



the **BLACK** *bitch*

ISSUE 59 JULY 2018 £1.00

Linlithgow's news by Linlithgow's people

JAMES TEXAS

PARTY AT THE PALACE

THE SUMMER FESTIVAL

EMBRACE, GABRIELLE

IMELDA MAY ... 4

100% LOCAL

GLEN'S Party at the Palace



**SHELTERBELT
TREES APPEAL 6**



**ARTS ACROSS
LINLITHGOW 12**



**SCOTCH HOP
AT THE PALACE 15**

PLUS

New Hopetoun Gardens - Art in the Garden, Burgh Beautiful, Town Centre BID/
Mill Road BID, Scottish Youth Parliament, Police Scotland, Book Review...



FOR MORE INFORMATION SEE OUR WEBSITE

www.linlithgowcommunitymagazine.co.uk

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Border Collie

Contact the Black Bitch

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



Copy deadline for next issue is 15 August 2018

Last month's PATP ticket competition winner: Lynne Wallace

SAT 11TH AUGUST
SUN 12TH AUGUST

james TEXAS

Gabrielle EMBRACE IMELDA MA

Party at the Palace Online Tickets

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

FOLLOW THE SIMPLE
STEPS ON PAGE 20.



Linlithgow & Linlithgow Bridge Community Council

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
- Social and care provision.
- Transport, including high street traffic, bus services and rail services.
- Recreation, sport and community centres.
- Employment and business, including retail and the industrial estates.
- Youth facilities and groups.
- Tourism, including attractions, events and accommodation.
- Events, such as the Marches, Advent Fair and Remembrance Day parade.
- Housing and social housing.
- 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.

Black Bitch magazine design & production: www.cghcreative.co.uk



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www.linlithgow.com/pride_passion.htm

WHAT'S ON - JULY, AUGUST

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

July

Mon 23 'Come and Play' with Linlithgow String Orchestra, 7:30pm - 9:30pm, Linlithgow Masonic Lodge

Tue 24 Linlithgow Holiday Club - Adventure around the loch, 10:30am - 1:00pm, Linlithgow Palace

Thur 26 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

Tue 31 Linlithgow Holiday Club - Bushcraft-y, 10:30am - 1:00pm, Linlithgow Palace

August

Thur 2 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

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

Tue 7 Linlithgow Holiday Club - Bird Bonanza, 10:30am - 12:30pm, Linlithgow Palace

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

Mon 13 'Come and Play' with Linlithgow String Orchestra, 7:30pm - 9:30pm, Linlithgow Masonic Lodge

Tue 14 Linlithgow Holiday Club - Get Lost!, 10:30am - 1:00pm, Linlithgow Palace

Thu 16 Linlithgow Keep Fit Club, 7:00pm - 9:00pm, Linlithgow Academy - Small gym*

Sun 19 Folk Session, 2:00pm at the Black Bitch Tavern*

Fri 24 Go Bats!, 8:00pm - 10:00pm, Linlithgow Palace. A Historic Environment Scotland ranger event.

LINLITHGOW RAMBLERS WALKING CALENDAR



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

Linlithgow Late Night Shopping Friday 27 July

Torphichen Kirk Holland Savaloni Duo at Torphichen Nights

Sun 29th July 7pm

Recital of Flute and Guitar music inspired by dance and song from across the centuries.

Art in the Garden - New Hopetoun Gardens July & August

Exhibitors include **Rosie Nixon**, who mixes photography and glass, **Joy Parker** who is a mosaic artist, **Joseph Walker**, who upcycles bicycle parts into flowers, and **Raymond Douglas** who has created a metal tree with 500 leaves!



St Peter's Church Linlithgow, new extension NOW OPEN
To find out more:
Contact Ann on
t. 07963 805366.
E: ronjeep5@gmail.com

Linlithgow String Orchestra new term

Monday 27 August 2018
7:30pm - 9:30pm
Linlithgow Masonic Lodge

New adult string players welcome to join us for our new term. LSO meet weekly on Monday evenings 7:30-9:30pm at Linlithgow Masonic Lodge. This term LSO will be working towards a concert at St Michael's Parish Church on 24th November at 7:30pm. LSO play music that is of approximately grade 5 standard.

Players pay a termly membership fee.

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

WEDDINGS • EVENTS • PORTRAITS

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PARTY AT THE PALACE 2018

Best Bands to See

Not long now till Linlithgow's famous festival "Party at the Palace" takes place. Like everyone going should be, I am very excited for a weekend of good music and family friendly fun. Here's the best of the bunch playing over the course of the weekend.

The Prince Experience

This band doesn't just sing songs by Prince, it performs them. Costumes, choreography and musical talent to the point. Don't kid yourself, this is no cover band; this is a tribute band. You can really tell the artists have spent a lot of time studying Prince and the way he performs. It's definitely a 'must see'.

Wild Front

Small chill four piece - their songs have a Mac Demarco, wavy feel to them. They recently supported INHEAVEN on the NME tour late last year making them

gain some popularity with the indie youth. They're absolutely perfect for early afternoon with the sun shining (hopefully!).

Gabrielle

Mainstream 90s pop classics. You will recognise Gabrielle from her endless stream of hits. She's back and better than ever, putting on a fun and energy-filled show you just can't miss.

The Bluebells

A band that were vital in the Scottish alternative revolution. Here to perform their old classics and maybe some new songs, The Bluebells can guarantee a good show, main stage on Sunday - don't miss it!

Cast

Noel Gallagher, (If you've been living under a rock for the past 30 years that's Oasis songwriter and guitarist and now lead man of Noel Gallagher's High-Flying Birds) proclaimed that watching Cast live was a 'religious experience.'

Personally, the highlight of my weekend would be to see them perform 'walk away', one of my favourite songs. Definitely up there in best bands playing.

Imelda May

Incredibly tight band and powerful strong vocals, this band have been at it for a long time and you can really tell. They have their craft perfected. The entire performance is exhilarating and fun. Definitely worth seeing.

Gok Wan DJ Set

Everyone's favourite Fashionista Gok has been DJ'ing for a while now and is making quite the splash. He DJ'd last year at PATP in the VIP section and he's been upgraded to the Main stage this year. Catch him there for some feel good party bangers - you won't regret it.



EMBRACE
GABRIELLE
MAY

Sat/Sun
11 & 12
AUG



TEXAS

James

Get ready for a joyous sing-a-long. I predict the tune "Sit down" will be the highlight of everyone's weekend. With so many other tunes like "Born of frustration" and "Laid" every minute of the performance is guaranteed to be amazing – James were definitely the perfect pick for the Saturday night headliner.

Texas

Sunday night headliners are none other than the Glaswegian rockers Texas. From what I can see Sharleen Spiteri has certainly not lost it and the entire performance runs on sheer vocal power and passion. An exhilarating performance you will not want to miss.

Written by local teenager
Rosie Crowe who lives
in Linlithgow with her mum,
dad, sisters and brother.

Rosie Crowe

...and DON'T FORGET to
book your tickets online
through the magazine

SEE PAGE 20



Shelterbelt Trees

An Appeal for Information

Questions of ownership and responsibility for the maintenance of the shelterbelt trees planted around Linlithgow's "new build" estates from the 1960s onwards have been raised by residents over the past couple of years.

The enquiries have come mostly from residents of the Springfield area including Springfield Road, Bailielands, Carse Knowe, BellsBurn Avenue, Sheriffs Park, Burghmuir Court and Pilgrims Hill.



Concerns focus mainly on risk to life and limb and liability for damage to property arising from weather damage to trees which it is felt were overplanted in the first place and subsequently never maintained satisfactorily. As a result many of the trees in the opinion of the residents are in a dangerous condition.

The majority opinion of residents was that the Council had taken on responsibility for maintenance and this was backed up by evidence that

the Council had been working in the area "for decades".

Property deeds were produced which showed that in most cases there was a clause requiring all residents in each development (whether or not a property was next to the shelterbelt or located elsewhere within the development) to form a Residence Association which would be responsible for the maintenance of common "amenity areas" within each development, including the shelterbelt, "UNLESS AN AGREEMENT WAS REACHED WITH THE LOCAL AUTHORITY TO ADOPT THOSE AREAS."

And therein lies the problem.

At the time the shelterbelts were planted the relevant local authority was West Lothian District Council and records from that period up to 1996, which should have been transferred to West Lothian Council, are proving hard to find.

Meantime, original purchasers of property in Bailielands have provided evidence that they paid £400 for maintenance of the shelterbelt trees "in perpetuity", although their surviving records stop short of a contract document. Correspondence from senior Council officials strongly suggests that the Council accepted responsibility but again falls short of a formal contract.

The successor authority West Lothian Council has so far taken the line that unless appropriate documentation can be produced showing that the amenity areas and shelterbelts had been formally adopted by West Lothian District Council then responsibility for their maintenance remains with property

owners as per the terms of their Title Deeds.

Freedom of Information requests to West Lothian Council have provided little of help so this article is therefore an appeal for information which residents may hold in addition to their title deeds which may relate to the transfer of responsibility to West Lothian District Council prior to reorganisation in 1996.

This could be correspondence in relation to the formation and proceedings of Residence Associations, negotiations with West Lothian District Council prior to 1996, tree/maintenance correspondence with West Lothian Council after the transfer in 1996.

As matters stand, my understanding is that in the view of West Lothian Council claims of any kind arising from the presence of the shelterbelt trees are the responsibility of the residents of the relevant development, as is the responsibility for maintaining the tree belts in a safe condition.

Determination of who is responsible for shelterbelt maintenance is therefore very much in the interests of all residents.

If you haven't already provided me with information over the past couple of years and have concerns over where responsibility for the shelterbelts lies please contact me with any relevant details you may hold at: david.tait@westlothian.gov.uk, or call me on: mobile: 07767 713024 or landline 01506 281714 or 281763 to arrange to meet.

Cllr David Tait



Scottish Social Entrepreneur Jude Philip

Shortlisted for Prestigious National Diversity Award



Committed to the values of diversity and inclusion that encourage all employees to use their unique experiences and ideas to create a better, healthier world. Clare Lee, Johnson & Johnson

Linlithgow resident, Jude Philip, of Social Enterprise organisation Grow Communication has been shortlisted for Entrepreneur of Excellence Award at the National Diversity Awards 2018, the UK's Largest Diversity Awards.

Community organisations and role models from across the UK will head to the breathtaking Liverpool Anglican Cathedral on 14th September to witness the country's 2018 winners being crowned the best of British diversity.

Amongst those being honoured are freedom fighters, domestic violence campaigners and trans rights activists, all of whom work tirelessly to combat injustice and discrimination in very different ways.

Jude explains her motivation:

"What drives me in my work every day is finding ways to unlock communication for individuals with communication difficulties - finding a voice for them, whatever form that voice might take.

*We set up **Grow Communication** as a non-profit organisation to be able to reach people who were not able to access the specialist communication support they needed. Whether that is helping a young child with cerebral palsy to be able to communicate using technology, helping a family to understand and connect with their child or helping a child be able to join with their classmates."*

Jude and her business partner **Katy Bennet** run social enterprise **Grow Communication Limited** to deliver Specialist Speech and Language assessment and therapy in Scotland. They specialise in supporting complex communication needs including Augmentative and Alternative Communication (technology to communicate), diagnosing and supporting Autism including girls with Autism and the PDA profile of Autism. They make delivery of gold standard assessment and therapy a key aim.

Leading global brand Johnson & Johnson have recently been announced as headline sponsors of the pioneering awards that have paid tribute to over 700 grassroot charities and diversity champions since its inception.

Clare Lee, head of Human Resources, Great Britain & Ireland, Johnson & Johnson, said;

"At Johnson & Johnson, we are committed to the values of diversity and inclusion that encourage all employees to use their unique experiences and ideas to create a better, healthier world.

We proudly join the National Diversity Awards as a Platinum and Lifetime Achiever Award sponsor. The Awards celebrate "unity" in society and a new generation of role models, and that diversity is about everyone's unique perspective - all backgrounds, beliefs and range of human experiences - coming together. Through inclusion we create a deep sense of belonging, where people are valued, ideas are heard, and everyone can perform at their best."

Designed to highlight the country's most inspirational and selfless people, the NDAs continue to gain endorsements from high profile figures such as Stephen Fry, Sir Lenny Henry CBE and Graham Norton.

Paul Sesay, Founder and CEO of the National Diversity Awards added

"An overwhelming amount of nominations and votes were received this year, and I know our judging panel had an incredibly difficult task of whittling down the nominees to create an outstanding shortlist.

Congratulations to all of our shortlisted nominees; it is a privilege to recognise your bravery, resilience and courage and I am honoured to share this with the nation. I look forward to congratulating you in person in September."

For more information contact:

Jude Philip

T. 07806 661 573

jude@growsalt.uk

www.growsalt.uk

Twitter/Facebook @growsalt



ALICE FERGUSON MSYP

Member of the Scottish Youth Parliament for the Linlithgow constituency. I recently celebrated my 16th birthday, meaning I am in fifth year Linlithgow Academy. I got involved in SYP through the school council. I am pleased to have this opportunity to write for The Black Bitch and to explain how I hope to engage young people in my constituency during my term (two years) as a MSYP.



Alice attending the NHS 70 Scotland event in her role as Convenor of the SYP Health and Wellbeing Committee at the National Museum on July 5th.



Alice was honoured to have the opportunity to meet both His Royal Highness, the Earl of Strathearn – Prince William and the First Minister, Nicola Sturgeon.

> SYP66 EVENT SUCCESS

In early June, SYP66 took place in Stranraer, Dumfries and Galloway. It was a fantastic sitting, not only due to new board members and motions being passed, but also due to the amazing events the youth work team put on as part of Year of Young People. From a festival themed dinner (popcorn machines, X-factor singers and photo booths included) to a community ceilidh in Portpatrick, it was an extremely welcoming and fun weekend. The new chair of SYP, Suki wan, was elected, as well as the board of trustees and convenors. Furthermore, the membership, on behalf of young people in Scotland, chose the new national campaign: Public Transport. Actions could include: consulting young people to find out their experiences of public transport; meeting with transport providers to discuss young people's views and proposed improvements; calling for existing travel discounts to be extended for all young people aged up to 25, public transport providers to improve services, access, and availability across Scotland, and for additional funding to support young people with transport costs.

> HEALTH & WELLBEING ROLE

I am extremely happy to announce that I was elected Convenor of the Health and Wellbeing Committee! I am very much looking forward to my role and I particularly hope to achieve progress in mandatory mental health training for teachers, and to ensure young people are heard in the process of the Scottish Government's Healthy Weight and Diet Plan.

As part of my new role, I gave evidence to the Health and Sport Committee at the Scottish Parliament. It was a fantastic discussion along with other organisations including Barnardo's, Children in Scotland, and Sport Scotland. Topics discussed included mental health, diet and obesity, sleep, and sport. You can read the report published (http://www.parliament.scot/parliamentary_business/report.aspx?r=11630&mode=pdf) or watch the roundtable session online.

> NHS 70 SCOTLAND

I was extremely lucky to be invited to the NHS 70 Scotland event in my role as Convenor at the National Museum on July 5th. The evening was beautiful, with the Forth Valley choir singing, NHS staff from across Scotland sharing their stories, and a stunning location with canapes and drinks. As I received a VIP invitation, I was honoured to have the opportunity to meet with His Royal Highness, the Earl of Strathearn (also known as Prince William). I was incredibly impressed with his genuine, enthusiastic interest, especially with mental health. My table - which included a young volunteer from See Me, a mental health charity; the new Minister for Mental Health, Clare Haughey; and a midwife - spoke with HRH about early intervention support, encouraging more boys to talk about their mental health, and the value of peer support to remove a somewhat clinical approach. Furthermore, after his visit to our table the First Minister, Nicola Sturgeon spoke to us, again about mental health and its significance. The evening was phenomenal and it was so inspiring to be in the same room as so many

amazing individuals.

> YOUTH ENGAGEMENT LINLITHGOW AND LINLITHGOW BRIDGE COMMUNITY COUNCIL

Lastly, it was great to be invited to the Linlithgow and Linlithgow Bridge Community Council to discuss youth engagement. I hope to possibly see in the future, young people being offered the opportunity to become a council member in one of four of the specifically designated places for young people on the council. Quoted from council documentation: *'Every community council can have up to a maximum of 4 youth members (aged 14-18) ... Youth members have full voting rights and... they will be eligible to hold an office-bearer position.'* I am looking forward to the greater involvement of young people on this board as its purpose is to reflect the views of the whole community, and its diversity.

Alice Ferguson MSYP

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

<https://msyps.typeform.com/to/HKDrYE>
Twitter - @aliceMSYP
Instagram - @alicemsysp
Facebook - @aliceSYP
Website - <https://aliceruby.wixsite.com/msyp>



ALL CHANGE AT THE THIN BLUE LINE IN LINLITHGOW



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

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

WE HAVE MOVED...

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

LINLITHGOW COMMUNITY POLICE SURGERY

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

Please log on to West Lothian Police Facebook page or Linlithgow Facebook Page or Neighbourhood Watch Scotland for future dates or check local press.

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

CALLING ALL PARENTS

There have been complaints from residents in various areas of Linlithgow about large groups of youths congregating.

Unfortunately some of these groups have been involved in the consumption of alcohol, setting fires, shouting, swearing and littering the areas. The police and other partners are aware of these issues and will be conducting patrols in the areas. This behaviour is having a negative impact on the local communities

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

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

NEIGHBOURHOOD WATCH SCOTLAND

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

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

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

> **Crime Trends** – recent crimes that have occurred in their area, housebreakings etc.

> **Missing Persons** – Details of High Risk missing persons can be broadcast to specific areas.

Members of the public can register online. You can register as an individual or an association such as a residents association or community council / community group.... Or both!!!! You can register at <https://www.neighbourhoodwatchscotland.co.uk>

HOME SECURITY WHILE YOU ARE AWAY

Almost half of all housebreaking occur

when a flat or house is empty.

1. Make sure your home looks occupied. Ask a trusted friend or neighbour to look after it (collect mail, water plants, feed pets). Let them have the spare keys but don't put your name/address on the keys.
2. Do not publicise your holiday on social media before or whilst you are away, it's not just friends and family who can view this.
3. Don't leave your curtains closed in the daytime as this shows the house is empty.
4. Use automatic switches to turn your lights on when it gets dark.
5. Cancel newspapers/milk etc.
6. Avoid discussing holiday plans where strangers may hear details of your absence from home.
7. Cut the lawn and trim back any plants that burglars could hide behind.
8. Uncollected mail is a sign that you are away. The Royal Mail's "Keepsafe" service keep mail for up to two months.
9. Consider leaving important documents and valuable items with other family members or a bank. Or lock them in a safe.
10. Do not put your home address on your luggage when you are travelling to your holiday destination.
11. Valuable pedal cycles etc - consider putting them inside your house.
12. Lock all external doors and windows. Set your burglar alarm.
13. Just before you set off, it's worth spending a couple of minutes checking that you've done all you had to do and taken everything you need with you.

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

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

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



A NEW DAWN FOR LINLITHGOW ROSE

Murdoch Kennedy

For the first time in its long and illustrious history, Linlithgow Rose will start the 2018/19 season as a senior club within the ranks of Scottish football.

The Rosie Posie have joined the exodus of 25 clubs, such as Bonnyrigg Rose Athletic, Newtongrange Star and Bo'ness United, who have left the junior grade and become members of the East of Scotland Football League.

Moving into what is effectively the sixth tier of senior football gives the new members a potential pathway into the Scottish Professional Football League (SPFL) via the pyramid process.

The Linlithgow outfit has been a junior club for most of its existence so what has caused them to jump ship and move to the senior ranks? Newly-elected President Jon Mahoney explained:

"The pace of change in non-league football in Fife and the Lothians has taken many people by surprise. Kelty Hearts moved from our junior Superleague into the East of Scotland League at the end of last season. Their driver was to secure a club licence from the SFA – something we already hold – but which the SFA has since stipulated can only be granted to teams playing in the senior pathway of Scottish football. Junior football was not part of that pathway so Kelty responded to the SFA's stipulation and made the leap. Since the start of this year, an increasing number of clubs have taken individual decisions to

follow the lead of Kelty and eventually what we saw was something of a domino effect. As a result, Linlithgow Rose had to assess what was best for the club and a majority of members voted in favour of moving at a meeting at the start of June."

When asked if the decision was unanimous, Jon replied:

"No, it wasn't. We probably had more people attending our meeting than any other club who opted to move – a sign of how interested and passionate our supporters are. There was a lively debate among members offering a whole range of perspectives. Emotionally, this was a very difficult decision for us. When you've been part of something for 120 years, it's hard not to see this move as one which casts your heritage aside. Over generations, people at Linlithgow



have enjoyed being part of football rooted in local communities with matches against teams who are close to Linlithgow geographically."

Despite misgivings by some officials and supporters, the Rose will definitely be moving, as Jon explained:

"There was such a tide of clubs switching to the East of Scotland League that it made sense for Linlithgow to go too. We were accepted by existing member clubs and now we're looking forward to the new season, where we'll play some new opponents and engage with some old foes from junior football. The structure for 2018/19 is transitional and will last for one season only."

The revamped East of Scotland set-up will be split into three conferences with each section comprising of 13 teams. Linlithgow is in the third of these, alongside Preston Athletic, Heriot-Watt University, Stirling University,

Ormiston, Broxburn Athletic, Camelon, Jeanfield Swifts, Blackburn United, St Andrews United, Edinburgh United, Craigroyston and Inverkeithing.

The winners of each conference will then play off against one another in a round-robin competition to determine who will be the league champions and go into a play-off for a place in the Lowland League, as Kelty did this year.

When asked if the ultimate aim was to play in the SPFL, Jon replied:

"The ambition doesn't change for Linlithgow Rose. We have been striving to be the best we can be since our forefathers formed the club and that's what we will continue to do. Like every club, we've known good times and bad times. Whatever we do in future will be built on ensuring that we

are sustainable for the long term. We've never been a club that spends more than it can afford and we're not about to start now. We will set out to achieve as much as we can, but that will be shaped by this community. If the community gets behind us and comes out to support us, we will work as hard as we can to bring success to the town. To be honest, the move doesn't change the message. We were Linlithgow Rose six weeks ago, we are Linlithgow Rose now and we will be Linlithgow Rose in six weeks time. This club will always sit at the heart of its community – no matter where or who we are playing."

THE ARTS

"ART IN THE GARDEN"



Art in the Garden at New Hopetoun Gardens, is now in its 5th year, and continues to be a great excuse for visiting the garden centre and the lovely Orangery tearoom. I had the pleasure of a personal guided tour of the artworks by Lesley Watson last week, and can thoroughly recommend a visit between now and the end of August (and it's free!).



Lesley invites artists working in Scotland to install original works of art in the themed gardens around the garden centre. **Three of the artists exhibiting this year have been involved since the first year – James Parker (who exhibits at Chelsea), Brazing Hussey (who has lots of pieces in South Queensferry) and the Ratho Byres Forge team (who made the amazing gate into the Rose Garden beside the Burgh Halls).**

This year artists exhibiting for the first time include **Rosie Nixon**, who mixes photography and glass, **Joy Parker** who is a mosaic artist, **Joseph Walker**, who upcycles bicycle parts into flowers, and **Raymond Douglas** who spent 400 hours making a metal tree with 500 leaves!

The owners of New Hopetoun Gardens, Lesley and Dougal Philip, are celebrating 40 years in business this year. They believe that all gardens deserve more ornamentation, to be viewed either in the garden or from the home. They feel that investing in our gardens in the same way we do in our houses, with accessories and art, can bring great interest and uniqueness to our gardens. We might buy a painting for our lounge but how often do we buy a piece of art for the garden? The prices range from affordable small pieces to the large maple tree which might not fit in the average garden space!

There are Swooping Swallows, Everlasting Flowers, a Hunting Owl, Lilies and a Kaleidoscope of Butterflies amongst the collection. It is a very pleasant and calming walk around the gardens with the bonus of art around every corner.

When you visit be sure to vote for your favourite piece of Art. If you choose the winner then you will have a chance to win a £50 New Hopetoun Gardens gift voucher, or one of five £10 vouchers.

If you enjoy this can I suggest a visit to Jupiter Artland – not in Linlithgow but very close!

Turning to what's on in town...

Burgh Halls

In the Burgh Halls, the new exhibition - **Jo Ganter: Walking Through** - opens on July 20th and there is a gallery talk



on Thursday 23rd August, which I mentioned last time. Tickets (£5) are available by calling 01506 777666.

The Line Gallery

The Line Gallery's current exhibition runs till 31 July. Eight artists, who have either lived or worked in Linlithgow, have chosen to create work which expresses a personal connection to the town - **Morag Stevenson's** painting (above) speaks for itself.

This is followed on 4th August by an exhibition by **Lesley Banks**, artist in residence at Scottish Canals. See their website for a workshop opportunity if you have always fancied painting at the canal basin, and having your painting in an exhibition!

Linlithgow Jazz

Linlithgow Jazz are having a break till Saturday 1st September, when the fabulous Mellotones play, a trio comprising Jimmy Taylor on vocals and double bass, Alan Anderson on piano and Bob Stewart on drums. These guys have had a Saturday afternoon residency in Edinburgh for decades and are always entertaining I am told! Details on their Facebook page. **All Linlithgow Jazz events are held in the Queen Margaret Hall, cost £9 and start at 7:30.**

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

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

Pat Swan

patswan@virginmedia.com



QUOTE OF THE MONTH

"to plant a garden is to believe in tomorrow"

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BOOK REVIEW BRIGHTON BELLE SARA SHERIDAN

Sara Sheridan is a Scottish writer and author, based in Edinburgh, who has written a wide range of literature from cosy crime noir mysteries, to historical fiction novels based on real-life explorers, to stories for children. She has been named as one of the Saltire Society's 365 most influential Scottish women, past and present.

Sheridan is the creator of the **Mirabelle Bevan** mysteries based on the adventures of a fictional ex-secret service heroine. The stories take place in 1950's Brighton and are centred around the life of Mirabelle who is a feisty, smart, no-nonsense lady with a determination to succeed and a sharp dislike for injustice. As a heroine she is immediately likable and readers will find themselves drawn to her sharp observations and wit.

At the beginning of the novel, we find that Mirabelle is seeking solace in the quiet, unobtrusive life she has constructed for herself away from London after World War II. For Mirabelle, her experience of war had been active and exciting through her role as intelligence officer yet she had also been damaged by the darker horrors: the death of her lover has emotionally damaged her and she has a desire to escape, to reconstruct herself slowly, piece by piece. The country, like Mirabelle, is very much still awakening and emerging from the shadow of war. Mirabelle is not alone in her desire for calm, secrecy and reinvention.

Mirabelle has taken on the slightly unusual job of debt collector but it is one in which she can quietly use her skill base to good effect. By a twist of fate she is sent to collect debt from Romana Lazlo, a

pregnant Hungarian refugee, and her instincts for truth and justice are soon tingling. Mirabelle quickly becomes acquainted with Vesta Churchill who is a friendly, tenacious, young coloured woman with an unfortunate weakness for chocolate biscuits! Together the pair form an unlikely crime-fighting duo.

Sheridan has researched the time-period carefully and captured not only the physical and social hierarchical aspects but also the general mood of the country at that point in history. She provides interesting details of fashion, dining, travel and living conditions while also exploring the norms of social attitudes and behaviour. She does this mainly through the socially-accepted – often cruel – treatment of her friend Vesta who displays a generous, optimistic, good-humoured philosophy at all times in the face of casual rudeness and indifference.

Brighton Belle is the first of the Mirabelle Bevan mysteries and sets the fast-paced, light, cosy tone for the series. The novels are all diverse in their content and driving force and are



always interesting in terms of their development. In **Mirabelle**, Sheridan has successfully created a likeable heroine who can be admired for her charm, compassion, intelligence and sharp reflexes. It is clear that Sheridan has a deep interest and enthusiasm for writing about pivotal periods in history and this mystery series is the perfect showcase for her storytelling talents.

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



ST PETER'S, LINLITHGOW

BOOKINGS AVAILABLE

The recently constructed community facilities behind St Peter's Church, Linlithgow, were officially opened at a recent gathering in the church and in the new extension.



The Rev. Christine Barclay welcomes head of construction John Hannigan to the opening celebration of St Peter's new community facilities.

Some of the large gathering which attended the St Peter's extension opening "party" and saw President John Barker and Thom Pollock of the Rotary Club of Linlithgow and Bo'ness present a cheque to cover the cost of the newly constructed kitchen.

To book the new community room with kitchen, fully accessible toilets and lift contact Ann on 07963 805366. Email: ronjeep5@gmail.com



Each evening starts at 7.30pm, and this year's dates are:

- > Wednesday 11 July
- > Wednesday 18 July
- > Wednesday 25 July
- > Wednesday 1 August
- > Wednesday 8 August



**Wed
JULY &
AUG**

LINLITHGOW SCOTCH HOP 2018

Now that the excitement of the Linlithgow Marches is out of the way, it's time for the other highlight of the calendar – Linlithgow Scotch Hop starts 11 July and runs every Wednesday from 7.30 until 8 August at Linlithgow Palace (or the Lowport Centre in inclement weather). Described as “Scottish Dancing for All”, Scotch Hop welcomes everyone, from the most seasoned local dancers to international visitors who have never experienced the warmest of Scottish welcomes, in one of our most beautiful historic locations. No one who has watched the sun set over the Palace while hundreds of people dance around the courtyard will ever forget the sense of pride and deep joy at witnessing such beauty and companionship. We are very grateful to West Lothian Council Community Arts for their ongoing support for this cultural summer highlight.

Last year, we welcomed visitors from as far afield as Libya, Madagascar, Malaysia and Mongolia. Here's what some of our guests said of their

experience:

“We attended last week at the Low Port centre with two of our grandchildren whilst on holiday and had a great time. The two girls loved it.”

“Loved it! Thank you for organising this fantastic event! The Canadian family”

“Great way to start my Scotland adventure, thanks!!”

“2nd year at Scotch Hop and Becky's 25th Birthday – perfect way to celebrate”

“So much fun. Last came 10 years ago from London, now in Glasgow”

For 2018, our brilliant caller, Sheila McCutcheon, has put together a varied programme of dances and musicians to suit all tastes, ages and levels of expertise. We welcome back favourite bands including **The Occasionals** and **John Carmichael**, and also younger generations of ceilidh performers such as **Adin**

Graham and his Scottish Dance Band. Evenings always start with the popular **Gay Gordons**, and many dancers will be familiar with the **Eightsome Reel**, **Circassian Circle** and **Highland Schottische**. But Scotch Hop is always an opportunity to try something new – It's **Nae Bother** or **Rebecca's Roundabout**, for example. And, of course, we have to include Linlithgow's own **Marches Hop**.

Tickets must be purchased at the door, at £10 for adults and £8 for concessions, including tea and shortbread. Under 12s go free. Season tickets are £32 for adults and £25 for concessions.

Further details (including last minute confirmation of venue depending on weather):
www.scotchhop.org.uk
[www.twitter.com/ScotchHopLin](https://twitter.com/ScotchHopLin)
www.facebook.com/LinlithgowScotchHop
 Or email ScotchHopCommittee@Gmail.com

Janet Mundy, Trustee,
Linlithgow Scotch Hop

2nd Linlithgow Boys Brigade Annual Display

Linlithgow Academy



On Friday 18th May, 2nd Linlithgow Boys Brigade held their Annual Display at Linlithgow Academy. This is a great opportunity for Family and Friends to come along and see what activities that the boys participate in throughout the year. This could be anything from learning about the bible, sporting events, or making decorations for the Christmas Tree that they decorated for St Michaels Church in December.

It also allows the Boys Brigade to present trophies and awards in various categories.

The Boys Brigade were delighted to announce that 9 of their Senior Boys were being awarded with the Presidents Badge, the 2nd highest award in the Boys Brigade. A huge amount of work goes into achieving this award. Each Boy has to complete a Christian Faith Development course, have good

attendance, and be recommended by the Company Captain. The boys and their families should be very proud!

Congratulations go to **Matthew Callaghan, Ewan Edwards, Oscar Milne, Peter Molloy, Gregor Morgan, Ross Preston, Ruariah Stewart, Jamie Tulloch and Callum White**. The boys are currently sitting their exams, and therefore could not all make it to the display, but 4 of the boys were fortunate enough to be able to attend, and were presented with their Presidents Badge and certificate.

The hard work does not stop there though, as 8 out of the 9 boys are on schedule to complete their Duke of Edinburgh Bronze this Summer.

Some of the youngest boys, known as Anchor boys achieved their very first awards, and were very excited to show them off to everyone they could.

Every year there is a West Lothian Figure Marching Competition, the Junior Section won this again, for the 2nd year in a row, and were presented with an award for all their hard work, as there were many hours of practice. So all in all a very successful evening for all sections.

Although Boys Brigade is now finished for the Summer, preparations are already under way for next term.

Enrolment Night will be held at Cross House on Thursday 23rd August, 6.30pm - 7.30pm.

All boys from the age of 6 can join, and there is no waiting list. If you have any questions, please contact them at linlithgowBB@outlook.com or find them on facebook.



BUSMAN'S HOLIDAY TO HIGHGROVE GARDEN

We had a lovely busman's holiday visiting some gardens in the Cotswolds last month. We were very pleasantly surprised by how lovely we found Prince Charles's Highgrove Garden as we had heard mixed reports over the years – it just goes to show that you need to see these things yourself and make your own judgements! Because of security we weren't able to take any photos to share with you and you'll have to take our very honest report on the high quality of the champagne afternoon tea...



In every garden we visited we saw so many pollinating insects working away. Highgrove is totally organic and there was no significant evidence of pests or disease on the plants as the good wildlife visitors were controlling the naughty ones. We came back inspired with the gardens we had seen and were very pleased to see how well the St Johns Avenue flowerbed is performing this summer. The **pink Rock Roses (Helianthemum)** were at their peak and providing food for the visiting bees. It has been so dry that the **summer Dahlias** with their single flowers had not been visited by any slugs or snails and rather surprisingly everything else was growing quite happily – when we had planted the Dahlias in late May the ground was dry down to depth of our spades.



You may recall that the planting theme in the bed is 'Planting for wildlife visitors and gardeners'. The plants are all garden worthy plants that are great for us and also for providing food (nectar and pollen) for visiting wildlife. We like our borders to look good throughout the year and it is also important for wildlife visitors that there is continuity of food and no feast



and then famine. So the year starts with **winter flowering heathers**, **white flowered evergreen shrub Viburnum tinus** and **single tulips and daffodils**. The tall white flowering **Amelanchier** takes over followed by 'Tumbling Ted', the **Helianthemums** and blue catmint (**Nepeta Walkers Low**) pink **Weigelia** and the purple drumsticks of **Alliums**.

For high summer there are **dwarf Buddleias (Butterfly Bush)**, the **single flowered summer visitors of Dahlias, Potentillas, Japanese Anemones, blue Geranium Rozanne and Purple Loosestrife**. How many of these wonderful and easy to grow plants have you got in your garden? Perhaps you might think about introducing some of them this autumn and making your garden easier to maintain and even more showy all year round. We have a really helpful free leaflet to keep you right – 'Plants for Gardeners and Wildlife Visitors'.

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THE HIGH STREET In this edition, we're putting a spotlight on more new businesses in town – after all, that's what we're here to do! Three great additions to Linlithgow's already formidable High Street. Jewellery By Design, which we covered in the last edition, has been enjoying a roaring trade since it opened, three unique and exciting businesses here, then even more positive business news to announce in the next edition!

Igloo, Linlithgow High Street



IGLOO

It all started with one van over 20 years ago. Now it's a highly successful venture manufacturing award-winning artisan ice-cream for four parlours - the latest in Linlithgow.

Igloo, on the High Street, yards from the railway station, boasts an extensive range of ice-cream freshly made at Fotheringham's own production unit at Falkirk's Bankside Estate.

Owner Steven Fotheringham said that, over the years, the family-owned company had built up a fleet of vans at various locations in the Central Belt, particularly Edinburgh, and attended a wide range of events throughout the UK.

The vintage and modern vans, staffed by fully-trained, uniformed operators, can be seen at Highland Games, agricultural shows, music festivals, sports events and air shows. Weddings and corporate events have now become specialities.

Said Steven, *"We then decided to manufacture our own ice-cream, and our first Igloo ice-cream and coffee parlour opened in Camelon in Falkirk in 2015.*

"Because of the very positive feedback we

received we decided to open up a second Igloo at Bannockburn in Stirling."

Since then, Fotheringham's have opened another Igloo on the fringe of Falkirk Retail Park – and now Linlithgow.

Continued Steven, *"I've always fancied opening a parlour in a quaint town like Linlithgow, which attracts a lot of visitors.*

We've got family here, and I've always enjoyed visiting the town. Setting up here has been really worthwhile - the business has gone from strength to strength in a short space of time."

Steven said that he and his wife Pauline's son, Jay, had always shown a keen interest in the business and joined it when he left school last year.

He added, *"Since then he has mastered the art of making artisan ice-cream and has helped us win a number of awards in Scotland and the UK."*

Kathleen Butler



LOCHSIDE CAFÉ

The Lochside Cafe, situated a stone's throw from Linlithgow's iconic loch, is more than a welcoming eatery in a great location.

For its young owner Kathleen Butler, it's the realisation of a long-held dream which has allowed her free reign to demonstrate her undoubted talent for baking.

The quality and choice of scones and cakes, along with several speciality dishes, on offer at **The Lochside Cafe (formerly Cameron's)** has seen it garner a fast-growing reputation in the few weeks since it opened its doors.

Because of where it is, it's proving a magnet for visitors, but as word spreads an increasing number of locals are popping in for morning coffee, lunch, or afternoon tea.

Said Kathleen,

"I've dreamed for a long time of having a place of my own, and it's finally come true. I put in long hours between the cafe and the home baking, but it's all been worth it."

Kathleen paid tribute to her mum **Angela**, a "well-kent face" in the town, who is front of house, and her sister **Jennifer**, who is helping on university vacations and at weekends.

She said she had received great support at Linlithgow Academy from her Home Economics

teacher **Miss Holland**, then from celebrated local cake creator **Paul Bradford**.

"After I left school I worked for Paul at his Cup Cake Cafe Bar near Torphichen, and he helped put me through my City and Guilds to achieve my Professional Cookery Certificate."

Kathleen said she had then worked at the now-closed Brodie's Coffee Shop on the High Street, then for the last three years at Mannerston's outside Linlithgow.

"My whole aim at the cafe is to keep it simple, with the emphasis on quality. But I have slightly embellished a few dishes and given them my own take."

For Kathleen the realisation of her long-held dream also has poignancy.

"My dad (James) always wanted me to do this. He passed away when I was 17. He would have been so proud."

MID-C-MOD

"An Aladdin's Cave" ... "a great addition to the High Street" ... "a treasure trove" ... "quirky and fun": these are just some of the many favourable comments about mid-C-mod, which recently opened its doors in the former Oyster Oyster fish shop (78 High Street).

Want some Tupperware, Babycham glasses, rock 'n' roll and other 50s and 60s memorabilia, Jim Brown and his partner Martin MacKinnon have it – or can find it!

In what truly is an eclectic range they also have a large collection of model vehicles, costume jewellery, ceramics, and fantastic plastics. In addition, Jim's speciality is G-Plan and Ercol furniture, with a limited range on display

in the small shop.

It will all undoubtedly stir a few memories for those of a certain vintage, or who love that era.

The shop has been a logical next step for the two, who have a mutual interest in all things "mid-century modern", with 40 years' experience between them.

Their interest spawned a few retail units in local antique centres, but everything is now being concentrated in their Linlithgow shop.

It's open Friday, Saturday and Sunday, with Jim and Martin continuing their day jobs. Extending the opening hours appears a real possibility.

For several years, Jim has been a popular community fundraiser on the staff at Strathcarron Hospice. He was a star in the recent "Seven Songs for a Long Life", a touching, musical and humorous film about the lives

of patients and staff at Strathcarron.

It was shown in hospices throughout the UK, went on national and international release, and was aired on BBC2.

For the last 12 years of his earlier career in the jewellery business, Jim was on-board jeweller on the iconic QE2 luxury liner.

He added, *"I can assure customers our jewellery won't be quite as expensive as the pieces I sold to passengers!"*

Martin, an IT manager, is responsible for the well-researched display notices on items in the shop. With lithographic printing and weaving as just some of his hobbies, expect to encounter some of his work in mid-C-mod in the future.

Jim Brown



Upcoming events >> The Marches, Jousting and Gala Days may be over, but there's plenty more in store on Linlithgow's summer calendar! **Every Wednesday (7:30pm) from 11th July until 8th August sees the iconic Linlithgow Palace filled with revellers dancing to "Scotch Hop" ... we barely need mention the huge Party at the Palace (Saturday 11th and Sunday 12th August – don't forget to visit some of our member businesses in the "chillout zone")! ... we'll be sending along our resident videographer to capture a celluloid keepsake of the Canal Centre's biggest event of the year: the Canal Fun Day... not to be missed by any Linlithgow family or anyone, who loves some fun in the sun! Classic Car Day (Saturday 25th August) sees over 100 veterans and vintages roar in to town – an event sure to get the piston heads salivating!**

MILL ROAD BID

Dear Readers, Over recent months at Mill Road BID, we've been considering change and what that means for business.

If a business doesn't change and adapt for its target market, it inevitably fails. Business Improvement Districts are no different. When we commissioned the midterm review last summer to understand the levy payer's views, it was with the intention of changing how we work for the better.

We're pleased to say that we have now listened to the feedback we were given and have setup premises in the estate at Pinnacle House, where we've made great use of the space for going out to visit businesses to hear your views on how we can improve the BID area and address issues that you face as businesses.

We're also exploring our options for term 2 of the BID in Linlithgow or BID 2.0 and we're keen to get the levy payers views on this matter, so please get in touch to discuss this key topic by emailing us on the details below. As always, we welcome and value your input.

Till next time; Yours truly,
Nicholas

We've Moved! We're delighted to confirm that the Mill Road BID office has now re-located to **Suites 19-20 on the 1st Floor of Pinnacle House**, which means businesses no longer need to leave the estate to visit it us. Additionally if you'd like Bridgette to come and visit you, just let her know by emailing on bridgette.kleinman@linlithgowmillroadBID.com

or calling **07738 107155**, and she'll arrange a mutually convenient time to do so. Don't be a stranger, we'd love to see you!

CCTV The recently installed additional cameras in e-net park have been undergoing a period of testing and monitoring, and we're pleased to say they are fully up and running and functioning well!

If you experience a security issue on the estate, it may have been recorded on our CCTV system, so remember when you report the incident to the police to advise them that we have CCTV recordings that may be of assistance to them.

First Aid Training We mentioned in a previous edition that we were arranging for an Emergency First Aid at Work Training course to be provided to interested businesses on the estate, and we're pleased to advise this has now been arranged for Wednesday 8th August.

The training is proving to be popular, but if you're a business on the estate and would like to attend (or send one of your team), we still have a couple of available spaces, just email Bridgette on bridgette.kleinman@linlithgowmillroadBID.com or call her on **07738 107155** and she'll be on touch.

Mill Road Business – Open Day
Develop Training (One of Mill Road estate businesses) are hosting an **Open Day on 25th July**. More information about the event can be found on the following link: <http://resources.developtraining.co.uk/energy-open-day-july-2018>

You can read all about it on our Facebook page [@linlithgowmillroadbid](https://www.facebook.com/linlithgowmillroadbid) as well as our web site www.linlithgowmillroadbid.com just check out the News page.

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

We look forward to hearing from you.

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The Survival of the fittest.

Elaina from Verbena@The Dollhouse,
The Vennel, Linlithgow.

Everyone has heard of the life quote “It’s the survival of the fittest”, so why do so many of us run ourselves into the ground?

Our current jobs, our family, our children, our partners, our homes, our career paths, our parenting skills, media expectations, our expectations, the list is never ending due to the issues we apply to ourselves. Yes, you read right. We have allowed ourselves to be placed on the back burner because we have put everyone before ourselves.

It was Maya Angelou, an American poet and civil rights activist who once said “Nothing will work, unless you do.” And she is completely correct. How can we make sure that our lives are going in the right direction when our mind and body are not in the right place to begin with?

Simple, we learn to treasure ourselves. We start taking better care of ourselves. We are worth it, and we will not feel guilty about putting ourselves first for once. Below are a list of seven little things and life choices that we can all do to allow us to appreciate our lives and the wonderful things in it.

1. Eat foods that nourish your body.

We only get one body to nourish it with goodness, but don’t feel guilty about that one chocolate bar or glass of wine. Life is about balance. One takeaway isn’t going to make you fat, just as one salad won’t make you thin. Enjoy what you eat and take time to actually taste your food and savour each flavour.

2. Drink plenty of water. Our bodies are made up of 80% water and we use roughly 2 pints of it just by our normal daily living. So make sure you replenish it. If you are a caffeine fan then the easiest way to keep your hydration levels up and still enjoy your tea and coffee is to drink a glass of water whilst the kettle is boiling. Small changes make great outcomes.

3. Get enough sleep. Easier said than done at some points I know. But here are a few tips to help you sleep; do not drink any caffeinated drinks two hours before bedtime, turn off all electronic devices 30 mins before bed (that includes your smart phone) the UV light from these keep the cortisol (wake up hormone) levels high and inhibit our melatonin (sleep hormone) from activating making it harder to fall asleep.

4. Exercise regularly. It can be something as simple as going for a walk or a session in the gym. Doing regular amounts of exercise keeps our joints mobile, it lowers blood pressure and reduces depression and helps us to clear our minds as well as moving oxygen and nutrients all around our bodies.

5. Make time and space for fun. Too many of us live at such a fast pace that we forget that life is for living. Kids and people don’t remember fancy expensive items, they remember the good times; the day we built sandcastles, the space hopper race in the garden, the family scrabble and card games. Remember that when we are older and our mobility is shot it’s our memories that carry us through. Make time for them, it’s worth it.

6. Stay focused on your visions and intentions. If you have a goal in mind stick with it, keep positive and don’t let anyone tear you down. J K Rowling was rejected by countless publishing houses over her Harry Potter book but look at where her sheer determination has got her. If you can dream it go for it.

7. Make some space in your diary for pure unadulterated “ME” time. Being the best you can be comes from within. And if you aren’t allowing yourself some well-deserved vacation time you are doing yourself a disservice. Once a month do something that is just for you. Go see a movie or a show, get your nails done, have a spray tan,

get your hair done, have a massage, catch up with friends. Do something that just makes you happy.

We are all shining diamonds, we just need to be remembered that we are worth it, we are needed and without us the world just wouldn’t shine as brightly. Enjoy being you as “No-one is youer than you.” Dr.Seuss.

Elaina
Verbena@The Dollhouse,



LINLITHGOW'S HISTORY EARNS A NEW LOOK



At the heart of Linlithgow lies an expansive history. From the ancient palace, prevalent and proud no matter where you stand, to the Doocot nestled between the canal and loch, embracing the beautiful town.

Annet House was a museum dedicated to enlightening visitors on the veritable history of Linlithgow. Adorning the high street, a staple of Linlithgow's culture, it is as renowned as the history within. **The museum, however, will no longer occupy the Annet House building, but will move to the old County Buildings, now the Tam Dalyell Partnership Centre, and re-open in 2019. Established since 1990, the museum closed last year in anticipation of the move to a new high profile location at The Cross in the heart of the Town.** Annet House was a great museum. While some mourn its loss, with its aged building and serene garden, Tam Dalyell House provides an enhanced flexibility suitable for fulfilling the goals of the project. The move, initiated by **Linlithgow Heritage Trust**, received funding from groups such as LEADER and Heritage Lottery Trust. Both aim to inspire pride in our heritage and a sense of community. To this end, over £700,000 (including in-kind costs) has been raised through various heritage organisations. This generous donation will be used for both physical work (moving objects, assembling the museum) and promotion to inspire volunteers and embolden the museum's presence. The museum will feature an upgraded appearance, some new displays and an overall modernised design. All while boasting new and rejuvenated audio-history provided through volunteer interviews.

Stuart Kennedy, a community co-ordinator for the project, is responsible for developing volunteering within the museum. Mr Kennedy states that volunteers can join to perform any role, with the aim - by 2020 - to create a self-sufficient museum run by passionate volunteers. Overall, the museum aspires to be a focus for the community; a vital aspect of Linlithgow's culture through involvement and support. The museum will cover an array of eras from ancient fossils, through aged phials to 1900's memorabilia.

One goal is to commit to reminiscence work. This will involve interviewing members of Linlithgow's bustling community to elaborate on Linlithgow's opulent past. The Tam Dalyell Centre provides accessibility unavailable at Annet House such as an elevator and a modernised facility. As the world changes, it is crucial that we record the past; accomplishing this does not have to remain as dated as our history. This change has provided an opportunity to revitalise the museum with modern methods.

When asked about the project's aims, Mr Kennedy said, **"We want to be a central part of the Linlithgow community"** - thus, the museum moves towards the Cross, the crux of the town. While certainly a prominent location, the Partnership Centre plans to further engage the community by providing a community space available to all. Through this reinvigoration of the museum and the reflections upon the town, the project will become a critical aspect of Linlithgow's heritage.

Currently, the first group of volunteers have begun the interviews. Not only is

training provided for volunteers, but the chance to engage with the past and unravel Linlithgow's heritage is readily available. While daunting, the prospect of interviewing the elders of Linlithgow proves both challenging and enticing. The interviews concern any who wish to involve themselves and share their memories (young or old), the main interest for the project being shops, pastimes and the ever popular Linlithgow Marches. Volunteers are eager to receive willing interviewees.

Mr Kennedy describes his time working in Linlithgow as "fascinating", especially after watching the Marches, which he described as showing a "strong community link" - beneficial for the new museum. Support for the project has ignited within the community and continues to spread.

Ultimately, memories shape our history. At some point, the weathered tomes and archaic artefacts will be our legacy, to also be discovered and analysed by future generations. Memories, however, exert the strongest sway over our past and provide a lens into our history; a viewing pane into our heritage.

.....
Should this interest you, the dedicated team at the Tam Dalyell Centre would be delighted to receive your recollections. The future is truly uncertain, but we can en sure that our heritage survives.

Neil McDonald

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COLOUR IN THE HIGH STREET – WHO'S BEEN TAKING ON THE CHALLENGE ?

As you walk or drive along the High Street or pass through the Regent Centre have you been noticing extra floral displays outside business premises or a colour theme going on in some of the windows? In addition to those already in the Vennel flower bed, you might also start to notice knitted and crocheted poppies as part of some of the window displays. These have been created by talented volunteers, including members of the knitting group associated with St Michael's Parish Church.

The 5 members of the small sub-group of Burgh Beautiful volunteers, promoting 'Colour in the High Street', have been really encouraged to see many business owners rising to the Challenge to make their premises even more attractive !

Here are just some of the floral displays we've spotted to date. We're also 'challenging' the businesses to 'post' a photo of their creation on Linlithgow's (or any other relevant/local) Facebook page, along with a quirky caption.

Judging day for Britain in Bloom is (B)looming ! – Thurs 9th August – when our town will be under the spotlight. The two judges will arrive the day before and stay overnight, ready for the tour next morning. From Clarendon base they will walk down Manse Road seeing significant features such as the Canal Basin, Learmonth Gardens and the railway station. Having passed the west end of the Regent

Centre they will then be driven along Blackness Road and anticlockwise along the length of Springfield Road before heading back to town. Once decanted at St Michael's Well, they will walk along most of the High Street where they will see, among other things, the efforts resulting from our Colour in the High Street challenge! The final part of the tour is a drive from Longcroft Hall clockwise round Braehead, the Maltings, to the Sports Centre then back to the Cross via South Mill Road and Falkirk Road. There's so much for them to see !

We're so grateful to our Challenge participants for getting into the spirit of this all-community effort.
THANK YOU !

Jean Aitken, volunteer,
Burgh Beautiful





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RAB GIBB'S CASTLE

The castle (and a close up) seen from the River Avon.

It is not easy to get to Rab Gibb's Castle, sometimes called Carriber Castle. Some years ago, while walking through the Avon Gorge, I photographed it from below – but you can't do that now as the walkway is closed due to "dangerous rocks".

Recent attempts to get to the site from the A706 were thwarted by marshes, swollen streams and aggressive sheep protecting their offspring. It's a shame the building is not easier to access as, although there isn't much left of this once proud mansion house, the ruins reflect a fascinating story – one that has inspired many writers over the centuries.



*"This was the castle o' Rab Gibb,
that subject aye sae true,*

*Wha, when strife was brewin',
'vouched to James what he could do;*

*When nobles were conspiring plots
the king to overthrow,*

*Rab reigned as gracious majesty
some twenty hours or so."*

So wrote Robert Fleming, 19th century Linlithgow poet and Editor of the Linlithgowshire Gazette. He is referring to a character about whom much has been written – most of it incorrect!

According to Sir Walter Scott in his "Provincial Antiquities", published in 1826, Rab Gibb was Court Fool to King James VI. The truth is that Rab Gibb was no Jester and, in fact, actually served King James V as his Master of the Royal Stables.

Rab or Robert Gibb was born in Linlithgow around 1490 and received his education at the Grammar School that stood behind the Town Tolbooth. His father served King James IV as his Stirrup Man, supervising the royal stables in Linlithgow and in Edinburgh where they were situated in the area still called Kings Stables Road. Consequently, the young Robert was brought up surrounded

by all things equestrian. His father rode to war with King James IV and fought at the Battle of Flodden where he was seriously wounded, probably losing an arm. As a man in his fifties, he never really recovered and died shortly afterwards.

His son Robert first came to the attention of King James V when he assisted in helping his monarch escape from the clutches of the Douglas family who were keeping the king a virtual hostage, having fought off an attempt to release him at the Battle of Linlithgow Bridge.

Two years later, in 1528, the sixteen-year-old monarch eventually managed to get away – the horse on which he galloped from his captivity in Falkland Palace being supplied by Robert Gibb – by then an expert horseman. As a reward, and in tribute to the father's service to James IV, King James appointed Robert to the position of Master of his Stables and Master of the Royal Buckhounds.



*A 1611 woodcut
showing King
James VI
hunting with
his buckhounds
which
were small
deerhounds.*

Rab Gibb took charge of the running of the monarch's equestrian and hunting needs and many entries in the Treasurer's Accounts of the time make reference to his management of the king's stables:

*"1529: delivered to Robert Gibb:
4 mullen (unjointed) bits, price
4 shillings;*

*2 saddles covered with reindeer skin,
price 4 pounds;*

*15 pairs of spurs at sixteen pence
each; eleven dog collars, price
3 shillings."*

Robert Gibb served the king well and accompanied him, in his role of horse-master, on many expeditions around Scotland. He also accompanied the king to France when the monarch

went to collect his first wife, Madeleine of Valois. After her death after just a year of marriage, Gibb was again sent to France to take care of the horses of the many nobles who went to attend the marriage by proxy of King James and Mary of Guise.



A 16th century portrait of King James V and Mary of Guise

There is also evidence of 'Master Gibb' attending on the king when he travelled incognito around his realm, dressed as a commoner - acts which saw the monarch being entitled 'The Gudeman o' Ballengeich'. We know he was with the king in Stirling in 1539 when the monarch distributed Maundy Loaves to twenty-seven poor people – one for every year of the king's age. In that same year, Gibb was also in Edinburgh supervising the king's steeds at the burning of four "heretics". Gibb would also be present at the royal tournaments which featured many displays of horsemanship and knightly chivalry in which Rab himself participated.



*A scene from a Historic Scotland
jousting tournament held on the Peel.*

Gibb's knowledge of horse-breeding was often called upon by the king who,

in an effort to improve the pedigree of his steeds, imported horses from England, Ireland, France, Sweden and Norway. Gibb was also asked for his opinions on the animals kept at the king's menagerie in Falkland, including different breeds of dog as well as monkeys, parrots and peacocks.

Rab Gibb became one of the king's closest servants and confidants – honoured by being given permission to marry a woman of high rank, Elizabeth Shaw, a one-time mistress of the king himself. She had borne King James V a son who later became James, Abbot of Kelso and Melrose

The most famous story told of Rab Gibb is the one recorded by Sir Walter Scott. With a similar beard, the Master of the Stables bore a resemblance to the king and James thought to use this to his advantage. He persuaded Rab to take his place upon the royal throne in Linlithgow Palace to listen to the pleas and requests of the many petitioners who were to appear before him. After listening to countless appeals and personal desires, Rab allegedly jumped to his feet and exclaimed:

“Get ye hence, ye covetous selfish loons and bring to me my own dear and trusty servant, Rob Gibb, that I may honour the only one of my Court who serves me for stark love and kindness.”

The story is undoubtedly apocryphal but its sentiment is correct – that Rab Gibb was the king's most loyal supporter who only wished to serve his master out of pure loyalty and love. The story however was widely believed and gave rise to the phrase ‘Rab Gibb's contract’ – meaning a relationship which embraces mutual respect – and not a desire for greedy self-interest. Sir Walter Scott's story also gave rise to the notion that Rab Gibb was the King's Jester but Scott misinterpreted the relationship between the two men. Gibb was no fool – he was a trusted confidant and intimate companion. King James V did have Court Fools – but Gibb was not one of them.

As a reward for his loyal service, the king's “familiar servant and servitor” was granted several estates with their accompanying rents and buildings. In West Lothian he was granted the lands of Ogilface, Woodcockdale and Kingscavil, in addition to the estate of Grougfoot which was taken from James Hamilton who had been accused of heresy. (He was the brother of Patrick Hamilton – Scotland's first Protestant martyr who was burned at the stake in St. Andrews.) In 1539 Rab was granted the lands of Carriber.

To Robert Gibb, under the Great Seal of the King, the lands of Carriber, Linlithgow, in which he is constituted the Hereditary Lord of the Barony, with the gardens and orchards of the same,

and with the whole bank from the west side of the rock downwards, bounded by the River Avon.

At Linlithgow, 15th January of the year of our Lord 1539.”

A translation from the Latin of the charter granting Carriber to Robert Gibb.

On his new land, Rab built a substantial mansion and installed his wife in the new home along with a growing family of sons and daughters. Rab spent as much time as he could with them, riding up from Linlithgow to his dwelling above Carriber Glen whenever his royal duties permitted.

In October and November 1542, Rab was particularly busy – readying the king's horses for war. Eventually, every able bodied male in the land, aged from sixteen to sixty, was ordered to appear, fully armed, on the Borough Muir in Edinburgh. Gibb duly attended and rode with the army into England in support of France and in protest against the Protestant Reformation of King Henry VIII. It was a disaster. The disunited Scottish army was routed at the Battle of Solway Moss and King James returned to Falkland Palace where he died shortly afterwards, leaving his one-week-old daughter, born in Linlithgow Palace, as Mary, Queen of Scots.

The death of the king ended Rab Gibb's connections with royalty. He retired to Carriber where he died in 1558. Records make reference to his burial in Linlithgow's St. Michael's graveyard where his wife joined him after just one year. There is no existing memorial in the kirkyard. The only physical remains of this fascinating Linlithgow-born man are the remains of his house.

After Rab's death, the property was lived in by his successors – and then, in the early 18th century, by an eminent surgeon called James Hay. In Sir Robert Sibbald's “History of the Sheriffdom of Linlithgow”, (1710) the building is described as “a pleasant dwelling upon a height, environed with Planting, and a large Enclosure. Near to the house there is a Cataract over a high Rock, perpendicular, for the height of two or three Spears length; there are many fine Plants in the Bank, and in the Haugh (valley) at the bottom of it there is a Vitriolick (Medicinal) Well.”

In the 19th century, the estate was bought by William Blair of Avontoun. A description of the manor house made in 1855 describes it as *“...much dilapidated. It is square in form but the walls now are just six or seven feet high without openings except a door in the west wall.”*



A drawing of Rab Gibb's Castle made by Alexander Archer in 1837.



An early 20th century postcard showing a visitor to the castle.

A visitor to the site in 1925 recorded that *“The only feature is a chamfered doorway in the West wall. South of the courtyard there has been an oblong range, probably stabling or byres. The remaining walls are 2½ inches thick, built of rubble. The ruin appears to have been deliberately cast down and there are traces of recent digging within the courtyard. Some stones have been used in other constructions in the vicinity. A large slab of stone in a prominent position over the supposed southern entrance, emblazoned with the royal arms of Scotland, was removed some years ago, and built into the southern gable of a farmstead of Carriber, on the eastern side of the road.”*

Ninety-three years on, there is even less to see but the area is still redolent with history and the haunting story of a man who loved his king out of nothing but “stark love and kindness.”



Rab Gibb's coat of arms depicting an armoured arm holding a spear and two spurs with attached leathers.

Bruce Jamieson

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Susan Ralston, Virtue Money

Virtue Money is a family run business with strong links to our local community so when the opportunity recently arose to lend our support to a local group of secondary school pupils we jumped at the chance.

The project in question is “Team Accelerace” all-female team from Linlithgow Academy who have entered into the F1 in schools competition. F1 in schools is a global initiative whose aim is to encourage young people, from all backgrounds, to progress in their science, technology, engineering and mathematics (STEM) education with the view of more young people going on to STEM-related careers.

The aptly named “Team Accelerace” represented Scotland at the UK Finals of the competition which were held at the Silverstone racetrack, the home of British motorsport, on 19th March 2018. They won 1st Place in the Development Class as well as the award for the fastest car. By winning, they qualified to represent the UK at the F1 In Schools World Finals which is due to be held in Singapore this September.

The team members include; Louise Paterson, Isla Petrie, Louise Murray, Molly Ganner, and Aoife Sutton.



Investing for your financial future is our main focus however to be able to be involved with the team and lend some support to help the girls realise their potential is incredibly satisfying.

We will be running a retirement seminar in the near future and if you would like to attend then please do contact me, Susan Ralston, either by telephone 0345 034 3424 or email susan@virtuemoney.com and I will be happy to add your name to the waiting list.

If you're not at the “thinking of retirement” stage and need some financial advice on protection plans, investments etc then, as a firm of Independent Financial Advisers, we can assist with this. The first consultation is free of charge and no obligation, it's basically just an informal chat over a cup of coffee to find out what your situation is and what we can do to help you.



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



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

*Source data taken from YouGov Plc

Stuart from the Westport Veterinary Clinic tells us about some of his regular customers. This month it is Luna the Border Collie

Hello
I'm Luna

Luna has been coming to Westport since she was first brought home to her family as a very young puppy. Her humans describe her as "a very sweet dog, playful and very cheeky with a huge personality!"

She really enjoys exploring the beaches in Aberdour and having a wee dip! When she's not swimming playing football is her favourite thing. Luna can control the ball with her feet and face!

Luna absolutely loves visiting Westport Veterinary Clinic and she shares a wonderfully warm and waggy tailed hello to all the team on every visit! Even when she doesn't have an appointment, when they are just walking past, she always wants to pop in for a visit!

The summer is a fantastic time to be a pet owner. If your dog, like Luna, likes a swim in the sea remember to have fresh water for them to drink to discourage them from drinking the sea water and provide shade after all their charging about on the beach.

To ensure your furry friends enjoy this time of year too here is some other advice on how to keep your pets cool;

- >> Walk dogs in the morning and evening to avoid the hottest part of the day
 - >> Never leave your pets in the car, even in the shade and with the windows open
 - >> Check pavements and sand aren't too hot for paws
 - >> Provide shade
 - >> Don't leave hutches in direct sunlight or in conservatories
 - >> Have plenty of clean water easily accessible throughout the day
- These are signs of heatstroke to look out for over the summer months**
- >> Excessive panting
 - >> Extreme salivation/drooling
 - >> Distress and collapse in cats and dogs
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>> Memberships now due as from 24th July; new members welcome.

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