Mobility Week activities can be found at Linlithgow.info and Linlithgowmillroadbid.com



Stewart Ness
BID Manager



'STAR TREKKING' ACROSS LINLITHGOW

Sat
10
Sept



*FIVE lucky winners will be drawn from the competition entrants.

Space may be the final frontier, but thanks to the Linlithgow Town Centre BID there are no limits to the fun in Linlithgow this September! The town will be going out of this world to celebrate the 50th Anniversary of the first showing of Star Trek and you don't need to boldly go where no one has gone before to join in.

2016 is the 50th Anniversary of Star Trek (the first episode was aired on September 08th 1966) and as the birthplace of chief engineer **Montgomery 'Scotty' Scott**, Linlithgow is the destination that all Trekkies need to lay in a course for.

References in the series and the text of a Star Trek novel reveal that the character Montgomery Scott, the chief engineer on board the USS Enterprise, was/will be born in Linlithgow in the year 2222. We wonder if his house has been built yet?! The personality of the Scottish engineer has entered into show business mythology and Montgomery Scott became, in many ways, an unofficial ambassador for Scotland.

Annet House will be displaying their 'James Doohan Exhibition' for the whole month of September. The exhibition tells the story of the life of

the actor before, during and after his appearances in the cult sci-fi series. Featured exhibits included are James Doohan's own props, Star Trek models and personal memorabilia. As the actor who portrayed Scotty in the original TV show and films, he is the face that most people associate with the character, not detracting from Simon Pegg's recent fine performances.

There will be a fun Star Trek trail around the Town Centre where you can use your tricorder (or smart phone) to decipher the clues in selected shop windows. Scotty needs your help to figure out how to fix the starship's engines and one lucky winner will receive an original portrait of Scotty in Linlithgow as a prize. You can see the portrait, and full details on the Star Trek Trail, at www.linlithgow.info.

There will also be fantastic Linlithgow High Street Vouchers to be won. The Star Trek Trail will begin in September and is perfect for fans of all ages to take part in. A specially commissioned Star Trek cake, designed and made by Paul Bradford, will feature in the week's activities.

The highlight of the Town's celebrations will be on Saturday 10th September, when the picturesque Linlithgow Palace will be the setting

for an exclusive screening of fans favourite 'Star Trek II: Wrath of Khan'. This event is ticket only and numbers are strictly limited.

Due to the massive popularity of Star Trek, it's anticipated that there will be national demand for tickets and thanks to the Linlithgow Town Centre BID, the Black Bitch Magazine has 5 pairs of tickets to give away. If you are not fortunate enough to win, tickets will also be available from selected High Street stores. This event is being organised by Linlithgow Town Centre BID and Visit Scotland.

The last time that the Palace saw this many stars was when Chanel paid a visit!

For more information on these great events, please visit the new website for Linlithgow at www.Linlithgow.info



Stewart Ness
BID Manager



LINLITHGOW ACADEMY BACK TO SCHOOL FOR THE ATHLETIC CLUB

Runners in this year's Linlithgow 10k will be sporting t-shirts specially designed for the event by pupils at Linlithgow Academy.

The Linlithgow 10k is a well-established annual race, organised by Linlithgow Athletic Club. Planning is well underway for this year's race, which will see 800 runners take on the course around the town.



Linlithgow Academy Craft, Design and Technology (CDT) teacher David Marshall is also one of the race organisers. Bringing his two passions together, he created a competition for his pupils to design the t-shirts for this year's race - with the offer of Amazon vouchers for the winners.

One of the goals of the CDT department is to deliver real links to the community, part of the school's work to encourage pupils to get involved in, and contribute to, their local community.

The competition was open to all pupils but delivered in class to pupils in S2 and S3 CDT. Pupils were given two - three weeks (four - six periods) to work on. N5/higher graphics pupils were given an introduction to the project as well as a couple of periods in class time to work on this. It is estimated that 300 pupils had a shot at this, with the option of working solo or as a pair, which led to around 200 different entries being forwarded to the 10k Committee for judging. To ensure there was no bias placed towards pupils in his own class, Mr Marshall stood aside from the judging.

The Committee was greatly impressed with both the quality and variety of the submissions, which showcased the imagination and talent being nurtured in the school. The downside of this however was that the choice of winner was incredibly difficult and it took an eternity simply to whittle down to a final three.

A winning design had to be chosen though, and that was the creation by Katie Graham (3K4) and Eilidh McFadden (3W2). Runners up were Harry Moore (2W2) and Pierre Lardet (2W2), and Ellie Hutcheon (3B1) and Zoe Brand (3W1).

The winning design has been sent off to the production company to be printed on the technical t-shirts that will be seen around town, across Scotland and even beyond for years to come. The school logo and the names of the winners have been incorporated in a separate design for the rear of the shirts.

Linlithgow Athletic Club, and the 10k Committee in particular, would like to thank all the pupils for their efforts. Each and every one should be proud of their submission.

Anyone wishing to sport one of the T-shirts can secure it by entering the 10k at www.entrycentral.com/CCW-Linlithgow-10k-2016. There are likely to be some left over and these will be offered first to race volunteers. Volunteer opportunities are still available - get in touch with linlithgow10k@virginmedia.com if you are interested in being part of the team.

Graeme Lawson, Race Director
Linlithgow 10k

*The winning design by
Katie Graham and
Eilidh McFadden*



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GERMAN TOUR MARKS REED BAND'S MILESTONE



As part of their milestone 60th anniversary celebrations, 54 members and friends of Linlithgow Reed Band were recently involved in a ten-day tour of West Lothian's German twin region of Hochsauerlandkreis. This was the band's sixth visit to the picturesque region of lakes and hills in North-Rhine/Westphalia, the first one in 1981 at the time of the 25th Anniversary.

During the visit, the band played at some of the famous Schützenfests – three day local festivals, whose origins are centuries old. On each day, there is at least one parade through the town, followed by celebrations in the community hall. The Reed Band has long-established links with the Schützenfest in the Arnsberg district of Niedereimer, and the locals were delighted to welcome the Linlithgow musicians for the fifth time.

One of the highlights of the tour was an informal joint concert with the band from the village of Herdringen, near Neheim, which first established a friendship with the Reed Band in 1992. The visitors from Linlithgow stayed in a family-run hotel in Herdringen, which they have used on the last two trips; their influence has been such that the hotel owner is now learning to play the trumpet! He made his debut performance along with other adult learners at the joint concert.

On sightseeing trips, the Scots visited a number of local attractions including the Möhne Dam (of Dambusters fame), and one of the biggest bobsleigh tracks in the world at the ski resort of Winterberg. A trip to Warsteiner Brewery and the Fort Fun theme park, a night at Starlight Express in a theatre specially built for it, and a tour of nearby Paderborn were also on the itinerary.

Commenting on the visit, the trip organiser and Reed Band vice-president,

Seonaid Scott said:

"We were overwhelmed by the generosity of the hospitality we received from our German hosts and it was tremendous to strengthen old friendships and establish new ones. Everyone was very keen to assure us that they would be happy to adopt us if we had any problems following the Brexit referendum!"

"It was fantastic to see such a diverse group, including many of our younger members from Linlithgow Academy, enjoy themselves and represent Linlithgow and Scotland with such acclaim. We are looking forward to returning the amazing hospitality we received when friends from Niedereimer come over for the Riding of the Marches in June, and when the Herdringen band pay us a return visit – hopefully in October 2017!"

Murdoch Kennedy



MORFOSE

THE ART OF THE TRADITIONAL TURKISH BARBER

Barber Efe Fath has recently moved from one end of the High Street to the other, opening a new shop as Morfose. We spoke to Efe to find out more about him and his new business.

Where are you from originally? Where did you train?

I come from Istanbul in Turkey and moved over to the UK six years ago. I started at the early age of 13 in the summer and trained in a barber shop in Istanbul.

What brought you to Linlithgow? When did you decide to set up your own business?

Previously I was in a barber shop in Edinburgh, and my friend asked me to help him with his shop in Linlithgow. After helping my friend, I loved the town, and its friendly people, so I decided to move to the area. After moving to the area, I worked with my friend at this shop. He then decided to move away so I took over the business and made it my own.

Why did you think Linlithgow would be a good place to set up your business?

Linlithgow High Street has always seemed to be quite busy and has lots going on. So for us to open a business in a busy area seemed like the best move for us.

What is the best thing about trading in Linlithgow?

The best thing about trading in Linlithgow is that the people are very friendly. We are in a good location where the town is busiest.

What made you decide to move your business from one end of the High Street to the other?

When we had Kayahann's barber shop it was slightly out of the way for a lot of passing trade and we didn't need such a big shop for a barbers, so we decided to downsize and be more central to the town.

What is the thing you are most pleased with about your new shop?

We are very pleased with how the shop as a whole turned out as we put a lot of time and effort into the new business. I am most impressed with how our custom hand-made Statens waiting area with built-in speakers, imported from Turkey from my friend Ismail Lacinok (Gulcan Cosmetic), is appreciated by our customers.

There are a few barbers in Linlithgow – how do you try to keep ahead of the competition?

We try to always bring new services, keep up-to-date with all the current styles that are popular, whilst keeping a traditional Turkish service.

We see your bikes with the adverts in Edinburgh. What gave you the idea for that? Is it successful?

As many people travel to and from Edinburgh, it is a very good form of advertising. It's a bit different and something you don't see much of about.

Apart from your own, what is your favourite business in the town?

Another business we really like is Bar Leo, as every time we have visited, the service has always been fantastic.

Moira Goll in conversation with owner Efe



PETS' CORNER

In their regular column for the Black Bitch, Stuart and Suzi from the Westport Veterinary Clinic tell us about one of their regular customers. This month it is Laddie Freebairn.

Laddie is a nine year old rescued Greyhound.

Likes: Cuddles, often stopping strangers on the street looking for one! And he likes comfort, he has the use of three beds and two sofas spread round the house.

Best experience: Laddie won 'best in show' at the Scottish Greyhound Sanctuary summer show.

Worst experience: While peeing on a rose bush Laddie managed to cut his ear which refused to stop bleeding and resulted in three visits to the vet!

Favourite walks: Laddie is a daily visitor to the Peel, but his favourite is his Monday walk with the Lothlorien gang.

Laddie was rescued by the Scottish Greyhound Trust after losing his home through no fault of his own. He had endured a long, hard life and arrived covered in scars and an open wound on his back leg as well as suffering from arthritis. Westport Vets have treated his wound and arthritis and lucky Laddie now receives monthly physiotherapy from our specialist Lisa.

Arthritis is a painful, progressive, usually permanent joint disease that, unfortunately, is common in dogs. It is most commonly seen in older dogs but can also be found in younger dogs with a genetic

predisposition to developing the disease. Excess weight is another contributing factor.

Signs to look out for include;

- >> Intermittent lameness
- >> Reluctance to rise or move
- >> Stiffness >> Swollen joints
- >> Painful joints when touched/moved
- >> Disinterested in exercise
- >> Sleeping more than normal

Dogs who might be suffering from arthritis are often slow to rise in the morning and reluctant to exercise, which will lead to weight gain and this unfortunately only makes the effects of the disease worse.

If you notice any of the symptoms with your pet make an appointment with a vet. Westport Vets will carry out a sympathetic assessment, and from that provide a plan to manage the pain through medication, physiotherapy and lifestyle changes. In many cases a change of diet and weight loss are enough to slow the progression of the disease and lessen the discomfort felt by your pet.

Appointments can be made by calling the Westport Veterinary Clinic team on 01506 844165.

Stuart and Suzi



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Forth Valley Orienteering Club

'come and try it events' in Linlithgow

> Sunday 4th September - Linlithgow Loch (meet at St Ninians Way car park)
> Sunday 25th September - Beecraigs Country Park, Linlithgow (meet at Balvormie car park). Beginners and families welcome - no experience or equipment required. Just turn up anytime between 10.30am and 12 noon to enter the event on the day. Maps are £5 for adults or £3 for juniors.



SO YOU THINK YOU KNOW YOUR WAY ROUND BEECRAIGS?! Forth Valley Orienteering club

If you like getting out to explore the countryside, then you should try orienteering at one of the regular events organised by the Linlithgow members of Forth Valley Orienteering club (FVO).

"It's a great sport for all ages from four to 84 years old, so the whole family can have a go," says Jen Leonard, who lives in Linlithgow and is a coach with FVO.

Orienteering is an exciting outdoor sport where the aim is to navigate between control points marked on a map using a compass. You can orienteer at your own pace, depending on whether you want to be competitive or are just looking for a weekend family walk with a difference.

The ideal age to start orienteering is between seven and 14 years old, as children can progressively develop their navigation skills with their parent or a FVO coach until they have the confidence to tackle a course by themselves or in pairs.

"But you're never too old to start orienteering," says Jen. *"Teenagers and adults who are looking for a new challenge to keep fit or get out in the fresh air can pick up the basic map-reading skills very quickly."*

At some events, very young children can also take part on a follow-the-string course, which takes them around a set of control points marked by fun characters.

FVO organises regular coaching sessions for beginners in Linlithgow, Falkirk and Stirling.

With more than 30 FVO members living in the town, Linlithgow has a growing community of orienteers. One of the many FVO juniors achieving sporting success is **Grace Molloy** (16), who was born and bred in Linlithgow. **Grace took the under-17 title at the British Orienteering Championships in Shropshire in April, and also won the Scottish Orienteering Championships held on the Balmoral Estate in May.**

Joining the Great Britain talent squad last summer, Grace was selected to represent Britain at the European Youth Championships in Poland in July this year. Competing against Europe's best young athletes in tough, technical terrain and sweltering heat, she was delighted to get a place on the podium in the sprint. This outstanding result was the highest position achieved by the British team, and the culmination of a very successful 2016 to date for Grace.

Grace says *"I love the way that orienteering is not only a physical challenge but a mental one as well. It has also taken me to many beautiful places I would never have visited, both in Scotland and abroad."*

In partnership with the school's PE department, FVO has recently created a **Linlithgow Academy orienteering team.** They have already won a trophy, with the S1 boys team (**Pierre Lardet** (shown above), **Stanley Flint**, **Ewan Curran**, **Andrew Turner** and **Fraser Holman**) coming in first at the Scottish Schools Orienteering Championships in Dalkeith Country Park this year. The S1 girls team (**Kirsty Owen**, **Eilidh Galloway** and **Molly Dudchenko**) achieved an excellent second place too.

If you would like to try orienteering, then bring yourself, family and friends along to the next FVO 'come and try it' events. For more information, see the club website www.fvo.org.uk or contact Jen Leonard on membership@fvo.org.uk.

Jen Leonard



1: Grace Molloy (16) at the Junior Inter-Regional Orienteering Championships 2015 held in the West Midlands [Photo - Wendy Carlyle].

2: Pierre Lardet (13) - wearing FVO club kit and representing Linlithgow Academy S1 boys team at the Scottish Schools Orienteering Festival 2016 at Dalkeith Park, Edinburgh [Photo - Crawford Lindsay].

3: Kirsty Owen (13) from Linlithgow Academy competing at the Scottish Championships at Balmoral Estate in May 2016 [Photo - Chris Spencer, ActivNorth Photography].

LINLITHGOW LOCAL HELPS WRITE UNIQUE NEW RYDER CUP HISTORY



It's been a mouth-watering year for golf, from Danny Willett pulling on the green jacket at the Masters, to the 'Duel at Troon' between Henrik Stenson and Phil Mickelson, and the sport's return to the Olympic Games for the first time in 100 years.

The small matter of a Ryder Cup now lies ahead (is it really two years since Gleneagles 2014?!), with Europe looking to continue their recent domination of the competition against the USA at Hazeltine from 30 September to 2 October. Incredibly, in an event once dominated by the Americans, Darren Clarke is seeking to lead the European team to a seventh win in the last eight meetings.

Various Ryder Cup books have been written across the decades, but a new one has now hit the shelves, which puts a fresh slant on a biennial battle that continues to engross golf fans the world over.

'Behind The Ryder Cup: The Players' Stories' is a remarkable new history of the competition, one that Linlithgow resident Ed Hodge has helped to pen.

Ed, the media manager for Scottish Golf, has contributed to his third book after previously writing 'Jewel in the Glen: Gleneagles, Golf and The Ryder Cup' and 'Our Day in May', the inside story of how St Johnstone won their first major trophy in their 130 year history.

Teaming up with Birlinn Ltd's Peter Burns, who published Ed's previous two books, the new Ryder Cup book invites you into the locker room for a history of the event like you have never experienced it before. From the origin matches that preceded the first official trans-Atlantic encounter between Britain and America at Worcester Country Club in 1927, all the way through to the 40th instalment at Gleneagles, this is the complete history of the Ryder Cup - told by the men who have been there and done it.

With exhaustive research and exclusive new material garnered from interviews with players and captains from across the decades, Behind the Ryder Cup unveils the compelling truth of what it means to play in golf's biggest matchplay event, where greats of the game have crumbled under pressure while others have carved their names into sporting legend.

The book spans a total of over 450 pages and is available in hardback and paperback, priced £20 and £14.99 respectively. Golf members can support their club by buying the hardback book, with online orders via the Birlinn website seeing £5 donated back to clubs.

"I'm a huge Ryder Cup fan and it's been great to contribute to Peter's overall project," said Ed, 38. "With this year's match just around the corner, it's a book to whet the appetite of all golf fans."

It has been a long-time labour of love for Peter with Ed contributing with fresh interviews in recent months, including with the likes of Sam Torrance, Sandy Lyle, Craig Stadler, Peter Alliss and Linlithgow's own Stephen Gallacher, a Ryder Cup winner in Perthshire two years ago.

"Much like the match itself, Behind the Ryder Cup is as unique as it is unmissable... comprehensive and fascinating, this is a history of the biennial contest unlike any you've ever read before," says Scotland's Bunkered magazine.

Peter is the editor for Arena Sport, an imprint of Birlinn, and also the author of 'Behind the Thistle: Playing Rugby for Scotland', 'White Gold: England's Journey to Rugby World Cup Glory' and a contributor to 'Behind the Lions: Playing Rugby for the British & Irish Lions'.

You can purchase 'Behind The Ryder Cup: The Players' Stories' from the local Linlithgow bookshop, Far From The Madding Crowd, or buy online at: <http://www.birlinn.co.uk/Behind-the-Ryder-Cup.html>

Ed Hodge

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NOT GETTING FENCED IN...

Linlithgow fencer, 24-year-old Calum Johnston, has had a successful year so far. In January he became the first man ever to win the Scottish Open three years in a row. He then went on to win the Merseyside Open in February and the Birmingham Open in March. On 17 April he became the first Scot in 27 years to win the British Championship Epee title in London.

Calum has lived in the town since he was five years old. At primary school, he participated in many sports including football, tennis and cricket.

However, when he moved to Linlithgow Academy at the age of 11, he became interested in fencing, getting involved in first year, and steadily progressing with the

sport ever since. He is currently placed 17 in the Great Britain (GB) rankings, is due to move into the top ten by September, and hopes to win a GB cap in the not-too-distant future.

Calum gives much praise to his coach at Linlithgow fencing club, **Professor Bert Bracewell**, for his teaching and unstinting support over the past 13 years.

After leaving Linlithgow Academy, Calum went to Edinburgh University to study mathematics. While there, he had considerable success with the university fencing club. On becoming captain of the club, he led his team to win the Northern Premier University League and third place in the UK University Championships. He was also awarded a full sporting blue by Edinburgh University - and all of this in 2013, which was his final year at university.



Calum was also captain of the Scottish team which won bronze in the Junior Commonwealth Games in Jersey in 2012.

Calum currently works as a computer programmer in Stirling and continues to be a successful and ambitious amateur fencer. He trains three times per week in sessions in Linlithgow and Edinburgh. He would like to progress further in fencing and, to this end, hopes to obtain sponsorship.

Moira Goll



LINLITHGOW'S TARTAN ARMY...

Linlithgow and District Tartan Army (LADTA) are celebrating their ten year anniversary this year. The club was formed in 2006 following a conversation between two groups of friends who realised they were all catching the train through to Glasgow to watch every Scotland match.

We decided that running a bus to the matches would save money, take us door-to-door, and leave more time for detailed post match analysis in the pub back in Linlithgow.

A 29-seater 'council bus' was filled with optimistic supporters for the first match of the Euro 2008 campaign. A 6-0 victory over the Faroe Islands was the perfect opening match for the supporters' club. This was swiftly followed by an historic 1-0 win over France. LADTA was off to a great start.

The club grew in numbers over the campaign, fuelled by Scotland playing some entertaining and winning football. Although the campaign ultimately ended in disappointment for the national team, LADTA was thriving. We were now filling two buses to every home match and had taken a trip to Paris in 2007 to witness a historic victory.

LADTA try to play an active part in the life of Linlithgow. We've entered the procession in the Marches on a number of occasions, paying for a pipe band and marching behind it, sometimes in fancy dress. One of the highlights has been

taking the pipe band up to St Michael's hospital and playing a couple of songs for those unable to make it down to watch the procession.

Over the years Scotland's failure to qualify has become less glorious and more frustratingly predictable. Throughout the decade, LADTA membership has held up fairly consistently - some people are gluttons for punishment. We have a varied membership; male and female, old and young, parents and children, groups of friends, and married couples.



If you like football you'll be most welcome. Sometimes there isn't much football on display so even if you don't like it you could still have a good day out. In addition to the logistical advantages of travelling on the LADTA bus, there are also social benefits. For example - sharing a gallows humour when Scotland show depressing ineptitude in losing to Georgia, occasionally rejoicing together during the high points of a McFadden strike against France or Maloney's winner against Republic of Ireland.

The upcoming 2018 World Cup qualifying campaign will see Scotland take on England at Hampden on the evening of Saturday 10 June 2017. It is sure to be a passionate occasion. Scotland will also take on Slovakia, Slovenia, Lithuania and Malta.

For a home match, the bus will leave from outside the Hole in the Wall pub about two hours before kick-off. The bus leaves straight after the final whistle and makes a couple of drop-offs on the way through Linlithgow.

There is a small group of members who travel to an away match or two each year. Cities we've visited include Amsterdam, Stockholm, Brussels, Dublin, Dortmund and Paris. October will see an excursion to Slovakia.

LADTA membership is £15 for the duration of a two year campaign. Benefits include a seat on the bus to each match and a LADTA branded T-shirt.

LADTA can coordinate tickets so that you're in with a group of friends or you can handle your own arrangements for the match. Buses cost £6 for members and £12 for non-members (u16s half price).

If you are interested in joining LADTA, please email ladta@hotmail.co.uk or you can find us on Facebook by searching Linlithgow and District Tartan Army.

Christopher Russell

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Although set on a slope this year, Party at The Palace 2016 went anything but downhill.

Brother Apollo, an indie rock sibling duo with a driving edge, started off Saturday. Sunday, meanwhile, began with The Begbies, an energetic ska outfit. Rock ballad revivalists Gun played hits such as "Word Up" and even a rendition of Beastie Boys' "Fight for Your Right". Big Country also played their anthemic sound, and The Farm lent to the festival their spacey, hypnotic stadium rock, and the Fratellis took their unique take on indie rock to the stage, electrifying the audience before the Proclaimers. Perhaps the quintessential Scottish musical duo, their folk-powered sophistipop rounded off Saturday.

Along with rock were two tribute bands: Dirty Harry doing the works of Blondie justice and the Bootleg Beatles performing pitch-perfect renditions of tracks by, well, the Beatles. Pop also made its appearance throughout the weekend; Heaven 17 was pure synthpop, flamboyance and all, along with Andy Bell of Erasure and his idiosyncratic voice. Gok Wan even provided two DJ sets between acts, trying to will Ibiza-esque sunshine to come out with club hits (to varying success).

Special mention has to be made for Colonel Mustard and the Dijon 5, the mad-cap (literally and figuratively) ensemble of yellow trumpets, funk, disco, hip-hop, kids' show pastiche and even Madchester, with a Bez-like dancer wielding maracas and bongos. Think the Singing Kettle on drugs* and you're in the right direction.

Talking of funk, the entire weekend concluded with recording artist extraordinaire Billy Ocean, playing his rendition of reggae standards and classics, such as "The Colour of Love" and his acclaimed cover of Bob Marley's "No Woman No Cry".

The music on the Main Stage might have been great, but it

wasn't all that was on offer. The best addition to Party at The Palace this year was, by far, the Star & Garter Stage. Set up to showcase home-grown talent, I'd say it was definitely local. For example: while queuing on Saturday, the couple behind me turned out to be the parents of Crystal's lead singer. Singing over hard rock with chugging bass (and excellent drumming from Lewis Clarke**), that band was just one highlight in an entire roster that included the catchy and camp power rock of Gavin Blackie, Britpop throwbacks Luci Baines, and acoustic singer-songwriter Katie Krauss, as a relaxing alternative to the rest of the bustling weekend.

Several acts returned from last year too, like Lucia Fontaine, Scarlet Baxter and 100 Fables. Some of the best acts of the entire weekend performed here, in all honesty: Declan Welsh brought to the energy of the early Arctic Monkeys a radical punk edge, with eloquence to boot. Another highlight was Altinak, a brilliant four-piece I'd already seen at school talent shows, although it was here they gave their best performance yet. They have an EP on Spotify, "Long Way Home", if you missed them the melancholic "Australia" is definitely worth checking out.

In terms of in being a family-friendly event, I'd gauge it as a success; I hadn't seen as many children in the previous years at Party at The Palace, nor as many rides and activity tents. That said, there seems a weird irony in trying to market your musical weekend as for all ages while having your primary sponsor being a beer company.

Nonetheless, Party at The Palace is clearly only getting stronger with each year, maturing quickly, and is set to become a constant in Linlithgow's calendar whatever field it's in.

*: In a good way.

** : I should note that, to my surprise, I happened to know the drummer. Hence the bias.



ROSE V REDS GOLF CHALLENGE



Honours were even at the recent Rose v Reds golf match, as friendly rivals from Linlithgow's main football and rugby teams fought out a 3-3 draw in the annual tournament held in memory of former 'Journal & Gazette' photographer, Bob Wallace.

The Kingsfield Golf Challenge was set up in 2009 in memory of the snapper, who regularly covered both club's matches for the paper and is played on an annual basis between Linlithgow Rose and Linlithgow Rugby Club.

Both clubs compete for an impressive trophy, in the shape of a giant hip flask, which was donated by Robert Arkley of Kingsfield Golf Centre and Stephen Gallacher, the European Ryder Cup golfer, who lives locally.

This year's match took place at Kingsfield on Sunday August 14th, with teams made up of a mixture of players from both clubs, management, committee and social members.

Speaking at the post-match reception at the Rose Social Club, Rugby Club stalwart, Gerry Keating, told me:

"It was a 3-all draw, which means that the Rose will retain the trophy for another year, as they were the defending champions. It was a good day and the weather was fine. Unfortunately, we both had a wee struggle to get a team up, because of Party at the Palace, which drained off a few players from both sides, but we still managed to put two teams together."

"That was the eighth time we have held it and it's a good wee tournament. There's a lot of the same faces who play every year and, hopefully, we can keep it going."

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BOOK REVIEW

'GRETA GARBO'S FEET & OTHER STORIES'

BY MEAGHAN DELAHUNT



"A waiter took a photo of them to commemorate this moment... they had twelve years' worth of such moments. We should put them in an album... they were both too lazy really to do anything..." ('The Mani')

This collection of short stories is an album of such moments: snapshots of other people's lives thrown up into the air and tumbling, twirling on their return to Earth, offering up glimpses into innermost thoughts, trials and tribulations. Whether it is a stranger we meet on a train or a sibling who has made their home on another continent, everyone has a journey and we help shape that journey through our interactions, no matter how fleeting. Life is often bittersweet with a myriad of unexpected events and it is hope for the

future which carries us through a turbulent present.

"She prays to the Virgin of Guadalupe to grant her a good flight, the best flight of her life, the flight that the rest of her life must follow." ('The Girl from Quebrada')

Meaghan Delahunt is an Australian writer who has lived in Scotland for twenty years. Her collection of short stories is a sympathetic and honest observation of human life which transcends cultures, genders and eras. Her writing is skilful, descriptive, evocative and direct - every word has been chosen carefully and is brimming with meaning. It is clear that Delahunt is a well-travelled lover of language and culture and, as a linguist, she takes pleasure in interspersing some of her stories with words and phrases in languages and dialects

which enrich the meaning and our understanding of the narration.

There are thirteen short stories in this collection and, while they touch upon different lives across different continents at different periods in history, they all are connected through the themes of love and loss. Humans have many different capacities for love: love between family, romantic love, love for one's country, love of self. Delahunt explores all of these ideas and more - she is a keen observer of life and the complexities and intricacies of emotion which intertwine all interactions. She does not shy away from the darker, more disturbing side of human nature and explores tragedy with a clear sense of observation, irony and compassion.

In every story, each character is outlined deftly by Delahunt and we quickly ascertain their 'story': their connection to culture, history and family which have shaped their life and decisions throughout their journey thus far. As readers we feel positive connections to each subject as the stories unfold and, although we are only scratching the very surface of their lives, as we gain greater insight into each

situation we come to understand deeply each motivation, reaction and decision. Delahunt's subjects are ever moving: some with purpose, determination and force, while others are experiencing more of a gradual awakening. What is clear, however, through each short story is that it is the motions we make and connections between humans that are the true fundamentals of the universe.

"Up on the deck she could see several women dressed in black...she saw her watching and smiled and turned to her... the woman looked at her closely and placed a warm, brown hand on her arm. 'You, maybe are lonely?' She was startled by this sudden, violent kindness." ('A Woman Wearing Black')

This collection of tales is story-telling at its very best written by a writer who is bold, intelligent, witty, empathetic and always entertaining.

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



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WHY IS MY GREY BIN SO FULL?

I've had lots of discussions with people recently about recycling and the introduction of the smaller grey bin. It's clear that many people are still not very sure about what they should and should not put in their blue bin, and if they were they might not be so worried about coping with the new small grey bin. The rules have changed over the years and that has led to confusion.

I hope this summary helps people to recycle more, and to ease their fears about a smaller general waste

bin. The following items should be placed in your blue bin, all clean, empty and dry, and never in plastic bags:

>> Paper, including envelopes, shredded paper, magazines, yellow pages, telephone directories, brochures and unwanted mail. Take mail out of plastic bags and put both in the blue bin.

>> Card and cardboard – eg washing powder and cereal boxes.

>> Cartons – eg juice, smoothie and soup cartons.

>> Plastic bottles – eg water, shampoo, detergent and drinking yogurt bottles. The plastic lids should be removed but they can also be put in your blue bin.

>> Plastic tubs, pots and their lids – eg margarine, ice cream, yogurt and soup pots.

>> Plastic trays – ready meal, fruit, biscuit trays and fruit punnets.

>> Tins and cans >> Aerosols >> Clean foil.

>> Plastic bags – eg carrier, fruit and vegetable, pasta, cereal and bread bags etc. You can however use these to line your food waste caddy to save you buying bin liners.

And briefly don't add glass, textiles, polystyrene or foil lined plastic.

Pat Swan



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6 FEB The Dressmaker

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Eating Disorders Family Support Group

Families, and all people struggling with eating disorders, are invited to come along to the upcoming support group in Linlithgow. The eight week project will be led by a nurse, and aims to assist with information, education, and support.

It will be held in the Linlithgow Guide Hall, 7-9pm, between Tuesday 6 September and Sunday 30 October. The group is sponsored by Linlithgow and Linlithgow Bridge Community Council.

Dates are:

Tuesday 6 September, Tuesday 13 September
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