



the **BLACK** *bitch*

Linlithgow's news by Linlithgow's people

LINLITHGOW COMMUNITY MAGAZINE ISSUE 69 OCT 2019



**Narrowboat Farm...
delivering fresh
farm produce P5**

**100%
LOCAL**



**WEST LOTHIAN
SAILING CLUB 4**



**ALLOTMENT
SOCIETY 9**



**NEW HOPETOUN
GARDENS 10**

PLUS

Burgh Beautiful, ONE Linlithgow, Linlithgow Academy, Linlithgow BID update, Festive Forest, Police Scotland Updates, Sangschule 25th Anniversary, Book Review...

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www.linlithgowcommunitymagazine.co.uk/publications

CONTENTS

- 4 West Lothian Sailing Club
A profile by Michael Campbell
- 5 Narrowboat Farm
Turns back History
- 6 Festive Forest
Tickets on sale for Beecraigs Xmas event
- 7 Linlithgow Academy
News and views from the Prefects
- 8 Community project, Bannockburn House
- 9 Linlithgow & District Allotment Society
Its all in the planning!
- 10 New Hopetoun Gardens
All things Green
- 11 Linlithgow Police
News and Information
- 12 Sangschule
25th Anniversary
- 14 Lucy Purbrick
Wildlife in Autumn
- 16 Linlithgow BID
The Vote is in
- 18 Burgh Beautiful
Planting trees across Linlithgow
- 20 The Old Post Office
Bruce Jamieson explores
- 21 Simply Play
After School Childcare
- 23 Screwfix, a new business arrives in Town
- 24 Paul Rolfe, reviews the property market
- 26 World Polio Day
Rotary Club profile
- 27 St Michael's Parish Church
Rev Dr Liam Fraser
- 28 Blue Eyes Sports Foundation

The Rotary Club of Linlithgow & Bo'ness
presents

The Glasgow Phoenix Choir



Autumn Concert

St Michael's Parish Church
Linlithgow

Sat 2nd Nov 2019 at 7.30 pm

Doors open 7.00pm

Tickets £10 each available from :-

Platform 3, 1 High St, Linlithgow

The Tile Studio, 18 High St, Linlithgow

www.wegotickets.com/event/483088



Organised by our International Committee in aid of International good causes



THE SECOND LINLITHGOW FIVER FEST! 5-12TH OCTOBER ALONG THE HIGH STREET.

Shops including Far From The Madding Crowd, Lilypond Crafts & Gifts, Fair Tradewinds, A Wee Mindin', Linlithgow Pottery and many more will all have offers for one week for just £5!

JEFF ZYNCSKI, THE RED LIGHT ZONE, WEDNESDAY 30TH OCTOBER, 7PM, THE LINLITHGOW CANAL TEAROOMS.

Highly enjoyable memoir is full of anecdotes from a BBC career.



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www.linlithgow.com/pride_passion.htm

WHAT'S ON - OCTOBER

Oct

Upto 13 Alice Boyle - Coming alive exhibition. Edinburgh-based artist, Linlithgow Burgh Halls. Till October 13*

Upto 14 365: Stories and Music, 10am - 4pm, Linlithgow Palace

Fri 11 Charity Wine Tasting, Linlithgow Grange Rotary, St Margaret Hall, 7.30pm

Fri 11-12 Plays and Wine, The Linlithgow Players, 7:30 - 9:30pm Linlithgow Primary School

Sat 12 Hallowe'en themed pottery painting sessions, 2:30 - 3:30pm

Mon 14 October holidays at Beecraigs, Art and craft activities within half day sessions, Beecraigs Country Park*

Mon 14-19 Betty Blue Eyes, LAMP, 7:30 - 10pm, Linlithgow Academy*

Thu 17 Adult learning difficulties group, 7pm - 8pm, St Michael's, Cross House

Fri 18 Native North America exhibition, 9-5pm, Linlithgow Burgh Halls

Sat 19 Spooktacular, children aged 6 months (or sitting unaided) to 5 years. 1pm - 2pm, Chalmers Hall

Sat 19 Pick your own pumpkin, 10am - 4pm, Narrowboat Farm

Sat 19,20,26,27 Halloween pumpkin cruises. 30 mins spooky cruise, 10am - 10:30am. Go to Mylinlithgow for details.

Mon 21 Linlithgow Film Society, The First Man, Linlithgow Academy, 7.30pm

Scotland from the Sky, breath-taking aerial photography, 10am - 4pm, Blackness Castle. Till Jan 2020*

RAMBLERS CALENDAR

Check out scheduled events: <https://linlithgowramblers.org.uk> for details on types of walk, duration and your meeting point.



WANT TO WRITE / BLOG FOR THE BLACK BITCH MAGAZINE?

The magazine is **looking for young people to help establish a regular presence on its website, Facebook and Twitter accounts.** Contact me in via social media, tel or email **Alice Ferguson MSYP**

Twitter - @aliceMSYP
Instagram - @alicemsyf
Facebook - @aliceSYP



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 6th NOV 2019.

Linlithgow Film Society

CINEMA IN THE COMMUNITY

JOIN US FOR OUR 47th SEASON

SEASON : 2019 - 2020
LINLITHGOW ACADEMY THEATRE: 7.30pm

**** New Members Welcome ****

Guest Tickets / Concessions
FOR INFORMATION CONTACT

Anton Shelton: 01506 670436 or come on the Night!
www.linlithgowfilmsociety.org.uk

2019	07 OCT	Return of the Hero
	21 OCT	The First Man
	04 NOV	Wild Rose
	11 NOV	Long Shot
2020	18 NOV	The Keeper
	09 DEC	Bohemian Rhapsody
	27 JAN	BlacKkKlansman
	03 FEB	Fisherman's Friends
	17 FEB	Outlaw King
	24 FEB	Up For Love
	02 MAR	Widows
	16 MAR	Stan & Ollie

charity WINE-TASTING

11th October 2019
7.30 pm
Saint Margaret Hall
Linlithgow EH49 7JA

£10 PER PERSON
DRIVER'S TICKETS AVAILABLE £6

SAMPLE 20 OR MORE WINES & GERMAN BEERS
DISCOUNT ON ORDERS

Rotary Club of Linlithgow Grange

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.



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

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

WEDDINGS • EVENTS • PORTRAITS

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WEST LOTHIAN SAILING CLUB



michael campbell

I'm Michael and I have been sailing for two years, since I was 13.

I used to look at the boats down at Linlithgow Loch and think, "I would like to sail one of those."

Now, I sail with West Lothian Sailing Club and so on Sunday afternoons I go down to the Low Port Centre to get together with other kids and adults who enjoy sailing.

The loch is a safe place to sail. There are no tides, it's not too deep, and you are never too far from shore. But while it's a beautiful location the winds vary enough to make it challenging, and if you go too close to the picturesque islands that adorn the tranquil surface of the loch you could run aground. There is always a safety boat on hand captained by a responsible, Powerboat Licence wielding adult to get you back on your way if you have a problem.

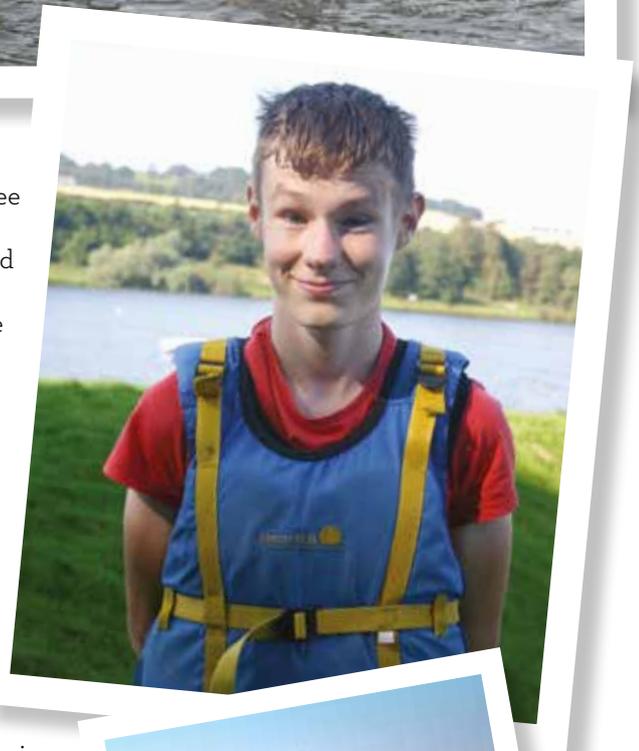
The Club uses three types of boat. **The Topaz, Bahia and the Sport 16**, and some members have their own. The Topaz is a small, one or two person craft with one sail. It's the easiest to rig and is simple and good

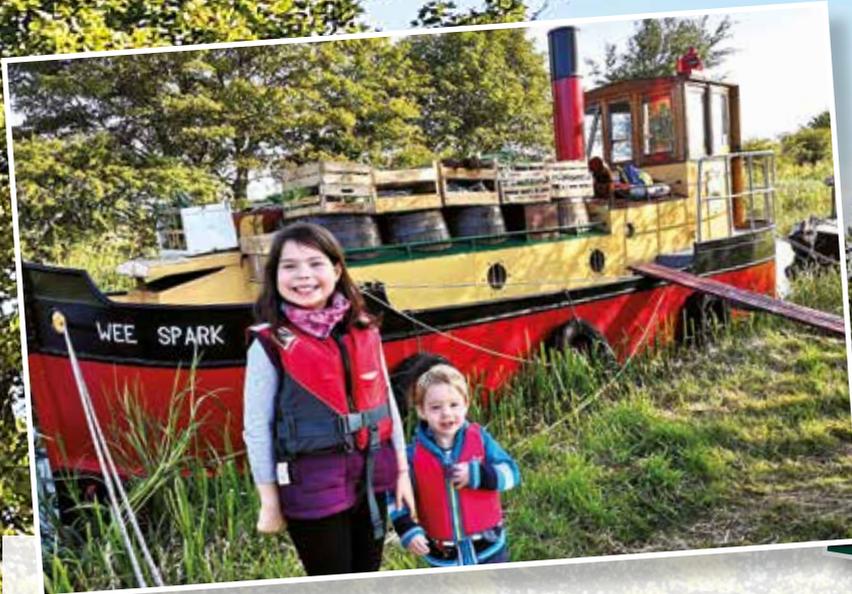
fun to sail. The Bahia is larger and takes two or three crew. It has two sails so is more complicated to rig and sail but it is fast. The Sport 16 has 3 sails, slightly more open and is fastest.

I enjoy both sailing single-handed or with another kid. The feeling of control when helming (that's steering) is really satisfying, especially if you've read the wind well and the boat flies across the waves. I also like the technical aspects of performing manoeuvres such as tacking, gybing, running or reaching especially when racing adults (and occasionally beating them).

We sail every Sunday from March to November. You can come down on the first Sunday of the month at 12:30 to give it a go. Just bring a towel as all the other kit you need is provided.

Michael Campbell





NARROWBOAT FARM SEEKS TO LINK THE COMMUNITY WITH THE CANAL BY BRINGING A LITTLE BIT OF HISTORY ALIVE

IAIN WITHERS

Saturday 7th September saw the return of freight on the Union Canal thanks to a unique farm-to-market vegetable delivery. Narrowboat Farm, which sits 2 miles east of Linlithgow on the banks of the canal, was the source of this delivery of fresh farm produce. All the vegetables were grown at this new market garden over the course of the summer, using natural methods as they would have been in the 19th century when the canals were used to transport produce.

The produce was transported into Linlithgow on the one-third replica Clyde Puffer called 'Wee Spark', named after 'Vital Spark' which is the ship in the infamous tales of Para Handy. 'Wee Spark' was skippered by her builder Jimmy Macfarlane (80) and crewed by a local family too. Lauren Riddle and her family also helped grow some of the vegetables aboard the boat. They are members of Narrowboat Farm and joined in 'farm club' during the Summer holidays whereby local kids volunteered at Narrowboat Farm and made their own mini farm. Over the course of a couple of months her children, Carys aged 9 and Calum aged 18 months, joined other local kids and grew the vegetables from seed right through to harvesting the day before the veg boat set sail.

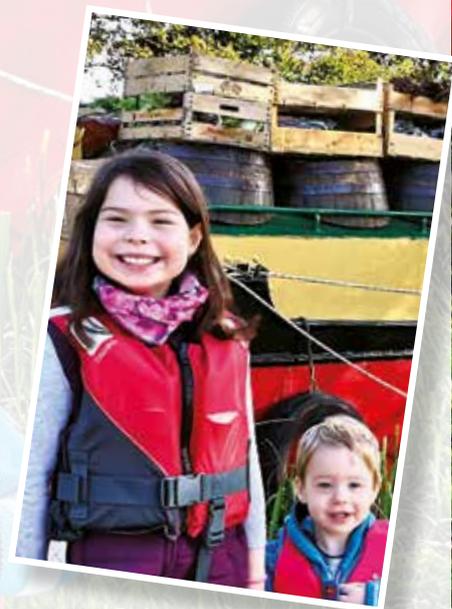
Lauren said: *"We had fun during the Summer at farm club, where our kids Carys (9) and Calum (1) had the opportunity to grow and harvest their own vegetables. As a part of the club we were given a wonderful opportunity to hop on board the canal cruise on the Wee Spark for its journey to Linlithgow where the kids loved to see all the produce they played a part in growing, being sold. The weather was kind and Iain and Jimmy were even kinder; we had a brilliant time and feel very fortunate to have been part of this unique experience."*

Bringing the beautiful veg boat into Linlithgow brought lots of locals out to the canal basin to queue up and buy the freshly harvested veggies. Once berthed by the skillful volunteers of Linlithgow Union Canal Society, the produce was unloaded onto the quay using Wee Spark's crane. The canal centre was a buzz and hundreds of vegetables were sold with the stall selling out by mid-afternoon.

Narrowboat Farm is the brainchild of Iain Withers, who said: *"We want to make Narrowboat Farm part of the local community. Linlithgow is already lucky enough to have Grow Wild at Bonnytown Farm growing and selling organic produce. We want to build on this by allowing more people to enjoy the benefits of local food whilst bringing a vibrancy to the canal. By bringing people to the farm by canal, and bringing the farm to people by the canal, we want to make something a little bit special for locals to enjoy."*

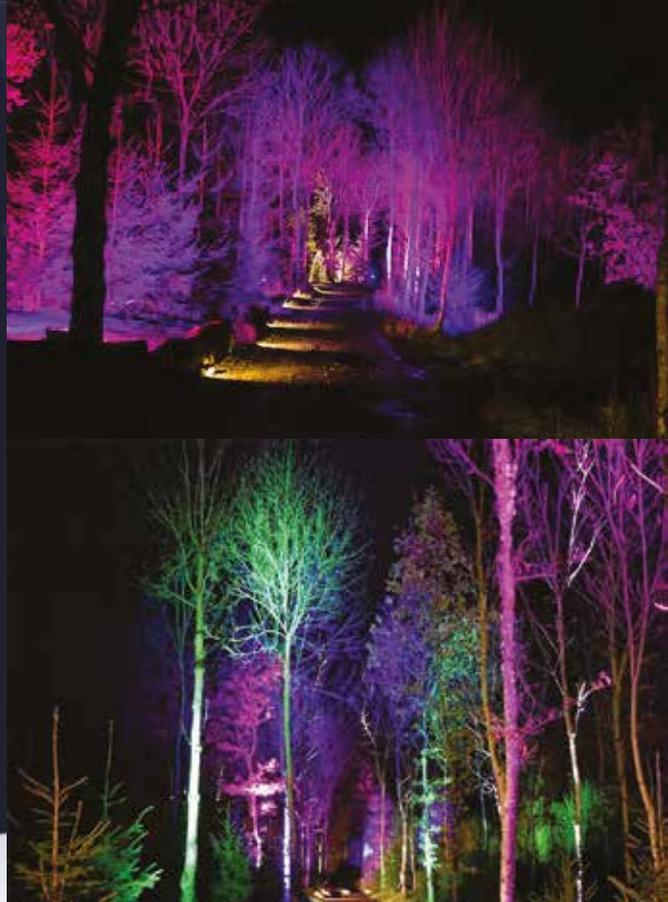
Next up for Narrowboat Farm and it's community engagement is Pumpkin picking for Halloween. A huge success when it was run for the first time last year, once again the canal will be used to transport people and produce from Linlithgow to the farm and back.

The spooky Pumpkin cruises are run by LUCS and tickets have almost sold out already. As well as these storytelling cruises, locals are invited to come to Narrowboat Farm by foot, bike, canoe or car to pick Pumpkins over the two weekends before Halloween. There will also be boat trips available on site during Pumpkin picking for those not lucky enough to bag a ticket for the LUCS cruises.



FESTIVE FOREST

BEECRAIGS
COUNTRY PARK



A MAGICAL NEW CHRISTMAS FAMILY EXPERIENCE ARRIVES IN CENTRAL SCOTLAND. FROM THE 5TH UNTIL THE 24TH OF DECEMBER..

A spectacular, atmospheric and magical family festive experience set in Beecraigs Country Park near Linlithgow, ideally located for the whole of Central Scotland.

THE ILLUMINATION TRAIL...

Follow a stunning 1.5km trail through the forest where you will be dazzled with breathtaking festive illuminations, special effects and sounds brought to you by one of the country's most respected, innovative lighting design specialists. Along the way, seated areas with warming stations and refreshments will be provided for your comfort.

SANTA'S GROTTO & STORYTELLING EXPERIENCE...

Enjoy the magic of Christmas in Santa's Grotto! Set to become a seasonal tradition for families, children can post their letters to the North Pole in our special post box and meet the man himself with his Elves.

They will love Santa's enchanted group storytelling experience, all in the setting of the transformed Visitors' Centre.

All the children will receive a small gift, creating special memories for years to come!

OTHER ATTRACTIONS...

Christmas wouldn't be Christmas without surprise! There are many more attractions to enjoy but we don't want to give everything away! Think live music, choirs, carol singers, kids fun rides, face painting, a festive silent disco and much much more!

FESTIVE FAYRE...

A variety of delicious festive food and drink favourites will all be on offer, including mulled wine, cider, hot chocolate and toasted marshmallows.

FESTIVE FOREST TICKETS

Tickets only available to purchase online at:

www.beecraigsfestiveforest.com

If you are interested in group bookings, please contact us at;

info@rowenevents.com

Get in early as many dates and times already selling out fast!





PUPIL LEADERSHIP TEAM LINLITHGOW ACADEMY



A NEW TEAM OF PREFECTS HAS BEEN WELCOMED TO LINLITHGOW ACADEMY, ELECTED BY TEACHERS AND PEERS. WE THOUGHT THIS WOULD BE A GREAT OPPORTUNITY TO SPEAK TO A FEW OF THEM: TOM, JESSICA, MATHEW AND ALASTAIR.

> WHAT ADVICE WOULD YOU GIVE A FIRST YEAR STARTING L.A. THIS YEAR?

T. To embrace all the school opportunities and enjoy the new change of primary to secondary.

J. Don't get on the bad side of teachers. Respect your peers. Get involved in the school. Work hard and have fun.

A. Take all the opportunities you are given, don't shy away from asking things of people you may not be comfortable talking to.

M. Take advantage of all the amazing clubs and opportunities that run throughout the school year as it will help you to make new friends outside of your registration class.

> HOW DO YOU THINK L.A. AND THE WIDER COMMUNITY COULD BETTER WORK TOGETHER?

T. More opportunities for school students to engage with other members of the public whether it be through things like events etc.

A. The way that Burgh Beautiful did things was good, but maybe a more engaging idea like something to do with music as an example.

M. Increase the number of link days for local business to advertise their trade to a younger audience.

> DESCRIBE YOUR L.A. EXPERIENCE IN ONE WORD

T. Empowering

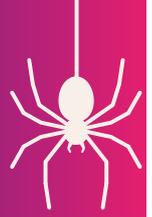
J. Challenging

A. Life-changing

M. Encouraging

LATEST LA. NEWS

The upcoming S1 Halloween Disco organised by the Buddy Team



The success of the Outdoor Education days for S1s

Pupil Council Elections,

Welcoming new S1, S3 and S5 pupils.

In addition, the annual Awards Ceremony for the school has celebrated the success and hard work of pupils academically and in extra-curricular activities.

Alice Ferguson
Head Girl



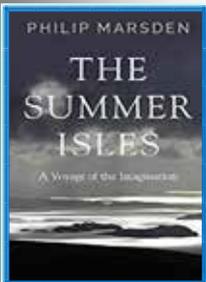
COMMUNITY

Far From the Madding Crowd presents

The Summer Isles

by

Philip Marsden



Sunday

20th October

2.00PM

St. Peter's Church

£5

Philip Marsden, author of *Rising Ground* and *The Crossing Place*, will be discussing his new work, *The Summer Isles* which charts his voyage from Cornwall to the remote Scottish islands. Full of myths, stories and brief encounters, this will be a voyage of the imagination not to miss.

FOR TICKETS & INFORMATION

www.maddingcrowdlinlithgow.com

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VERY EVERYDAY KIND OF HERO

It's somehow easier to take inspiration from the actions of 'ordinary' people than from celebrities or those who seem super-human. Whilst it can be easy to excuse ourselves from following the lead of those with enormous profile, money or influence, it feels more possible to follow in the footsteps of people who seem a bit more normal, a bit more like us. Perhaps that's why the image of schoolgirl Greta Thunberg, sitting on her lone protest outside the Swedish Parliament led - little over a year later - to some of the largest environmental protests of our generation.

But we needn't look so far from home for our everyday heroes. Continuing the theme I began in the last edition of this magazine, I've been looking around Linlithgow's immediate surroundings for ordinary people leading some pretty extraordinary projects to improve their community (*thanks, by the way, to those have been in touch with the Editor following my last piece, to explore setting up a 'Linlithgow Soup' event. Plans are afoot, do watch this space...*)

Ross Caldwell is Events Manager and Volunteer Coordinator at Bannockburn House, a grade A-listed historic house that is owned for and by the community. I asked Ross to share a little of the story behind the community takeover of the House, as well as some of the lessons and learning they've uncovered along the way.

How did the idea of a community buyout for Bannockburn House come about?

The house had been in private ownership for its entire history and was not open to the public. It came on the market in 2017, and after some negotiation with the previous owner Peter Drake, it was agreed that the community of Bannockburn would purchase the house. A team from the local community came to clean the house and prepare it for an open doors weekend, in the summer of 2017. Over 2000 local people came along on the weekend to view inside the house for the first time. A trust was then formed and the largest

community buyout was

completed in November 2017.

What were the biggest challenges you had to overcome?

The scale of what we are collectively undertaking is nothing short of enormous. There are unforeseen obstacles in almost every direction we explore. Things such as the limited car parking at the house, not having services - such as electric and water - when we took ownership. We now have a temporary electrical system in place, and are slowly getting there with jobs around the house and ground.

How has the community buyout affected the sense of ownership of the House?

The community buyout has really empowered us all at Bannockburn House, a real sense of pride and honor in all who are involved at the house. This sense of self-determination where everyone can get involved in shaping the direction of our future and have a real meaningful part to play in making that happen.

What's been your biggest moment of feeling success so far?

For me, it is all the little successes that all add up, things such as the events we hold, the tours to the public, the absolutely mindblowing amount of dedication from volunteers which is instrumental in being able to deliver everything that we can. People visiting the house usually comment that the passion from everyone involved is so clear to see.

What's the most important lesson you've learned?

There are so many assets available in terms of volunteer skill sets, local resources, national resources, local businesses, and charities. Being able to use as much of this as possible to your advantage is key. Creating good working relationships and partnerships is vital for so many aspects to a project like this.

These can add great value in terms of gaining expertise, networking, promotion and working together towards shared outcomes helps immensely.

What words of advice would you offer to a community group thinking of taking on a similar project?

Make sure there is an overall goal that everyone can envisage, something that everyone can get passionate about. Make sure you have a clear plan of where you are and where you want to get to. These kinds of projects take a very long and dedicated push by the community to make it happen; make sure that you have a good team in place with a diverse skill set to get through the initial phases of community ownership. Try and have a diverse range of volunteering opportunities created through your projects so that anyone with any skill set can help contribute to the project.

And finally, I would say have fun, enjoy it, feel empowered in the goal of an asset coming into community ownership. It is a lot of responsibility and can bring challenges, but always keep in sight the reason why you are there and what you are working towards.

Bannockburn House Trust leads guided tours and events:
<https://www.bannockburnhouse.scot>



Kathryn Welch



Linlithgow and District Allotment Society (LADAS)



> Dig in well-rotted manure or compost in your vegetable plot. An alternative to digging is to mulch your plot. To do this, lay the manure or compost on the surface of the soil for the worms to work it in.

> If you are going to dig in the manure or compost use about half to one bucket per square yard (metre).

> If you are going to mulch, then you need to make a layer of manure or compost that is about two to three inches deep.



> You could sow a green manure crop such as Winter Tares, Field Beans, Grazing Rye or an Overwinter Mix. These are available from garden centres.

> If you grow Runner Beans, then you could make a bean trench. To do this, dig a trench about a foot deep where the beans are going to be sown. Fill the trench with organic matter such as vegetable and fruit peelings, tea bags, plain paper, outside cabbage leaves, leafy weeds (no seed heads) and comfrey leaves if you have them. Keep it moist and once there is plenty of organic matter in the trench, cover it up with soil. You can do the same for other hungry crops such as Pumpkins, Squashes and Courgettes.

There are a few things to sow or plant in autumn.

> Plant out Spring Cabbage for overwintering. I find it best to give them some protection from frost and Woodpigeons using cloches or horticultural fleece.



> Plant overwintering varieties of Onion sets in mid-September.

> Sow Broad Bean "Aquadulce Claudia". They need to be covered if a hard frost is forecast.

> Plant Garlic cloves in early November. People tend to think that Garlic requires warm temperatures since it is used extensively in Mediterranean cooking but it is a native plant and is fully hardy.

Potato Day

Looking ahead to next year we are holding our annual Potato Day on Saturday 22nd February in the Masonic Hall, Linlithgow. The advantage of buying from us is that you can purchase a small number of seed potatoes, even just one or two, rather than a large bag. We will provide details of the varieties on sale nearer the time.

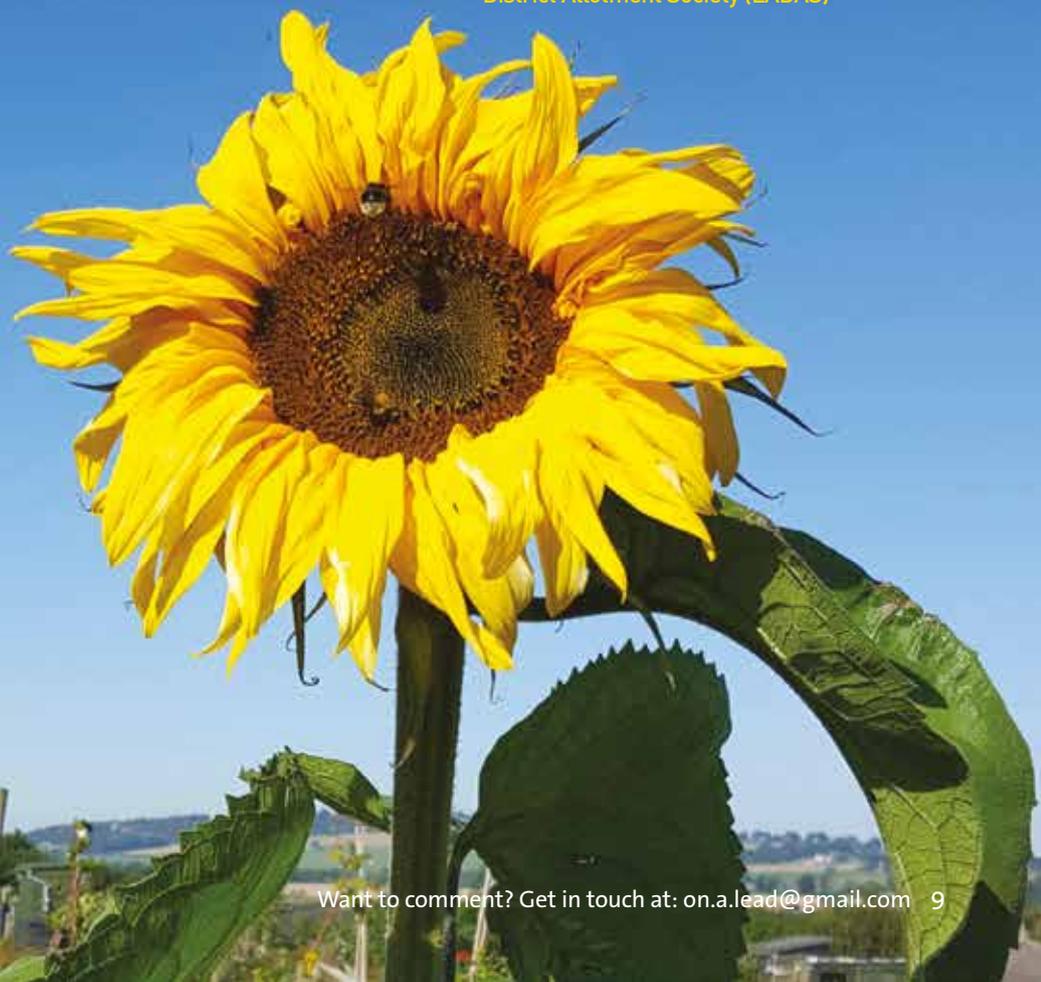


If you are interested in having a plot please contact us via our website on <https://linlithgowallotments.org.uk> and ask to be added to the waiting list.

Paul Taylor, Chair, Linlithgow and District Allotment Society (LADAS)

Oakwell allotments

We are now into autumn and things on the allotment have slowed down after the sowing and planting earlier in the year. As crops are harvested and your vegetable plot becomes empty, now is the time to start thinking about preparing the soil for next year. These are things that can be done over the coming autumn and winter months:



WE ARE GREEN BEHIND THE SCENE!

Lesley, Claire, Tim and Dougal spent three days at the big Horticultural Trade Show in the Birmingham NEC last month meeting with our suppliers, finding new products and discovering next year's trends. It is an exciting show and very hard work but the four of us came back fired up with all the products we had seen. The most notable trend was the reduction of single use plastic in both the products and especially the packaging.

Plastic is going to be an important material in the future but sustainable use of plastic is emerging. For instance one of our suppliers has introduced a really sturdy 24 cell insert for raising seeds and cuttings. This can be washed and reused for years compared with the cheap flimsy inserts that tend to fall to bits after one year.



You may have noticed that many of our plants are now in taupe coloured pots rather than black ones. The reason for this change is that the sensors in the recycling plants can't recognise the black pots so they go straight to landfill. Hopefully all councils will start kerbside collections of old plant pots once their recycling operations can process them. At present it costs us several thousand pounds a year collecting and transporting your old pots to a recycling plant that can turn them into plastic pellets to make new plastic products.



We were all very excited to come across a new soil improving material called Bloomin' Amazing. It is a by-product from a renewable energy plant which uses maize and wheat waste in an anaerobic digester to produce gas that is sent to the national gas grid. The resulting organic matter makes a great soil improver, mulch and also feeds your plants. We will be recommending it to you when you want to improve your soil before planting new shrubs and perennials. It is lovely to handle, as you can see Tim has his hands in it, and has a pleasing aroma.



Our main contribution to sustaining a healthy environment for all of us is the supply of plants, but we feel it is very important that everything we do in our business doesn't harm the environment and hopefully nurtures it. We can never resist emphasising the value of garden plants and houseplants for your own environment. As we disappear into our homes at this time of the year make sure you have plenty of indoor plants to clean the air you breathe and delight your soul!

Dougal Philip and Lesley Watson,
New Hopetoun Gardens

so much more
than just a
garden centre

www.newhopetoungardens.co.uk

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GARDENS

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COLLECTIONS OF GIFTS AND DECORATIONS
A GREAT PLACE TO MEET UP WITH FRIENDS!

POLICE LINLITHGOW POLICE NEWS

Constable Neil Hunter and Constable Andrew Murray are the two community officers based in Linlithgow Police station located within the newly refurbished **Tam Dalyell House at Linlithgow Partnership Centre, High Street, Linlithgow.**

We are keen to get involved in local community issues and want to hear your views and opinions. We will be publishing an article in the magazine every issue, covering on-going matters of concern to the community. There is also a public assistance desk at the station, which is open from 9am to 5pm Monday to Friday. **YOUR VIEWS AND OPINIONS MATTER.** To get in touch you can use the various contact points listed in the panel below. If we don't know then we can't fix it!!!

POLICE SURGERIES

To find details of future Linlithgow Community Police Surgeries, please log onto **West Lothian Police Facebook page, Linlithgow Facebook Page or Neighbourhood Watch Scotland** for future dates or alternatively check local press for details.

The public is 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 you at another time at a police station or your home address. Alternatively you can email the Constables at - **westlothiancommunityeast@scotland.pnn.police.uk**

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

LINLITHGOW PARENTS

There are continuing issues with groups of teenagers gathering at spots around the town and in some cases engaging in alcohol consumption, drug taking, setting fires, vandalising property, rowdy behaviour and littering. For their own safety, speak to your teenagers, know where they are going when out with friends in the evening and use the contact points in this article to report any concerns in your neighbourhood.

The police would encourage parents 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 bags/rucksacks.

HOUSEBREAKINGS IN LINLITHGOW



Linlithgow residents are urged to be vigilant following a series of break-ins in the Linlithgow area. Two incidents were reported on Saturday 21st September 2019 where entry had been forced to houses on Riccarton Road and Deanburn Road with items of jewellery stolen from within both properties. Similar incidents were also reported between 9 - 12 September 2019. Property must be secured against theft and ensure valuables are stored out of sight. Watch out for neighbours particularly if they are vulnerable or if you know they may be away from home. We want to ensure residents are aware and vigilant. Enquiries are ongoing and anyone who may have witnessed anything suspicious please let us know.



POLICE SCOTLAND
Keeping people safe
POILEAS ALBA



TO CONTACT THE POLICE...

101 101 is the new number to contact the police when it's less urgent than 999.

Alternatively you can email **westlothiancommunityeast@scotland.pnn.police.uk** or pop into the police station at the library (Partnership Centre) and ask to speak to our Community officers, PC's Murray and Hunter.

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

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. Police Scotland can send an alert to all users who may be effected or who may have an interest in the crime. Scheme is 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. <https://www.neighbourhoodwatchscotland.co.uk>



OFF ROAD BIKES AND QUADS

We are seeing a marked increase in the use of off-road bikes and quads in and around the area. We are reminding users again that all vehicles being ridden on the road must conform to use regulations and have:

- > **Registration plates on display**
- > **Insurance, > Valid MOT**
- > **Valid driver's licence**

Offenders will be charged. We often see people riding off road bikes or quads on public footpaths, playing fields, shale bings, canal tow path and other public areas. Apart from the obvious dangers this presents to pedestrians walking in these areas

THIS IS ALSO AN OFFENCE!!!!

Section 34 of the Road Traffic Act creates an offence for any person to drive a mechanically propelled vehicle anywhere other than a road without lawful authority or permission from the landowner.

IN SHORT, DON'T DO IT



LOCAL SINGING GROUP CELEBRATES 25 YEARS!

Sangschule (pronounced Sang-school) is celebrating its Silver Jubilee on Wednesday October 30th and everyone who has ever sung with Sangschule over the last 25 years is invited along to the party to celebrate. Anyone who's interested in finding out more about Sangschule is very welcome too. We will sing some great songs drawn from Sangschule's long history - and have lots of cake to celebrate. The tea break has always been an important part of a Sangschule evening!

Sangschule started in 1994 as an evening class, and from our first meeting we applied the same principles that we still use today: everyone can sing so we don't have auditions and we don't expect anyone to read music or remember the words without a song sheet - it's all about enjoying singing in an informal setting with other like-minded people.

Nowadays there are dozens of groups across Scotland that work on the same principles, but twenty-five years ago, Sangschule was one of only a handful of groups for people who wanted to learn and enjoy songs informally. Having become an independent group in 1998, we have done our best to spread the word about the joy and the benefits of singing ever since.

The current chair of Sangschule's committee is **Susan Streater**, the only

person among current members who was present at Sangschule's very first session. She believes that music and singing should be accessible to all. *'Singing, especially with others, can be an important factor in our mental and physical well-being.'*

We sing folk songs, both ancient and modern and, although many of our songs are Scottish in origin, our repertoire covers songs from around the world. The great thing about folk songs, wherever they come from and wherever they have travelled, is that they tell interesting stories. Susan recalls members commenting that they had learnt more about the history of Scotland and the lives of its people from singing than they ever learnt at school!

About half of our sessions are with guest tutors, most of whom return regularly. Many of our tutors are highly regarded performers as well as teachers; one of the delightful aspects of Scottish folk music is that most people involved in it, however famous, are happy to spend time teaching and passing on their passion for the songs. Sangschule also has members who lead sessions, bringing new songs or working on old favourites.

So how do we actually learn songs?

We have found that the best way is learning by ear - listening and repeating the song a line at a time. And if people are up for learning a harmony that's great - but we need a good core of tune singers too, so it's fortunate that not everyone

wants to sing harmonies.

Sangschule is not primarily a performance group but some of us like to demonstrate what we like doing in occasional charity concerts and folk-nights. We have run events for local groups where the emphasis is on community singing; and we enjoy going to events where several different song groups come together.

So what has Sangschule learnt over the past 25 years? We realise that people like to try things out; we have a number of members who have moved on after a while to other choirs or musical activities, seeking fresh challenges from pop to opera. We know that our approach is a great way to develop musical confidence - a number of our current and past members (some of whom had never sung in public) have moved on to be recognised as singers in their own right. And finally, we know that music brings people together. Why not come along to see how we do it?

Sangschule is always happy to welcome newcomers, including those who haven't sung since their schooldays. Many members aren't able to come every week, so please don't be put off if you wouldn't be able to come regularly.

We meet on Wednesdays in Linlithgow Academy staffroom from 7.30 to 9.30pm. Find out more about our Silver Jubilee celebrations and more about Sangschule, by visiting us on Facebook (Sangschule West Lothian) or at <http://www.angelfire.com/folk/sangschule/>, or by emailing sangschule@hotmail.com



25 YEARS



QUERN THE AULD ALLIANCE



**FRI
22
Nov**

**QUEEN MARGARET HALL
LINLITHGOW
FRIDAY 22ND NOVEMBER**

The story of the relationship between Scotland and France since the Signing

of the Treaty in 1295 told in narration, music and song. It is not confined to a military story but brings to light the multitude of links from art to trade, gardening to photography. This musical journey is both entertaining and

informative and, we hope, will make a useful contribution to our twinning movement in Scotland.

For over thirty-five years, eight-strong Quern have been giving concerts and performing their musical journeys on aspects of Scottish life for charities and non-commercial organisations on an expenses-only basis. In Scotland we have performed from the Black Isle to the Borders and, at the invitation mainly of Scottish inclined organisations, we have taken the stage in Australia, Canada, Russia & Kenya as well as many times throughout Europe.

Quern has given a well-received presentation of "The Auld Alliance" at six venues in France stretching from Aubigny to Guyancourt via the Scots Kirk and Scots College in Paris.

**Doors open 7pm for 7.30pm
BYOB and nibbles.**

**Tickets available from
'Far from the Madding Crowd'
T. 01506 845509. £8.00**

BOOK REVIEW CHANCE DEVELOPMENTS ALEXANDER MCCALL-SMITH

"It is said that a picture may be worth a thousand words but an old photograph can inspire many more". This is the stimulus for Alexander McCall-Smith's collection of "unexpected love stories" which explore the most fundamental of human emotions. He explains in the author's note at the beginning of the collection that he was inspired many years ago to write a series of photographically-inspired, fictional stories. The photographic images are all black-and-white and capture anonymous subjects in a variety of poses and activities. They transcend social status and as McCall-Smith himself points out, he himself knows nothing of these people of the past and, by the age of the original prints, none of them would be alive today to contradict his version of their lives.

It is certainly an interesting and unique starting point for a short-story collection. The title of each story is a general, gentle teaser for the reader which sets the context for the tale contained within. The photographs themselves are included at the beginning of each story as a marker and point of interest: the book itself feels like a mixture of photo-album and third-person diary. Personally, I enjoyed looking at the photographs before I read each narrative and tried to imagine what story I would ascribe to the images - I am pleased to note that all of McCall-Smith's inventions far surpassed my own ruminations!

There are five short stories in the collection and together they encompass the theme of romantic love in its many forms. All the characters depicted are seeking love in one way or another - some more discretely than others.

As their histories and back-stories unfold the characters are identifiable and sincere. There is a charming, honest simplicity about their journey and individual quests for happiness. Inclusion of details about family life and those dearest to them adds a lovely additional dimension to the characters. In just a few short paragraphs, McCall-Smith manages to paint a full image in the mind of the reader of each person's life, motivations and personality.

Each story covers a diverse topic and the stories are set in a range of locations across the globe: we make the leap from an estate in the Highlands of Scotland, to an Australian gold-mining town, to a village in the heart of Ireland... and other places in-between.

In each story I was impressed by McCall-Smith's ability to search for the most minute detail in each photograph - even down to the centering and composition - and construct an entirely plausible scenario.

His instinctive and uncanny observational skills shine in

this collection as he repeatedly demonstrates the depth of his knowledge and empathy with a myriad of human emotions.

If you have had the pleasure of hearing McCall-Smith speak about his characters you will understand the quiet humour - quite often with tongue firmly in cheek - and deep affection in which he writes about all of his subjects and this collection is no different. It is a highly enjoyable, cosy read and one which will keep you thinking long after the last page has turned.

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





Enjoying Autumn

Lucy Purbrick

While I love summer,

the cooler weather and rich colours of autumn are a welcome change. Linlithgow transforms at this time of year with a whole new cast of characters in the form of plants, animals and fungi. With so much variety it can be hard to find the best way to enjoy it. But whether you're looking for adventure or a way to find some peace, autumn can be enjoyed by all.

Autumn walks are fantastic in their versatility - it can be a gentle stroll, something more strenuous (maybe even a bike ride or a run) or a chance for kids to run wild. Alternatively forest bathing, a form of mindfulness and meditation centring on nature, has been proven to have positive effects to the point where doctors in Japan prescribe it as a treatment for stress, anxiety and depression. Or take the chance to learn or be creative. You can try to identify trees by their leaves, fruit and bark. Let nature inspire you to draw, write or express yourself otherwise. To do any of these, first visit a wild place near Linlithgow - maybe Beecraigs, Muiravonside or the loch. Soak up the fiery colours, the constant activity of birds fattening up for winter and any other surprises you encounter. Just dress for the weather and enjoy.

One of those surprises may be, if it has recently been wet, fungi. Mushrooms and toadstools (or pudstools in Scots) are actually made up of a network of microscopic cells. With curious names such as sycamore tarspot, common puffball and shaggy inkcap they conjure up images of fairies and witches. But while some fungi are edible, please don't forage without a guide who knows what is and isn't safe to eat.

If you really want to try some seasonal fare ask local businesses which sell fresh produce for their recommendations. Or when foraging, stick to picking easily identifiable fresh fruit such as blackberries.

In the garden lots of little housekeeping jobs need done. This is the time to cut back hedges - the birds will have finished nesting. Keep providing food and water and tidy up as needed after the summer growth spurt - but leave little messy corners for creatures such as hedgehogs. Speaking of hedgehogs please keep an eye out for them when lighting bonfires, and if you find one that seems skinny, contact the SSPCA.

My all-time favourite autumn spectacle is the flights of large groups, or murmurations, of starlings. As dusk creeps into the sky thousands of birds create shapes that seem to breathe in the sky. Then a row lands on a rooftop. Each bird's plumage gleams iridescent, the pale speckles making its breast look like the night sky that will replace this orange glow in thirty minutes. A chill is in the air and that air itself carries a pleasant, musty smell from leaf mulch. Autumn has arrived.



LUCY PURBRICK BIO:

I am 17 years old and I'm in 6th year at Linlithgow Academy. I am passionate about wildlife, conservation and eco-living. I hope to study Zoology and to have a career in conservation so in the meantime, I do volunteer work with the RSPB, the Scottish Ornithologists' Club and storytime at 11am most Saturdays in Far From the Madding Crowd.



LINLITHGOW LIVES LAUNCH

AVAILABLE FROM SATURDAY, OCTOBER 26TH

A whole host of colourful characters people Bruce Jamieson's new book, "Linlithgow Lives" which is launched this month. Eagerly awaited, the fully illustrated volume covers many aspects of life in the Royal Burgh throughout the centuries.

Featured in its 35 full-colour articles are such personalities as:

Rab Gibb, close friend of King James V; Prioress Jean Livingston of Manuel; Patrick Hamilton, Protestant martyr; "local witch" Agnes Dallap; John Hope, Marquess of Linlithgow; Cromwellian Governor Rycok; Captain Robert Blair VC; Chicken Jock; Captain Sydney Coupar; Provost Adam Dawson; hangman William Calcraft; Matron Isa Wright; Katie Wearie; explorer Charles Wyville Thomson; Mrs Glen Gordon and Bonnie Prince Charlie, and a host of others, right up to the present day.

Linlithgow does indeed live through the pages of fascinating information.

Thanks to generous local sponsorship the book is priced at a keen £7.99 – a must have for locals and ex-pats alike.

The book will be launched on Saturday, October 26th at a signing session in "Far From The Madding Crowd" (11am – 2pm) and at an illustrated lecture that same evening in St Peter's Church at 7pm.

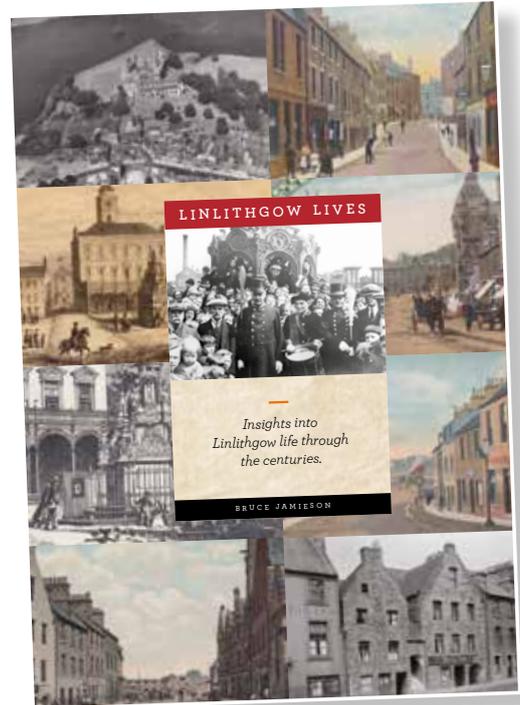
Thereafter copies of the book will be available in "Madding Crowd", the Linlithgow Museum and Linlithgow Post Office.

£7.99

BOOK
LAUNCH

SAT
26
Oct

HISTORY



WINTER MEMBERSHIP £135

6 months of unlimited golf (1st October to 31st March 2020)

Full access to clubhouse, catering facilities, practice area

£50 discount on full 2020 membership package

Terms and conditions apply

T: 01506 842585
W: www.linlithgowgolf.co.uk



WHAT'S ON AT THE ROSE...

>> **SAT 23 NOV**

Top band **Flipside** (Malcolm Dougal & Dougie Orr) plus **Chloe Foston** (Carpenters tribute)
Three Course Dinner 7.30-1am. £25pp

OPEN 7 DAYS

Full Session Bingo at 8pm on Tuesday, Thursday and Sunday evenings. Live entertainment every Saturday and Sunday evening.

DOMINO COMPETITIONS on Wednesday afternoons

FUNCTION HALL AVAILABLE FOR HIRE
Birthdays, Anniversaries and, for sadder days,
Funeral Teas.

**CONTACT: DAVID MCDUGALL ON T. 01506 843736
M. 07792 160745 FOR MORE INFORMATION.**

ONE LINLITHGOW

MAJORITY BY NUMBER
OF VOTES CAST:

65.9%

TURNOUT BY
HEADCOUNT:

35.8%

MAJORITY BY
RATEABLE VALUE:

60.4%

TURNOUT BY
RATEABLE VALUE:

38.6%

It's a decisive result and we're delighted with it, but until it's 100% in favour, we have work to do to instil trust in all member businesses. We look forward to working together with every business - whichever way its vote was cast.



WE DID IT!

Businesses of Linlithgow have voted positively to establish a new Business Improvement District (BID) called One Linlithgow, to keep our fantastic town prosperous, clean, safe and attractive for another five years! "We're excited about what the future holds for Linlithgow businesses" says Evelyn Noble, Chair of the One Linlithgow Steering Group "now that we'll be working together for the benefit of the whole town".

First of all, we at One Linlithgow would like to say an enormous "thank you!" to all businesses taking part in the ballot. However you voted, or if you decided not to vote at all, One Linlithgow exists to represent every business in town.

65.9% of votes were cast in favour of establishing One Linlithgow, representing **60.4%** of the total rateable value of the business premises, with respect to which a vote was cast.

35.8% of the electorate took part in the ballot, representing **38.6%** of the entire BID Area's rateable value.

SO, WHAT DOES THE SUCCESSFUL BALLOT MEAN?

Quite apart from Linlithgow becoming the first town in Scotland to join two BIDs together, while embracing the rest of the town's businesses and community groups too, One Linlithgow will deliver:

- >> Festive lighting, to illuminate Linlithgow in the winter months
- >> A new, improved Loyalty Lottery soon to be reinstated across the whole town
- >> Security kits (fake note kits and forensic anti-theft marking kits) for all businesses
- >> Visitor information centre
- >> Full-time direct business support from BID staff
- >> A reinstated Linlithgow Market
- >> Consistent promotion of our unique business offering

- >> Support to community groups, allowing their fantastic work to continue
- >> Improvement Grants
- >> CCTV at Mill Road and in the town centre
- >> Promote a circular Linlithgow economy
- >> Collaborate with community groups on the MyLinlithgow.com website
- >> Produce Linlithgow visitor guides.

As a member business, the more you engage with One Linlithgow, the more you will get out of it. We would strongly encourage everyone to get in touch, especially if you're new to BIDs in Linlithgow. You can reach us at onelithgow@mylinlithgow.com to start the conversation. We also recommend adding that same address to your trusted email addresses, so you can receive our regular updates.

It's not only the projects in the business plan that One Linlithgow will deliver; simply by being there, it helps facilitate conversation between businesses and community organisations, so that everyone's sitting around the same table (hence the name)!

We'll be working to secure economies of scale for member businesses, securing external funding, helping businesses become more environmentally friendly, and much more.

BUSINESS SPOTLIGHT: TRACEY VICTORIA INTERIORS



Tracey Gill only opened her interior design shop on Linlithgow High Street a short time ago, but business is already booming.

She harbours one regret, however: that she and husband Andy, a partner in the business, didn't make the move earlier.

"Since we opened Tracey Victoria Interiors we have been very well received by customers and also local traders, who have been so friendly and helpful. It is really nice to be welcomed on to such a thriving high street."

Tracey acknowledged that she couldn't have set up without the help and support of her husband, who works as a project manager, "but my big inspiration was my grandma, who used to make up luxury curtains for really big houses. She was always very creative, and I've followed the example she set."

Tracey said that she moved to Scotland from Newcastle 28 years ago, and had established herself making curtains at home.

In 2004, she had opened an interior design business in Livingston, then four years later moved to Kingsknowe Park in Edinburgh.

"A lot of customers were asking me to source mirrors, tables etc - in fact a whole range of furniture, fittings and home decorations. I developed a very successful on-line business because I was able to source exactly what customers were looking for."

"But there is nothing to beat seeing and handling fabrics or ornaments, and customers can now do that in our Linlithgow shop."

Tracey said that she had a particular interest in sourcing unusual and quirky items that you wouldn't normally get on the high street.

"Customers quite often say 'I thought you'd be more expensive' and are pleasantly surprised at a lot of our prices."

Tracey, who moved to Linlithgow with her husband four years ago, said her interior design business had now really begun to take off in this area.

She added, *"some of our local customers have already used our full interior design service, some our room styling service, and quite a few our sourcing service for luxury fabrics and designer wall coverings."*

MILL ROAD BID

Are you winter ready? Can Mill Road help...

Dare we say it already... Christmas is approaching and Mill Road is getting ready!

Do you know there are fabulous Gin makers, wonderous wine merchants, creative chocolatiers and perfect Pate masters all in the estate. Lots of gift ideas for those hard to buy for people. Also vouchers from our many garages, Greensteam, business consultancies, Playbugs and even dance classes to keep your little ones busy through the winter!



This will be the last entrance as Mill Road BID and I would just like to take a wee moment to say I have loved working in Mill Road and meeting everyone, as a Linlithgow girl I am at my happiest wandering about chatting to people learning about their businesses.

Each one so different I am so proud to be involved in some of the projects and looking forward to seeing them finished off in the very near future. There's lots happening in the estate, why not take a detour and visit soon to see what it could offer you!

Sally McIntosh-Anderson
sally.anderson@linlithgowmillroadbid.com





AUTUMN TREE PLANTING



With the need to deal with climate change and pollution as well as to improve the green look of the town, the pressure is on to protect the trees that we have and to take every reasonable opportunity to put in new trees. The planting season got off to a good start with the Transition Linlithgow family event at Beecraigs. On 7 September in fine weather a couple of hundred Douglas firs and a few beech trees were planted.

Next is a small planting at Learmonth Gardens opposite the canal centre. These are an evergreen holm oak and a slow growing Dawyck Gold beech. This oak is a species from the Mediterranean. The beech is of a columnar form and quite dignified in appearance. At the north end of the site is the wild flower area where we will increase the wildlife friendly hedge to screen the fence and the railway line. This will be of hawthorn, briar rose and holly, mainly donated by Alba Trees.



This autumn, West Lothian Council will be putting in four replacement trees at the west end of Linlithgow Loch. At Rosemount Park they will be replacing some eight diseased and felled trees including the two magnificent lost beeches. In this 'hidden gem' Burgh

Beautiful is planning on increasing the range of trees with ten different species going towards completing the collection for the lost arboretum. These will not impinge on winter sledge runs nor the splendid new wild flower meadows.





Some 40 specific trees will be labelled thereby adding to local knowledge and interest.

Autumn is the time to harvest the fruits from community orchards planted some years ago by Transition Linlithgow. As local residents learn the art of pruning and then enjoy the crop, so too can other communities in town consider the possibility of putting in fruit trees in their open spaces.

On Sunday 1 December (10am - 12.30pm) there will be the community planting at Triangle Wood in conjunction with Transition Linlithgow. This corner at the far end of the Leisure Centre grounds, between the canal and the A706, is part of the land leased by

Linlithgow Community Development Trust for the new Cycle Circuit. If you can come, please park at the Leisure Centre. Wear sensible footwear, appropriate clothes and we recommend gloves. Bring a spade if you can or even a trowel. This is the chance to take part in the planting of several hundred trees mainly donated by the **Woodland Trust**. At the end of the planting we will have created a wild collection of trees native to Scotland.



The site is marked by sycamores that have become naturalised, like we have - even the town's oldest known tree is a 220 year-old sycamore, the Palace Sycamore.



Lastly Linlithgow Burgh Trust, acting through Burgh Beautiful, has made an application to the Scottish Government's Town Centre Fund with the aim of getting some trees brought back on the High Street. The application has widespread backing, but if successful it will still need a lot of work to get the right tree in the right place. Perhaps Linlithgow folk will want to contribute with sponsoring or adopting a tree, so watch this space.

Contributed by Roger Livermore and Averil Stewart for Burgh Beautiful

**SUN
1
DEC**



THE OLD POST OFFICE

Bruce Jamieson

There is a photograph in the book "Linlithgow in Pictures" written by Angus Macdonald in 1932. It shows "Greenyards", described as a "17th century building which stood on the site of the present Post Office".



'Greenyards', photographed before its demolition in the late 19th century.

The building, and an earlier one on the site, was associated throughout the 16th and 17th centuries with the Incorporation of Baxters and at least four generations of bakers lived on the site, including the Rules and the Duncans. Around the building were situated several bread-making establishments – and this continued into fairly recent times with the likes of Faichneys, Keans and Oliphants.



Faichneys Bakery, with a kerbside loupin stane to assist horse-mounting.

Both John Rule and Henry Duncan were elected Deacons of the Baxters and as such possessed considerable power: controlling the craft; laying down standards; inspecting finished products; setting prices; promoting apprenticeships and supervising methods of production.

In Linlithgow, the Baxters also sold ale and had control over the town's taverns. Accompanied by a Bailie,

called the Cunner, the Baxters' Deacon and his clerk and treasurer would regularly inspect the many alehouses around the town to supervise the production of beer – and to sample the products! The Baxters were also held responsible for ensuring that the inns were well run, with an ale-seller being fined if any employee was found drunk on the premises.

The Baxters had to abide by certain regulations laid down by the Town magistrates - the Provost and three Bailies. These included the rules laid down for the treatment of apprentices who had to be fed, clothed and lodged to accepted standards. The Baxters also took a keen interest in the growing of the cereals which supplied the flour for their bakehouses.



A man on horseback inspects the harvest around the year 1820.

Some town baxters grew their own grain – especially those, like the family at Greenyards who possessed a long back rig measuring a furlong (220 yards) by a chain wide (22 yards). After the demolition of the building, there was constructed a new Post Office – one which replaced a much earlier system of mail distribution.

At the command of the Stewart monarchs who frequently lived in the royal burgh, Linlithgow was commanded to have three horses available at all times to carry important messages to and from the ruler. In 1635, King Charles I agreed to allow this service to carry other mail as well. Messages were carried on horseback or on foot and this could take many days. Roads were in poor repair and so dark at night that

postboys frequently got injured or lost, or were robbed by highwaymen.



A Postboy pictured in a Victorian magazine.

By the 18th century, mail coaches were being used, guarded by men dressed in scarlet uniforms and armed with pistols or blunderbusses to ensure their safe arrival at the Star and Garter where the post horses were changed. A blast from a post horn ensured that the Magdalen Tollgate was opened to allow them to enter the town.

Pigot's Trade Directory for 1825 records the first notification of a Post Office of sorts at the Cross, run by Postmaster William Gardner who advertised a daily foot post to Bo'ness, Bathgate and Whitburn. In addition, five mail coaches a day were calling at "The Star" or at Donald Mackenzie's Golden Lion Inn.

Initially, the receiver of mail paid for it on delivery but in 1840 the advent of the Penny Black established the principle of the sender paying for the service. This required an office where the new stamps could be purchased and so Linlithgow had its first 'real' Post Office - the High Street home of tanner, Robert Speeden, opposite the New Well. The town's first postmistress who ran the only 'Principal Post Office' in the county was Mr Speeden's daughter, Mary.

By 1855 the Post Office was being operated by Postmaster John McElfriaeh and was situated at 158 High Street which, after 1861, included a branch of the Post Office Savings Bank. Postal uniforms were now dark blue and in 1883 the mail deliverers were officially called 'postmen' with their HQ at the Cross.



Linlithgow Post Office on the left, around 1885.

In 1904, amidst much local pride, the town's first purpose-built Post Office was opened on the site of the demolished Greenyards. It was designed by Walter Wood Robertson in a Scots renaissance style which included a corbelled turret bearing the Scottish shield. Robertson had previously designed Post Offices in Perth, Greenock and Dundee but sadly never saw the opening of Linlithgow's, as he had a stroke the year it was completed.



The Post Office in 1904 and a queue in 1980!

Along with its backyard sorting office, Linlithgow's Post Office remained in business until 2008 when its closure was lamented by many - even those who had joined long queues outside - especially on Old Age Pensions Day! Belhaven converted the whole building into a pub restaurant which opened in 2009 as "The Old Post Office".



The Post Office - then and now.

AFTER SCOOL CHILDCARE EXPANSION



COMMUNITY



Simply Play, West Lothian's leading after school and holiday childcare provider, are delighted to announce that they will be opening a new service in Linlithgow on the **7th January 2020**. This much needed service will meet massive unmet demand in the West of the town and will serve Linlithgow and St. Joseph's RC Primaries.

*It will be based at the excellent Donaldson's School and this partnership between **Simply Play and Donaldson's** will offer the best of indoor and outdoor facilities, bringing Simply Play's play-based **Awesome Childhood Experiences** to Linlithgow.*



Look out for more information over the coming weeks and check out **Simply Play** on Facebook and at www.simplyplay.org



Raymond Branton
CEO, **Simply Play**



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TEL: 01506 670429

QWorth

Inspiring Everyday Wear



FASHION SHOW

Friday 25th October

7pm to 10pm, Burgh Halls Linlithgow

.....

Gift and enjoy together this superior experience packed with fun to a dear friend or family member.

Tickets £20pp
available at QWorth;

Special deal; BUY

2 tickets for £36

3 tickets for £51

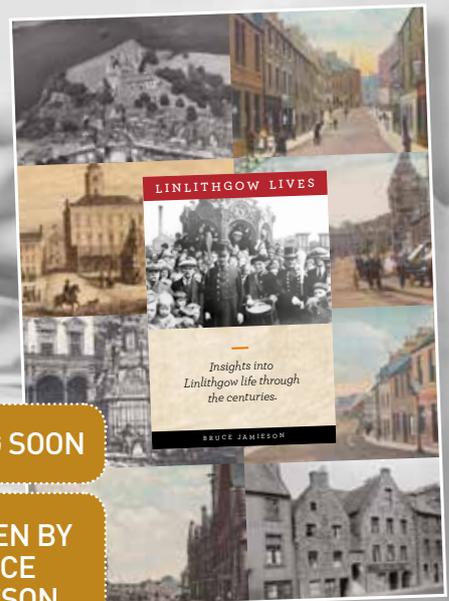
4 tickets for £64



207 High Street Linlithgow m. 07914845017
tel. 01506 238850 e: Sales@qworth.co.uk

cgh creative

OF LINLITHGOW



COMING SOON

WRITTEN BY
BRUCE
JAMIESON

DESIGN BY
CGH CREATIVE

07843 856922
www.cghcreative.co.uk

SCREWFIX OPENED ITS DOORS IN LINLITHGOW EARLIER THIS YEAR WITH A CELEBRATORY LAUNCH WEEKEND. THE OPENING WEEKEND WAS A HUGE SUCCESS, ALLOWING THE RESIDENTS OF OUR TOWN TO MEET THE NEWEST TEAM ON MILL ROAD INDUSTRIAL ESTATE.



The Linlithgow store is the latest to launch in Scotland, bringing the total to 44 with a new one soon to be opening in Oban. This allows the company to best serve residents both in and around the areas of Edinburgh, Fife and Dunfermline as well as further afield. Open 7 days a week, from as early as 7am, the new team are hoping to bring a friendly, convenient service to the tradespeople and serious DIYers of Linlithgow.

Tracey, a member of the Linlithgow team, has lived in the town for many years and is looking forward to welcoming her fellow residents of Linlithgow. *'We've only been open a few months but we've already met so many locals and have been able to help them with various jobs. Linlithgow really is a fantastic, unique place to live and I'm so pleased I can work here too.'*

Since opening, the Linlithgow team have even managed to raise funds for the Screwfix Foundation, a nationwide initiative that supports local charities and community projects by providing funds to fix, repair or maintain local homes and community facilities.

Most recently, the Screwfix Foundation supported **The Yard**, an award-winning charity that creates 'havens of adventure play, fun and friendship for disabled children and their families', based here in the East of Scotland. The Foundation helped the charity purchase the materials and tools needed to complete their outdoor project area. In total, the Foundation were able to donate £3,000 worth of support, all thanks to stores like Linlithgow and their fantastic fundraising efforts. The Yard's new outdoor project area will be a wonderful resource for emotional and physical support, with something fun for every age and ability. The team at Linlithgow are proud to be a part of such initiatives. Store manager Joel says *'the Screwfix Foundation has helped so many charities across Scotland, and we at the Linlithgow branch can't wait to continue raising funds to contribute'*.

Screwfix's Scottish journey started in 2006 with the opening of the Falkirk store and, later that year, Edinburgh and Glasgow quickly followed. Fast forward 13 years and store teams are still receiving very warm welcomes from the communities they join, just like the one in Linlithgow. At the store's launch event in May, residents were thrilled to see the company mascot 'Chester' - modelled on the company's famous catalogue! - out and about in the community meeting the people of Linlithgow. One resident said, *'we're a small town and have few big name brands, but it's nice to see Screwfix making the effort with locals and getting out and about in the town.'*

The Linlithgow team are certainly keen to get involved in local initiatives and

have even taken out sponsorship with **Linlithgow Rose FC** - keep an eye out for our pitchside boards at their next match! Sponsorships such as these add great value to both local brands like Linlithgow FC and bigger brands like Screwfix, with sponsorship funds being used to support community outreach and the upgrade of facilities.

The team at Linlithgow are looking forward to meeting more of you over the coming months. You can meet them on Mill Road Industrial Estate, EH49 7SF. Opening hours Monday to Friday 7am - 8pm, Saturday 7am - 6pm and Sunday 9am - 4pm.



In this edition of the magazine we thought you might be interested to read about the growth of short term lets. This refers to Airbnb and other platforms used to rent out rooms or entire properties for short periods of time.

There has been massive growth. In Edinburgh alone, the number of Airbnb listings more than doubled in the two years to July 2018 to 12,578 properties. As at July 2017 in Scotland there 21,900 Airbnb listings in total, split roughly 60% entire homes, 40% spare rooms.

According to Airbnb, in 2017 economic activity of hosts and guests was equal to £483 million, and Visit Scotland estimated that Airbnb accounted for 5% of all tourism accommodation in 2016.

Whilst the Scottish Executive recognise the benefit to the Scottish economy, they have several concerns about the rapid growth of this sector, and we await the conclusions of a consultation process that was concluded in July this year.

These concerns include permanent residents suffering from anti-social behaviour of guests using adjacent Airbnb properties. The possibility that in certain areas it may be coming increasingly difficult for people to live and work locally as more and more property owners switch from long term renting to short term lets. That this may also be putting more upward pressure on rents for long term let. Also, that presently, unlike the private rented sector, the Airbnb sector is completely unregulated, property owners do not have to register or comply with any minimum health and safety laws that apply to long term letting.

Ultimately the Scottish Executive seems likely to introduce some regulatory framework to allow local councils to set minimum standards, keep a register of short term let property owners and possibly control both the number of properties operated as short terms lets in certain areas, and the number of days such a property may be let for in a given period of time.

We await the outcome of the consultation process.



In West Lothian though, in July 2019 the average house price stood at £188,382, compared to July 2018, an increase of 7.6%.

Latest House Price Information

Latest house price data made available by Scottish Registers is for July 2019, and it shows that the average house price in Scotland as a whole, rose to £187,733, compared to the average house price in July 2018, an increase of 3.1%.

In West Lothian though, in July 2019 the average house price stood at £188,382, compared to July 2018, an increase of 7.6%.

The volume of property sold in Scotland as a whole, in July 2019, actually showed a drop of 4.9% compared to July 2018 at 9,853 properties.

This edition's house selling tips:-

With more and more people spending at least some time working from home, broadband speeds have become serious business.

Make sure you have a good download speed and that you know what it is, so prospective buyers can be made aware of this.

At the very least make enquiries with providers to find out what download speeds are possible.



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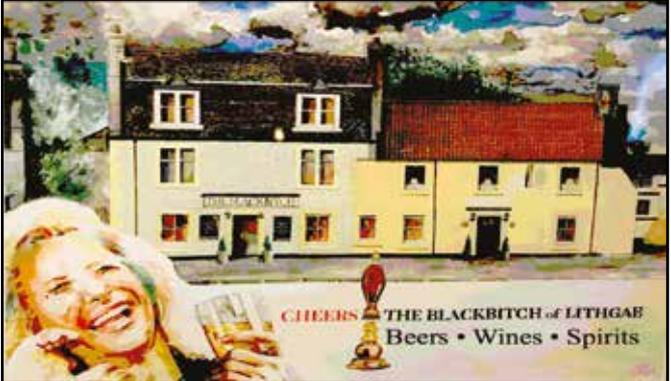

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WORLD POLIO DAY 2019



Keep your eyes open for a subtle change in the appearance of St. Michael's Parish Church in Linlithgow towards the end of October. At night, it will take on an altogether very purple appearance. So what is going on?

24 October 2019 is World Polio Day, and Rotary and its partners will mark historic progress toward a polio-free world by arranging and taking part in thousands of events around the world, to raise awareness, funds, and support to end polio - a vaccine-preventable disease that still threatens children in parts of the world today.

The Purple4Polio initiative is one launched by Rotary in Great Britain and Ireland to raise funds and awareness for our efforts to eradicate polio across the world and promote the work of our global campaign, End Polio Now. The support provided by St Michael's Parish Church is just one of many ways that this is being done.

What is polio? It is a serious viral infection. For some people, the polio virus causes temporary or permanent paralysis, which can be life threatening. It can strike people of any age but mainly affects children under five. There has not been a case of polio in the UK since the mid-1980s, but the infection is still found in some parts of the world so the risk has not been eliminated. There is no cure for polio, but it can be eradicated.

For more than 30 years, Rotary and its partners, have driven the effort to eradicate polio worldwide. Their PolioPlus program was the first initiative to tackle global polio eradication by vaccinating children on a massive scale. Nowadays, as a core partner in the Global Polio Eradication Initiative (GPEI) Rotary focuses on advocacy, fundraising, volunteer recruitment, and awareness-building. "Reaching every last child" has been

the guiding principle of the GPEI since its establishment, and thanks to unwavering commitment from everyone involved, significant progress has been made.

Rotary's pledge for a polio free world was made in 1985. Back then, polio paralysed 1,000 children every day, but great progress against the disease has been made since then. Polio cases have dropped by 99.9%, from 350,000 cases in 1988 in 125 countries to only 33 cases caused by the wild polio virus in 2018.

Thanks to Rotary, and the support of our partners WHO, UNICEF, CDC and the Bill and Melinda Gates Foundation, there are now only two countries that continue to report cases of wild polio virus - Afghanistan and Pakistan. These countries face unique challenges, including political insecurity, highly mobile populations, difficult terrain, and, in some instances, logistical barriers. However, with sufficient resources, the commitment of national governments, and innovations that improve access to remote areas, we are optimistic that polio can be eliminated.

To finish the job over 2 billion doses of oral polio vaccine have to be administered each and every year in over 60 countries until the world is finally certified polio free. This all costs time and money. Rotary has contributed the equivalent of more than £1.52 billion to ending polio since 1985 but more is needed.

Rotary has committed to raising the equivalent of £40 million each year to support global polio eradication efforts. The Bill & Melinda Gates Foundation - one of Rotary's GPEI partners - has pledged to match that 2-to-1, giving a total yearly contribution of £120 million. At a more local level, the Rotary Club of Linlithgow Grange raised about £7,000 for End Polio Now last year. When this was matched up by The Bill & Melinda Gates Foundation it was worth £21,000 which will immunise around 9,000 children against polio.

The world is on the brink of a historic achievement: the eradication of polio. I would encourage everyone to join the effort to help end this life threatening disease. No child should have to suffer from this vaccine-preventable disease, and we are getting ever closer to achieving this significant objective. The first thing to do is visit www.endpolio.org to learn more about Rotary and the fight to eradicate polio.

You could donate a wee bit of your time. Ending a disease is a massive effort and Rotary and their partners cannot do it



alone. Learn how you can join us in our efforts to end polio.

You could make a monetary donation - every little bit helps. We are closer than ever to eradicating polio but we are not done yet. We still need funds to continue immunisations and surveillance efforts. Your gift, no matter how big or small, will get us closer to the finish line.

You could add your voice to the initiative. Get involved and spread the message. Why not use the #endpolio hashtag to follow and join the global conversation on social media, or simply just follow End Polio Now on Facebook and Twitter?

"But what's the connection between the colour purple and polio?", I hear you ask.

When a child receives their life saving polio drops on mass polio immunisation days in many countries their little finger is painted with a purple dye so it is clear they have received their life-saving vaccine. It is that simple.

Please help us make an impact on World Polio Day.

About Rotary

Rotary is a global network of 1.2 million neighbours, friends, leaders, and problem-solvers who unite and take action to create lasting change in communities around the globe. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to improve lives through service. From promoting literacy and peace to providing clean water and improving health care, Rotary members are always working to better the world.

For more information on the Global Polio Eradication Initiative - see <http://polioeradication.org/> -

For more information on Rotary's various local and global initiatives see - <https://www.rotarygbi.org/projects/purple4polio/> and <https://www.endpolio.org/>

Allan M Robertson

Rotary Club of Linlithgow Grange



Rev Dr Liam Fraser

St Michael's and Linlithgow have a bright future and I'm deeply excited to see what we can achieve together."

EXCITING TIMES AHEAD FOR ST MICHAEL'S

Rev Dr Liam Fraser will be the new minister at St Michael's Parish Church.

He preached as 'sole nominee' on September 22nd and the fact that votes cast in the ensuing ballot were near-unanimous in his favour speaks volumes about the impression he has already made. He will move to Linlithgow in November, with his wife Sam and their two young children

After the vote, Dr Fraser said:

"I am delighted to be called to St Michael's Church. It has served Linlithgow for centuries and its famous spire has become synonymous with the town. Building on that deep legacy, I hope we will find new ways to reach out to serve our growing community. St Michael's and Linlithgow have a bright future and I'm deeply excited to see what we can achieve together."

Looking to the future, the church is about to launch a series of fun and creative workshops, with the title **2030 - Our Story** as members ask the question **"What will St Michael's be like eleven years from now?"**

Led by Rev. Russell McLarty, a long-serving minister and renowned

storyteller, people will work together to create and share characters and to discuss their 'good gossip' about St Michael's and the 'wow' things about its buildings in the year 2030.

Russell McLarty has worked for many years with churches undergoing periods of change. The workshop process grew out of his passions for storytelling and for churches to develop both their people and their buildings to the best of their potential. Session Clerk, **Alan Miller**, attended one of Russell's workshops a few months ago and said, **"This was definitely the most fun I've ever had thinking about the future."**

He told me:-

"I came out of that workshop with my imagination absolutely fired up and thought that we had to do this at St Michael's. We had a five year plan which we are coming to an end of, but I thought we really need to open our minds up and be more imaginative."

"Russell has come up with a process which is about creating our story about ourselves. We all have a story about our own lives and that story is actually very powerful in guiding us in what we do and how we behave, the things we like, and so on. What I liked about Russell's whole approach is that this is about re-thinking our story in a completely different way,

in a fun way, in a really imaginative and creative way and it's about bringing the energy of your imagination into that picture of ourselves in the future. If we see ourselves in a more positive and creative way, we can start to think differently."

St Michael's Church has stood where it stands in Linlithgow for over 750 years. Alan would like to think it will still be there in another 750 years, but believes that the way that the church engages with the community will be totally different. He said:

"To get a bit of imagination and fun and chat and art and music together to create a new picture of ourselves will give us a lot of energy and a lot of ideas."

The 2030 - Our Story workshops will be open to everybody from 11 to 111 who has a care about St Michael's and its future. Each workshop will last for two hours and participants will be imagining the types of people who will be visiting St Michael's in 2030.

Further details can be obtained by emailing info@stmichael's-parish.org.uk or phoning the church office on 01506 842188.

Murdoch Kennedy





SPORTS CHARITY AIMS TO INSPIRE, INCLUDE AND ENCOURAGE.

Linlithgow-based charity - the **Blue Eyes Sports Foundation (BESF)** - has had a very busy year, trying to reach its target of raising £50,000 to help support young people in sport. The charity recently received a major boost to its coffers through a team of fundraisers taking part in the **Pedal for Scotland bike run from Glasgow to Edinburgh**.

BESF is run by the Brown family - husband and wife **Alex and Carole** and son **Robbie**, who live on Manse Road. They sponsor individual athletes in need of funding, while also donating to teams who they believe are worthwhile causes in the form of an outright cash donation, or by helping with the purchase of new kit or equipment. Recipients of funding have ranged from grassroots clubs all the way through to Commonwealth and Olympic athletes, such as the badminton player, **Kirsty Gilmour** and the T54 wheelchair racer, **Megan Dawson-Farrell**.

The charity was set up at the time of Alex's 50th birthday in August 2012. Instead of receiving gifts, he asked friends to make

donations towards the establishment of a sports foundation. At first, the main focus was on providing free football coaching, but the emphasis is now on helping as many different types of sports as possible.

The mission statement says:-

“Through the Blue Eyes Sports Foundation, we aim to Inspire, Include and Encourage young people to get involved in sport, leading to a happier, healthier life.”

The long and impressive list of funding recipients includes dance groups, boxing clubs, disabled curlers and a table tennis club. Numbered among recent beneficiaries in the Linlithgow area are the **Academy Hockey Club** and the **George Allan Memorial Football Festival** for the local Primary schools.

Alex has always strongly believed that there is a direct link between the skills gained from taking part in sport and success in life. Coming from a tough upbringing, having lost his Mother at the age of only 11, Alex found solace in football, which he says gave him a focus for his whole life, and provided him with discipline, as well as drive and determination. Alex played junior football for nearly two decades including spells at **Bo'ness United** and **Linlithgow Rose**.

As the managing director of a major company in the construction industry, Alex's work takes him all over the world. Without football, he believes that he wouldn't have achieved the success he has in business, as sport allowed him to gain and develop skills such as teamwork, discipline and a strong ethos for winning

with integrity.

Individuals and groups wishing to apply for funding from the BESF should contact **Carole Brown**, who is one of the trustees. Carole explained the significance of the name, which many people mistakenly think has something to do with **Frank Sinatra!**

“Alex's dad was a key figure in his life and as a typical Bo'ness man and miner at Kinneil pit, he liked the occasional “flutter” on the horses. His nom de plume (betting slip name), was “Blue Eyes” and as a wee tribute to him, that's what we called the foundation.”

If you are an athlete or part of a team in need of funding, or know of a good cause, please send your inquiry via the contact section of the website blue-eyes-sports.com Alternatively, you can send an email to Carole at thebrownz12@btinternet.com. Please make sure that the subject heading includes the words **BLUE EYES FUNDING REQUEST**, so the group can keep a log of your email and get back to you as quickly as they can.

Murdoch Kennedy



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PETS' CORNER

This month's Pet of the Month is Jock a one year old West Highland Terrier. His owners describe him as lively, inquisitive and a social little character with people and dogs.

Hello I'm Jock

Jock's favourite hobby is playing with his toys in the conservatory and in the garden, particularly his favourite green Kong dragon.

He loves walks to Linlithgow Rugby Club and going out on group walks with Lothlorien's Eileen to Beebraigs.

At home Jock likes to check his 'Grans' handbag for treats and then bury the 'treats' in the garden. His other cheeky habits include pulling paper napkins from guests' knee and running away with them and untying guest shoelaces!

His happy place in his bed or on his furry blanket, where he can snuggle in and enjoy looking out into the garden.

Jock has been coming to Westport Veterinary Clinic since he was a tiny pup. He has had regular check-ups and many social visits in between. At these social visits, Jock gets a treat from his owner and lots of attention from the Westport Team. Jock has learnt that visiting the vet practice is a positive and fun activity because of these visits. This also reduces the risk of stress on future visits, and makes for a relaxed and content demeanour for examinations.

For puppies it is vital that we introduce them to the world in a way that allows them to feel good about it! Not all animals are the same so care should be taken to

observe an individual - do they look happy, are they confident, do they look overwhelmed or frightened by things? Work on getting your pup used to things at a distance. Reward them just for looking at new things - this is a fantastic way to build up a positive association with each thing. Traffic is an example of something which should be introduced at a distance and only when dog is comfortable should this distance start to be reduced.

Puppies require a lot of sleep. This fuels brain function and helps with their growth and development. However exciting and tempting it is for us to do lots with a new puppy, it should be considered that they must get their sleep quota to be able to cope and not to over-do things. Too much exposure to new things and over handling can also have negative repercussions.

A good idea is to make a list of the things important to you that you want to do with your pup. What your aim is, for example, if you will be walking the dog near a school - starting on positive association (at a distance) with a journey to the school, when quiet, build up to school at busier time, seeing children at distance and working on things around you such as people, traffic, bikes etc. Don't be afraid to tell people you are training as lots of people speaking to the pup can be both distracting and a little

overwhelming for your pup.

Exercise should also be considered. Puppies bones and bodies take time to grow and strengthen. Chasing balls can be very strenuous on their joints, at all stages of life, but particularly during their key development. Care should be taken to avoid any strain on the joints and their bodies. Mental stimulation can be very tiring, so puppies don't always need a large amount of physical exercise if you are training other aspects.

Also remember they can become over tired. Look for and start to recognize the signs - you will soon see a pattern if your pup becomes over-hyper or if you are struggling to get them focused, it may just be a sign they need to get some rest.

Puppies need to learn a lot of things. Communicating to your puppy what you like, rather than dislike, gives them a clear indication of what makes us happy and can be a massive help with training!

If you would like to discuss your puppy or have any questions or concerns about your pet, please contact the Westport Team who will be happy to help, t. 01506 844165.



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