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Benevolent Billy's hair-razing birthday boost for charity

by Hannah O'Hanlon
editor@campbeltowncourier.co.uk

A generous Campbeltown businessman will celebrate his 60th birthday this weekend by shaving off half his hair and the opposite half of his beard, before dyeing the remaining hair two different colours to raise funds for charity.

Not only is Billy McFadyen braving the shave at 2pm tomorrow (Saturday) on his birthday, but he will treble the amount raised in sponsorship money up to £10,000.

The colour his remaining hair and beard will be dyed is to be decided by the person who submits the largest sum of money to an online fundraising page by 5pm today (Friday April 17).

Billy, a director of McFadyens Contractors, was unable to have a party because of the restrictions in place to prevent the spread of coronavirus, but he decided to do something remarkable to make his 60th



Billy as he looks now, with his beard the longest it has ever been.

birthday one to remember. He said this specific idea came from a drunken 'moment of madness'.

He has decided to donate 20 per cent of the money raised to Kintyre Community Resilience Group which was set up to provide help and support to people during the COVID-19 pandemic, with the remaining 80 per cent to be split between two charities for which Billy has always had

a lot of respect – Kintyre Food Bank and Kintyre Recycling Limited.

He added: 'I could have picked any of half a dozen very worthy causes in the town but these are the ones that came to mind.'

'My father taught me, both with the company and personally, to try to be generous to the community when our business works with the community and does well from it.'

Billy will sport his new look until May 4 at which point the fundraising page will be closed and he will have the coloured hair and beard shaved, returning him to normal.

'Depending on what the colours are, will determine how often I leave the house,' Billy quipped, adding: 'Hopefully some Rangers supporters will get together to donate and choose blue and red!'

When the Courier went to print the fundraiser had made nearly £1,300. Visit www.givey.com/billymcfadyens60thshave to donate.



Easter treat from one hero to others

While the Easter bunny was busy delivering treats to children on Sunday, an NHS bunny was rewarding key workers at Campbeltown's supermarkets. The kind-hearted NHS employee, told the Courier: 'There is a Facebook page called NHS helping heroes, where NHS staff show their appreciation to other key workers, so I thought it would be nice to deliver chocolate eggs to Tesco and Co-op staff as they are putting themselves at risk just as much as NHS staff and deserve to be acknowledged for their efforts.'

A Thank You from Brendan O'Hara MP, Argyll & Bute

On behalf of the people of Argyll and Bute I would like to thank NHS staff and all key workers for helping our communities through this Covid-19 crisis.

I would also like to thank YOU for playing your part by staying at home.

Although unable to hold regular advice surgeries, I'm still available to you on brendan.ohara.mp@parliament.uk or 01436 670587.



STAY HOME. STAY SAFE. PROTECT OUR NHS.



POLICE FILES

A 23-year-old woman allegedly behaved in an abusive manner at about 9.55pm on Wednesday April 8, in Albyn Avenue, Campbeltown. She will be charged when traced and a report will be submitted to the procurator fiscal.

Police are investigating the above incident and are appealing for witnesses or anyone with information to phone 101 or anonymously call Crimestoppers on 0800 555111.

Southend Games cancelled

This year's Southend Highland Games, scheduled for Saturday July 18, have been cancelled because of the coronavirus pandemic.

An event spokesman said: 'We are all very disappointed not to be able to hold the event this year, only the second time it has had to be cancelled in advance since 1952.'

'We know we will be in direct opposition to the Olympics in 2021 but we will be ready and able to meet that challenge!'

Shopper-Aide doubles client list in two weeks

by Hannah O'Hanlon
editor@campbeltowncourier.co.uk

This year marks Kintyre charity Shopper-Aide's ninth birthday but, like many others, its celebrations were cancelled because of the coronavirus outbreak.

The organisation provides support and services, including shopping and house-keeping, as well as organising numerous social activities for those aged over 60. It has built up a large client base over the years but within two weeks of restrictions being put in place in response to the COVID-19 pandemic, the charity's shopping clientele had doubled.

With elderly people being urged by the government to remain in their homes, Shopper-Aide was in the right place to be able to take up the reins to help those from

Kintyre to get their essential shopping.

Susan Paterson, a director of the charity, said: 'I want to personally thank all our staff and volunteers, including all the new volunteers who have come to us directly or via the Kintyre Community

'I personally want to thank all our staff and volunteers who have been working hard.'

Resilience Group, which has been working extremely hard to make sure older people in Kintyre get their shopping, especially when having to queue for such a long time – not bad when it is sunny though!

'It is not just those actually shopping and driving who



With elderly people being urged by the government to remain within their homes, Shopper-Aide was in the right place to be able to take up the reins to help those from Kintyre to get their essential shopping.

where many more volunteers and staff who are unable to help on the front-line call their allocated clients to chat, take shopping lists and keep people informed of important updates.

'We have also been able to contact relatives and the authorities when problems arise and help is needed,' said Susan.

'Kintyre, as usual, has stepped up to the fore when needed and Shopper-Aide is very grateful to its staff and volunteers, so keep safe everyone.'

The charity had organised a big Easter raffle, which was drawn as more than 300 tickets were sold, but it was a much more subdued affair than originally planned. Congratulations go to Jason McKinlay who won the hamper and to all the other prizewinners.

have been working hard – to cover this and all the administration we have had to take on two staff who organise the shopping lists, shoppers and drivers as well as recording all

the transactions. We couldn't have done without them.'

To combat social isolation for many of Shopper-Aide's clients, the charity has developed a 'phone buddy' system



Davaar Island Safe Walking Times

	Morning Safe Walking Times			Afternoon Safe Walking Times		
	Low Tide	From	Til	Low Tide	From	Til
Wed, 1 Apr 2020	11:18	08:18	13:48			
Thu, 2 Apr 2020	12:26	09:26	14:56			
Fri, 3 Apr 2020				13:47	10:47	16:17
Sat, 4 Apr 2020				15:08	12:08	17:38
Sun, 5 Apr 2020				16:08	13:08	18:38
Mon, 6 Apr 2020				16:56	13:56	19:26
Tue, 7 Apr 2020				17:40	14:40	20:10
Wed, 8 Apr 2020				18:22	15:22	20:52
Thu, 9 Apr 2020	06:50	03:50	09:20	19:05	16:05	21:35
Fri, 10 Apr 2020	07:33	04:33	10:03	19:49	16:49	22:19
Sat, 11 Apr 2020	08:17	05:17	10:47			
Sun, 12 Apr 2020	09:04	06:04	11:34			
Mon, 13 Apr 2020	09:54	06:54	12:24			
Tue, 14 Apr 2020	10:54	07:54	13:24			
Wed, 15 Apr 2020	12:13	09:13	14:43			
Thu, 16 Apr 2020				13:35	10:35	16:05
Fri, 17 Apr 2020				14:42	11:42	17:12
Sat, 18 Apr 2020				15:37	12:37	18:07
Sun, 19 Apr 2020				16:24	13:24	18:54
Mon, 20 Apr 2020				17:04	14:04	19:34
Tue, 21 Apr 2020				17:39	14:39	20:09
Wed, 22 Apr 2020				18:09	15:09	20:39
Thu, 23 Apr 2020				18:38	15:38	21:08
Fri, 24 Apr 2020				19:07	16:07	21:37
Sat, 25 Apr 2020	07:15	04:15	09:45	19:38	16:38	22:08
Sun, 26 Apr 2020	07:49	04:49	10:19	20:14	17:14	22:44
Mon, 27 Apr 2020	08:28	05:28	10:58			
Tue, 28 Apr 2020	09:11	06:11	11:41			
Wed, 29 Apr 2020	10:02	07:02	12:32			
Thu, 30 Apr 2020	11:00	08:00	13:30			

Stay safe: Check weather conditions and hours of daylight before you go



In an emergency, dial 999 and ask for the Coastguard



Members of the MS Social Group wearing their hand-made protective face masks.

MS group members try their hand at mask making

Members of Campbeltown MS Social Group proved they were ahead of the game by making protective face masks at their final meeting before the lockdown, writes Hannah O'Hanlon.

At their Tuesday afternoon meeting in Kintyre Community Education

Centre on March 3, members made masks for their own personal use during the coronavirus pandemic.

Each member of the group made one mask, made from pillowslip protectors with elastic stitched in place, with assistance.

A group spokesperson

said: 'The group has been meeting weekly for more than 20 years and is always looking for craft things to make. Making the masks was fun, easy and topical at the time. It helped fill in a fun afternoon, never imagining things would escalate the way they have.'

Bottling company could be first for Campbeltown

by Hannah O'Hanlon
editor@campbeltowncourier.co.uk

A couple in the process of setting up what they believe will be Campbeltown's first independent bottling company have been 'blown away' by the support they have received from across the world.

Kate and Mark Watt established Campbeltown Whisky Company Ltd in January this year and aim to bottle their first cask under their own independent bottling brand, Watt Whisky, later this year.

The couple, who have more than 40 years of experience in the Scotch whisky industry between them, said: 'With the Watt Whisky brand, we want to bottle good, honest whisky for drinking and enjoying. For us, it's all about the taste, so as long as it's good then we'll be happy to put our name to it - literally!'

'The emphasis will be on Scotch whisky - single malt, blended malt and blends with

the odd grain thrown in - but further down the line, who knows? Whatever we are bottling it will be single cask, cask strength, non-chill filtered and natural colour.'

Kate and Mark set up a Crowdfunder page to support their new venture, offering supporters the chance to buy bottles from the first cask.

'Although we've invested our own money in this project, the initial costs involved are too high for us to cover on our own, without compromising the quality of the products we want to offer,' they said. 'By supporting us people will help us to avoid borrowing and to strengthen our cash flow position.'

'This will allow us to sample more casks and choose from a greater variety for our first release. It also means we'll be able to do a first release of four or five casks on top of the one we are offering as part of the Crowdfunder,

rather than just one.' Within just three days the couple had sold all 250 bottles and raised nearly £35,000.

'We are absolutely blown away and delighted with how well this has gone,' they said. 'It'll make such a huge difference to our company.'

'We hope to be able to bottle our first cask towards the end of 2020 but, things being as they are and with all the current uncertainty worldwide, we can't provide a specific date at this time.'

'In the future, we also hope to establish a tasting room at our premises in Campbeltown so that visitors can come and taste our product with us.'

As well as bottling, Kate and Mark will also be buying and selling casks of whisky. Anyone who wants to discuss selling a cask they own, or buying one from the couple, can get in touch with Mark at info@campbeltownwhiskycompany.com

Keeping Kintyre connected

Kintyre Community Resilience Group (KCRG) has been making sure Kintyre stays connected by collecting and redistributing digital tools to those in need, writes Hannah O'Hanlon.

In an early video chat, the group identified a local need for laptops, tablets and smartphones to share with those who don't have access to technology for digital connections during this difficult time.

In partnership, The Hub and Inspiralba have collected more than 30 devices for this purpose, including more than 20 laptops, which organisers say demonstrates the kindness in our community.

The laptops will be redistributed to families where children have been struggling to do their online school work.

A spokesperson said: 'We will work with schools and youth organisations to make sure families are aware of the availability of laptops and would also like to highlight

availability to Courier readers.' Tablets and smartphones will also be available for households, particularly of older people, that don't have access to digital tools to stay connected with family, friends and support.

'We are really keen to provide assistance to reduce digital exclusion in Kintyre,' said the spokesperson, 'and as such would welcome donations of any unused laptops, tablets or smartphones.'

'Many households have a drawer with older gadgets that are no longer needed. We would really appreciate if you would be willing to donate these to assist our community resilience efforts during the coronavirus restrictions.'

'We are hugely grateful to our digital expert volunteer who has ensured each laptop is data reset before redistribution, guaranteeing digital security for those who have made donations.'

'We can arrange safe collection by one of our volunteers

and can collect a package from your door containing any devices you no longer need. All redistributed laptops are provided with 100 per cent confidentiality.'

Please get in touch either via The Hub Facebook page, or by phoning or texting Mandy Lay Robertson on 07988 640259 or emailing RMacPhail@inspiralba.org.uk with your name, contact details and information on how the device(s) can be safely collected from you.

The spokesperson added: 'In the coming weeks we will be encouraging young people to volunteer as digital mentors and assist us with producing local content, group call tutorials and group sessions creating digital meet ups for people to connect, share stories and provide peer support during this challenging time.'

'If you or the youngsters in your household would be able to assist with this, please contact rjackson@inspiralba.org.uk'



The five key worker teddies Sarah has crocheted so far.

Sarah's creativity bears good news for NHS

A Campbeltown crocheter has put her skills to good use by crafting essential worker teddies which will be raffled to raise money for the NHS.

Sarah Forshaw, also known as The Mad Hatter, has so far made five teddies which depict a police officer, a carer, an NHS worker, a fire fighter and a post person, and she is in the process of making more.

Once she has finished them, Sarah will raffle the teddies and donate the

money raised to support the NHS, which is working hard to treat patients during the coronavirus crisis.

Sarah, who usually crochets hats but has also made other items for her granddaughter and friends' children, told the Courier: 'With so much free time at the moment, it feels like a very worthwhile thing to do.'

Keep an eye on The Mad Hatter page on Facebook for details of when the raffle will take place.

Postcode Lottery win for neighbours

Two people in Campbeltown are celebrating after winning £1,000 each thanks to their lucky postcode.

The Ralston Road neighbours netted the windfall when PA28 6LE was announced as a daily prize winner with People's Postcode Lottery on Saturday April 11.

People's Postcode Lottery ambassador Danyl Johnson offered his well-wishes to the winners, saying: 'Congratulations to our winners. What a great surprise to start their weekend!'

A minimum of 32 per cent of ticket sales goes directly to charities and players of People's Postcode Lottery have raised more than £500 million to date for thousands of good causes in Britain and beyond.

Many good causes close to the winners have benefited from players' support and local charities can next apply for funding in August.

For more information on People's Postcode Lottery, visit www.postcode lottery.co.uk or Facebook and Twitter.



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Farming leader's appeal to public

Please act responsibly when using the countryside for exercise

Kintyre farmer Duncan Macalister is asking residents and visitors to Argyll to act responsibly when using the countryside for exercise during the COVID-19 restrictions.

Mr Macalister, who farms at Glenbarr, is the NFU Scotland Argyll and the Islands regional chairman.

He said: 'For farmers and crofters across Argyll, the countryside is our place of work and spring is a particularly busy time of year for us. Calving is well under way and many will also be lambing, or about to start.'

'This is always a stressful time for farmers and the coronavirus pandemic is adding extra strain.'

'We appreciate members of the public, who are having to adhere to the current lockdown



Duncan Macalister.

restrictions, will be wanting to take their daily walk locally. Of course, we would normally encourage people to seek fresh air and appreciate the nature Scotland provides. However, the increasing number of walkers on farmland, particularly around our villages and rural towns, is putting ourselves and our businesses at risk. As

livestock owners, we also want to protect our livestock from disturbance caused by dog walkers, some of whom do not act responsibly.

'As an industry we are acutely aware what an important role we have to play in keeping food production going during this current crisis. As essential workers providing the primary product for food supplies, we cannot afford to put our health at risk. It is a requirement of the Scottish Outdoor Access Code that we all behave in a responsible way that is considerate of other people. We would ask therefore that you respect the health and safety of farmers and others working the land. Please follow requests and signs to avoid particular areas, such as farmyards, fields with pregnant or young

livestock and other busy working areas. The Scottish Outdoor Access Code requires that people walking dogs act responsibly, take notice of any signs and prevent their dogs from scaring or attacking any livestock.'

'We also have a duty of care to our staff and families and we need to keep them safe during the coronavirus outbreak. We may have no, or limited, access to back-up staff, and an outbreak in a farming area could have a devastating impact on our ability to produce the food the nation needs. Our message is the same as the government's - stay at home, do not get in your car to travel to the countryside and when you take your daily exercise please stay on public roads and footpaths and avoid farmyards wherever possible.'

Safety reminder as vital timber is removed

As the national effort to tackle the coronavirus continues and people visit forests for their daily exercise, Forestry and Land Scotland (FLS) is reminding the public forest safety signs must still be obeyed.

The warning comes as the FLS team working Beinn Ghuilean forest continue with its effort to contribute 700 tonnes of already felled timber to support the coronavirus effort.

Jo Maclean, communities and visitor services manager with FLS, said: 'Despite COVID-19 putting paid to our normal way of working, forestry still has a lot of work to do to support front line health teams. The timber we have sitting on site will be turned into biomass fuel that is used in many hospitals and care homes as a primary source of heating. It's vital we get this in to the system as soon as possible and to do this, we need to upgrade the forest road to deal with the timber lorries that will take it to the processors.'

'There will be a lot of heavy

machinery on site helping us with this essential work so we would urge members of the public to please heed all safety signs and to continue to keep well away from work zones at all times.'

Felling work has not been completed on the site but has been postponed until later in the year when coronavirus restrictions are lifted.

FLS previously advised forests are still open for visits from anyone who can reach them on foot, by bike or by wheelchair but that the public must maintain social distancing. Felling at Beinn Ghuilean started in January to tackle larch trees which have been infected by Phytophthora Ramorum. The diseased trees and those in the surrounding area are being felled to help slow down the spread of the disease. Access restrictions are in place from the Tomaig Road/Narrowfield entrance as well as other locations near the work machinery. There will be no through route or access along this route for the duration of operations.

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- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 8 Slimming World frozen Syn-free Pork Sausages, each cut into 3 pieces

Method:

1. Cook the sausages according to the packet instructions then cut each sausage into three pieces and keep warm.
2. At the same time, cook the potatoes in a large pan of lightly salted boiling water for 10 minutes or until tender. Drain and set aside.
3. Meanwhile, spray a deep, non-stick casserole pan with low-calorie cooking spray and place over a medium heat. Add the onion and garlic and cook for 3-4 minutes. Add the sausages and cook for a further 5 minutes, stirring occasionally. Add the carrots, stock and chopped tomatoes. Bring to the boil, cover and simmer for 15 minutes. Stir in the baked beans and mixed beans and cook for a further 5 minutes to heat through.
4. Preheat your grill to hot. Spoon the sausages and beans into individual heatproof serving dishes or a shallow casserole dish. Slice the potatoes and arrange over the top of the sausage mixture. Spray with low-calorie cooking spray, season lightly and grill for 2-3 minutes, or until browned.
5. Serve hot with a mixed salad.

- 2 large carrots, peeled and finely diced
- 150ml hot vegetable stock
- 400g can chopped tomatoes with herbs
- 415g can baked beans
- 410g can mixed beans, drained and rinsed

You don't have to be a cowboy to enjoy this campfire classic. Topped with sliced potato, our Syn-free sausage casserole recipe makes a hearty, healthy dinner

PLEASE NOTE:

ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

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If you can't get this help from family, friends or neighbours, call now on: **0800 111 4000**

Or go to **[readyscotland.org](https://www.readyscotland.org)** for more information.



FROM OUR FILES

TEN YEARS AGO

Friday April 16, 2010 Southend scarecrow challenge

Odd-looking characters were seen in Southend over the weekend as part of the village's annual scarecrow challenge.

Along with Humpty Dumpty, a postman, boxer and a policewoman were some created by children in the village.

Caitlin MacPherson, Emily Ronald, Holly Wilson and Beth Ronald made a scarecrow of Donnie McLean, which was sitting at the entrance to the Keil Hotel.

The girls made it as part of their craft and technology project at Southend Primary School and won the child entry and the most topical scarecrow.

TWENTY FIVE YEARS AGO

Friday April 21, 1995 War declared on Argyll's mink

The problem of mink predation in Argyll was first brought to FFWAG's attention during the launch of the Environmentally Sensitive Area Scheme when farmers and crofters asked FFWAG what it was going to do about the rising mink problem.

In response, FFWAG took on a temporary development officer specifically to investigate the extent of the problem in Argyll.

A survey was carried out and approximately 200 farmers, crofters, landowners, fish-farmers and organisations were contacted.

From the results, it was found the mink problem was far more widespread than first anticipated.

Mink are waterside animals and Argyll, with its extensive coastline and numerous lochs and rivers provides the ideal environment for them.

Furthermore, mink are an introduced species and have no predators in this country.

From the survey, six areas with a serious mink problem were identified: the east coast of Kintyre, Crinan, Oban, Ross of Mull, Iona, Appin, Lismore and Glenborrodale.

Mink were found to be absent from Coll, Colonsay, Gigha, Jura and Tiree.

The main concern of those contacted was the effect of mink on seabird populations. Throughout Argyll, people have noticed a decrease in ground nesting seabird populations on small offshore islands.

Dr Clive Craik of the Scottish Association for Marine Science was commissioned by Scottish Natural Heritage to produce a report on the result of his 10 years of work on the effect of mink on seabirds in the west of Scotland.

The report details the serious effect mink predation is having on seabird species such as common and herring gulls, common and Arctic terns, shags, cormorants and black guillemots.

The seabirds upon which the mink prey are vulnerable because they nest at high densities on small offshore islands. The birds nest on islands to avoid terrestrial predators.

Mink are unlike native terrestrial predators because of their ability to swim to these offshore islands. Thus mink arrive and find sitting prey unadapted to terrestrial predators.

FIFTY YEARS AGO Thursday April 9, 1970 History in a bottle

When the Tarbert fishing boat, the Caledonia, fished up a small lemonade bottle from the waters off Garroch Head, Bute, the crew noticed a scrap of paper inside it.

The top was unscrewed and the paper – still dry but frayed – was removed. It was a programme for a day's cruise on the Dalriada, organised by Langside Hill Church Athletic Association. It



Caitlin MacPherson, Emily Ronald, Holly Wilson and Beth Ronald with their scarecrow of Donnie McLean.

had been thrown into the sea during the cruise on June 11, 1932.

Fishing boat owners Peter Brown and John Johnson handed the bottle over to a MacBrayne official. It will be placed in the Clyde River Steamer Club Museum.

ONE HUNDRED YEARS AGO Saturday April 17, 1920 Campbeltown War Memorial

The subscription list of Campbeltown War Memorial Fund published today brings the total to more than £3,000.

A further list will be published next week and we believe Major Mackelvie CMG, Honorary Treasurer, is daily getting additional subscriptions, which we shall have pleasure in publishing from time to time.

This most satisfactory result is as worthy of

the community as it must be gratifying to the committee in charge.

One remarkable feature of the lists which have appeared in our columns is the widespread and general response made to the appeal for contributions.

Subscribers representing every class have shared in the tribute to our fallen heroes and specially gratifying has been the part played by those able to contribute only small sums.

We have heard of more than one household, omitted in the collection by some inadvertence, where the subscription had been laid by for weeks and where instead of being pleased to escape the collector, disappointment, if not anger, was the prevailing feeling.

All collectors have the same report of readiness and willingness of every family to give their mite and none gave with more heartiness than those whose dear ones rest in distant graves, though their giving must have raised anew their mellowing, but unforbidden sorrow.



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Lockdown is bringing out the best in people

As vile as coronavirus is, and as hard as it is living in lockdown, this pandemic has brought out the very best in people.

There are always exceptions, but generally the people of Campbeltown and the smaller village communities of Kintyre have really come together – figuratively! – to support each other.

We will never grow tired of hearing and reporting on the countless volunteers, many of them offering their services for the first time, who are allowing charities such as Shopper-Aide and Kintyre Food Bank to do what they do best – work which may very well be keeping people alive at the moment.

There are also many people who do not get recognition, but who are playing a role every bit as important; the people who collect shopping and prescriptions for their elderly or vulnerable neighbours or relatives, allowing them to remain safely at home where they should be.

This not only demonstrates their own selflessness but it takes pressure off organisations such as Shopper-Aide, allowing its volunteers to attend to those who need help the most.

You are all inspirational.

Road users beware

In the past three weeks, I have only left my home twice, both times to buy groceries from shops and supermarkets at locations between Tarbert and Campbeltown.

During both journeys, I had very near misses on the A83 – on the first occasion with a heavy goods vehicle and on the second with another heavy goods vehicle and a large van.

All three vehicles were being driven as though there were no other drivers on the road. While I do appreciate the road will be much quieter than usual at the moment, and drivers may often have the road to themselves, they should remain mindful of other road users.

It was startling to turn a corner and find on-coming vehicles of such magnitude, driving at great speed, more than a third on my carriage-way, with little time to pull in. The last thing the NHS needs at the moment is a serious traffic accident.

Name and address supplied.

Cross conservation

We were delighted to read Catherine Dobbie and Campbeltown Community Council have secured funds to restore the Campbeltown Cross.

This treasure has become weathered in its exposed location and hopefully can now look forward to a more secure future.

You report the funding will also allow for restoration of the seats, planters and areas around the cross and there will be a new interpretation panel. These will be welcome, but we hope great care is taken to retain and re-install the two

bronze plaques, in Latin and English, which are attached to the base of the cross.

Although dating from the early 20th century, these plaques are themselves of historic interest since they were designed and donated by one of Campbeltown's most distinguished sons. Professor Duncan McEachran, a Campbeltown-born descendant of the McEachran's of Killellan for whom the cross was erected, was one of the world's most distinguished veterinarians.

He was a pioneer of modern veterinary education and the father of animal quarantine and tuberculosis control.

Among other things, he acted for the family of Chief Sitting Bull in negotiations with the US after the Battle of the Little Bighorn and was given the honorary title of Chief Akotas by the Blackfoot Indian tribe.

Possibly some reference to this connection could also be included in the new interpretation panel that is to be created.

Alan Milstead, chairman, and Ronald J Roberts, trustee, Campbeltown Heritage Centre.

Online support group

Lymphoma Action, the only charity in the UK dedicated to supporting people affected by lymphoma, has launched a closed Facebook group for anyone affected by Hodgkin or non-Hodgkin lymphoma or chronic lymphocytic leukaemia.

For more information about lymphoma, including information about lymphoma and COVID 19, visit the Lymphoma Action website at www.lymphoma-action.org.uk

Karen Bonell, Lymphoma Action.

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The Editor welcomes letters and emails for publication, however we reserves the right to shorten, amend or refuse to print them. Names and addresses MUST be supplied to indicate good faith, although details can be withheld from publication. Phone numbers, if available, should be included. Anonymous letters will not be considered.

At The Campbeltown Courier, we endeavour to ensure all our reports are fair and accurate and comply with the Editors' Code of Practice set by the Independent Press Standards Organisation (IPSO). We realise, however, that mistakes happen from time to time. If you think we have made a significant mistake and you wish to discuss this with us, please let us know as soon as possible by emailing: editor@campbeltowncourier.co.uk; telephoning the reporter on 01586 554646 or write to the Group Editor at Wyvex Media, Crannog Lane, Lochavullin estate, Oban, PA34 4HB. We will try to resolve your issue in a timely and amicable manner. However, if you are unsatisfied with our response, you can contact IPSO, which will investigate the issue.



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Sharing the creative love

Last week the Courier shared some of the heart-warming submissions the Kintyre Community Learning team received in response to its appeal for creations inspired by the theme of 'love'. People of all ages sent in

poems, drawings, paintings and short stories which symbolised love to them, which are being shared to help make Kintyre a happier place during the coronavirus lockdown. As well as thanking

everyone who contributed, a member of the Community Learning Team said: 'We'd like to encourage those who participated to continue engaging their creative talents and if anyone wants to share their creative work

on Facebook, please feel free to send it in to our Facebook page anytime (ABC Kintyre Community Learning Team). Keep showing the love Kintyre!' Here are some more of the creations.

I walk along the road towards our home.

It's such a beautiful spring afternoon, the sun is shining and the sky is so bright blue, not a cloud to be seen.

It feels so good to be outside and such a sense of freedom as I have been inside the house with my parents looking after them both. They had the COVID-19 virus and I had been visiting when the country went into to full lockdown.

No one was allowed to leave their home and for the past three months I looked after my sick parents. Luckily they both recovered and I didn't get the virus.

My heart was a little broken though as I had only been married a month to my wonderful husband Jack. We are so in love, it was very difficult for us both not to see each other every day.

He had been on his own all this time and although we could Skype every day, it wasn't the same as being with each other as we had

A short story of love amidst the COVID-19 virus of 2020 by Rosie Morrison.

been together since the day we met two years ago at a work night out. Jack was our new assistant manager at the bank we both worked at. It was love at first sight and we knew instantly this was the kind of love that was not to be thrown away after six months of dating.

We finally got engaged and the next year on that same date we got married on Valentine's Day.

We are so happy together and this was so difficult not seeing my true love. I skipped along the road like a child going to Disneyland. I couldn't wait to see Jack. That morning I had three different appointments to have my hair done, my nails,

and my makeup and I had bought a new outfit. I felt good inside and out. I had butterflies of excitement in my tummy. Here I was at our gate. As I opened the gate the front door opened and Jack ran to me. We hugged and kissed each other for a long time and we couldn't believe we were finally in each other's arms and Jack said: 'I don't ever want to be away from you again,' and I said: 'ditto'. We went inside. Jack had prepared a special lunch for us. He had candles and flowers on the table and a bottle of champagne in a bucket of ice. Jack opened the champagne and we toasted being back together and my parent's recovery.

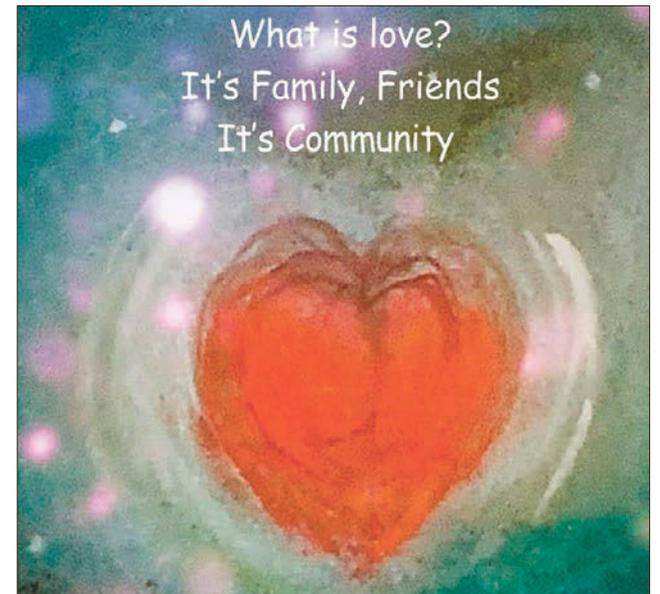
Jack was so handsome and I was so happy to be with my wonderful husband again. We ate our lunch and headed for the bedroom. Jack had candles lit and rose petals on the bed, we kissed passionately and before I knew it, it was morning.

Jack was still asleep so I got up and headed to the kitchen to make our breakfast. It was another beautiful sunny bright morning... I had never felt so in love and so happy ever before.

About a month later I had the delight of telling Jack I was pregnant with our first child.

We were so, so happy to bring a new life into our world of pure love. Eight months later I had twins, a boy and girl we called Zoe and Zack.

We started a new life with these two beautiful babies. I never knew such love, happiness and joy could bring such contentment. I felt so blessed and so very, very lucky to be alive.



An anonymously submitted image showing the love means to the contributor.



A drawing by Becky Oxborrow.

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Love is There

Love is there,
Even though our parks
and streets are bare,
There is (sic) no signs of
planes in the sky,
And few cars go passing
by,
But love is there.
Families passing on
opposite sides of the
streets,
And friends passing with
a beep,
No stopping for a chat,
And no coffee over
catch-up,
But love is there,
And it strengthens us in
the darkest of times.

Submitted
anonymously.



The Dochas Carer Centre

Are you an adult unpaid carer?

We are here for you

We provide a service to unpaid adult carers across the whole of Mid Argyll, Kintyre and the Isles (MAKI). We have three teams:

- Support outreach worker team
- Trained counselling team
- Volunteer befriending team

We are available 10-4pm Monday to Friday and our service is open to any unpaid adult carers that needs support.

The Outreach/Support Team

This team are maintaining regular contact with carers via telephone. Our team is providing a listening ear during this challenging time and we have been fortunate to receive additional funding to support carers with creative solutions to support carers and those they care for to help with their mental and emotional health while in isolation.

Our website – www.dochasfund.org.uk and Facebook pages will be updated regularly with information and advice.

The outreach/support team can be contacted via the telephone number 01546 600022 or by emailing -enquiries@dochasfund.org.uk

The Volunteer Befriending Team

Our volunteer befriending service called Circle of Friends is continuing to run. Volunteers are maintaining contact with the individuals they are befriending by telephone.

Our volunteer Co-ordinator, Ryan Taylor, continues to support this service.

If you have an interest in this service Ryan can be contacted via the telephone number 01546 600022

The Dochas Counselling team

The team are keeping up with their existing clients and people who are contacting them via the counselling service.

Visit the Dochas Facebook page for more information on the new counselling service set up to help during the Covid-19 crisis. This service is for people and their families who are living with long term conditions/terminal illness and bereavement.

Please telephone 07432 231217 or contact counselling@dochasfund.org.uk and someone will get back to you to explain the process.

They can't obviously offer any face to face counselling at the present time, but we can offer you telephone, email or online support.



Mid Argyll Youth Development Services

Providing Information and Accessible Youth Friendly Services

Are you a young carer?

We are here for you...

MAYDS are still providing support for children, young people and families where we can. Anyone needing advice or help can contact the above at anytime.

We are providing our child and adolescent counselling services via skype, phone etc., and still open for referrals for any young person feeling isolated or in need of support. Our Young Carers are still being supported by our team across MAKI and again referrals are still being taken.

We have regular information and updates on our facebook page mid Argyll youth development services.

Online support is also available on www.cool2talk.org.

Contact 07788900049 or fiona@mayds.org.uk lynn@mayds.org.uk

OPEN FOR BUSINESS

We realise that many more businesses would love to be open, serving locals and visitors alike – our deepest empathy goes out to these businesses and we look forward to seeing their doors wide open when this is all over. Please feel free to get in touch with us if you would like to feature your business, or know a business that should be included. Email nmurphy@obantimes.co.uk or get in touch via our Facebook page on messenger. Let's spread the word as much as we can!

SUPERMARKETS & FOODHALLS

Tesco Metro

0345 6779130
Open 7am-10pm
Good Friday, Easter Sunday & Easter Monday
8am-8pm
Social distancing measures in place

Co-op Store

Open Mon-Sat 7am-8pm
Key worker exclusive access: Mon-Sat 8am-9am,
Sun 10am-11am
Absolutely essential deliveries only.
Tel: 01586 554504

CONVENIENCE STORES & NEWSAGENTS

County Garage

Petrol and Diesel Esso Service Station and Londis Store
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Sun 8am-9pm
Contactless up to £45
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McKellar's Stores Campbeltown

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Or message FB Page

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Also Stewarton, Drumlemble, Machrihanish & SOK.
Friday - Peninver, Torrisdale, Saddell, Carradale & Town
Fresh produce and freezer ready meals. Check out menus on FB page.
Tel: 01586 553635

Kintyre Larder

Open 10am-1pm
Deliveries Mon-Fri
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Please order ahead: 07725 994521
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Open:
Veg Box £10
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Featuring the businesses in Kintyre that are open and able to offer vital products and services to our community during the current Covid-19 pandemic. Many of these businesses are working under extreme pressure to bring quality products and services to the people of Kintyre and beyond. Please remember to exercise caution when shopping and only shop for essential supplies. Along with our wonderful NHS staff and carers, our local food, fuel, news platforms and home supply businesses are our community champions!

Fruit, Veg & Salad Box £20
Add on rolls, eggs, milk, cheese etc
Can deliver.
Tel: 01586 552386 to order.

MacMillan Foods

(The Fish Shop/Kintyre Smokehouse)
Open: Tues 9am-5pm, Wed 9am-1pm, Thurs/Fri 9am-5pm, Sat 9am-1pm
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DJ Campbell & Son

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Breakdown recovery, roadside assistance and haulage for loads of up to 5 tonnes.
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A Thomson Painters & Decorators

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Look up FB pages for more information on local services:

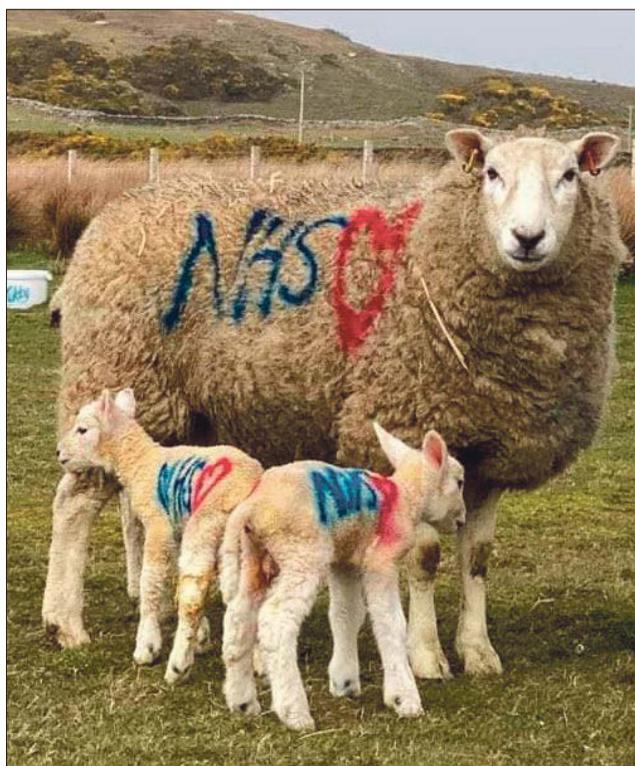
Look online at www.campbeltowncourier.co.uk, Kintyre Forum and Explore Campbeltown on Facebook.

Information correct at time of going to press. Check www.campbeltowncourier.co.uk/openforbusiness for updated information. This page will run in the Campbeltown Courier every week for as long as necessary - printed information will be updated weekly.

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Sheep and their lambs have been painted in tribute to NHS staff.

All things 'baa, baa' bright and beautiful on Islay family farm

An Islay farmer and his family have been brightening up the lambscape in honour of NHS staff on the island and further afield.

Andrew Jones, his girlfriend Sophie MacGill and farm hand Katie Keenen have been spray painting the new spring arrivals and their mums in individual brightly-coloured designs on the family-run Coull Farm.

Spring arrivals painted brightly in honour of NHS staff

'The sheep are in a field next to the road so the hope is it will put a smile on the faces of NHS workers and other essential travellers on their way to and from work,' said Andrew.

'I put the pictures up on the farm and the island Facebook

pages at the weekend and have received a load of positive comments and shares. We are so pleased they are cheering people up.

'The NHS is working so hard to keep us all healthy during these extreme times, so if

there are small things we can do to let them know that their efforts are appreciated it's a no-brainer.'

Andrew's father, who has worked and lived on the farm for the past 46 years, took a bit of convincing that having multi-coloured livestock was a good idea.

He has since conceded it wasn't such a 'baad' idea after all.

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- 12 x Joining pins/stakes
- 2 x 2-foot swing gates

OPTION 2
20-foot race, 100-foot holding pen
£1795.00 + VAT

Comes with a 100-foot holding pen and 20-foot race, 2 x 2-foot swing gates and all joining pins/stakes included. Our system will safely hold 150 fully grown sheep (approx)

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- 2 x 2-foot swing gates

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- 3000mm (3m) long
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- 1 x sliding gate

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DO NOT leave the house at all for 7 days.

Still have symptoms after 7 days?

DO NOT leave the house until they go.

EVERYONE else in your household must
not leave the house for 14 days.

Do not go out even to buy food or essentials.
Stay at home to exercise.

nhsinform.scot/coronavirus

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Argyll and Bute Council

PLANNING

The applications listed below together with the plans and other documents submitted with them may be viewed electronically through Argyll and Bute Council website at www.argyll-bute.gov.uk. Having regard to Schedule 6, Part 3, s10 of the Coronavirus (Scotland) Act 2020, documents are only available to inspect electronically at this time. Customers requiring assistance can contact us by e-mail: planning.hq@argyll-bute.gov.uk or tel. 01546 605518.

TOWN AND COUNTRY PLANNING DEVELOPMENT MANAGEMENT PROCEDURE (SCOTLAND) REGULATIONS 2013 REGULATION 20(1) ADVERT STATEMENT
TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997 (AS AMENDED), RELATED PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) (SCOTLAND) ACT 1997

Ref. No.	Proposal	Site Address
20/00546/PP	Construction of new summerhouse in garden	The Moorings Pier Road Tarbert Argyll And Bute PA29 6UE
20/00555/PP	Change of use from bed and breakfast (class 7) to dwellinghouse (class 9)	Allt-Na-Craig Tarbert Road Ardrishaig Lochgilphead Argyll And Bute PA30 8EP
20/00493/PP	Erection of extension to dwellinghouse and retrospective change of use of vacant land to residential garden ground and siting of 2 sheds	Droineach Cottage Keills Tayvallich Lochgilphead Argyll And Bute PA31 8PQ
20/00512/PP	Installation of replacement windows	Dunchragaig House Kilmartin Lochgilphead Argyll And Bute PA31 8RG
20/00357/PPP	Site for the erection of dwellinghouse	Land North Of Cherry Trees Lochgair Argyll And Bute
20/00126/PP	Erection of anemometer mast (80 metres high) for a temporary period of 36 months	Mast 2 Narachan Hill Land North West Of Grogport Forest Carradale Argyll And Bute
20/00125/PP	Erection of anemometer mast (80 metres high) for a temporary period of 36 months	Mast 1 Narachan Hill Land North West Of Grogport Forest Carradale Argyll And Bute

Written comments can be submitted online <http://www.argyll-bute.gov.uk/planning-and-environment/find-and-comment-planning-applications> or to Argyll and Bute Council, Development Management, Kilmory Castle, Lochgilphead, Argyll, PA31 8RT within 21 days of this advert. Please quote the reference number in any correspondence. Any letter of representation the Council receives is considered a public document and will be published on our website. Anonymous or marked confidential correspondence will not be considered. A weekly list of all applications can be viewed on the Councils website. Customers are requested to use electronic communication where possible during the coronavirus pandemic as our ability to process postal mail is restricted.

To find out more about living and working in Argyll & Bute visit us at: www.argyll-bute.gov.uk
Comhairle Earra - Ghàidheal agus Bhòid



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Argyllshire advertiser campbeltown courier

CHARLES AND BARBARA TYRE TRUST

Each Year the Trust may **Provide Grants** that assist applicants

- to obtain additional qualifications at a University or other institute of higher education.
- to train in a trade or profession other than that in which they are at present trained.
- to undertake a course provided by the Open University for which they have registered.
- to undertake training in leadership and initiative.
- to benefit from recreative holidays in cases special needs.

Terms and Conditions Apply

Further details and an application form may be obtained online at

www.charlesandbarbaratyretrust.org.uk

Completed applications must be received no later than **31 May 2020**, and applications received after the closing date will **NOT** be considered except in exceptional circumstances. Please note application forms will be accepted before examination results are received.

Clerk to the Governors, Charles and Barbara Tyre Trust,
The Old Surgery, School Road, Tarbert, PA29 6UL Tel: 01880 820 277

Charles And Barbara Tyre Trust, SC031378

GOODS VEHICLE OPERATOR'S LICENCE

T.P. Niven Ltd of The Garage, Woodhead Road, Palnackie, Castle Douglas DG7 1PG is applying to change an existing licence as follows, to add an operating centre to keep 2 goods vehicles and 2 trailers at Rhoin Garages Salt Depot, U59 West Road, Campbeltown, PA28 6NT.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A guide to Making Representations is available from the Traffic Commissioner's Office.



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2 The Publisher does not guarantee the insertion of any particular advertisement.

3 The Publisher reserves the right to cancel or alter the advertisement by giving reasonable notice.

4 An order for an advertisement shall be deemed to be made on acceptance of the advertiser's order by the Publisher whether placed by telephone, mail, fax or in person.

5 Cancellation of display advertising must be received by the Publisher before the publishing deadline, failing which, the publisher reserves the right to invoice the customer in full for the whole cost of the advertisement.

6 The parties submit to the jurisdiction of the Scottish Courts and Scots Law. In the event of any dispute or action by the Publisher to recover payment from an advertiser, it is agreed that matters will be settled in the Oban, Argyll Sheriff Court or such other Court as the Publisher may choose.

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re-insertion, refund or adjustment will be made where the error, misprint or omission does not materially detract from the advertisement.

8 Errors must be notified to the Publisher in writing within fourteen days of publication. In no circumstances shall the total liability of the Publisher for any error, misprint or omission exceed the amount of a full refund of any price paid to the Publisher for the particular advertisement in connection with which liability arose or the cost of a further or corrective advertisement of a type and standard reasonably comparable to that in connection with which liability arose.

9 The Advertiser/Advertising Agency agrees to indemnify the Publisher in respect of all costs, damages or other charges falling upon the publication as the result of legal actions or threatened legal actions arising from the publication of the advertisement in any one or more of a series of advertisements published in accordance with copy instructions supplied to the publication in pursuance of the Advertiser/Advertising Agency order.

10 Adverts under the value of £75 must be paid on acceptance of order by the Publisher. All advertising on a credit basis must be agreed with the Publisher in advance.

11 Payment of any invoice raised by the Publisher will be due 15 days from the date of invoice or as otherwise directed on the invoice. In the event of non-payment the Publisher may charge late payment interest at a rate of 2% and this is chargeable on a daily basis from the due date until the bill is paid. In addition the Publisher may charge a late payment levy of £10 as an administration fee. In the event of late payment the Publisher reserves the right to disallow any discounts given and to raise an additional invoice for the discount which will be treated as though it has been raised with the original invoice.

12 A request to insert an advertisement assumes acceptance of our conditions.

Published by Wyvex Media Limited, P.O. Box 1, Oban, PA34 4HB, Tel: (01631) 568000
www.obantimes.co.uk and registered as a newspaper at the Post Office. <http://termsandconditions.wyvexmedia.co.uk>

RECRUITMENT

Your Career Right Here

The Scottish
Salmon Company



Marine Site Manager

Location: Ulva Ferry, Isle of Mull

Salary: up to £48,000 per annum, dependant on experience

Why work with us?

- £150 million turnover
- 650 + staff (continually growing)
- We sell to over 26 countries around the world
- We are an internationally recognised pioneer in Aquaculture
- Sustainability is at the core of all our activities

The Scottish Salmon Company produces Scotland's Finest Sea Loch Fresh Salmon with Pride and Passion.

With our head office in Scotland's capital, Edinburgh, we breed, rear and process superior salmon exclusively in the pristine waters of the Scottish Western Highlands and Islands. Our customers appreciate our product quality, service excellence and provenance guarantee. We are also the proud recipients of multiple industry awards recognizing our commitment to Scotland, our industry and staff.

We are always looking for ambitious and motivated individuals to join our passionate team so if you want to test yourself in a challenging workplace, look no further...

Due to a long serving manager leaving, we are looking to recruit a Marine Site Manager to manage the full operations of our Geasgill site. The Marine Site Manager is responsible for the Health & Safety; Fish Health & Welfare and staff management. Additionally, they will be in charge of all site and equipment maintenance for example, plant machinery; boats and shore bases.

Duties:

- Ensure a safe working environment exists for all site employees, visitors or contractors.
- Ensure the adherence to all standard operating procedures (SOP's).
- Deliver site KPI's through teamwork.
- Provide input into and control the total site expenditure to meet or better the budget.
- Achieve the highest welfare, husbandry, biosecurity, food safety and quality standards from the site.
- Maintain accurate and up to date site records relating to livestock, feed use, environment, bio-security etc.
- Encourage the implementation of opportunities for continuous improvement, aiming to always improve the KPI's for all areas.

Skills/Experience:

- Sound staff leadership and management experience on an aquaculture site, ideally with salmon.
- Strong interpersonal and communication skills, with the ability to motivate teams.
- Target driven, proactive, result orientated and cost aware.
- Experience of working with and achieving budgets.
- 'A hands-on' management style and able to work collaboratively.
- Experience of first-hand experience of liaising with statutory authorities such as Marine Scotland/SEPA.
- Full driver's license.



Employee Benefits

In return we offer over 15 employee benefits, including:

- Relocation support
- A discretionary Staff Incentive Scheme payment of up to 5% of annual salary
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- Competitive salary package
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- Retail discount scheme
- Critical Illness Cover – also for Spouse and Partner
- Occupational Health Service
- Professional Development Opportunities

How to Apply:

Please send your CV and Cover Letter to workwithus@scottishsalmon.com

Closing Date:

Friday 24th April 2020.

You can also check out our current vacancies on our website www.scottishsalmon.com

Fish Farmer Magazine

Established 1977

Editor

Industry leading magazine and website
Edinburgh or Oban office

Competitive Salary + Benefits

Driving licence essential.

Apply with CV, covering letter and current salary to: jobs@fishfarmer.com

As Editor you will be responsible for managing the day to day production of the print title "Fish Farmer" as well as sourcing and contributing news to the website and associated social media. Industry experience or B2B experience would be preferred, but not essential - you may be a talented journalist or editor looking to move into a B2B role.

The applicant will be commercially minded, and close liaison with the sales team will be required.

The role involves writing and commissioning articles, working closely with freelancers, contributors, trade bodies and an editorial advisory board to implement ideas and recognise commercial opportunities across a variety of platforms.

There will be a degree of international and UK travel and attendance at trade events.

Thought for the Week
with Marilyn Shedden

NASA satellite measurements have recently revealed significant reductions in air pollution, a drop of more than 30 per cent, over the major metropolitan areas of the north eastern United States.

Similar reductions have been observed in Europe and other regions of the world.

But these recent improvements in air quality have come at a high cost, as communities grapple with lockdown and stay at home orders as a result of the spread of COVID-19. We have long since talked about how best we can heal our planet. We have been told the damage we are doing to our earthly home is irreversible.

It would seem that, even in a few weeks, there has been the possibility of reversing the damage done over the past decades.

There has been much said in these past few awful weeks about courage, compassion, human endeavour and altruism – and rightly so. There has also been much speculation as to what our country, our world, will be like when this is all over. Will we be better people? Will we be kinder, more thoughtful, more caring?

Already we have seen the advantages of modern technology and communication at this time and maybe we can learn from this.

Maybe we won't need so many air trips to attend meetings when we can do this from home. Maybe we will continue to support local shops and businesses. Maybe we will support our farmers and buy locally grown food. Maybe we can save our planet after all.

Meantime all our prayers are with all those who devote every waking hour to save us from this deadly predator that stalks the earth and threatens our lives.

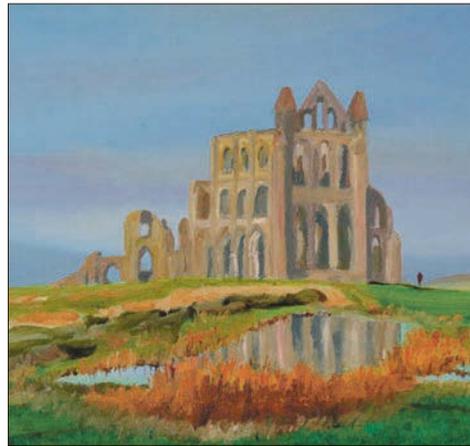
If we can all become as they are, there is hope beyond this time.

Sponsored by your local Citizens Advice team - They need you!

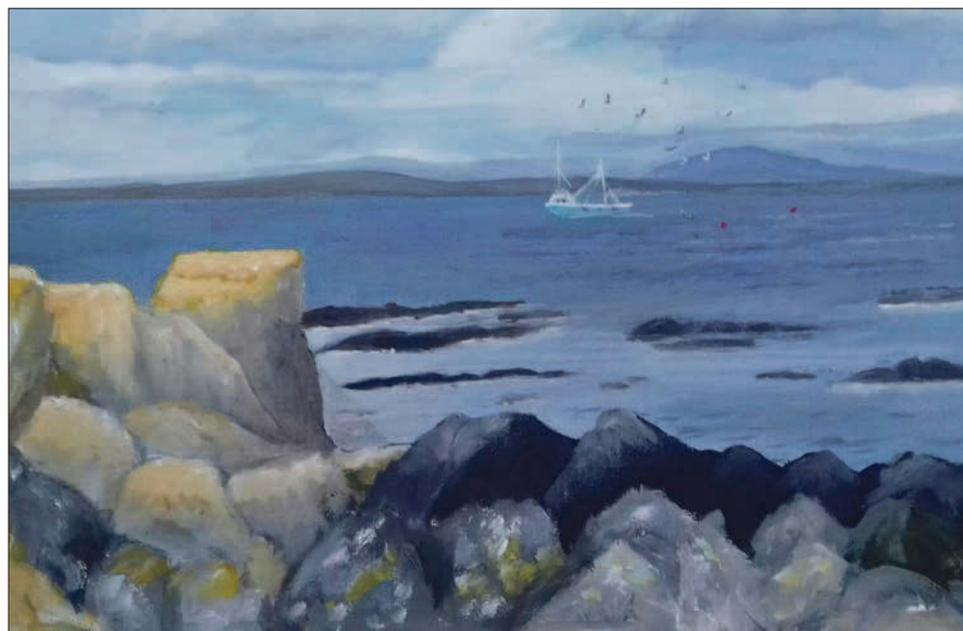
Volunteers now required in Kintyre. Call **01546 60 5550** or email **info@abcab.org.uk** to find out more.



Stuart by Libby Kerr.



Whitby Abbey by Pauline Simson.



Gone Fishing by Maggie Young.

Art group members share creations to boost morale

Despite not being able to meet up because of the current restrictions to prevent the spread of coronavirus, members of Chleit Art Group have still been putting their paintbrushes to good use.

A member of the group, which usually meets in Chleit Church Hall on Monday mornings, said: 'We haven't got a teacher but enjoy our peaceful time together and give each other helpful hints where we can.'

Since the group's Monday gatherings ended, members have been keeping each other

going by sharing pictures of their efforts by email.

'Last year we had our first exhibition and raised some money towards the repair of the hall,' the member added.

'We were planning for one in May which will now not happen, so we thought we would send a few pictures to the Campbeltown Courier to encourage people who are self isolating.'

Look out for more of the group's artwork in next week's Courier.

CONTACTUS

email us at editor@campbeltowncourier.co.uk
telephone 01586 554646

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GOLDEN WEDDING

WILSON - MILLOY - Jim and Mary were married at Kilmalmonell Church, Clachan on April 17, 1970 by the late Rev. A. Lawson.

DEATHS

FERGUSON - On April 3, 2020, peacefully at Mid Argyll Hospital Lochgilphead, Archibald Black Ferguson (Archie) aged 65 years, beloved son of the late James and Jean Ferguson, much loved brother of Duncan, dear brother-in-law of Jan and dearly loved uncle of Craig and Ross. Interment took place at Tarbert Cemetery on April 15. With grateful thanks to doctors and staff at Mid Argyll Hospital for the kind care and attention received, Rev Robert MacLeod for a comforting service and Stan Lupton Funeral Directors for professional services.

MACLEAN - Niall Iain, aged 91 years, died peacefully on April 8, 2020, at Mid Argyll Hospital, Lochgilphead, after a short illness, a loving husband, father, grandfather and great-grandfather, sadly missed. A private family committal will take place at Glen Shira Cemetery. With grateful thanks to doctors and nursing staff, for their loving kindness and unflinching attention.

MCPHEE - Peacefully at home, Killellan Lodge, Campbeltown, on April 11, 2020, Duncan Gilchrist McPhee, in his 84th year, dearly beloved husband of Betty MacKay, much loved father of James and

Elizabeth, father-in-law of Donna and Keith and loving Papa of Liam, Christopher, Jade, Chloe and Kyle. Funeral service private in line with current Government guidelines.

STALKER - Peacefully at the Campbeltown Hospital, on April 9, 2020, David McShannon Stalker, in his 94th year, dearly loved husband of the late Isabella McGown, much loved brother of Helen and the late Margaret, a loving uncle and a good friend to many. Funeral private.

TAYLOR - Euphemia (Euphie) Blair Taylor (née MacFarlane), who died peacefully with her family around her on March 24, 2020

THOMSON - Peacefully at home, after an illness borne bravely, on Easter Sunday, April 12, 2020, Hector Bruce Thomson, aged 75 years, of The Anchorage, Ardpark by Tarbert. Beloved husband of Elaine and of the late Betty; cherished father of Graeme, Andrew and Suzanne, and dear step father of Gaener and Karen. A much respected father-in-law of Amanda, Tara, Gavin and Fraser. Dearly loved grandfather of Kristofer, Scott, Shaun, Calum, Erin and Eadie, and proud great-grandfather of Mia. A dear brother, uncle and cousin to all the family. In line with current regulations, a private funeral service will be held at Carrick Cemetery. A memorial service will be held at a later date.

ACKNOWLEDGEMENT

JOHNSON - Jean, Irene, James, Jane and Brogan and their families would like to thank everyone for their love and support, the many calls and cards following their recent loss of Gordon. Also thanks to funeral directors William T. Fraser and Allan Dunbar for the very comforting service held in Inverness on April 2.

IN MEMORIAM

GROGAN - Andy passed away April 17, 2016. You walk beside us every day

Still loved still missed Forever in our hearts. - Kathleen and family xx

MAXWELL - In loving memory of Bunty, who sadly passed away April 17, 2013.

Always in our thoughts. - Tom and family.

MCLEAN - Hector, April 16, 2015. A much loved husband, father and grandfather who is sorely missed every day and forever in our thoughts. - From Ann and family.

MCSPORRAN - In loving memory of Alastair, who died on April 17, 2012.

Those we love don't go away But walk beside us every day Unseen, unheard, but always near Still loved and missed and very dear. - Ann and family.

CHURCH NOTICES

SPRINGBANK EVANGELICAL CHURCH



75 Longrow, Campbeltown
Regular messages and devotionals will be recorded and available on: www.springbank-church.org.uk
Meetings will not take place until further notice.
Pastor Steve Davies
01586 551200
SC014646

ST KIERAN RC CHURCH

St. John Street, Campbeltown
01586 552160
Rev Tony Wood
stkieransrc.org
All public masses suspended for the foreseeable future
Anyone requiring pastoral care or help please contact Father Tony
(SC002876)

ADVERTISER ANNOUNCEMENTS
COURIER ANNOUNCEMENTS
ADVERTISER ANNOUNCEMENTS

SALVATION ARMY



All services and group meetings are currently cancelled due to the coronavirus outbreak
If we can be of any assistance to anyone during this time please call us on 01586 552046
Major Ruth Russell
Scottish Charity Number SC009359

CAMPBELTOWN FREE CHURCH

George Street, Campbeltown



There will be no services in the church building until further notice.

Rev Rodger Crooks will record the service for this Sunday and it will be available on our website (see below) and on YouTube.

Please contact us if you require help or would like someone to talk to or pray with you.
Rev Rodger Crooks
01586 554589
www.campbeltownfree-church.co.uk
Scottish Charity Number: SC046745

CAMPBELTOWN COMMUNITY CHURCH



All church activities and services suspended until further notice

Please feel free to contact us if you require any help or even just for a chat

Pastor Mark Jasper
01586 554 092
pastor@campbeltown-communitychurch.co.uk
www.campbeltowncommunitychurch.co.uk
SC043322
Baptist Union Logo



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"God made you alive together with Jesus, forgiving us all our offences"
(Colossians 2:13)
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Lochgilphead
Fr Simon Mackenzie
01546 602315

ST MARGARET'S RC CHURCH

Church building closed and all masses suspended until further notice

For the most up to date information visit our website: www.lochgilpheadcatholic.com or our Facebook page.

lochgilphead@rcdai.org.uk
Fr Ronald Campbell
01546 602380
(SC0002876)

NORTH KNAPDALE PARISH CHURCH

charity number SC001002

Although our buildings are closed we are still active. Our website is full of information & links to keep you informed &

provide opportunities for worship on-line
Please look it up & keep in touch
www.northknapdale.org

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Local press in print and digital is **THE MOST TRUSTED** source for local news and information

- Local press in print and digital 74%
- Local commercial TV 73%
- Search engines 43%
- Social Media 22%
- Other websites 39%



Source: YouGov 2018

Keeping our community informed

What we are doing to help

- We are continuing to bring you accurate and trustworthy news in-paper and online
- We are working with our wholesale and retail partners to make sure that your newspaper is still in the shops

All the information on our website is available free - you don't have to log in

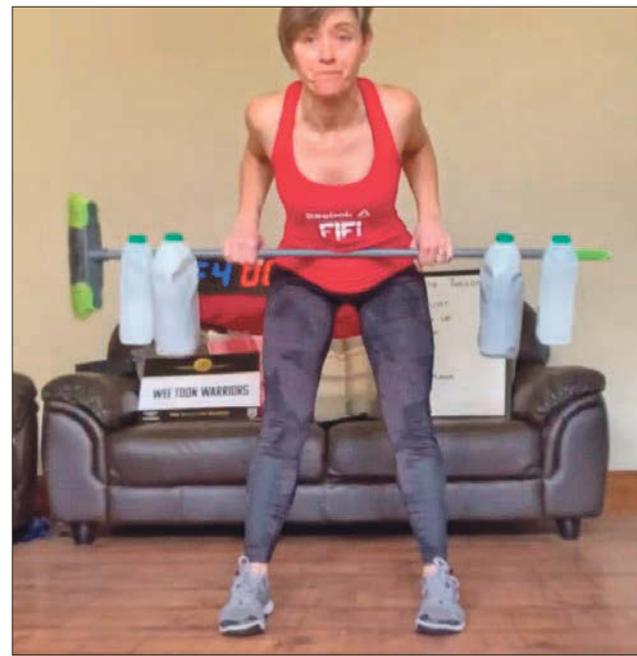
If you want to get the "page turner" version of the newspaper and can't get to the shops we have halved the price of our digital edition for the next 3 months. We will review this on an ongoing basis.

Subscribe for 3 months for just £4.80

Stay safe, we're in this together



www.campbeltowncourier.co.uk www.argyllshireadvertiser.co.uk



Left: Fiona demonstrates sumo squats with a lift, using make-shift weights. Above: A side plank using a water bottle weight. Right: A bent over barbell row, using an improvised weight.

Visit the Campbeltown Courier website and Facebook page to view Fiona's step-by-step Tabata training session.

Wee Toon Warrior Fiona is keeping people active

Infectious disease outbreaks, like the current coronavirus pandemic, can be scary and have a massive impact on people's mental health, writes Hannah O'Hanlon.

There are many ways to manage well-being during stressful times like these and exercise plays a major part in this.

Rather than looking at lockdown as a negative experience, Fiona Irwin, the woman behind Wee Toon Warriors, is urging people to make it something positive by creating new daily routines that prioritise looking after their health.

She said: 'Make a daily schedule and in it mark out 'me

time' to either read, do internet research, exercise – or do all three. If you exercised before lockdown, using Google or YouTube, search for something new you can do at home. The fitness industry is reaching out and providing home exercise.

'If you have always been meaning to start exercising, this is the perfect time. There are many workouts available online for you to build up confidence in the comfort of your own home.'

Fiona says many people admit they are frightened to go to the gym or take part in a class because they feel they won't know what to do

or think everyone is looking at them, adding that now is the time to get on the health and fitness bandwagon with a home fitness workout.

Fiona has had to close her gym at Machrihanish Airbase Community Company for the time being, but she is making and uploading videos to YouTube every weekday so her clients can continue to train from home.

She has shared one of this week's videos with the Courier, a Tabata challenge, which will only take four minutes to begin with and can be built up from there.

She said: 'The video has six

'There are many workouts available online for you to build up confidence in the comfort of your own home.'

Tabata sessions for people to try. They can try them all together or split them up throughout the day or week as they please.

'This is suitable for beginners. All the moves can be scaled by difficulty and intensity so

people should give them a go. They never know, they might feel better.'

Fiona added: 'Well-being is defined by the government as being a positive physical, social and mental state. There is no single definition but well-being can also be described as the ability to deal with the ups and downs of life, such as coping with challenges and making the most of opportunities. When events such as we are experiencing occur, our body's defence system kicks in creating a stress response that makes us feel uncomfortable and puts our emotions all over the place. This also results in us

not being able to sleep properly thus affecting our well-being.

'Physical activity has huge potential to be effective in relieving such stress and having a positive impact on our mood thus leaving us better equipped to deal with the challenges we are facing.

'At the end of this all, when we come out the other side, what will you say you did?'



What we are doing to help

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