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WRITTEN BY ALISON TRAIN TALES FROM THE DELIVERY TRAIL...

To celebrate the 50th issue of our beloved magazine, we thought we'd turn the spotlight on the troupe of trusty volunteers who deliver each issue to all the houses in Linlithgow.

Here are some tales and some photos from the delivery trail. If you'd like to join in the fun, get in touch - there's always routes to be covered and adventure to be had...

Pauline Smith says
"I currently deliver the magazine to 200 houses on Springfield Road, if you see me out with my wee trolley please say hello. I've been doing this since August last year so I'm just a newbie to the Black Bitch volunteers and if anyone out there is thinking of joining us you will be made most welcome by the team."



PAULINE SMITH

Bob Martin delivers the Black Bitch for the neighbourhood of Preston: "This part of the town must hold the record for the number of stairs associated with bungalows. A great route for keeping fit and I've always been treated with courtesy and respect by the good folk here. The dogs and cats, of course, treat me in their own unique way! Biggest surprise is the number of boats kept here. Do they know of a big flood coming?"



BOB MARTIN



THIS PAGE IS PROUDLY SPONSORED BY
MARY PHILBIN



at The Treatment Room

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INTERVIEW WITH THE EDITOR....



Q. Where are you originally from and what can you tell me about your life pre-Linlithgow?

I'm originally from Wick in Caithness. I came down to Edinburgh for University in 1967 and didn't find my way back. I went on to set up a business in the construction industry.

Q. What brought you to Linlithgow and how long have you been here? Do you have family locally or nearby?

What brought me here was a wish to get out of Edinburgh! I think it's a nice place to visit but not to live in. Linlithgow felt more familiar, more like Wick. People actually know each other and speak to one another from time to time. I moved here in 1996, and live with my partner Carol, but don't have family in the town. I have a sister in Stirling and a brother in Inverkeithing, though. My two sons live in Melbourne and London and Carol's son is based Edinburgh.

Q. Tell me how the magazine came to be; why did you create the Black Bitch?

It all started because I got fed up reading about places other than Linlithgow in the local paper! It was no longer really a local paper. When I moved here, I'd got involved in a lot of groups; the Business Association, the Town Management Group, the Star and Garter Trust after the fire, Community Council and the Victoria Hall Trust. Since I knew plenty about what was going on locally through them, I decided I was in a position to do something about this.

So I did some research and decided we could make it work. I was also fortunate in recruiting an intern, Jo Power, with government funding, and to some degree we owe a great debt to Jo, who was a real driving force in helping me get the magazine off the ground.

Q. How have things changed since the early days?

People used to say it would never last. But I certainly hope we're starting to

be taken seriously. We've noticed that at meetings etc., the magazine is now often mentioned alongside the Gazette and locally, people will now say "we need to get it in the Gazette and the Black Bitch". But it's been a gradual process and I hope it'll continue in the right direction.

But some things don't change. The magazine's still rooted through Murdie Kennedy, who has lived in the town all his life, and has been a stalwart from the start. It's important we're not all a bunch of outsiders!

Q. What are your costs and how is the magazine funded?

We pay for the printing and the magazine design but everything else is done by volunteers; 45 - 50 for any given issue, including deliverers, photographers, writers and the editorial/admin team. We are funded by advertising revenue and donations.

Q. How long did it take to choose a name and has the final choice caused any problems?

For me, it always had to be the Black Bitch. It could never have been anything else. It's part of the town's lore and traditions. The name has raised a few eyebrows, but no more than a few in six years. And we've only had one magazine handed back on delivery. Things are a bit trickier online, however, where we've had to call ourselves the Linlithgow Community Magazine to clear the hurdle of email filters.

Q. Does editing such an illustrious publication come with any perks?

[Laughs] None at all apart from the sheer enjoyment of doing it! It's by and large fun and you learn things and meet people.

Q. How does your other role as a local councillor fit in with your role as editor? Do they complement each other? Or clash?

So far they haven't clashed at all.

The magazine is a Scottish Charitable Incorporated Organisation, is non-political and its target readership is the whole of the Linlithgow community.

Q. As the editor of a local publication, what broader issues are you most concerned about at the moment?

The troubles afflicting the Gazette are afflicting local newspapers all over the world due in large part to loss of advertising revenue to the internet. People are hunting for a replacement for the local news source that connected them with power and not finding it. And so I'm concerned that for many years now people and government have been drifting apart. We're now struggling to find out what's going on inside local government and I see this as a very serious problem for democracy and small communities, especially when people outside the community are making decisions affecting it. I'm keen to try to tackle that problem.

Q. What are your future plans for the magazine?

The purpose of the magazine is promoting the town to the people of the town and we will continue to do that. We'd also like to raise finance to allow us to commission professional writers for certain types of articles. And we need to improve our online presence to raise the magazine's profile between issues. We have the tools but need someone to operate them. But the long term goal is to encourage people to engage with what's going on in the community and get involved with local organisations, in particular the Community Council. So that ultimately they can participate in more of the important decisions that affect them.

David Tait was interviewed by Vivien Green

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Contact the Black Bitch

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



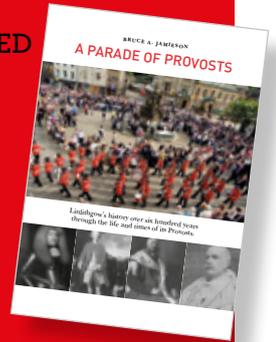
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Q. HOW MANY FLORAL DISPLAYS ARE MAINTAINED BY BURGH BEAUTIFUL?

GOOD LUCK WITH OUR COMPETITION.

Email the editor at: on.a.lead@gmail.com
Last issue competition winner is Zsuzsanna Parry.



Use the code 'MAGAZINE' to buy your Party at the Palace tickets and earn the magazine a bonus

FOLLOW THE SIMPLE STEPS ON PAGE 26.



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

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

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

www.llbcc.org.uk

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

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

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



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Folk Fae Lithgae MARTIN BROWN

Image: Martine Stead

www.linlithgowcommunitymagazine.co.uk

Martin Brown spent all his formative years at 59 Braehead Terrace in Linlithgow, where the magnificent garden, tended lovingly by his Dad Robert, regularly won first prize in local competitions.

Attending Linlithgow Primary and the Academy, Martin left school at eighteen in 1987 and started working with William Low's, which was taken over by Tesco in 1994. He later took up a position with Arco at Linlithgow Bridge and is currently the company's Local Authority account manager for the east of Scotland, dealing with councils from the Scottish Borders all the way up to Angus.

For nearly twenty years, Martin has been living in Blackness, with his wife Lesley and daughters Caitlin and Cara, enjoying what he says is:

"The best view out a kitchen window that there is...looking right down the Forth towards the bridges. It's a stunning view"

Martin loves living in Blackness, surrounded by Lesley's extended family and he describes it as *"a fantastic wee village and a great wee community"*.

A new chapter of his life in the village will get underway in the coming weeks, as he has been nominated to

take over from Bobby Fleming as the Baron Baillie, an ancient post which dates back to the days when Blackness served as Linlithgow's sea port.

The Burgh Charter granted by King Robert II in 1389 conveyed to the burgesses and community of Linlithgow the Port and Haven of Blackness, with customs, toll dues and court rights. The holding of a court on Castle Hill on Marches Day and the appointment of a Baron Baillie continues this old custom. When the court convenes this year on June 13th, Bobby Fleming will demit office and thus end a family connection with the post, which goes back to his Grandfather being installed by Provost Alec Ford in 1947.

Robert and Isobel Brown instilled in their children a great love of the Marches traditions and Martin first became actively involved through the Black Bitch Association. Being elected as their Deacon meant he was able to attend meetings of the Deacons' Court and he threw himself wholeheartedly into helping with the myriad of tasks associated with organising the Marches. In recent years, he has been joined on the Court by his sister, Margaret Johnston, and nieces Ashley and Stephanie,

"I was then nominated to carry one of the flags", he told me "and to be leading the procession is just the

best feeling there is on the face of the planet. Being at the front with the flags just grabs you and it's awesome. Fantastic! Marching alongside Paul Meenan and Malcolm Sneddon is just great and, luckily enough, I've never had an absolute deluge. Weather-wise, I have been very lucky with the flags".

Stewart Millar will take over as the carrier of the Saltire this year and Martin will enjoy riding the Marches with his wife, sister Alexis, twin brother, Willie and elder brother, David. The whole family will then be on hand to watch proudly as Martin assumes the historic office of Baron Baillie on Castle Hill.

Martin is gearing up for a very busy time in the weeks leading up to the Marches and in his role as bar convenor, he will have plenty to do at the various functions in the marquee. Having had a break last year, he is also looking forward to leading the Deacons' Court 's team at the annual cardboard boat race at the Canal Centre in August.

Murdoch Kennedy



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WEE LINTIES CELEBRATE SUCCESS!

Image: John Buckley



Members of the **Linlithgow Community Children's Choir** (aka **Linlithgow Linties**) are celebrating another successful year and looking forward to further achievements in the future.

The choir was established four years ago by local teachers, **Victoria Knox** and **Alison Sharp**, and has gone from strength to strength, growing in confidence and numbers. There are now 32 members, ranging from P3 to S1 school pupils and a waiting list.

Victoria and Alison are delighted at how well the choir has been received by the people of Linlithgow and that this very important community children's project has been such a success. The choir doesn't hold auditions or charge fees and the children

sing a wide range of songs, with an emphasis on singing for enjoyment. During term time, rehearsals take place in the hall at Linlithgow Bridge Primary School on Tuesday afternoons from 4pm to 5pm.

The choir has built a close relationship with the **Linlithgow Folk Festival Association** and the children's performance at the annual **Matt McGinn Night** in March is always one of the highlights of their year. In September, they will be singing on the outdoor **Nora Devine Stage** at the Cross during the annual Folk Festival.

Through one of the adult helpers, the choir recently received sponsorship from the **Community Benefits Group of the Registers of Scotland (ROS)** and this has meant that all the children are



now kitted out in brand new bright yellow T shirts, which feature the ROS logo on the back.

The shirts will be worn with great pride when the children undertake their final concert of the season at the Gardening Scotland exhibition at the Royal Highland Showground at Ingliston on Saturday June 3rd at 10.30am.

Further details about the Linlithgow Linties can be obtained from Victoria Knox at linlithgowlinties@gmail.com

Murdoch Kennedy

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TALES FROM THE DELIVERY TRAIL CONTINUED...

Chris Egerton has some help from a friend: "I like delivering the Black Bitch's early on a Saturday morning when it's nice and quiet (and hopefully dry) then folks have something to read over their breakfast. Like a chatty friend dropping in. After delivering them a couple of times Charlie, my black cat decided to accompany me, even beating me to some of the doors as he was taking shortcuts across the front gardens while I had to walk round. I just think it's funny that I have had a 'black cat' escort while delivering the Black Bitch magazines."



"It's always my last delivery and the view across the canal is just stunning."



GILLIAN ARTHUR, RIVALDSGREEN 'VIEW'



CHRIS EGERTON AND CHARLIE

Pat McIntyre has a great story: "During an election campaign (don't know which one) someone thought I was delivering a political leaflet and was ready to refuse it. But when I explained it was the Black Bitch he was delighted!" One of the houses on Pat's 'patch' is Averil from Burgh Beautiful, a great supporter of the magazine.

Gillian Arthur has an awkward take: "I was reminded of Mickey Flannigan's thoughts on what you do when you meet your neighbour more than once on the same day. I was out delivering the magazine and came across a leaflet deliverer on the same route. First driveway we nodded and smiled. Second driveway we nodded. Third driveway he stared at the ground. Fourth driveway I stared at the ground. Fifth driveway I felt like tripping him up!" Gillian's favourite view on her round - from a driveway out of Rivaldsgreen House. She says: "It's always my last delivery and the view across the canal is just stunning."

50! A GREAT PERFORMANCE
LINLITHGOW AMATEUR MUSICAL
PRODUCTIONS



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PRODUCTIONS CHILDREN'S THEATRE.



VENNEL REGENERATION LINLITHGOW



With the opening of the Partnership Centre, shortly, in the old County Buildings, there is the opportunity to move various services into it thus releasing a number of buildings in and around the Vennel for redevelopment. As a result, West Lothian Council has prepared Planning Guidelines for the Vennel area for public consultation. The guidelines are aimed at prospective developers who might be interested in submitting a planning application to redevelop parts of or the whole of the site.

Linlithgow Civic Trust is pleased that some attention is now being devoted to the future of this area and welcomes that there will be a period of public consultation in the future. However, we consider the present 'Planning Guidance' to be an inadequate basis for such consultation. Its contents are summarised under the site boundary plan.



LEGEND

- Boundary of Site for Redevelopment – includes part of Manse garden
Within this red line, the following land/building uses would be acceptable: residential; commercial/retail, tourism facilities, offices/business; small workshops; community events; outdoor space. Design/materials of new development should be of high quality and 'support local aesthetics'; it should be one or two-storey to protect important views.
Other general guidelines on linkages, lighting, incorporation of fragments of historic stonework, vehicular access (see arrows), parking (no overall loss) and landscape/trees.
- ➔ Vehicular access points

Red keyline indicates position of site boundary plan

**Tue
29
AUG**

Our main concern is that the guidance is too vague on what development opportunities are available and on how exactly the site should be redeveloped. It lacks detail relating to aspects such as the positioning and massing of structures, building materials and townscape character.

A GREAT COMMUNITY EFFORT
LINLITHGOW COMMUNITY COUNCIL



No guidance is suggested on views or routes cross the site, or on car parking or servicing locations and there appears to be no consideration of the need to accommodate tourist buses.

There are no details on landscaping and tree planting in different parts of the site, nor on whether any of the existing mature trees should be retained.

Linlithgow Civic Trust considers it is essential that a more considered Development Brief, setting out all necessary requirements and parameters, is prepared before prospective developers are invited to bid for the site, let alone apply for planning permission.

There is mention of restricting much needed housing to suit the current capacity at Linlithgow Academy. We consider that this is particularly short-sighted when the priority for this nationally important site should be to achieve the right outcome. The provision of sufficient capacity in local schools to serve this development should be guaranteed by the education authority through building schools, for example the planned Winchburgh Academy.

Very significantly, the restricted scope of the guidelines means that the council has missed the opportunity to include the 1960s buildings on the west side of the Cross in the redevelopment site. Although only renovated about twenty years ago, we understand that they are in a poor condition because of severe water penetration problems, making them ripe for redevelopment. It is understood that the Council is contemplating buying back flats in this area. A sensitive redevelopment of this site, restoring past townscape as appropriate, would be very popular locally. Not to include this area just now would cause problems in the future and miss a once-in-a-lifetime opportunity to maximise the development opportunity for the town's benefit.

Through the **Linlithgow Planning Forum**, Linlithgow Civic Trust will be liaising with the Community Council and other local groups to advocate a positive and sensitive approach to the redevelopment of the site. **The Linlithgow Planning Forum is holding a public consultation at the Low Port Centre on Tuesday, 29th August between 10am and 7pm** when the community will be invited to make

their views known on a variety of issues.

A tentative list is listed below.

- >> Should any new buildings be restricted to a maximum of four storeys in height?
- >> Should measures be taken to rehouse existing residents, both council tenants and owner occupiers, on the site?
- >> Should the social housing provider be a housing association or West Lothian Council?
- >> Should the redevelopment of the Vennel flats towards the Cross be included?
- >> What building materials would be sympathetic in the surrounding conservation area?
- >> Should there be a mix of flats for young and old?
- >> Should off-street parking be increased or reduced?
- >> Should off-street parking for tourist buses be included?
- >> Should one or more new and attractive routes link the High Street to the Loch?
- >> Should this area of the town be made more attractive to tourists?
- >> Should provision of public toilets be included?
- >> Should this area include a small hotel/ restaurant?
- >> Is there a need for more shops or any particular type of shop?
- >> Should the provision of cafes, specialist shops, offices and art and craft studios be encouraged?
- >> Should the area include serviced space for small start-up businesses?
- >> Is there a need for youth facilities to be provided similar to the existing Linlithgow Young People's Project (LYPP) facility?

Following the consultation, the Planning Forum will collate and analyse the response to such issues and possible development options for the redevelopment of the part of The Vennel concerned, and present the outcome to West Lothian Council.

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www.lct.org.uk



Burgh Beautiful Linlithgow

The Linlithgow is well known for the number and rich diversity of its groups. Well, now there is another in the town - Linlithgow Burgh Trust, a transformation of Linlithgow Civic Trust, which was incorporated as a charity by the Office of the Scottish Charity Regulator on 1st March 2017!

What does Linlithgow Burgh Trust do?

Linlithgow Burgh Trust comprises two parts. Firstly it includes Linlithgow Civic Trust which was formed in 1971, the guardian of the town's historical centre and environment, working with other partnerships and businesses in the town to enhance Linlithgow. Secondly, there is Burgh Beautiful which does the town proud with its magnificent planted beds, tubs and hanging baskets.

Why go for charitable status?

A significant issue was revenue. As a Scottish charity, we can claim 25% Gift Aid on donations and we are able to apply for funding that is only available to charities. Incorporation was another key issue. Linlithgow Civic Trust was an unincorporated association and could not enter legal contracts. This has changed by becoming a Scottish Charitable Incorporated Organisation, known as a SCIO, which combines incorporation and charitable status. Liability was another consideration. As a charity no individual member is liable for debts.

The Burgh Trust is responsible for its overall activities and includes maintaining the Trust's website, www.lbt.scot, its newsletter, annual and general meetings, accounts and so on.

Ron Smith has written an article about the work of Burgh Beautiful which can be found elsewhere in this magazine.

The following are the contact details:

the Chair of Linlithgow Burgh Trust is Chris Long (chair@lbt.scot), the Chair of Linlithgow Civic Trust is Marilyne McLaren (civic.trust@lbt.scot) and the Chair of Burgh Beautiful is Chris Gunstone (burgh.beautiful@lbt.scot).

CONGRATULATIONS ON REACHING
YOUR 50TH ISSUE
LINLITHGOW REED BAND



LINLITHGOW BURG TRUST



P3 OF 1967 MEETS P3 OF 2017!



A historic occasion took place on May 16th, when two P3 pupils from Linlithgow Primary School in 1967 met the children of the current P3 classes.

Organised by the acting Head Teacher, Mrs Lisa Davies, as part of the 50th anniversary celebrations of the building in Preston Road, the visit saw Liz Gowenlock (nee Kenny) and Murdoch Kennedy visit the school to talk to the current crop of pupils. In a lively exchange of information, they were able to explain what the school was like in 1967 and find out what happens nowadays, including the delights of 'golden time'!

As well as visiting the classes they sat in themselves exactly fifty years ago, where they met Murdoch's two great-nieces, Millie (8) and Eilidh (7), the veterans also spoke to the children in years 1, 2, 4 and 5 and went back the following week for a longer chat with the older pupils in P6 and 7.

Speaking later, Liz Gowenlock said:

"Murdoch and I spent a lovely afternoon back at our old school. Much of the building has changed, but the location of many of the classes remains the same. It was a strange feeling being back in my old P3 and P4 classrooms and remembering my teachers, Miss Lloyd and Miss Chroston.

"The children were all very interested to hear about the school in 1967 and asked lots of great questions, including "Did the teachers use the belt on your face" and "Did you write with a feather"?"

The new school first opened its doors on Monday January 9th 1967, although the formal official opening did not take place until Friday April 14th. Because that date this year fell during the Easter holidays, it was felt that the summer term was the best time to celebrate and a number of events have been taking place in recent weeks.

In the school foyer, there is a display of old photographs and artefacts from 1967 onwards and anyone is welcome to enjoy looking at these items. A Memory Book has also been included for visitors to leave a mention of their time at the school.

An open event for parents was held on May 24th, where children shared the learning they have undertaken this term as part of the celebration. On the 25th, there was a 1960s dress up day and a 1960s disco for all classes. Former staff and current staff joined together for a Golden Afternoon Tea on May 26th, where children performed a song from the original opening ceremony and shared information about the history of the school.

On June 23rd, a Family Picnic will take place in the school grounds. The choir will perform again and there will be a special birthday cake. All the school families will be encouraged to enjoy a fun afternoon together.

The photographs show Liz Gowenlock and Murdoch Kennedy sharing some of their memories with Millie Crawford and Eilidh Burns.

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GET MINTY THIS SUMMER!

Mint suffers from a wandering and bullying reputation which we think is rather unfair. After all it is us who introduce it to our gardens and then let it get on with life without any disciplining or controlling from us! Children and pets would be just as naughty if not controlled and trained and we quickly blame the parents and not the children or pets in this situation. Please consider some of the virtues and delights of the Mint Tribe?

Introduced to Britain by the Romans who valued it highly for its medicinal properties as well as helping with digestion and they believed intelligence. Along with the Thyme family we sell more varieties of mints than all the other various herbs we offer. We do recommend that you control them by growing them in large pots like this old barrel full of spearmint. They all grow in sun or partial shade and are not demanding plants to look after.



Spearmint is the most commonly grown garden mint. We freeze bags of it during the summer to use in the winter - pop 6" (15cm) sprigs without flowers into plastic bags in the freezer. Use it in savoury dishes as a mint sauce, for flavouring potatoes and peas, or chopped finely into a dressing of natural yoghurt and grated cucumber which is lovely with curries. It adds a lovely extra flavour chopped and added to salads.

We use Spearmint in a dessert called 'New World Minted Strawberries' - sprinkle a handful of chopped mint leaves and a little castor sugar over a bowl of halved strawberries half an hour before you want to eat them. 10 minutes before you serve pour over a generous amount of New World red wine and serve with a good dollop of crème fraiche.



OTHER FAVOURITES INCLUDE:

Apple Mint - this is hairier leaved than the smooth leaved spearmint so not so good in salads. It is milder but mintier than spearmint and we love to put a few sprigs into a jug of iced water to quench the thirst and refresh us.

Eau de Cologne Mint - tie a bunch of this delightful mint under the hot tap when you run your bath. You'll enjoy a wonderful refreshing and restorative bath as well as filling your house with a lovely fragrance.

Peppermint - this has a really strong minty flavour and makes a refreshing infusion/tea. Use a small bunch of fresh peppermint leaves infused in water just off the boil for 3-5 minutes.



Pennyroyal is only good for deterring flies! - wipe surfaces with a bunch away from that area. It really likes to grow in damp partial shade.

Dougal Philip and Lesley Watson
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THE ARTS

“TURN IT OFF... AND READ A BOOK”

Jennie Tuffs' exhibition continues at the Burgh Halls Gallery till 16 July

Linlithgow Jazz, 3 June and 1 July

Twice monthly music sessions at the Black Bitch, the first Thurs 8pm and the third Sun 2pm

Scotch Hop, starts Wed 12 July at the Palace

Art Beat, Forth Valley Open Studios, 10-18 June

After school art classes at the Burgh Halls – 24 August - 12 October

Art includes literature, as well as just the obvious music and visual art we all think of. As someone who always has a book in close proximity I thought my focus this month would be on some bookie stuff. Linlithgow next month is like a little miniature book festival! So turn off the TV, switch off your phone, support a great local business and immerse yourself in a new book.

You will have seen in the last Black Bitch magazine that our local bookshop Far From the Madding Crowd won the 2017 Scottish Independent Bookshop of the Year award. They will be celebrating Independent Bookshop Week from 24 June to 1 July in a variety of ways including a free drop in bookshop party on 24 June. There will be cake, stories for the children with the resident animals, face painting and fun! Throughout the week there will be special offers, giveaways and independent bookshop exclusives. In particular, if you are an Ian Rankin fan I recommend an early visit that week.



The bookshop is also running exciting events on both Saturday 3 (from 1pm) and Sunday 4 June (from 11am) at the marquee at the Rugby Club. The events are targeted mainly at children but it sounds like a fun day out for everyone. The main attraction is The Gruffalo himself but there will be storytelling, face painting, craft activities, a woodland nature trail and the RSPB pop up stall.

Tickets are available from the bookshop at a price of £10 for five people, which includes tea/coffee and juice and party bags for the kids with a snack and toy.

Adults and older children are catered for with a book event at the canal tea rooms on Wednesday 28 June at 7pm (free but please book on 845509). Laura Lam, who was raised in California but now lives and teaches in Edinburgh, will be talking about her latest book False Hearts, described as “a near-future thriller”. Starburst magazine, for those in the know, said

“Laura has been slowly building her name up in the publishing world the last few years but it’s False Hearts that is likely to get her worldwide recognition.”

Details of all these events at www.maddingcrowdlinlithgow.com or sally@maddingcrowdlinlithgow.co.uk, and keep an eye on Facebook for updates.

Back to visual art, I want to mention the next exhibition at the Line Gallery as many of the artists are from Linlithgow. It’s the second time the Linlithgow Art Collective has exhibited in the gallery, as they are proud to support emerging

local artists. The collective is made up predominantly of ex- Linlithgow Academy pupils and despite the fact they are now spread around the country studying or working, they have committed to getting together as a group to exhibit. The show opens on 17 June and runs till 4 July.

Pop in for some affordable art. I’m not sure if this is strictly art, but Linlithgow Ceilidh Club has started running regular ceilidhs in the Burgh Halls. The next one is on Thursday 29 June and it features the Bass Rock Ceilidh Band – again Facebook will keep you up to date with ticket availability etc or contact bassrockceilidh@gmail.com.

Please do however let me know about anything that you are organising on patswan@virginmedia.com. I hope you have time to experience some ART this month.

Pat Swan

QUOTE OF THE MONTH

“a book is a dream that you hold in your hand”

PLEASED TO SUPPORT THE COMMUNITY MAGAZINE



LINLITHGOW ARTS GUILD
EXCELLENCE IN LIVE ARTS SINCE 1989



PERAMBULATION OF THE MARCHES

Organised by Linlithgow Civic Trust.

Wed
7
June

The evening of Wednesday 7 June 2017 will see a few of the guid folk of Linlithgow, and maybe a few visitors too, taking part in the fourth Perambulation of the Marches, organised by Linlithgow Civic Trust. All are invited to this year's walk round the town's old boundaries.

So what is it all about I hear you ask!

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. It is of course a walk which can be enjoyed at any time.

The walk is four 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 Craigmailen Church in Falkirk Road, and proceeds in a clockwise direction round the route.

The walk is led by the Provost, Flagbearers and Halberdiers of the Deacon's Court, 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 donation) and the Linlithgow Reed Band will be there too to provide some light entertainment.

The Linlithgow and Linlithgow Bridge gala queen, Millie, and her chief lady-in-waiting, Kathryn, will be present to welcome the participants in Rosemount Park.



Linlithgow and 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 library and elsewhere in the town.

It perhaps goes without saying but participants should 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.

Anyone interested in the other activities of Linlithgow Civic Trust should visit our website at <http://lbt.scot/civic-trust>.

Allan Robertson



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BURGH BEAUTIFUL



THE THIN BLUE LINE IN LINLITHGOW



We are Constable Andrew Murray and Constable Neill Drummond, the two community officers based at Linlithgow Police station. Between us we have more than thirty years police service.

We are keen to get involved in local community issues and want to hear your views and opinions on these issues. We will be publishing an article every edition of the magazine, covering ongoing community issues which we are keen to address within the ward.

LINLITHGOW COMMUNITY POLICE SURGERY

We held our first community surgery on Saturday 22 April, with a follow up on Saturday 13 May 2017. Further surgeries – which are held in the town centre management office opposite the library – will be advertised on the West Lothian Police Facebook page or the Linlithgow Facebook page.

They are a chance for the public 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.

ANTI-SOCIAL USE OF VEHICLES IN LINLITHGOW AREA

We have received several calls recently about the anti-social use of vehicles in and around the High Street, Falkirk Road, Aldi's car park, Mains Road and Mill Road. These include complaints of people driving at speed and revving their engines while doing 'burn outs' on the road.

Driving in this manner is not acceptable and anyone caught doing so will be dealt with robustly. Police can issue anti-social behaviour tickets to drivers and vehicles, and two tickets issued to the same vehicle/driver will result in the vehicle being

seized. Consideration will also be given to prosecuting those involved for careless or dangerous driving.

Please consider others and drive in a careful and considerate manner.

LINLITHGOW ANTI SOCIAL BEHAVIOUR

Over the recent weekends there have been incidents of anti social behaviour on the Union Canal towpath next to Linlithgow Primary, and at the canal bridge at Golf Course Road.

Police are appealing for parents' assistance in ensuring they are aware of where their children are in the evening. There are clear signs of alcohol being used and fires have been started. The youths concerned have been attending from all over the Linlithgow area and enquiries are ongoing to identify the perpetrators.

Parents, please ask your children if they have any knowledge and satisfy yourselves that your children are not involved. **Information can be provided by contacting 101 or alternatively through Crimestoppers on 0800 555 111.**

ALCOHOL - KNOW THE LAW

Buying alcohol for young people is not only irresponsible; it is against the law and carries a penalty of up to three months imprisonment and a £5000 fine.

If you have information relating to people buying alcohol for under 18s or know a premises selling alcohol to under 18s please get in touch

Information can be provided by contacting 101 or alternatively through **Crimestoppers on 0800 555 111**

101 NON-EMERGENCY NUMBER

101 is the new number to contact the police when it's less urgent than 999. The 101 non-emergency number will make it quicker and easier for you to contact the police when you don't need an emergency response. It is available 24 hours a day, seven days a week. It costs a flat rate of 15p per call from both landline and mobile networks, no matter how long you are on the phone or what time of day it is. In an emergency always dial 999 - when a life is in danger, a crime is in progress or a suspect is nearby. If you want to report something anonymously call Crimestoppers on 0800 555 111.

Get more information from LinlithgowCPT@Scotland.pnn.police.uk or pop into the station and ask for PCs Murray or Drummond.

YOUR VIEW COUNTS:

Could I encourage all readers to go to the website shown below and complete a quick survey regarding policing in your community.

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

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

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

A GREAT COMMUNITY VENTURE!





POET WITH A PASSION FOR LINLITHGOW

Laura Cutler is keen to put together a collection of the poems written by her late grandfather, George Charleston, and is wondering whether readers of the “Black Bitch” may have any examples of his work, which they would like to contribute.

Born in the town in 1919, George wrote poems on a variety of local topics, including the haulage business of William Aitken, where he was employed for a time as a driver, Lochmill paper mill, where his family had close links, and the Rose Football Club, which he served for many years as Treasurer.

In the Second World War, George saw action with the local territorial regiment - the 14th (West Lothian) Light Anti-Aircraft Regiment, Royal Artillery - in the Egyptian, Libyan and Italian theatres of the war, and several of his poems reflect his experiences at that time.

The idea for a book of poetry came when Laura was thinking about a nice Christmas present for her fiancé, Neil, as she explained:-

“It occurred to me that Neil’s granddad’s war medals and other nick-nicks ‘live’ in a box in a drawer in our house and that it might be nice to have them mounted in a box frame, mainly so that we could enjoy them, but also to keep them safe.

“My granddad’s poems started to play on my mind then, as I knew they were living in a similarly dusty drawer. I thought we could have them framed for the family, but it seems a shame to confine them only to be viewed by family and friends, when poetry is surely written to be enjoyed by everyone. So, I would like to compile a little book of his poems, most of which are local to Linlithgow, but nevertheless, many will resonate with people across Scotland. My own personal favourite is the one he wrote for me when I was a Fairy in the Gala Day, aged five”.

Laura hopes to sell the booklet in aid of one or more Cancer charities, and this would be fitting, since George himself died of the disease in 1989, as did her uncle, Brian Cutler in 2016.

George Charleston was a regular writer of poems for the “Gazette” in former years and his work was given a prominent place in the six Lithca Lore booklets of local writing, published between 1985 and 2002. If you have any of the poems gathering dust somewhere, Laura would love to hear from you and she can be contacted via the magazine at on.a.lead@gmail.com

One of my favourites, from Lithca Lore One, is called “A drunkard’s dream”, in which George imagines what would have happened if Linlithgow had been invaded on Marches Day 1940.

Murdoch Kennedy

A DRUNKARD’S DREAM

*In 1940, calamity o’ertook us
Tae invade us at the Mairches,
Hitler chose
A crack division o SS
Had landed at Blackness
And the weans aw prayed it widnae
stoap the “Shows”*

*The Dyers sat serenely at
their breakfast
Kinneil Band played their herts
oot doon below
A passin “Tankie” fae his turret
Roared, “Ye’ve picked a grand day
fur it!
Did ye pent yer noses rid tae
mak them glow?”*

*Meanwhile, in Burgh Halls,
the Coonsil guzzled
Tae cairry oot the “Riding”
they thocht best
A droothy Panzer Grenadier
Asked, “Whit the hell’s aw gaun
oan here?
Platoon! – Faw oot! Get fou! –
jist like the rest!”*

*Noo we aw ken “Gerry’s” ear
fur martial music
The bands and the procession
made their day
But they lookit far fae trig
Efter leavin Lithca Brig
“Wo ist das Blackness Hedge?”,
folk heard them say*

*In course o time they reached
oor ancient seaport
Reduced tae rabble, wi nae
stomach fur the fray
In polished jackboots, belts
and britches
They toasted, “Aw Black Bitches!”
And wi hiccups in the sunset,
sailed away.*

**GEORGE
P. CHARLESTON**
1919-1989



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Thanks for helping us to make the BURGH BEAUTIFUL



Many people have remarked on the success of this year's winter and spring planting displays in Linlithgow. The colourful hanging baskets, planters and flower beds have brightened up many a dull day and all the plans are in place for what we hope will be a summer floral feast!

Not everyone will realise that all these floral displays are entirely a voluntary effort, spearheaded by Burgh Beautiful Linlithgow, now part of the newly-established Linlithgow Burgh Trust which is registered as a Scottish charity. West Lothian Council no longer has any involvement in floral displays and the local community in Linlithgow has risen to the challenge of adding the ex-Council displays to those already maintained on a voluntary basis.

Burgh Beautiful is extremely grateful for the continued high level of voluntary support, both financially and through the hard work of volunteers which, if sustained, will keep Linlithgow as floral as it is today. On the financial side, we raise funds from our annual plant sale, raffles, can collections, garden open days and so on - community support for these is always very welcome.

Our main source of funding comes from sponsorship of our hanging baskets, planters/tubs and flower beds by public-spirited groups and organisations, businesses, families and individuals

(as listed on the opposite page). We greatly appreciate their incredible generosity. Sponsorship opportunities are nearly always available - please email us at sponsorships@lbt.scot, particularly if you are interested in providing new sponsorship for the coming year, 2017-18. Gift Aid is now available as appropriate.

We also wish to acknowledge the wonderful contribution of all the other groups, organisations and businesses which have contributed to the massive communal effort, whether with hard work on the ground or through financial assistance. These are also listed on the opposite page.

Now we are preparing for the visit of the Beautiful Scotland judges to Linlithgow at the very start of August and we hope that the town will receive due recognition. Activities this year, some already in place, others yet to come, include:

- >> Publication of a free Floral Trails booklet - available in the Burgh Halls and the library from early June onwards
- >> Installation of new flower barrels and of beautiful new banners produced by the Embroiderers' Guild, Linlithgow and District, at the Railway Station
- >> Replacement of all the wooden barrels at our town entrance with sturdy steel planters
- >> Grass cutting and edging around our

flowerbeds to enhance their setting, council grass-cutting being of insufficient quality.

As the 'day of judgement' approaches, here are some ways you could help without joining Burgh Beautiful:

- >> More businesses could consider enhancing their premises with tubs, containers or hanging baskets
- >> Remove any weeds, debris or litter that Council staff may have missed
- >> Residents on the judges' route might consider garden improvements (if needed!) - streets affected include Manse Road, Blackness Road, Springfield Road, Braehead Road, Moray Drive and Mains Road.

NUMBER CRUNCHING ...

Number of Burgh Beautiful volunteers - 96

Of whom number joined in last two years - 46

Number of floral displays maintained by Burgh Beautiful - 250, of which:-

Hanging Baskets - 120

Flowerbeds - 35 (16 ex-Council)

Planters/tubs - 95 (27 ex-Council)

Number of bedding plants, summer 2017 - 18,456

A BIG THANK YOU FROM BURGH BEAUTIFUL LINLITHGOW TO ALL OUR 2016-17 SPONSORS ...

Keddie Consulting Ltd
 Rotary Club of Linlithgow & Bo'ness
 Robert Bennie & Sons
 Robert Callander, Optician
 Fraternity of Dyers
 Linlithgow Floral Art Club
 Linlithgow Round Table
 Pride & Passion Linlithgow
 Alan Steel Asset Management Ltd
 Templars Court Home Owners
 Jack & Christine Adair
 Lyn & John Aitken
 Corinne Anderson
 Ronna & Len Arfield
 Ronnie Bamberry
 Jeanette Black
 Black Bitch Association of Linlithgow
 Barbara & Graham Blackburn
 The Boyle Family
 Jan & John Burles
 Centre Stage Dancewear
 Chris & Liz Collen
 Nancy & Tom Conn
 Brenda Cook
 Eileen & Paul Curry
 Members of the Deacons Court

Gordon & Ruth Dixon
 Peter & June Drylie
 George & Hazel Duguid
 Fire Protection Group
 First Adventures Nursery
 Karen Fleming & friends
 Folksters - Linlithgow Sports Club
 Garden Cottage Self Catering
 Sheila Gardner & family
 The Golden Chip
 Judy Gray
 Chris & Margaret Gunstone
 Morag & Mike Harris
 Highfield Neighbourhood Watch
 JMK Business Supplies Ltd
 Kumon Linlithgow Study Centre
 Alison Lamont & Family
 Dianne Lamont
 Jean Lennox
 Linlithgow Folk Festival Association
 Linlithgow Heritage Trust
 Linlithgow Ladies Choir
 Linlithgow Rugby Club Male Voice Choir
 Jim & Nuala Lonie
 Mvairi & Douglas Lynch & Family
 Allan & Laura McCartney
 Bill & Mairi McFarlane
 Duncan & Sheena MacFarlane
 Bridget McGee
 Colin & Janie McGill

Monica McGill
 Joy & Hamish MacIntyre
 Diana & Clive Marchant
 Alan & Carol Monie
 Margaret Morrison
 Ormond Family
 Stewart Ormond Consultancy
 Purely Patchwork
 Royal Burgh of Linlithgow Reed Band
 Residents of St Ninian's Way
 Shona & Allan Robertson
 Paul Rolfe Sales & Lettings
 Patricia & Peter Russell
 St John's Church Friday Community Café
 St Ninian's Way Residents
 Ian Service
 Chris & Amanda Smith
 George & Joyce Strachan
 So Strawberry Caffe
 Springfords LLP
 Averil & Gavin Stewart
 David Tait
 Madeline Thompson
 Alan Young
 Alasdair Young
 Anonymous X 3
 Sponsors in kind:
 Alan Agnew
 Linlithgow Business Association

First Linlithgow Guides after planting their Vennel tubs last summer.



OTHER WAYS OF HELPING ...

Why not consider being a Burgh Beautiful volunteer? You can help in group activities or respond to one of the following specific needs:

- >> Cut and maintain the grass edges of the two flower beds at Kinloch View
- >> Coordinate litter picking activities around the town
- >> Plant and maintain the three new planters at Edinburgh Road
- >> Maintain the sloping flower bed at the Canal Basin
- >> Plant and maintain the planters in front of Timpson's shop at The Vennel.

Full guidance will be given in all cases. If you can help with any of these, please email us at bbl@lbt.scot.

Or please support our fund-raising events in June:

- Plant Sale, Saturday, 3 June** - At the Cross from 10.00am till 1.00pm when a wide selection of plants will be available at very competitive prices for your garden.
- Garden Open Day, Sunday, 18 June** - From 2.00pm till 4.30pm when Janet and John Carswell will be opening their garden at Jock's Hill, Philip Avenue to raise funds for Burgh Beautiful and Mary's Meals. Their garden is large with extensive views and several interesting trees and plants. Entry is £5.00 which includes afternoon tea. Please walk to the garden from the West Port car parks as there is no closer parking (except for the disabled by prior arrangement - contact 01506 845698).

Let's 'Go for Gold' in this year's Beautiful Scotland competition! Please consider joining us and making a difference! If interested, please email us at bbl@lbt.scot.

Ron Smith Burgh Beautiful Linlithgow

VALUED HELPERS OF BURGH BEAUTIFUL LINLITHGOW ...

- Community gardeners including Eileen Murray, Audrey Simpson, Kirsten Lamb, Dianne Lamont, Tommy Peake and Jean Vaagenes.
- Beaver Scouts - 4th West Lothian (enthusiastic litter-picking and bulb planting)
- Binny Plants (plant provision for the 'Katie Wearie' flower bed at West Port)
- Brownies - 3rd Linlithgow (garden at Longcroft Hall)
- Councillors' disbursements (most recently towards grass cutting and the Floral Trails booklet)
- Embroiderers' Guild, Linlithgow & District (new banners at Railway Station)
- Guides - 1st Linlithgow (planting of tubs at The Vennel)
- Guides - 3rd Linlithgow (planting of flower beds at

- Learmonth Gardens)
- Knitters at St Michael's Parish Church (knitted items for shop window displays)
- Linlithgow & Linlithgow Bridge Community Council (floral display at High Port)
- Linlithgow & Linlithgow Bridge Town Management Group (financial support, most recently for a second set of hanging baskets and 50% towards new planters at Templars Court/town entrances)
- Linlithgow Business Association (maintenance of planters and help with sponsorship plaques)
- Linlithgow Town Centre Business Improvement District (contribution towards watering)
- Linlithgow Union Canal Society (floral displays at the Canal Basin)
- Morgan Sindall and ScotRail (provision and placing of new floral barrels at Railway Station)
- New Hopetoun Gardens
- (planting/maintenance of wildlife-friendly area, St John's Avenue)
- River Avon Federation of Angling Clubs (help with Serpentine bed and maintenance of river banks)
- Rotary Club of Linlithgow Grange (displays at Springfield and West Port, litter picking, etc.)
- ScotRail Foundation (contribution towards new banners at Railway Station)
- Scouts - 4th West Lothian (help at Burgh Beautiful's Clarendon base)
- St Peter's Episcopal Church (planters at front of church)
- Tesco, Linlithgow Branch (grants, help with cash collections & other fund raising; some gardening)
- Transition Linlithgow (bed at The Vennel, orchards and other environmental activities)
- All business owners who adorn their premises with flowers

LINLITHGOW TRAIL

Publicans in Linlithgow, along with the Town Centre BID, are raising a glass to the runaway success of the Linlithgow Trail as the promotion's third - and possible record-breaking - year continues to attract hundreds upon hundreds of visitors to the town.

All nine participating pubs have welcomed the increase in turnover, as have other businesses on the High Street from the increased footfall. A significant number of people who have completed the Trail - many of them previously unfamiliar with the town - have returned and brought other friends.

The reward? An enjoyable and convivial evening or evenings (it doesn't have to be done on the one night!), and a Linlithgow Trail (formerly Ale Trail) t-shirt. This year, Linlithgow PubWatch are expecting to give away up to 2,000 t-shirts, with a different design on the stocks for later in the year.

If evidence were needed of the benefits the Trail has produced, you need to look no further than The Kelpies, a recently reopened and extensively refurbished bar at the traditionally quieter West End of the High Street.



Owner Gary Wells described the Linlithgow Trail as a "godsend".

"It's brought people in here, particularly at the weekend, who would otherwise not have come out this far. On a Saturday night I have had three or four parties of about 10 come in from far and wide, I've had some who've enjoyed the live entertainment so much they've decided to stay on. I've also had folk doing the Trail, who wouldn't otherwise have known about The Kelpies, coming back again."

Robert Lowe, licensee of the nearby Black Bitch, said the Linlithgow Trail was proving a "tremendous success". Like Gary, he said that a number of the new customers were returning, often bringing friends.

Ian Gibson, owner of Platform 3 and secretary of Linlithgow Pub Watch, said that the Trail had not only proved a boost for all the participating pubs, but had raised the profiles of other local businesses.

"We have matched the BID contribution, and the total for t-shirts is now running at about £9,000. Later in the year the new t-shirts will promote Festive events in Linlithgow, so it's really a win-win situation for everybody"

Added Ian, *"There were fears about marauding groups of drunks in the town, but they have proved unfounded. There have been no incidents of concern, and it's been fun, as it was always intended to be."*

WELL DONE ON REACHING 50!
VICTORIA HALL TRUST



NEW BUSINESS: THE GRANARY

You project manage Garden Parties for 7,500 at Holyrood Palace for four years, liaising with staff at Buckingham Palace on a daily basis.

Prior to that you spend four months organising the spectacular Chanel Fashion Show at Linlithgow Palace, constantly flying back and forwards to Paris to iron out the fine detail.



Where do you go from there?

In a quantum leap, Gillian Fraser has fulfilled a long-held ambition by opening a small, intimate café with 20 covers on the High Street - a stone's throw from the Palace.

The Granary Café, with its exposed brick and stone walls, and reclaimed wood throughout, is the latest addition to Linlithgow's thriving café scene.

Gillian said that she had decided on the name because it held "a huge place" in her heart.

"My grandmother had one of the first health food shops in Scotland in Lanark called The Granary. I spent nearly every day after school weighing the dried fruit, pulses and coffee beans, and serving customers."

"I have such fond memories of the shop, and it's from there I developed my interest in the health and nutritional benefits of food."

Gillian said that her emphasis at the Granary Café was on using as much local produce, including organic, as possible. All the food would be homemade. Her hope was that it would come to be regarded as a charming neighbourhood café.

"Leaving the high pressure corporate world and opening my own business has been a long-held dream. I have worked with some of Scotland's top events chefs on menu design, food presentation and prep to a very high standard. All the skills I have developed can now be applied to my own business."

Gillian explained that another dramatic change in her life had not been planned, however.

"For the Chanel show, we had huge articulated lorries from Paris which obviously could not get up to the Palace. We used storage facilities at Kingsfield Golf Club and brought the props in using smaller transport. I met Lee (Fraser), the head greenkeeper, and we got married last June!"

"Lee is an experienced joiner, and his dad John is a stonemason. They did all the work in The Granary, and made a fabulous job of it."

Gillian added that plans for Granary Café included a monthly supper club, seasonal dinners using fresh local produce, and occasional special events dinners - all on a BYOB basis. She was also considering opening in the evenings at the weekend.

BUSINESS RATES

The BID board is pleased to report that the project to help businesses with new non-domestic rateable values following the 2017 revaluation will be fully launched shortly.

The project aims to provide information and assistance to businesses, and will look to deliver:

>> Printed materials for businesses to learn more about businesses rates

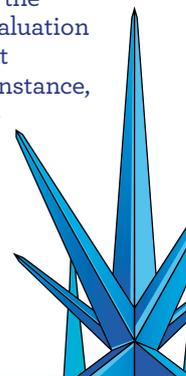
>> Information sessions, where businesses can come along and hear from industry experts

>> One-on-one advice and if required representation on appealing businesses rates valuations.

Louise Daly from Colliers met with representatives of local licensed premises at the May meeting of the Linlithgow Pub Watch. Following the 2017 revaluation the hospitality industry finds itself in a unique position, with a 12.5 per cent cap put on rates for a year and a majority of premises experiencing an increase. Pubwatch attendees took the opportunity to ask

questions and were positive about the project.

The printed materials and details of the information sessions will be circulated shortly. **Businesses who are concerned about the 2017 businesses rates revaluation are encouraged to contact Stewart Ness in the first instance, who can then refer you to an appropriate impartial expert.**



MILL ROAD BID CHAIRS UPDATE



The last month at Linlithgow Mill Road BID has been a busy one. Many of our projects are at important stages and we're making plans for future projects as well, to ensure that we remain a safe,

welcoming and successful business Improvement district for our levy payers.

We have spent a lot of time working on the CCTV project and had the pleasure of overseeing the installation of our cameras in the BID area as part of that process. This let us see exactly what's involved during the installation, feedback directly about the camera locations, and gave us a chance to ask a lot of questions (congratulations go to Jim Williamson, Derek Mulholland and Gary McEwan at FPG for their patience in handling an endless list of them!).

We've also been to visit two potential suppliers for CCTV monitoring services and will be looking at their options with the Board very soon, to make sure we get the best out of the system we've had installed.

We've also spent time with officers from Police Scotland to address antisocial behaviour, the recent travellers on the estate and safety & security in general. Supporting us is the Scottish Business Resilience Centre who work with companies all across the country to improve on safety and security issues through training, networking and advice. We met with a Detective Inspector

attached to the SBRC this month to look at ways to improve how we deal with these issues and we have some exciting ideas in the pipeline for the future for businesses in the BID area.

As always, we're keen to hear from anyone interested in contributing to improving the Linlithgow Mill Road BID and welcome your ideas, comments, suggestions and criticisms. We also welcome any candidates keen to join the Board and want to hear from anyone looking for a new challenge. Feel free to get in touch with Stewart Ness or Nick Gribben on the details below.

We hope you all have a great month and enjoy the improving weather (while it lasts).

All the Best,

Nicholas

CCTV The work to install CCTV on the estate has now been completed, and following a successful period of testing, the system is now LIVE! The entrance sign is to be updated and signs will be installed throughout the estate during May.

Trade Waste Following a positive response from businesses on the industrial estate a project is now underway to look at alternative options for the disposal of trade waste, with a view to identifying any cost saving opportunities. Further updates will be provided in due course.

Social Media Support We are currently in discussion with companies that offer Social Media Support for businesses, with a view to providing a 'Support Package' for businesses. This could be simple training to enable fuller understanding and use of Social Media or a bespoke package that provides 1-1 training tailored specifically to the needs of an individual business and utilising all social media channels available.

Broadband We have identified that the broadband connectivity throughout the estate is inadequate for a number of businesses. To help resolve this issue, the BID have agreed to engage an external Broadband consultant to advise the Board on how best to improve the broadband connectivity and provide a service to suit the needs of all businesses throughout the estate.

Bins The BID is working with West Lothian Council to embrace their new technology and the opportunities now available to improve the general public waste bins within the estate. The new bins not only permit dog waste bags but also include an improved waste collection service.

New Business Rates We have now received the requested proposals from two companies that specialise in helping businesses reduce their business rates. These are currently with the Board for review before a decision is made on the best way forward.

Contacts:

Nicholas Gribben

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Stewart Ness,

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linlithgowmillroadbid.com



MEET THE PROBUS CLUB



simply come along as a guest to any meeting in the new session which starts on 6 September 2017

Probud Clubs are clubs for retired or semi-retired business or professional people. The movement operates worldwide. Last year Linlithgow and Bo'ness Probud Club celebrated its 40th anniversary. During that time its meetings were held in Bo'ness Bowling Club but due to uncertainty about the future of the bowling club the Probud Club recently moved its meetings to Linlithgow Rose Social Club. Probud meets there every second Wednesday from September through to April.

Like other Probud Clubs throughout the country the purpose of the Club is to provide a regular meeting point for retired professional and business people who appreciate and value increased social contacts in their retirement and opportunities to meet others in similar circumstances.

The club has recently changed its management structure and in addition to the usual roles of president, vice-president, secretary and treasurer it now has a small sub-group responsible for organising the programme. There is always a varied programme of talks and presentations,

some provided by members but mainly by external speakers. Other activities can include quizzes and indoor games mornings and some members represent the club in bowls competitions against other Probud Clubs. In addition there are various social events which partners are welcome to attend. These include events to celebrate St Andrew's Day, Christmas and Burns Night as well as occasional visits to places of interest.

Meetings start at 10am when tea or coffee and biscuits are served by the helpful staff of the Linlithgow Rose Social Club. Members then have the opportunity to catch up with friends and colleagues. This is followed by a talk or presentation by the guest speaker for that day. Meetings usually finish by 12 or 12.30pm. The facilities in the social club are excellent and there is ample parking available.

The Probud Club currently has about 40 members and new members are always welcome. If anyone is interested in joining or would like to find out more about the club they can contact the president,

Nick Knox, either by email (Katherine.Knox@btinternet.com) or telephone (01506 891099).

Or why not simply come along as a guest to any meeting in the new session which starts on 6 September 2017, and find out if it is something you may be interested in joining?

Guests and potential new members are always made very welcome. It is worth noting that the term 'professional and business' should be interpreted in the widest sense and indeed the club has members with an exceptionally wide range of previous careers and backgrounds. In addition to being retired or semi-retired the only other requirement is that you should be prepared to laugh at the president's jokes!

Jim Hannan

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WESTPORT VETERINARY CLINIC



OVER 50 BUT NOT OVER THE HILL?

WHY NOT TRY WALKING FOOTBALL?

Walking Football has seen a surge in popularity in recent years with teams and projects developing in settings from football clubs, local authorities, community groups and sports clubs.

The BBC's Get Involved website, states Walking Football has the potential to improve people's lives, especially of those aged 50+. Benefits include increased physical activity, improved mental health and wellbeing, access to additional sources of support and the opportunity to form new friendships for those living in isolation.

Linlithgow Rose Football Community Club set up a 'Walking Football' section in 2016 and plays on a Monday night at 6.30pm on the indoor astro pitch in Linlithgow Rugby Club's sports hall.

So I decided to get along myself and see if I still had the old magic in my boots.

The first thing I have to say is what a fantastic facility the indoor sports hall is. With dressing rooms, very well-lit astro pitch and viewing area.

The players congregate in the viewing area and looking around it was great to see all shapes and sizes of male players with the age range from 50 to 70ish. It was particularly good to see two ladies there too. Various strappings and the smell of deep heat was in the air as the players swapped friendly banter and caught up with each other.

I asked if there were any rules to which the reply was the same as any football game but "nae running".

We then took to the pitch and I was happy to see some warm up routines some of them stretching while the others were trying to beat the goalie.

Yellow and red bibs were handed out, two teams of nine-a-side were formed, and we kicked off. I did worry when I saw the sponsor was a local funeral company!

The obvious thing missing is a referee but you quickly see

the game is self-regulating as players know when they have run, so they stop and pass the ball to the opposition.

It was a very strange feeling walking and passing as you naturally want to beat your opponent but you soon get used to it. All the players get involved and we change goalie after every goal, or when someone needs a break.

Nice to see good passes, skill or goals getting applauded, and mishaps getting roundly cheered and lots of banter. The game is automatically stopped if anyone falls over or any other mishaps occur.

The hour flies in and no score is kept during the match but the last five minutes brings out the familiar cry of "Next goal is the winner!". All of a sudden everybody seems to want to be the 'Old Messi' and skill or luck level seems to increase and a new legend is born.

After the goal the teams quickly form in lines and handshakes and banter are given out all round.

After the match the banter continues and any future items are shouted over the noise and everyone departs. A very friendly enjoyable night was had by all and I'll definitely be back.

John Adams and James Farrelly, two of the founding members of the Linlithgow Rose Walking Football section, kindly agreed to be interviewed to find out their views and vision for the future.

Why are you affiliated to Linlithgow Rose?

John has been a member of the community club for 10 years and the SFA organised a trip to Holland to see how they encourage more people to play football. He saw how they organise and model their community football and how they all participate in 'cradle to grave' participation.

It was obvious to him that although the Rose Community Club has pre-school, boys and

girls teams, ladies teams, and an over 35s team, it did not have a walking football section. So he and a few others started the over 50s Walking Football section to include players of both sexes and all abilities.

Is there a local league, and if not who do you play against, and how competitive is it?

James said there are no league fixtures but there are many walking football festivals which bring teams together from all over the country.

At a local level we play on a Monday night and encourage players of all abilities to come along and give it a go.

The teams are different every week as we usually have new members but as there's no points or medals, everyone just plays their best.

Mon
6.30
PM

What's the club's future (vision)?

John said as more people become aware of the walking football on a Monday night there will become a need to start an additional Thursday night so everyone can play.

He also sees the walking football section getting closer ties with the community club. Getting involved in 'adopting' one of the youth teams and passing on the skills held within the adult walking football section.

How do you contact or get in touch?

You can contact the walking football section via the club website, or just turn up on a Monday night.

Glenn Miller



I decided to get along myself and see if I still had the old magic in my boots...

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TALES FROM THE DELIVERY TRAIL CONTINUED...

Christine McGregor is counting down: "10 done 1 to go. Only two dogs and one dodgy letterbox!"

Jill Ainsworth tells us: "What I enjoy most about delivering the Black Bitch is socialising with our neighbours!"



JILL AINSWORTH ... AND A 'NAY'BOUR



ALLAN ROBERTSON & FIONA HYSLOP



CHRISTINE MCGREGOR

*Sometimes our
delivery folk
bump into local
celebrities.*



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In his regular column for the Black Bitch, Stuart from the Westport Veterinary Clinic tells us about some of his regular customers. This month it is nine-month-old Jake, a 'Sprollie' (that's a cross between a Springer Spaniel and a Collie).

The team at Westport Vets know Jake well after having to operate on him to remove part of a shoe insole he had eaten. Jake recovered quickly, just loves to play, and has almost boundless energy. His favourite toy is a rubber Funky Chicken and his naughtiest habit is eating things he shouldn't (see insole, above).

Jake isn't the only dog who loves to eat things it shouldn't. Here are some other dangers pet owners should be aware of as we come into the summer months;

Toxic Plants: Gardens, parks and woods are full of colourful flowers at this time of year but many of these plants are toxic to cats and dogs. If you suspect your pet has eaten something poisonous take it to the vet as soon as possible, with information about what they ate (bring it with you if you are unsure). Toxic plants include daffodils, crocus, tulip, snowdrops, lily of the valley, aconite, hyacinth and foxglove.

Sticks: There's nothing better than taking your dog out for some exercise on a sunny day, but don't throw sticks, they can cause mouth injuries and problems from ingesting shards of wood. Bring a dog-safe toy instead. Also check paws for thorns and splinters after walks, and make sure your pet's up to date with tick and flea treatments.

Water: The outside temperature may be, slowly, warming up but water will still be cold and may be a huge shock to your pet's system. Also please don't let your dog swim too far from the shore when on the beach in case of currents.

If you have any questions about your pet please contact Westport Vets on 01506 844165.



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I'm Jake

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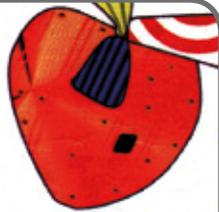
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FINANCIAL ADVICE – WHAT’S THE COST?

Susan Ralston, Virtue Money



There will be times in your life when you need to think about different financial products to suit different financial situations.

That’s where an Independent Financial Adviser firm like Virtue Money comes in. We can guide you through the process and give you advice to help you make the right decision about the most suitable product(s) for your situation.

As Virtue Money is an independent adviser we can advise on and sell products from any provider right across the market. This means that we’re not restricted to certain products and providers and can give you a bespoke solution tailor-made to you and your situation.

Whilst the advice will not be free and there may be “Robo-advice” options available, if your situation dictates a complex product even the people that you would say are “money-smart” see that there is an intrinsic value in paying for advice to make sure that the right product is chosen in any given situation.

The most common type of things that we can help with are Annuities, Life Insurance, Critical Illness, Income Protection, Pensions and Investments. It should be noted however that this is not a comprehensive list and there are many more products and situations that we deal with on a daily basis.

The first consultation is free of charge and you are under no obligation to use us if you don’t feel like we’re a good match. It is always a good idea to come to the meeting with a summary of your financial situation, things like any savings or debts you have, details of existing plans and pensions, a rough idea of your income and expenditure and what your future plans look like.

Having a list of questions that you might have about your finances is also a fantastic idea, remember “there are no silly questions”.

If you would like to proceed down the advice route after the initial consultation then there a number of ways the fee will be worked out depending on your situation –

>> **Percentage Fee** – this is a percentage of the money that you want to receive advice on or have managed.

>> **Fixed Fee per service** – if you prefer to deal with us on a transactional rather than an ongoing basis then this might be the option for you.

>> **Hourly Rate** – Depending on the situation this option might be a more favourable one for you where instead of taking a percentage we would look at the cost of the advice on an hourly rate basis.

Please bear in mind that we will also discuss the matter of the cost with you and you will never be hit with an unexplained bill for our services.

I suppose the question that you now need to ask yourself is “Can I afford not to have advice?” If the question is no then please do not hesitate to contact me and I can arrange a suitably convenient time for your initial free consultation with one of our Financial Advisers.

Talking about free things – we are running our next Virtue Money Pre-retirement seminar on Wednesday the 21st June 2017 between 9am and 1.15pm. We have guest speakers and will touch on the following, Wills, Powers of Attorney, Tax, Health and of course retirement planning. There will be a buffet lunch afterwards which gives you an informal opportunity to speak to our advisers if you have questions regarding your pensions and there is no cost (at the present) for attending.

If you would like to attend, or indeed make an appointment to speak to one of our advisers, please contact me, Susan Ralston, directly on 0345 034 3424 or email me at susan@virtuemoney.com



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BOOK REVIEW THE WIND OFF THE SMALL ISLES

MARY STEWART

Author Mary Stewart was born in 1916 and was a former English teacher, with a double first in French, English and Anglo-Saxon from the University of Durham. It was her father who encouraged her to become a writer and when she published her first novel – *Madam, Will You Talk?* – in 1954 it attracted immediate acclaim. She became one of the best thriller writers of her day and was once described as “the natural successor to Jane Austen and Charlotte Bronte”.

The Wind off the Small Isles is a romantic novella set in Lanzarote and is steeped in myth and history. The main character is twenty-three-year-old Perdita West; a typical Stewart heroine as she is an enthusiastic, girlish protagonist with a love of the outdoors and in possession of a spirit of adventure. She travels to the Canary Isles as the secretary to famous novelist Cora Gresham and, while on a research trip

looking for inspiration, stumbles upon a picturesque farm cottage entrenched in a century old mystery situated near the Cueva De Los Verdes.

Lanzarote is the fourth largest of the islands in the archipelago and has its origins in volcanic activity. In 1897 the inhabitants of Lanzarote had endured three months of continuous volcanic eruptions. There was an air of routine acceptance towards the volcanic activity in local historical accounts as the only reference was to “the wind off the small isles [which] by God’s mercy blew day and night, and carried the smoke and ash away to the south”.

As is oft the case in history, the humane stories are lost with the passage of time. Known for her diligent research, Stewart aims to capture personal events which would have had a more memorable effect on the residents of the area at this time; namely the elopement of a wealthy young woman with an impoverished fisherman. They disappeared in the dead of night, under cover of darkness and aided by the volcanic winds, never to be seen

or heard of again. In the novella, the character of Perdita accidentally stumbles upon the key to unlocking the secrets of the past, providing a conclusion to the mysterious series of events.

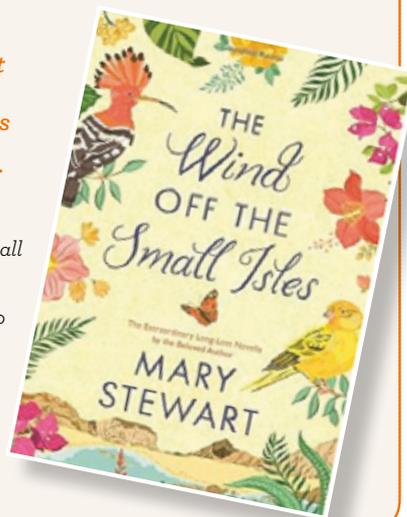
Stewart’s writing is descriptive and precise, harking back to an era of propriety and formality; she is clearly a writer of considerable skill. Her settings are memorable and provide vivid backdrops to the actions of the characters:

“the island was every bit as wild and barren as I had imagined. The roads stretched, pitted and dusty, between ridges of black basaltic lava.”

Although *The Wind off the Small Isles* is a short and not-at-all time-consuming read it effectively transports readers to a time when wonder and exploration of new countries would have been awakening. The innocence of the period is captured through the youthful exuberance of the protagonist Perdita. Through

Stewart’s eye for detail it is easy to see why she was held in such high regard in decades gone by and we can be thankful for a well-timed reprint of a ‘lost’ novella to mark the centenary of her birth.

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



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Helen Wilson

Counsellor MBACP (accred)

I would like to explain what counselling is and make it easier for you or someone you care about to decide if it is what you are looking for. My name is Helen and I have recently started a counselling practice in Linlithgow. Some people are wary of counselling, most people are fearful, everyone is nervous.

Counselling is nothing more than a means to enable you to move forward - to find your way through what can be very complex circumstances such as relationship problems, family difficulties, addiction, recent life events or events that you have carried in your heart from years ago. As a counsellor I can also help people who have suffered from trauma recent or past to find a more peaceful place. All unhappy states of mind will respond to counselling if you are in a place to work with it - even trauma that is so severe that it is the stuff of nightmares and flashbacks and seems so severe that it feels unhealable.

An emotional blow can cause as much pain as a physical one, yet people struggle with the concept of seeking help when it is their minds that are in trouble. If you needed help with a sore back, wouldn't you go to an osteopath? If you had aching muscles wouldn't you visit a physiotherapist or indulge in a massage? Just like glasses for poor eyesight, counselling can make you see more clearly and improve your coping strategies. Yet when people wrestle with their state of mind or lose their path in life seeking help can be a real challenge.

All counsellors bring to their work their own personalities, their own experience and their own empathy, so every counsellor is slightly different. But the key to successful counselling is the connection made between the counsellor and you. If you are going to be able to work well with your counsellor the bond must feel comfortable for you, and you must feel that you can trust them absolutely. Then you will have the confidence to walk what can often be a challenging road to recovery. Occasionally one appointment with your counsellor is enough, often several are required. All counselling is tailored to what you require and your needs.

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I have travelled a long path to become a counsellor, I was a nurse for many years and I was naturally drawn to working with people on a one-to-one basis - almost always when they were in some sort of crisis or had trauma in their lives.

Twelve years ago I was drawn to person centred counselling. This focuses on you and helps you to explore how you feel about your situation. It regards us - me and you - as equal partners. I have my skills and you are the expert on your life. I only work with what you choose to bring to me - I am not psychic, I do not pry into your life and try to discover things you do not wish me to know we work together because only then can you progress.

I have only one aim when I meet with you, to support you to make your life easier, pleasanter and more straight forward, and to enable you to find the path of your choice and have the strength to walk it. The best thing about my work is my client's joy when they see their way more clearly.

Helen Wilson, Counsellor
MBACP (accred)

For appointments telephone or text:
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 21 May 2017

Dear Editor,

Response to the Pedal for Scotland Traffic Mgmt Plan 2017

This week we received the Pedal for Scotland TM, Access, Maps, and Moto Arrangement (Final) document.

In March the community council organised a meeting with Pedal for Scotland and representatives from organisations and residents severely impacted by last year's road closures and other traffic management measures. It was a constructive meeting where Pedal for Scotland listened to the concerns expressed, and responded with potential mitigation strategies that they were pursuing for this year's event. No guarantees were made.

We've been surprised this week to have this document presented as a fait accompli, particularly as it fails to address the majority of the community's concerns. We will reach out for a follow up meeting with Pedal for Scotland and will once again invite representatives from the community to attend. In the meantime I ask that people please send me their comments which I will summarise in advance of any meeting we organise.

Initial reaction I've seen from residents is one of real anger that both the event organisers and (they believe) West Lothian Council have essentially ignored their concerns. The community council's motivation behind organising March's meeting was to seek compromises with Pedal for Scotland in order to reduce the impact of this event on the residents and organisations within Linlithgow, while seeking to ensure that the very widespread support for this national event within the town is not put at risk. This remains our goal.

Yours sincerely

Martin Crook
 Chairman Linlithgow and Linlithgow Bridge Community Council



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PLATFORM 3

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LINLITHGOW LADIES CHOIR STRENGTHENS THE 'SPECIAL RELATIONSHIP'

Fans of the Linlithgow Ladies Choir will be pleased to know that they don't have long to wait until the next big concert in Linlithgow, and it promises to be a 'doozy'. The LLC will be joined by the acclaimed Concord Women's Chorus from Boston, USA, which is visiting Linlithgow on a singing tour of Scotland.

The choirs are coming together for a concert on 25 June in St Michael's Parish Church with a programme of music from across the two countries, with both choirs having a foot either side of the Atlantic.

Concord Women's Chorus, led by Artistic Director Jane Ring Frank and accompanied by Scott Nicholas, will be singing songs with texts from some of the New England Transcendentalist writers and poets, as well as Scottish folk songs. Most importantly, the choir will be premiering a new piece, The Tree House, commissioned by the Concord choir, and using the poetry

of acclaimed Scottish poet Kathleen Jamie (from her book of the same name), and the music of Boston-based composer Beth Denisch.

The Linlithgow Ladies will also be singing arrangements of Scottish folk music – one is the famous Scottish tune The Skye Boat Song, which has had the American treatment in a haunting and dramatic reimagining by arranger Lee R. Kesselman. Their programme also includes folk and pop music from America, alongside classical works and other British folk influenced songs.

The LLC's Musical Director Kirsty Ball says, "We are always on the lookout for new music and new musical experiences, especially collaborations, and are excited by the opportunity to perform alongside this wonderful choir from the States.

"We have welcomed visitors before – Glasgow's Flutes Unlimited flute choir, Hamilton's Arietta ladies choir and, of course, regularly perform alongside Linlithgow's other choirs. We will be singing with the Rugby

Club's Male Voice Choir next year, when we all head to The Royal Albert Hall again, for the Festival of Brass and Voice in November."

LLC's Chair Sam Moore says, "It's been a few months since you have seen us on the big stage, but the choir has been busy continuing our outreach work – singing in local community settings – and busy planning ahead for many more exciting concerts and ventures. We look forward to seeing you in June for an evening of inspiring music making."

Contact:
Heather Laing on
07948511337 or
Kirsty Ball on
01792 609675

Sun
25
JUN



Picture credit: Heather Laing

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QWORTH

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WHAT'S ON....

June

Thu 1 Jennie Tuffs: Energy, Light, Colour - 40 Years of Painting. Burgh Halls *Till 16 July**

Sambalistic, 7:30pm - 9:30pm, Linlithgow Academy

Folk Session 8pm, at the Black Bitch Tavern*

Fri 2 Linlithgow Civic Festival, Marquee at Rugby Club, *Friday 2 June 2017 and Saturday 17 June 2017*

Sat 3 Burgh Beautiful Plant Sale, The Cross, 10am - 1pm

Deacons Night. Parade leaves the West Port at 6pm and parades to the Star and Garter before going 3 times around the Cross Well*

Sun 4 Physio Led Pilates, Mackinnon Scout Hall, Sundays 10am, *Mondays 6pm and 7pm**. PLUS *Wednesdays 6.30 pm** at the The Old Pavilion, Boghall Cricket Ground

Mon 5 50+ Football (Walking), 6:30pm - 7:30pm, Linlithgow Rugby Club*

Tue 6 Ladies Fashion Show, Deacons Court, 7:30pm in the Marquee. Tickets are £7.50

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

Linlithgow Community Development Trust, Volunteers Evening, 7pm - 10pm, Burgh Halls

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

Wed 7 Perambulation of Linlithgow's Marches, 7pm, West Port

Fri 9 Crying of the Marches, leaves Star and Garter at 1pm.

Provost Dinner, Deacons Court, 7:30pm in the Marquee

Sat 10 Deacons Night. (*as stated*)

Sun 11 Folk Session 2pm, at the Black Bitch Tavern

Mon 12 An Introduction to Mindfulness, 7pm, 5 Week Course Old Pavilion, Linlithgow Cricket Grd

Tue 13 Marches Day

Sun 18 Linlithgow String Orchestra 1st Anniversary Concert, 3pm - 4:30pm, Linlithgow Burgh Halls

Garden Open Day at Jock's Hill, Philip Avenue, Linlithgow, 2pm till 4.30pm. Entry £5.00 per adult; afternoon tea

July

Thu 6 and Sun 16 Folk Session 8pm, at the Black Bitch Tavern

(2pm Sunday)*

Sun 18 Linlithgow Speakers, 9:30pm, The Lounge, The Lowport Centre

Join the BB team?

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

LINLITHGOW KEEP FIT



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

LINLITHGOW RAMBLERS WALKING CALENDAR



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

WATCH OUT FOR....

Ladies Fashion Show...

Saturday 6 June

Marquee, Linlithgow Rugby Club, Tickets £7.50 Starts 7.30pm

The BIG LUNCH...

Sunday 18 June

Linlithgow Rugby Club.

The Provost Dinner...

Friday 10 June

Marquee, Linlithgow Rugby Club. Tickets £32.50 Starts 7pm

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

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LINLITHGOW FASHION EXTRAVAGANZA

Linlithgow businesses QWorth and the Treatment Room brought a fashion extravaganza to the town last month.

The Silver Silhouette afternoon event on 30 April showcased this season's fashion and beauty looks, promoted local businesses, and raised money for charity.

The brains and energy behind Silver Silhouette are **Mary Philbin** of The Treatment Room and myself - **Dorothy Reed Flynn** - from QWorth. We want to host fashion and wellbeing shows, promote awareness, local businesses and also help donate to local charities.

We will always involve different local businesses in our shows by either making presentations, demonstrations or by showcasing their products and services. We want to promote 'shopping local' so that the community can buy the goods of local businesses, as this will help both the businesses and the community thrive.

Where we shop, where we eat, where we have fun, all of this makes our community. So we believe strongly that by promoting local shopping, businesses will stay close to the High Street.

Our fashion show on 30 April had the theme 'Feeling Good Inside Out' and was held at the Linlithgow Bowling Club. Featured activities on the day were, catwalk shows, aromatherapy hand massages, diet, wellbeing and fitness tips, vouchers, goody bags, a raffle for charity and music. The menu provided by Brodies of Linlithgow was excellent, as were the Chambord Royale cocktails. This was such a special way to entertain friends and family and was also excellent for networking. On this occasion, Bosom Buds was the chosen charity and we managed to raise £230, about which we were totally thrilled. We hugely thank all the local businesses who supported this event, including:

Weight Loss with Louise; Rachel Johnston Neal's Yard Remedies; Party at the Palace; Sainsbury's; DJ Stevie Beattie; Core Callanetics with Kay; Flowers by Carolyn; the Beautique Beauty Salon; and Gillian Solley

from Toni and Guy.

Also very many thanks to our dynamic team who helped get the event organised - we couldn't have done it without them. Our next show will be on 29 October, also at the Bowling Club. We have so many exciting activities planned and we hope you will be part of it - come and have fun and help your community thrive. Keep an eye on our Facebook page for more information: www.facebook.com/silversilhouetteld.

Dorothy Reed Flynn

Silver silhouette

Fashion & Well-being Show

LINLITHGOW LADIES

SUNDAY 30TH APRIL 2017
12 NOON - 5PM
LINLITHGOW BOWLING CLUB
2 Philip Avenue, Linlithgow, EH49 7BH

Tickets £25*

Menu
Chambord Royale Cocktail & Canapés Reception • Fruit Tea & Cupcakes

Featuring
Catwalk Show • Aromatherapy hand massages • Diet, Well-being & Fitness Tips • Goody bags • Vouchers • Music • Exclusive raffle for a local charity

*Buy tickets online on our Facebook page @silversilhouetteld or contact:
Mary Philbin at The Treatment Room: 017931 15999 or Dorothy Reed Flynn at QWorth: 0179 148 45017

PROUDLY SUPPORTED BY: Rachel Johnston Neal's Yard Remedies // Party at the Palace // Weight Loss with Louise // Sainsbury's // DJ Stevie Beattie // Brodies Vouchers Tea Room // Calla for Mhairi // Core Callanetics with Kay // Flowers by Carolyn // The Beautique Beauty Salon // Gillian Solley from Toni and Guy

HOSTED BY QWORTH MARY PHILBIN at The Treatment Room

Sun 29 OCT

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THE LINLITHGOW PALACE TEAM ARE RECRUITING VOLUNTEERS SAT 1 & SUN 2 JULY

We are seeking volunteers for our Spectacular Jousting at Linlithgow Palace
 To find out more contact communityevents@hes.scot or 0131 550 7603
 Currently our volunteers need to be 18 and over

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