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Love blossoms for Kintyre couple at lockdown 'wedding'

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

They may not officially be husband and wife yet but that did not stop one Campbeltown couple celebrating what should have been their wedding day in style.

Despite spending 16 months planning their dream day, Lesley Bell and David Mullen were not able to get married last Saturday, April 18, due to the restrictions in place because of the coronavirus pandemic.

The date had been specifically chosen as it had a lot of meaning to the couple.

Lesley explained: 'David lost his mum in June 2012. Her birthday was April 18 and in 2020 this fell on a Saturday, so we decided this would be the perfect date for our wedding so she could be a part of our day too.'

But it wasn't to be. Everything was going to plan until February when it became clear to Lesley and David that

COVID-19 was starting to become a real concern not only in China, but across the globe.

The couple realised that their wedding, set to take place at Balinakill Country House in Clachan, a stately house with which the couple had 'fallen in love', might not be able to go ahead.

'I said to David that we were going to have to postpone our wedding as we just could not possibly risk the health of our loved ones,' Lesley said.

But, not giving up hope of saying 'I do' on April 18, Lesley and David contacted their minister, Reverend William Crossan, to see what options they had with regards to saying their vows somehow.

The decision was made to hold the ceremony in the Lorne and Lowland Church instead, but the couple couldn't bare the thought of Lesley's parents and David's dad, who were all self-isolating, risking their health to attend or not being there at all.

Lesley said: 'We worked it

out that we could get married within the church with my parents socially distanced at one side, David's dad socially distanced at the other side, and just ourselves and my eldest two children, Alecia, 16, and Craig, 13, present.'

The couple's younger children, four-year-old Amara, three-year-old David, and Aria, one, were to be looked after by Michelle MacMillan and Billy Rankin, the couple's original witnesses, while their fathers officially became their new witnesses.

Lesley decided to keep her dream dress a secret until a full reception could be held and bought a second-hand dress to make her vows.

However, even the back-up plan wasn't to be - on March 30 Lesley and David got the word that the Church of Scotland would hold no more weddings until further notice.

'As much as we expected this, it was still a massive disap-

Continued on page five.



'Newlyweds' David Mullen and Lesley Bell, who now hope to celebrate their official wedding in September.



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.

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Billy's new look is simply the best

Rangers Football Club supporter Billy McFadyen's wish came true when it was revealed that the chosen colours his partially shaved head and beard were to be dyed were blue and red.

In celebration of his 60th birthday, Billy carried out a sponsored shave, cutting one half of the hair on his head, and the opposite half of his beard.

Billy braved the shave on Saturday, the day of his birthday, and while the online fundraising page will remain open until May 4, the person who had made the biggest single donation by 5pm on Friday was able to choose the colours he would dye the remaining hair.

That happened to be Billy's cousin, Charles McFadyen, who selected blue and red. The dye was supplied by Numero Dix Hair Salon and at the start of this week, Billy was transformed.

He will cut the remaining hair when the fundraising page is closed.

Generous Billy has agreed to treble the amount raised



Billy McFadyen sporting his new look.

in sponsorship money up to £10,000. He has decided to donate 20 per cent of the total money raised to the 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 Kintyre Food Bank and Kintyre Recycling Ltd.

Visit www.givey.com/billymcfadyens60thshave to donate.

Kintyre firm buys Campbeltown Creamery site

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

One of Kintyre's biggest employers has bought the site of Campbeltown Creamery.

Last Thursday, First Milk announced the completion of the sale of the site to McFadyens Transport Ltd for an undisclosed sum.

Collectively, McFadyens is one of the largest employers in Kintyre, with more than 100 people working across its construction and transport businesses, based in a shared yard and workshop at Glebe Street.

McFadyens Transport plans major, long-term investment

at the creamery site, securing opportunities for the local skilled workforce.

Commenting on the announcement, Shelagh Hancock, chief executive of First Milk, said: 'While I know that this is the end of an era for the Kintyre area, we are pleased to have concluded the sale of our Campbeltown Creamery site to a local business that is committed to investing to secure employment opportunities for the local area for the long-term.'

Charles McFadyen, director of McFadyens Transport, added: 'Since our business was established in Campbeltown in 1901 we have been one of the town's largest and continuous employers.

'We have been looking for an alternative site in the area for some time to house

and repair our specialised transport equipment. We have great vision for what can be achieved at the creamery site, and we are confident that the acquisition of this site will allow us to develop the business, securing and enhancing opportunities for our existing employees and the wider local community.'

Councillor John Armour said: 'It is sad to see the end of the creamery, a fixture in Campbeltown for so many years. Local farmers, very ably led by James Barbour, tried to secure the future of the site but despite support from the Scottish Government and magnificent support from a local crowdfunding campaign they were not able to find a financially viable long-term way forward.'

'It is good to see McFadyens

Transport, a very highly respected local company which provides much needed work in Kintyre, buying the site and I have no doubt that this will mean much needed employment for locals in the development of the site and in the future.'

Councillor Rory Colville added: 'The long-term retention of jobs is obviously good news, and perhaps more reassuring is that a well-established local company has the vision to invest in its own future and in doing so delivers a message that Kintyre is open for business.'

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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

POLICE FILES

Drunk driver

A 52-year-old man was stopped by police while driving his van on the A83 at Muasdale at about 12.45pm on Thursday April 16.

The man allegedly provided a positive breath

test, was arrested and a blood sample was taken for analysis.

Fixed penalty

A 54-year-old man who behaved in an abusive manner outside the Co-op in Campbeltown at about

7.45pm on Friday April 17, was traced and issued with a £40 fixed penalty notice.

Police are appealing for witnesses or anyone with information on the above or any incident to phone 101 or Crimestoppers on 0800 555 111.

Kintyre Food Bank updates its opening hours

Kintyre Food Bank, which is currently operating from Campbeltown Town Hall, has amended its opening hours.

It is now open from 10am to noon on Tuesdays and Fridays and, for the time being, no referral is needed.

For anyone unable to physically visit the food bank, arrangements can be made for delivery by telephoning 07936 034600 during the day.

Due to the current extra pressure on the food bank, which services the whole of Kintyre, East Kintyre Windfarm Trust

and West Kintyre Windfarm Trust have each donated £1,000 to the charity.

East Kintyre Windfarm Trust has also donated £5,000 from the Fund to Shopper-Aide due to its increased demand across the length and breadth of the peninsula.

Councillor Alastair Redman said: 'The news of the East and West Kintyre Windfarm Trusts donating £1,000 each to the Kintyre Food Bank to help during the current health crisis is very welcome news indeed.'

'This is yet another example

of how this tragic health crisis that the world is experiencing is bringing out the very best in our local communities.

'A huge thanks to the windfarm trusts for making these contributions that will greatly aid the terrific and selfless work that the Kintyre Food Bank is doing.'

'Now more than ever local groups like these are dependent on by so many. I would encourage those who feel able to donate money and time to great local causes like this to do so where ever possible.'

Painter offers knockout gift to benefit local NHS

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

A Campbeltown artist and his friend have teamed up to raise funds for staff at Campbeltown Hospital.

Hobby artist Vince Jordan, who carries out ground maintenance around the NHS properties in Kintyre, painted a 30-inch by 24-inch oil on canvas image depicting an NHS employee in boxing gloves.

Vince agreed to let his friend, David Colville, who was instantly drawn to the painting, market and sell the canvas, with the intention of giving the money raised to local NHS staff.

David said: 'The painting is very poignant, and reminds us of the fight all NHS staff currently face every shift.'

'Vince would like to donate 100 per cent of the total to Campbeltown Hospital for a recreational fund. This would be a general fund for staff to use for themselves, for example to buy a television, Bluetooth speakers or a coffee machine for the staff room, or a much deserved night out once this is over!'

David advertised the paint-



ing on social media and was overwhelmed by the responses, likes and shares it received. He has decided to carry out a blind auction, whereby people submit the highest amount they would pay for the paint-

ing by noon on April 29, at which point the highest bidder, who will pay the price they submitted, will be announced.

Bids can be sent to David via Facebook messenger or by emailing d.colville@mail.com

Lockdown by Vince Jordan is to be auctioned, with the cash received handed over for the benefit of local NHS staff.

'Hopefully we will find some charitable individual or group that is taken with it the same way as I am,' David said. 'It would be ideal if some individual or business bought it and donated the painting to the hospital.'

'I have massive respect for the NHS and its staff's commitment, particularly during these unprecedented times.'



Charles 'Twinkle Toes' McFadyen photographed by Adam Boyd outside his final barber shop on Kirk Street in 2007.

Paying tribute to Charles 'Twinkle Toes' McFadyen

The Campbeltown community is paying tribute to an iconic local who died last weekend, writes Hannah O'Hanlon.

Charles McFadyen, known to many as Twinkle Toes, died at Campbeltown Hospital on Sunday, April 19, aged 86.

He was best known as a barber, originally working in Soap's Barbershop in Longrow, leaving in the 1970s to set up his own salon.

He worked from a couple of premises in Argyll Street and Kirk Street before settling in the Kirk Street shop in which

he worked until just a couple of years ago, working well into his 80s.

Mr McFadyen cut the hair of several generations of the same families, and many remember visiting him for their first proper hair cut, or playing on the street outside while their fathers visited his shop.

He is remembered fondly as a friendly man who was always smiling, and who had an impeccable memory, remembering some customers despite decades passing between visits!

Fall in hospital virus admissions as lockdown continues

More than 1,800 patients in Scotland who tested positive for coronavirus have beaten the killer bug, the First Minister revealed on Wednesday.

Since March 5, hospitals have discharged 1,813 patients who had tested positive for COVID-19 after they recovered.

Speaking on Wednesday, Nicola Sturgeon revealed that in the previous 24 hours alone, the number of patients in Scottish hospitals with confirmed or suspected COVID-19 had fallen by 90.

'That leaves 1,776 still in hospital and 11 fewer in intensive care,' she said.

Mrs Sturgeon added: 'These figures for hospital admissions and admissions to intensive care are really encouraging and they are cause for optimism, still cautious optimism, but optimism nonetheless.'

In any event, the number of positive cases in Scotland increased in the previous 24 hours by 366, taking the country's total confirmed cases on Wednesday to 9,038.

In the same time scale, 77 people died having tested positive for COVID-19, bringing the official number of deaths in Scotland to 1,062.

However, new weekly figures published on Wednesday by National Records of Scotland

(NRS) put the death toll at 1,616.

That's because the NRS figures also include 'suspected' or 'presumed' deaths from COVID-19, or where the illness may have been a 'contributory' factor in a person's death, but where no formal laboratory test was taken.

Of these, 910 deaths were in hospital, 537 in care homes, 168 in people's homes and one believed to be in prison, said the First Minister.

Last Thursday it was announced that all four governments across the UK agreed to extend the current lockdown rules for at least a further three weeks.

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Support for essential businesses staying open

Argyll and Bute Council's licensing policy lead has reiterated the importance of looking after each other during the coronavirus pandemic – and pledged the authority's full support.

Councillor David Kinniburgh also said any residents with concerns about safe access to essential services to contact the council's environmental health officers.

The council said last week said that it is working with Police Scotland to ensure vital businesses could work safely to protect their staff and communities.

The statement also said that enforcement would only take place if public health was compromised or businesses refused to co-operate.

National guidance states that essential services include food stores, takeaways, chemists, energy companies, utility services and critical infrastructure companies.

Councillor Kinniburgh said: 'The majority of people are doing the right thing – staying at home and respecting social

distancing when they have to go out. However, if we want food in our shops, bins lifted, electricity for homes and hospitals, and internet so we can work at home safely, other people have to leave their homes to make sure these vital services are available for the rest of us.

'So you will see some businesses and services continuing to operate and those that do will be expected to take precautions to protect against COVID-19.

'The council is here to help ensure they do so safely. If anyone has particular concerns they are welcome to contact environmental health by emailing envhealth@argyll-bute.gov.uk or by phoning 01546 605519 during working hours – Monday to Friday, 9am to 5pm.

'But whoever is around, it is really important to also focus on what we can all individually do to keep ourselves protected by checking www.nhsinform.scot

'Working with the police, we as a council will do all we can to support businesses to look after their staff.'

Carradale weather boy makes the news

A Carradale boy with the potential to be a future weather man made an appearance on national television on Tuesday evening, writes Hannah O'Hanlon.

A video of Kyle Gosling, aged eight, who has been taking part in meteorologist Sean Batty's Mini Met Team project, was aired on STV News at Six.

Kyle was one of a number of eager young Mini Met Team 'observers' who were asked this week to observe clouds and make a weather report from their region of Scotland, a handful of which were aired on the news.

Kyle, who made a rain gauge before the Easter break as part of Sean's challenge, reported on Tuesday that there were no clouds in the sky in Carradale and no rain in his gauge. Kyle has regularly been uploading his findings to Sean Batty and luckily the results for his rain gauge have generally been very



Kyle Gosling, pictured beside his rain gauge, reported on the weather from Carradale.

low. He recorded just 4mm in the first week.

Kyle's dad Scott told the Courier: 'Kyle is loving taking part in this project and it is

something nice to keep him busy during this time. It also ties in nicely with his new school topic of weather and climate.'



Work on the forestry road is well under way.

'Good headway' at A83 landslide site

Work is progressing well at the site of January's landslide below the Rest and be Thankful, that traffic lights could be removed by Monday April 27.

Work is almost finished on a 'catch pit', excavated at the bottom of the slope and designed to hold up to 1,000 tonnes of debris - which will allow both lanes of the A83 trunk road to be opened for the first time since the landslide near Artgarten on January 30.

Work to repair and reinforce the forestry road on the hillside above, which will not have an impact on the A83, is expected to be completed by the end of June.

Forestry and Land Scotland (FLS) planning manager John Hair said: 'We've been making really good headway with this work, thanks largely to our contractors GeoRope which has been doing a great job and has been working seven days a week to stabilise the hillside.

'The catch pit has been properly excavated and the sides are almost completely secured. All that remains to be done is to add the last earthen barrier between the pit and the road, which will help stop any debris that might come down the hill in the event of any future extreme weather events.

'The forest road will be longer-term work, but we have nearly finished the first of eight sections. It takes us about a week to strengthen and secure each section – installing the micro-piling, the concrete beam and shotcreting the downhill slope – so hopefully by the end of June we'll be able to walk away from a job well done.'

Since the January landslide, FLS has amended its forest road inspection procedures and is developing climate change adaptation measures to mitigate such risks in future.



The catch pit beside the A83, almost finished.





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The shop's windows are filled with colourful drawings

Confectionery shop's sweet message to customers

A Campbeltown sweetie shop forced to close because of the coronavirus pandemic is continuing to make people's days a little bit sweeter, writes Hannah O'Hanlon.

Zoe Glendinning of McKellar's Confectionery wanted to brighten up Main Street so invited people of all ages to submit drawings and pictures to be displayed in the shop's windows.

Colourful images thanking staff from the shop, which is affectionately known as Wee Kellar's, as well as those urging people to stay safe and praising

essential workers now cover the windows almost from top to bottom.

Zoe, who is currently working in McKellar's grocers and convenience store further up Main Street, said: 'I thought it would give people something to do, and something positive. I would like to thank everyone who sent me a picture - they are all brilliant!'

Zoe added that anyone who would still like to submit a picture can send it to her via Facebook messenger or leave it in McKellar's grocery shop if they are in.



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The bride and groom-to-be with their family; Lesley's daughter Alecia did her make-up; and David and Lesley, who runs Little Star Creations, cutting their cake wearing T-shirts personalised by Lesley the day before the 'wedding'.

Love blossoms for Kintyre couple at lockdown 'wedding'

Continued from page one. -pointment that we couldn't become husband and wife on that special date,' Lesley said. Inspired by other couples going through a similar situation, Lesley and David resolved to celebrate what should have been their wedding day by holding a mock wedding - for just themselves and their children - at home. David donned his suit and Lesley wore her back-up dress, and they recycled and bor-

rowed outfits for the children, whose proper attire had not arrived in time. 'We woke on the morning of April 18 feeling very sad and deflated,' Lesley said. 'But my mum cheered me up by sending me a photo at 10.30am in her full mother-of-the-bride outfit, so I gave myself a kick and got organised. 'Alecia, who made us a carrot cake wedding cake the evening before, did my make-up, and the children all

got dressed. I had shopping to drop out to my parents in Drumlemble so I managed to get everyone to come with me to drop it out. 'I wanted to keep my dress a surprise from David, so I never wore it on the journey. He stayed in the car as I quickly got dressed in the garden, then Craig knocked on my parents' door and they came out to see us. My mum was gutted I hadn't told her as she would have kept her dress

on. She said it felt like she was dreaming with us having a mock wedding on their lawn!' The family dropped some gifts at bridesmaid Michelle's house before returning home for a celebration in the garden. 'One of the neighbours had decorated their garden with bunting and a painted sign for us which was a lovely surprise,' Lesley said. 'We shared a toast of Prosecco with them over the wall.'

Michelle and her family passed Lesley and David's house while out for their daily walk and spoke to the couple over the gate. 'We played our first dance through the television so we could hear it out in the front garden and we had a good laugh with them - at a good social distance,' Lesley said. 'Michelle made us a lasagne to pop in the oven for our evening meal too. All day the door was going with doorstep

deliveries from friends. When we returned from my parents' there was a bottle of Prosecco, a bunch of flowers, a flask and two cocktails poured in glasses on the doorstep!' Lesley and David have chosen a new date for their official wedding, September 4, and they pray everything can go ahead safely by then. Lesley added: 'We never actually officially told our guests the wedding was postponed... I hope no one turned up!'



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LETTERS

Write to us: send your letters to editor@campbeltowncourier.co.uk
or The Editor, Campbeltown Courier, Main St, Campbeltown PA28 6AE

Different levels of hardship

A post on social media stuck a chord with us this week. It said that although we are all currently weathering the same storm, we are not all in the same boat.

It is worth remembering that despite a sense of unity as we battle an invisible enemy that doesn't care about people's gender, ethnicity or bank balance, we are all experiencing different levels of hardship.

Sometimes it takes something happening to us directly to put things into perspective and make us realise that, for some of us, life could be a lot worse.

We can feel hard done by watching the sun shining outside but not being able to go to the beach or take a walk in the park. But hearing that friends and their family members are battling coronavirus helps us to gain a bit of perspective.

It's admirable, too, to see Lesley Bell and David Mullen (pictured below), who had to postpone their wedding – a day that should have been one of the most special days of their lives – turning a massive disappointment into a celebration.



Perplexed by figures stance

I was extremely surprised and equally perplexed as the Courier with the response furnished by NHS Highland's communication staff regarding COVID-19 and Campbeltown Hospital.

A dictionary might be helpful to them as they should not be hiding behind 'patient confidentiality' as an excuse for not providing the information requested. Statistics are about numbers and not individual patient names and therefore do not break patient confidentiality. If this was the case, the government would be breaking patient confidentiality daily with its briefings and graphs.

As far as I am aware the national government took urgent steps to ensure COVID-19 is a notifiable disease in law. This means these statistics should be readily available but would not include undiagnosed cases because there is currently inadequate testing.

Surely transparency is more likely to encourage people to self isolate and perhaps also deter any inappropriate influx of holidaymakers during this crisis, particularly if there are cases in our area?

Andrew Hemmings, Sound of Kintyre.

Thank you from cancer fund

On behalf of the Mairi Semple Cancer Fund committee I would like to thank the community for its continued support.

Our annual general meeting was supposed to be on Monday April 27 but this has been postponed.

Our spring walk was unfortunately cancelled and whether our biannual flower festival will happen later in the year will obviously depend on lockdown rules and the guidelines.

We would like to assure the community we are still able to support those suffering from cancer with financial aid throughout this difficult time and if help is needed, please ask Maggie Wilkieson for a referral form.

All referrals are confidential and we never ask what the money is spent on as all we want to do is provide support.

As soon as we are able to, we will be actively fundraising and look forward to catching up with everyone at our events. Keep safe and take care.

Fiona Macalister, secretary,
Mairi Semple Cancer Fund.

Beware of magpies

Reading an article in the Courier, I was interested but also disappointed to learn magpies have reached Kintyre in apparently increasing numbers.

This member of the crow family may look rather dashing in his 'dinner jacket' and certainly stands out in comparison to other members of the corvidae family. However, I would ask people not to be taken in by their striking looks.

It was not until I left Kintyre for tertiary education on the east coast that I saw my first magpie and thought their looks along with their cheeky attitude made them quite appealing and I developed an interest in them.

Almost two decades ago, I moved to Bearsden and have had innumerable issues with them since.

I would always bow down to the superior knowledge of people such as Eddie Maguire in ornithological matters and would welcome their input. I would, however, ask people to welcome them to the peninsula with some trepidation as I feel you have to live with them for a time first.

If you feed smaller birds from feeding stations such as seed feeders, the magpie will constantly harass them and, in some cases, injure them. The magpie then shows his aptitude as a scavenger and eats the small birds it has injured or harassed to the point of exhaustion.

More worryingly, the magpie is an accomplished nest thief and will empty any nest of its entire contents, regardless of whether the contents are eggs or hatchlings.

Nest boxes do not ensure the safety of eggs either as I have seen nest boxes with the entrance hole enlarged by magpies to enable them to remove the vulnerable contents. With the aforementioned bird feeders, even one magpie can destroy your feeders quicker than a grey squirrel – another of my less than welcome garden visitors. Their large, powerful beak easily destroys the fine mesh of most nut feeders.

If you are a gardener, the magpie will frustrate you in many ways. Clumps of grass are taken for nests, leaving patches in lawns, and bulbs are pulled up, sometimes eaten, sometimes discarded. Fruit is decimated, whether on trees or plants. Seedlings and small plants are pulled up and discarded, as if for fun.

Pet owners I know are often dismayed by their cat or small dog being mobbed and terrorised by magpies, even outwith the breeding season. The dog of one friend became too scared to go in their garden because of magpie bullying.

There is the additional worry a pet such as a small kitten could be taken. A hungry scavenger won't always wait till its meal is dead.

There is also the noise. A loud, persistent 'kak kak' which has a harsh edge to it and completely drowns out any other bird singing nearby. When more than one get together, the noise can only be described as raucous.

Having always had a love of nature, I understand everything has a place and some would argue this includes the magpie. I totally agree with this statement, however, the magpie's 'place' never has been and never should be Kintyre. If you look at a map of the distribution of magpies beside one showing the distribution of hooded crows, you will see they are almost never in the same location. It is my theory, therefore, that the 'hoodie' plays the role of scavenger in Kintyre, in place of the magpie. The hoodie, however, tends to stick to open farmland and is seen much less in suburban gardens.

It is my understanding the natural world is not static and thus things will change, not always in

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our favour. I would urge people in this instance not to welcome magpies into the ecosystem of Kintyre and, where possible, their numbers are legally controlled. He may ostensibly look like a gentleman dressed for dinner but, I can assure you, this is no gentleman. It really is a case of 'one for sorrow...'

E S Macdougall, Bearsden.

Buy from local businesses

While we are going through this current pandemic, it is more important than ever to support local small businesses.

Local businesses are more likely to use other local amenities and enterprises such as rural Post Offices, service providers and farms.

In many cases, independent retailers and restaurants return more than three times as much money per pound of sales to the community in which they operate than large corporate chain competitors.

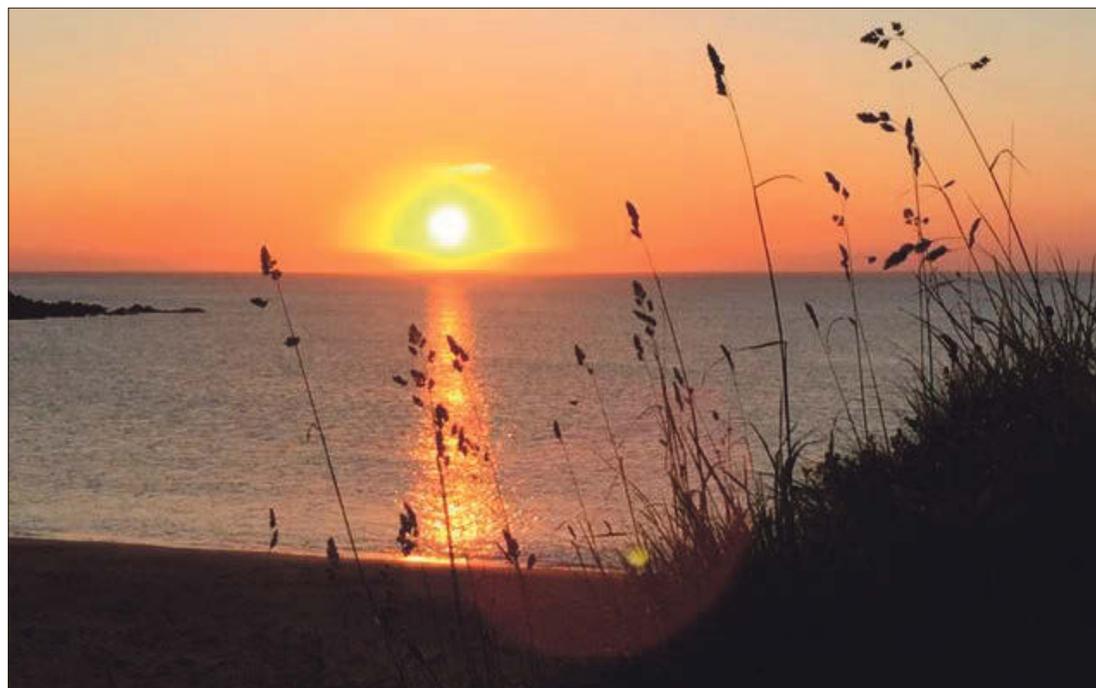
In addition to helping build the local economy, there are notable intangible benefits from supporting businesses in our community.

Local businesses are owned and operated by our neighbours. They care about and are invested in the well-being of our community and its future. Local businesses are more accountable to their area and, on average, donate more money to charitable causes in neighbourhoods.

So I would implore my constituents in the Kintyre and the Islands ward, and residents across Argyll and Bute, to buy from and support our local small businesses wherever possible.

Councillor Alastair Redman, Kintyre and the Islands.

PHOTOGRAPH OF THE WEEK



This week's photograph, showing a sunset at the beach in Machrihanish, was submitted by Alan Ogg from Glasgow. Alan, who met his late wife in Machrihanish in 1967, described the image as 'a memory of happier times'. If you have a photograph you would like to share, please email it to editor@campbeltown-courier.co.uk or send it via the Courier's Facebook page.

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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. Please write to: Letters, The Campbeltown Courier, Main and Longrow South, Main Street, Campbeltown PA28 6AE. Email editor@campbeltowncourier.co.uk

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FROM OUR FILES

TEN YEARS AGO

Friday April 23, 2010

Beating the ash cloud

Getting back to Kintyre for work and school has been a challenge.

Kintyre people have been caught up in the travel chaos that has followed the eruption of a volcano in Iceland and the grounding of most of Europe's scheduled airline services for days.

Campbeltown Airport managed to get a flight in and out on Tuesday – one of only a few in the UK that day.

Friends of Claire McLean of Killeonan Farm, near Stewarton, and Amy McCallum of Glebe Street, Campbeltown, have been following the sagas of their holidays as the pair keep them posted on Facebook of their attempts to get back to Kintyre.

Claire has posted: 'Situation not getting any better so undertook the longest taxi drive ever... Prague to Brussels – 10 hours! Eurostar booked for tomorrow, so should be back home by lunch!'

Campbeltown Loch beach clean

More than 70 bags full of rubbish were collected from Campbeltown Loch during a beach clean recently.

The 30 volunteers cleaned 1,500 metres of beach around Campbeltown Loch and collected various items such as plastic bottles, fishermen's gloves and food containers.

The event was organised by Campbeltown Beachwatch Group as part of Marine Conservation Society's Beachwatch Big Weekend.

TWENTY FIVE YEARS AGO

Friday April 28, 1995

Local farm at centre of anthrax scare given all clear

Government scientists have given a Machrihanish farm the all-clear after a suspected outbreak of deadly anthrax.

The scare started when a Highland cow was found lying dead in a field at Ballygroggan Farm last Wednesday night. Blood samples were taken from the dead beast and it was decided that anthrax could not be ruled out.

The Scottish Office's Agriculture and Fisheries Department was called in along with Strathclyde Police.

The cow was left where it died until two civil-



Margaret McSporrans walks back to the terminal building at Campbeltown Airport after helping passengers board the morning flight to Glasgow on Tuesday, one of the few scheduled planes to fly that day.

ian animal health inspectors arrived wearing protective clothing to burn it.

They built a corrugated iron furnace around the cow before using bottled gas to burn it.

The ground around the body was also scorched and disinfected.

Meanwhile blood samples from the cow were sent to the Ministry of Agriculture and Fisheries Central Veterinary Laboratory at Weybridge in Surrey.

On Monday the laboratory said there was no trace of anthrax in the samples.

Anthrax, which can kill humans as well as domestic animals, is caused by bacteria which can lie dormant in the soil for years. It can take up to 14 days for the disease to take effect but once it does an affected cow can die within hours. In 1993 an outbreak of anthrax on a farm in Sutherland killed five cows.

FIFTY YEARS AGO

Thursday April 23, 1970

Rhinns of Islay 'dying area' fear

Ratepayers in Portnahaven and Port Wemyss are gravely concerned at the population drift and impending unemployment which threatens to turn the Rhinns of Islay into a 'dying area'.

Last week more than 20 members of the area's 130 residents met in the local school to discuss ways of attracting light industry to what they described as 'the island's black spot'.

They were joined by local councillors and the chairman and executive committee of the Islay

Council of Social Service who are concerned about the welfare and future employment prospects of the island peninsula.

An Edinburgh-based knitwear company – presently seeking premises for a finishing factory on the island – has been offered the Portnahaven village hall by the Islay District Council which owns the building. The hall was recently described as a 'white elephant' and is seldom, if ever, used by the community.

Following a lively discussion the local ratepayers decided that the Edinburgh company should be given every encouragement to acquire the hall as factory space. Mr Toby Jamieson, the only teenager present, strongly opposed this decision as he considered that it robbed the village of a social centre. It was pointed out however that the area's small teenage population seldom supported out-of-season functions in the village.

The proposed factory will employ 10 female workers, a secretary and manager. The district council are presently awaiting a visit from a representative of the company who will inspect the premises.

ONE HUNDRED YEARS AGO

Saturday April 24, 1920

Penny Savings Bank

The annual meeting of the Campbeltown and District Penny Savings Bank was held in the Coffee Room, Old Quay Head, on Thursday 16th inst. Bailie Campbell presided.

The secretary (Mr David Ralston) read the annual report as follows:- The trustees of the Campbeltown and District Penny Bank have pleasure in presenting this report for the year 1919 – the bank's 43rd year.

The business done during the year attained considerable dimensions, both as regards the number of transactions recorded and the value of same. The total transactions numbered 4991, an average of about 96 per night – one less than the previous year.

The deposits were 4384, and the withdrawals 607. 170 new accounts were opened during the year, and at 31st December 649 accounts showed balances due to depositors.

The total amount of cash handled was £1,566 4s 7d – £109 2s 8d less than previous year. The deposits amounted to £773 6s 9d and the withdrawals to £792 17s 10d. The average cash value of each transaction was £6s 3d, as compared with 6s 7d.

The balance at credit of the bank at the end of year was £269 4s 8d, being less than in 1918 by £17 3s 10d.

The trustees are pleased that the interest in the bank has been so well maintained. The statistics show that more than half the number of transactions were small sums under 2s 6d in amount, representing the operations of the youngest section of depositors, many of whom are very young and scarcely know the value of money. Several, indeed, are little tots brought by parents or other relatives, and are being taught a habit which, it is hoped, will bear fruit in later years.

The older depositors find the institution useful for the placing in safety of larger sums, which when they accumulate to £5 – the maximum allowed – are withdrawn and either transferred to the National Security Savings Bank or made use of for payment of house rents or other obligations.

And so the work of the bank goes on from year to year, bearing with it an influence which can only tend to the good of those who make use of the opportunity afforded of laying aside their savings.

Cowboy Hotpot



SYN FREE | Takes 55 minutes | Serves 4

Ingredients

- 4 large potatoes, peeled and halved
- Low-calorie cooking spray
- 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.

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

- 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

PLEASE NOTE:

ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

Your consultant for Lochaber and Oban is Gillian on 07796 040803, Lochgilphead & Campbeltown Rhona 07880 878906. Available for Slimming World phone support and guidance.

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DOWN MEMORY LANE



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Machrihanish on cine film

A small dealer in amateur and rare films stumbled upon a piece of Kintyre history at a church fair in London.

Marco Savaglio purchased a small reel of 16mm amateur film, dated 1929, at the fair a few months ago and, after having had a chance to watch it, discovered that it contains images of residents from Machrihanish. Many of the images are accompanied by a description of the person's job or role within the village but none has a name.

Mr Savaglio sent some stills from the film, some of which can be seen below with their accompanying captions, to the Courier in the hope that local families may recognise some of the faces.



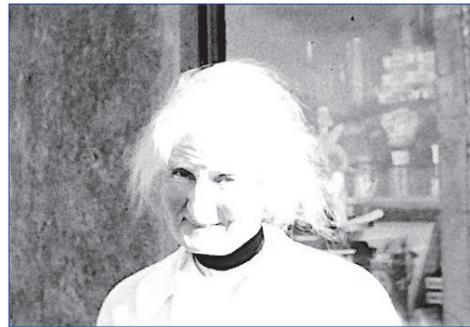
The minister.



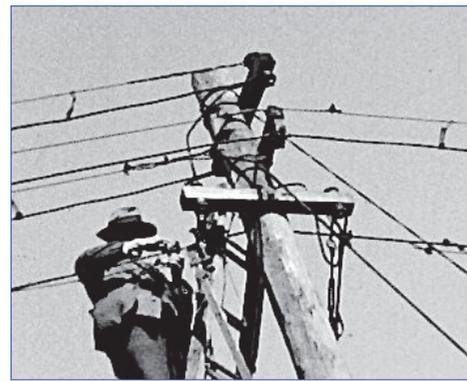
The laird.



The keeper of the green.



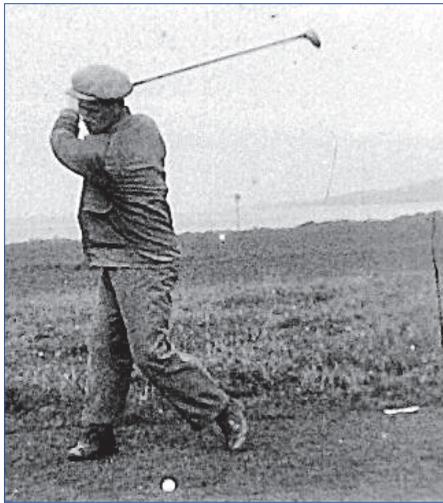
The village emporium.



Beadle and electrician.



The doctor.



The ladies' man.



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New 'grow your own' strategy launched

Argyll and Bute Council has launched a new food growing strategy to encourage residents to grow their own produce.

Members of the council's business continuity committee approved the strategy at a meeting convened via Skype on Thursday April 16.

But Councillor Sandy Taylor, the leader of the council's opposition, is keen to see an update on the impact of the strategy sooner than the proposed five-year review, asking whether updates could be given to the four area committees before then.

Marina Curran-Colthart, biodiversity officer with the council, said this could be possible.

Councillor Taylor asked during the meeting: 'In about a year or two, could we possibly have some feedback on whether the strategy has done anything to promote interest in community food growing?'

'Members periodically have contact from constituents who would like to see the council provide more land, but that does not always manifest itself.

'Can we possibly report to area committees on interest in allotments?'

Ms Curran-Colthart responded: 'The waiting list is reported every year. We have a responsibility to do that in April of every year, as well as use of existing allotments.

'But it is a question we can ask, to give guidance on how inspirational the strategy is proving to be.'

Councillor Taylor added: 'That would give me a great deal of confidence on how we are working and how communities are addressing this.'

In an introduction to the printed strategy, council leader Aileen Morton said: 'As a rural local authority with 23 inhabited islands, we have a long established culture of growing our own food, with its multitude of benefits from the availability of nutritious and affordable food to social, health and environmental benefits. I'm impressed with the variety and range of growing spaces we have in Argyll and Bute, including allotments, community gardens, school gardens, orchards, crofts allied with the use of vacant sites, adding life to otherwise forgotten spaces.'

'As a council, we are committed to assisting individuals and community groups to achieve their goal of growing their own and have put in place a number of measures to help achieve this.'

'Our community food growing strategy will contribute to Scotland's wish to become a good food growing nation by enabling those people interested in growing their own to enjoy and benefit from nutritious, healthy food.'

Shopper-Aide support just a phone call away

Shopper-Aide is providing 'phone buddy' support to clients all over Kintyre and Gigha to keep in touch with socially isolated and vulnerable people.

Workers and volunteers are spending time each day having conversations which have been described as a lifeline, making a huge difference to many people. The conversations are looked forward to and enjoyed by callers and recipients.

The telephone calls can be someone's chance to flag up an issue and receive help to solve a problem, or to reminisce and chat about all kinds of things close to the heart and callers enjoy getting to know one another.

One worker in West Kintyre is busy with lambing on her farm and her Shopper-Aide clients look forward to hearing updates about the lambing and other farm life tales.

These calls allow the clients to experience a snapshot of life outside quarantine and, for many, it is a welcome time in the day.

Development co-ordinator Sarah McFadzean said: 'Under normal circumstances, Shopper-Aide provides



One Shopper-Aide volunteer is keeping her clients happy with tales of lambing and life on the farm.

social opportunities for people aged over 60 and these groups are much missed by our clients. By phoning people, we hope everyone remains feeling connected and informed and that feelings of loneliness can be reduced.'

After feeling inspired by a recent poem, entitled Bird's Eye View, shared by a Shopper-Aide client, the charity is inviting people to send in poems, expressing their thoughts, feelings and emotions about how they are experiencing life at the moment.

Sarah said: 'Can you write a

poem? A few humorous lines, a sonnet or something completely 'off the wall' to sum up our lives at the moment?'

'Or would you prefer to use the topic of 'spring and looking forward to the year ahead' to inspire your creative thoughts? Getting our thoughts and feelings out on to paper can be therapeutic.

'Give it a go, you might be surprised.'

There are four categories: junior, up to nine years old; youth, aged 10 to 14; young adult, aged 15 to 20; and senior, aged 21 and over.

Entries can be emailed to sarah@shopper-aide.org.uk or those who do not have email can call 07895 513686 or post them to Shopper-Aide, 47 Longrow, Campbeltown, PA28 6ER.

Entrants should include their name, age category and a contact address and phone number, also indicating if they are happy for their name to be displayed along with their entry.

Sarah added: 'We will publish a sample of entries on our Facebook each Friday with some featuring in our window and website too, so please like us on Facebook if possible.'

Bird's Eye View

I am the bird circling up in the sky,

I'm looking down and wondering why

There are no people down below,

There used to be plenty but now, oh no!

No boats are out there on the sea,

The world seems to belong to only me.

All I can see is a field full of sheep,

Have all of the people gone to sleep?

When will things be as they were before?

What still does this virus have in store?

The children no longer go to their schools,

I hope everyone tries to obey the rules,

Then perhaps things will soon get back to normal,

And families' and friends' lives will be less formal.

Thanks to all essential workers and the NHS, you are keeping the country going.

Anonymous, Carradale.

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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 and those they care for with creative solutions 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.



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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

Real-world emissions ratings will allow economy to rebuild while retaining air quality and lowering CO2

New real-world data on vehicle emissions will allow revitalisation of an automotive industry and global economy devastated by the COVID-19 outbreak but with cleaner air and reduced impact on climate change.

The AIR Index at airindex.com identifies the cleanest cars to give buyers confidence to switch to cleaner vehicles and restore the automotive industry badly impacted by the pandemic.

The freely available ratings database is the result of rigorous on-road testing according to the legal standard method, CWA17379. It details real-world nitrogen oxide (NOx) and carbon dioxide (CO2) emissions – important pollutants that are measured to assess air quality and climate change.

It shows that clean and efficient vehicles, which have low NOx and low CO2 emissions already exist, without having to wait for new technology at scale.

As the world marked the 50th anniversary of Earth Day, the AIR Index data can allow the revitalisation of the industry but also lock in the improved air quality that has been a result of the global lockdown.

Published by the AIR Alliance (AIR), the AIR Index demonstrates the risk of selecting ve-

hicles based only on the official emissions figures that are not detailed enough to identify the cleanest cars. A Euro 6 vehicle may be clean, or it may be dirty, but the official data do not give enough clarity to differentiate.

AIR says: let's never allow the dirty vehicles back in our cities

Existing hybrid technology can deliver significant reductions in CO2, while some carefully selected internal combustion engines now achieve extremely low levels of harmful emissions.

Both products are already widely available, do not force buyers to change behaviour and do not require government subsidy at a time of extreme fiscal challenge.

Nick Molden, co-founder of AIR said: 'As the world emerges from the impact of COVID-19, legislators, manufacturers and buyers have an opportunity to focus on the cars that will limit the rise in pollution generated by economic recovery.'

'Freely available to everyone, including car makers and policy makers, we want to put valuable information in the hands of those who can effect real change.'

'It's fitting that on Earth Day, where millions of people would have physically joined

together to celebrate 50 years of campaigning for a cleaner climate, we have a trusted online database that can lead to lower emissions right across the globe.'

The automotive industry need not become a subsidy junkie

Already there are calls for ways of stimulating the recovery of the automotive industry including the revival of scrappage

immensely expensive at a time when governments and consumers are facing unprecedented challenges. The AIR Index provides data to allow a much more targeted approach, and it is a free and quick solution. We know official emissions ratings are not good enough, but our real-world testing and results allow the right choices to be made.



schemes that offered incentives to new car buyers who wanted to trade in old, high emission vehicles.

Nick Molden added: 'Of course, there are plenty of ways to try to address the issue of reducing emissions, but incentivised schemes would be

'It's clear from the data that the Euro 6 standard, for example, is not sufficient if governments, vehicle manufacturers and legislators are serious about addressing the problem of climate change. The free-to-use AIR index data provides a robust framework on which to base any

air quality or climate change strategy.'

'Good air quality should not be a luxury, it is something that, from a public health point of view, we should require and, if nothing else, the COVID-19 crisis has revealed the benefits of cleaner air. We should be taking positive steps now.'

The data will allow the automotive industry to concentrate on the cars that make a real difference today and, ultimately, create an environment that will lead to its recovery in a world where clean vehicles will be the norm rather than the exception.

While the adoption of battery-electric vehicles (BEV) continues, the AIR Index shows that hybrid vehicles do offer a short-term solution to reducing emissions while other technologies gather pace, including the latest clean and efficient Euro 6 gasoline and diesels. They also reveal that some older Euro 6 compliant 'clean diesels' remain part of the problem.

AIR was created to cut through the politics, the controversy and commercial conflict surrounding vehicle emissions and its mission is to provide unsullied information based on the collective scientific experience and knowledge of

the world's leading experts in vehicle emissions, air quality and healthcare.

Join AIR and make a difference to air quality and climate change.

AIR is an open alliance of like-minded members. Any organisation, public or private, that shares its values and manifesto is encouraged to join.

Leading scientists have recognised the importance of the AIR Index and are urging car makers to utilise the figures in order to build cleaner vehicles.

Dan Carder, a member of AIR's Scientific Advisory Committee and, Director of the Centre for Alternative Fuels, Engines and Emissions at the West Virginia University, led the team that published the earliest evidence that Volkswagen was cheating on US emissions tests uncovering the scandal which became known as Dieseltgate, said: 'The AIR Index provides objective, independent, and publicly available assessment of vehicles' actual NOx and CO2 emissions during real driving in urban environments.'

'It has the power to inform and shape how vehicles are used, in order to limit the environmental impact of economic recovery.'

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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!

Kintyre

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

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Lots of supplies in-store including breakfast packs and firewood
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Sun 8am-9pm
Contactless up to £45
Tel: 01586 552368
Find us on Facebook!

McKellar's Stores Campbeltown

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Plentiful stock. Social distancing measures in place.
Tel: 01586 551997

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Southend
Open 7 days a week.
Whilst the tearoom is currently closed, there is plentiful stock in the shop for all your essential grocery needs.
Delivery is available - please call 01586 830 221 to arrange

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Tel: 01583 421101
Check FB page for up to date info

Glenbarr Stores & Post Office

Essential food supplies aplenty – fruit, veg and plants
Can deliver locally
Tel: 01583 421200

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Or message FB Page

Argyll Bakeries

DELIVERY DAYS
Monday - Town
Tuesday - Stewarton, Drumlemble, Machrihanish, SOK, Kilkenzie & Town
Wednesday--Southend area & Town
Thursday - Kilkenzie, Glenbarr, , Muasdale, Tayinloan & Town
Also Stewarton, Drumlemble, Machrihanish & SOK.
Friday - Peninver, Torrissdale, Saddell, Carradale & Town
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Tel: 01586 553635

Kintyre Larder

Open 10am-1pm
Deliveries Mon-Fri
Collections Mon, Wed, Fri
Please order ahead: 07725 994521
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MACHRIHANISH
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Mclvor's Campbeltown

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Veg Box £10
Fruit & Veg Box £15
Fruit, Veg & Salad Box £20
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Can deliver.
Tel: 01586 552386 to order.

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(The Fish Shop/Kintyre Smokehouse)
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Delivery Thurs and Fri from Campbeltown to Carradale
Also delivering for Mclvor's
Tel: 01586 552170

DJ Campbell & Son

Dairy Produce
Daily deliveries
Tel: 01546 605273
Call Mon-Fri, 9am-5pm for orders

The Wee Dairy

Direct deliveries for milk and sweet sauces
Sauces also via Royal Mail
Order via FB page or 01583 505400

Kintyre Food Bank

For those in need
Open Wed 6pm-9pm
Call for updated opening hours and to order food parcels:
Tel: 07936 034600

Kintyre Gin

Online orders 15% in April on 50cl and 70cl
Use TASTEOFKINTYRE at checkout
www.kintyregin.com

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Campbeltown Motor Company

Servicing only - please call ahead
Tel: 01586 553200

Andrew Smith & Son

Essential repairs, please call ahead to book
Mon-Fri 8am-5pm
Tel: 01586 553173

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Open as an essential service providing support for key workers and other local residents to keep transport links and roads open for all.
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Tel: 01586 807063 and we are also available 24/7 on our freephone number 0800 433 2468.

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Graeme Waste Solutions

Tel: 07788 233119

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Boots the Chemist

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Tel: 01586 553208

Kintyre Medical Group

Southend Surgery
Order repeat prescriptions on 01586 830494
Collections only on Mon 1pm-2pm, Tues 5pm-6pm, Thurs 3pm-4pm, Fri 12pm-1pm

TRANSPORT & DELIVERY

The following businesses are helping with transporting food around Kintyre. Big thanks to them:

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MACC Business Park

A Thomson Painters & Decorators

West Coast Motors

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.

Featuring the businesses in Mid Argyll and 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 Mid Argyll, 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

Mid Argyll

SUPERMARKETS AND FOODHALLS

Co-op Stores

Lochgilphead, Inveraray, Ardrishaig Tarbert
Open Mon-Sat 7am-8pm
Key worker exclusive access: Mon-Sat 8am-9am,
Sun 10am-11am
Lochgilphead offering deliveries – Tel: 01546
602060

Tesco Express

Lochgilphead
Tel: 0345 671 9305
Open 6am-10pm
Your usual groceries and supplies inc Costa Coffee
machine
Fuel – pay on pump from 10pm-midnight
Hand sanitising on entry
Safe distancing rules apply

Riverside Filling Station/Spar

Lochgilphead
Open Mon-Sat, 7am-8pm, Sun 9am-6pm
All the usual food supplies
Hot food/rolls for take-away
Can deliver via the West Coast Motors service – call
ahead to arrange 01546 603858

McCaughey's Londis

Inveraray
Open Mon-Sat 8am-6pm
Cooked breakfast takeaway 8am-12pm
Post Office open Mon-Sat 8am-5.30pm
Can deliver – Tel: 07899 061575

CONVENIENCE STORES AND NEWSAGENTS

RS McColl's Lochgilphead

Open 7am-8pm daily

RS McColl's Inveraray

Open 8am-6pm daily

Ardfern Village Store

Open Mon-Fri, 8am -6.30pm
Sat 8am-1pm, Sun 9am-1pm
Food delivery available – Tel: 01546 870281

Furnace Village Store

Open Mon-Sat 9am-5pm, Sun 9am-1pm
Coffee machine still on!
Deliveries available locally – Tel: 01499 500668

Craobh Haven Village Store

Open 11.30am-9pm daily
Lots in stock and free hand sanitizer to locals whilst
stocks last!
Tel: 01852 500658

Danny's Ironmongers & Pet Supplies

Open 10am-4pm for orders
Shop open 1pm - 4pm on Tuesdays for collections
Delivery Service
Tel: 07776 491308

FRESH FOOD SUPPLIES

Aray Fish, Fruit & Veg

Delivery to doorstep in Mid Argyll
Home delivery is free of charge. Minimum spend
£10.
Deliveries on the following days in these specific
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demand):
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Lochgair.
THURSDAY - Cladich to Ford (Lochawe-side),
Ardrishaig, Kilmartin, Kilmichael, Cairnbaan &
Lochgilphead.
FRIDAY - Lochgoilhead, Strachur, St Catherines &
Cairndow.
Visit website for full product list www.arayfish.com

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Tel: 01546 600262 – or message us on Facebook

CW Shellfish

Order on a Thursday for Friday delivery
Through FB page only please
Fresh prawns from £10 per kilo, Crabs £4 each

Ferguson Butchers

Lochgilphead
Taking orders by phone for collection
Fresh fruit and veg also
Tel: 01546 602400/403

Keara's Snack Shack

Lochgilphead
Taking orders by phone on 07765 550793 or 07717
095691
Medium Fruit & Veg Pack £9.50
Large Fruit & Veg Pack £18
No cash payments – Paypal or bank transfer only
Free local delivery every Friday

TAKE-AWAY FOOD

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Ardrishaig
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Visit FB page for full menu
Collection only
Tel: 01546 606017
Accommodation available for essential/key workers

Salty Dog Café

Home-cooked meals
5 for £20
See FB page for full menu choices
Order by 8pm on a Sunday for Monday delivery
(local)
Collections can be arranged
Tel: 07497 003850

CHEMISTS/PHARMACIES & HEALTHCARE

Tarbert Pharmacy

Open 10am-4.30pm (closed 1-2 for lunch)
Social distancing and safety measures in place
including hand sanitizing on entry and sneeze
guards. 1 in, 1 out policy.
Tel: 01880 820232

Inveraray Pharmacy

Open 9am-4pm, Mon-Fri & 9am-1pm Sat (for
general supplies)
Dispensing for acute prescriptions available
9am-1pm, Mon, Wed, Fri (collection only thereafter)
Social distancing and safety measures in place
including hand sanitizing on entry and sneeze
guards. 1 in, 1 out policy.
Tel: 01499 302133

Argyll Pharmacy

Lochgilphead
Open Mon – Fri 9am-5.30pm
Sat 9am-5pm
Please only order what you need, check prescrip-
tions are ready for collection BEFORE coming to
the Pharmacy, please phone where you can for
pharmacy advice
This goes against everything we believe in as
'good customer service' however we will be here
to support you in the best way we can under these
exceptional circumstances.
Please stay safe!
Tel: 01546 603217

PETCARE

Dalriada Vets

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Tel: 01546 602240

EXTRA HELP FROM COMMUNITY HEROES

Inveraray Community Council

Are you in self-isolation?
If you are following government guidelines and
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set up a volunteer group for anyone in Inveraray
needing essential groceries or prescriptions
from local shops or chemist to be picked up and
delivered to your doorstep.
.Call Linda on 07388165366 or Aly on 07717885404.
Open to Inveraray residents only. Payment on
delivery please. If you would like to volunteer to
deliver goods please let us know.

West Coast Motors Deliveries

West Coast Motors are offering FREE travel to NHS
workers and are also offering a FREE service for pick
up and delivery from Lochgilphead and Inveraray.
When placing your order with the store, pay over
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will be collected by West Coast Motors. Email or
phone Robert Mackay on [r.mackay@westcoast-
motors.co.uk](mailto:r.mackay@westcoast-motors.co.uk). Arrange a 01586 555883 (leave a
message with your number if he's out) to arrange
the pick up from the shop/chemist. Arrange for
yourself or a volunteer to meet the bus at the bus
stop in your town/village. PLEASE SUPPORT YOUR
LOCAL STORES WHERE POSSIBLE.

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



Get on the run in aid of NHS

Rainbows, colourful drawings and paintings of which currently adorn windows of homes and shops around the world, have become a symbol of hope during the coronavirus pandemic.

Now a group of Kintyre runners has taken inspiration from various athletic fundraising challenges to create its own 'Seven Runs for a Rainbow' challenge to honour and raise funds for the NHS, which is leading the UK fight against COVID-19.

The group initially ran on Monday evenings as part of the local Jog Scotland club but two members, Alison McGeachy and Christine Mitchell, began running additional nights to train for last year's Crinan Puffer. People joined them as they jogged more regularly and they now have a group of about 15 who, up until lockdown, were running together on Wednesday nights and

Kintyre runners inspired to complete 'Seven runs for a Rainbow' to raise vital funds

Saturday mornings, encouraging each other along the way.

Some of the group took part in last year's Glen Scotia Mull of Kintyre Marathon and the group trained with them and supported them. Some also took part in the Great Stirling Castle Run in January and all runners were booked to participate in this year's Crinan Puffer, which has been postponed, and the Mull of Kintyre Half Marathon and 10K, which has been cancelled.

Lockdown has prevented members from running together but they have tried to

find ways to encourage each other to keep training.

The runners earned the Race for NHS medal by completing several runs equating to a marathon and they took part in the Run for Heroes 5K by running 5km, donating £5 to the NHS and nominating five other people to do the same.

Afterwards, members asked themselves: 'What next?' Ideas were gathered and the concept of 'Seven Runs for a Rainbow' was born.

The challenge has options making it suitable for people of all abilities. These include

running one mile seven times, running seven kilometres seven times, or running seven miles seven times. After each run, someone else should be nominated and once each participant has completed seven runs, they should donate £7 to the NHS via a fundraising page set up by the group.

It is also open to non-runners with walking or participants' own choice of exercise counting.

A group spokesperson said: 'For each run we are encouraging people to wear something from one of the seven colours of the rainbow. You can walk, cycle, skip as well as run. Each time you complete a run we are asking you to nominate someone else to take part in a bid to get as many folk taking part as possible.'

Visit <https://uk.virginmoneygiving.com/7runsforarainbow> to take part in the Seven Runs for a Rainbow challenge.



Some of the group members on one of their training nights before lockdown.



Many quizzers joined Helen in having a 'swally' as they partook in the quiz.

Quarantine quiz donations beGIN to flood in

What better way to spend a Friday night in lockdown than taking part in a quiz run by Campbeltown's answer to Dame Edna Everage?

That is how more than 800 people spent last Friday night, as they enjoyed a 'swally' with Helen Gilchrist, whose quarantine quizzes continue to be a hit with people around the world.

Helen donned a purple wig and stylised cat eye glasses as she went live on Facebook to deliver the third instalment of her lockdown quizzes. Each week she sports a different look. Helen, renowned for her fundraising quizzes, decided to take the fun online so people could join in from the comfort of their own homes, in the hope it would relieve some

of the boredom experienced during lockdown.

Helen, whose tittle of choice as she entertains is a gin and tonic, has been visited several times by a 'gin fairy' who has spirited bottles of the drink onto her doorstep as a thank you for her efforts.

So many people also said they'd like to donate money - as they would if they attended

a regular quiz - that Helen set up an online fundraising page. Within a couple of weeks, donations had come within £100 of the £8,000 target.

Helen told the Courier: 'It's just amazing how the quiz has taken off. Folk are connecting from all over the globe.'

Helen plans to donate a portion to Scotland's Charity Air Ambulance. 'It is such a

lifeline to folk who get really sick here,' she said. 'There will still be plenty left for community organisations. Thank you to everyone who has donated. I'm also loving the doorstep presents of gin!'

To take part in tonight's quiz, join Helen's Facebook group, The Jolly Monday Show, where you will also find the link to the fundraising page.

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Alister celebrates winning silage competition

Alister Graham from West Backs Farm is celebrating after winning Campbeltown Young Farmers' Club's silage competition.

All farms in Kintyre were invited to enter the recent contest and 27 took part, with lab analysis judged by an independent adjudicator.

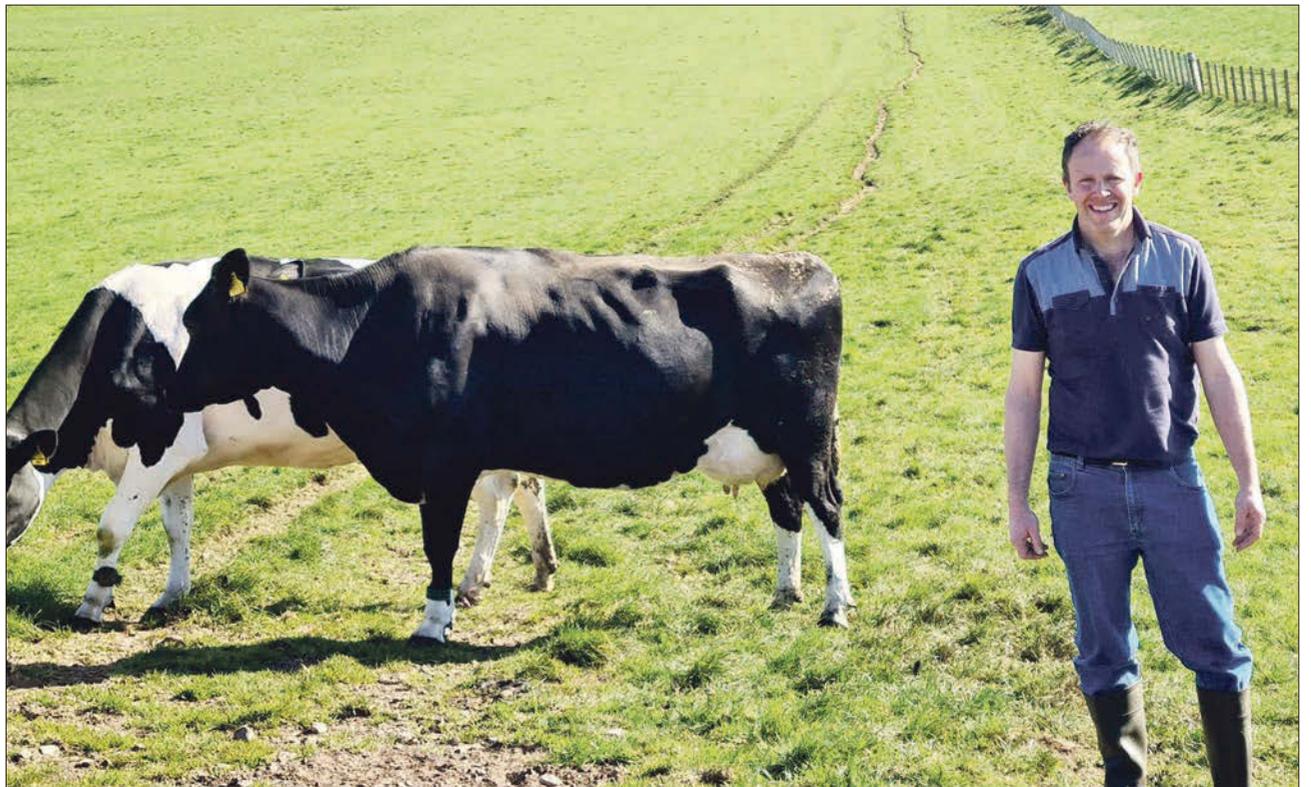
The event was kindly sponsored by Harbro and the club is grateful to Billy Andrews, who organised the prizes, and his colleagues for their assistance.

A club spokesperson said:

'Without Harbro's sponsorship the competition could not take place.

'We also thank everyone who took part. We raised £280 for the club.'

Results and prizes: 1 A Graham, West Backs, Harbro Trophy and voucher for 200t of silage additive donated by Silo-Solve; 2 H&E Irwin, West Drumlemble, Harbro boiler suit; 3 J Ralston, Kilkivan, Harbro bib and brace; 4 T&E Ralston, Dhurie, Harbro bib and brace.



Alister Graham, winner of the Campbeltown Young Farmers' Club silage competition.

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

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Oliver Shearman 07730 046252

James Scott 07444 836360

Callum Buchanan 07542 917531

View our Market Reports on our website and facebook.

Thought for the Week
with Marilyn Shedden

What a strange animal the human animal is.

We have heard amazing stories of courage and of incredible self-giving by so many people during these past weeks and months.

Then along came Captain Tom Moore, a sprightly 99-year-old, who was to delight, inspire and enchant us with his unique take on courage.

Captain Tom didn't want to get anything for his 100th birthday. He wanted to give something.

So Captain Tom set out to raise a modest amount of money for our wonderful NHS – £1,000, he thought.

As I write this, Captain Tom is at £27 million. He did this by walking 100 laps round his garden before his 100th birthday.

Captain Tom has captivated everyone and is being nominated for a knighthood, has enjoyed a guard of honour and has had a fly-past by Spitfires. We should also make him Sports Personality of 2020.

What a refreshing feel-good story in these dark times. But, the human animal is a strange animal.

Compare this to the person, or persons, who take pleasure in hacking into the means by which people can talk to and see their loved ones when personal contact is forbidden. A video communications app has been hacked, with people enjoying sending pornographic images to ladies at a Bible study online and to families sharing news with their grandchildren.

What a contrast to Captain Tom and all the wonderful NHS staff.

We have heard it said we will emerge from this time a better people, more caring and compassionate. I have my doubts.

The human animal is indeed a strange creature.

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.



Shared artwork boosts morale

Members of **Chleit Art Group** have been busy being creative despite not being able to meet on Mondays as a result of the coronavirus pandemic.

They have created many beautiful pictures portraying the area's natural beauty.

The group's talented members have been sharing their artwork with each other and the Campbeltown Courier to boost morale. Here are some more of their paintings.



Hedgehog and Snowdrops by Linda Bryce.



At the Feeder by Gusti Macalister.



Jura from Kilberry by Denise Crawford.

CONTACTUS

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

FUNERAL DIRECTORS



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www.donaldmacdonald.org

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of the advertisers' 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.
- 7 The Publisher shall not be liable for any loss or damage occasioned by any total or partial failure (however caused) of publication or distribution of any newspaper or edition in which any advertisement is scheduled to appear. In the event of any error, misprint or omission in the printing of an advertisement or part of an advertisement, the Publisher will either re-insert the advertisement or relevant part of the advertisement, as the case may

be, or make reasonable refund or adjustment to the cost. No 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.

BIRTHS

JOHNSON - PATON - Paul and Lesley are delighted to announce the safe arrival of their beautiful daughter Sophia Elizabeth Johnson, on April 14, 2020 at the Queen Elizabeth Hospital, Glasgow. A lovely granddaughter for Kenny and Maureen Johnson, Campbeltown and a second grandchild for Derek and Janice Paton, Derby.

GOLDEN WEDDING

CASCI - JOHNSTONE - Garry and Neilina were married at the Baptist Church, Lochgilphead on April 29, 1970, by the Rev. Sandy Greig.

DEATHS

BAIRD - On April 17, 2020, peacefully at home, George Baird, former Tarbert Coastguard, in his 83rd year, beloved husband of the late Dorothy and much loved father of Gary, Joanne, Neil and Brian and a dearly loved grandfather. Funeral service and interment were held at Carrick Cemetery on April 23. With special thanks to doctors and staff at Tarbert Surgery, Carr Gomm Carers and Marie Curie, for all the kind care and attention received. Thanks also to Rev Robert MacLeod for a comforting service and Stan Lupton Funeral Directors for professional services.

HAMILTON - Peacefully at Kincaid House Care Home, Greenock, on April 22, 2020, Eleanor Hamilton, in her 84th year. Dearly beloved wife of the late Ronnie Hamilton, much loved mother of Jim, Anne and Donald, mother-in-law to Robert and Valerie, Granny to Scott and Lauren and loving sister of the late Jimmy Wilson, sister-in-law to Eva, auntie to Thomas. Funeral service private in line with current Government guidelines.

KIDD - James Ronald (Ronnie). Suddenly and peacefully at St. John's Hospital on April 15, 2020 aged 86. Devoted husband to Christine (Robertson). Proud Dad to Lorna, Alyson, Fiona, Gavin and Fraser. Wonderful father-in-law, Granpa to fifteen and Great-Granpa to Lexie. Loyal friend to many. Former Civil Engineer who worked for the local authorities in Lochgilphead and Livingston. Keen gardener who walked some of Scotland's finest fairways sharing a tale or two along the way. Will be sorely missed. Due to current restrictions the funeral will be private.

MCCOLL - On April 17, 2020, peacefully at the Royal Alexandra Hospital Paisley, after a short illness, Robert (Bobby) Noel McColl, aged 80 years, beloved husband of the late Flora MacArthur and a dearly loved brother, brother-in-law, uncle, great uncle and dear friend of many. Private funeral service and interment took place at Carrick Cemetery.

MCFADYEN - Peacefully at Campbeltown Hospital, on April 19, 2020, Charles McFadyen (Twinkle Toes) in his 87th year, 88 Roading, Campbeltown, dearly beloved son of the late Neil and Susie McFadyen, loving brother of the late Catherine and Janet, devoted uncle to Atholl, Morven and Ulva, will be sadly missed by his many friends. Funeral service private in line with current Government guidelines.

MCGLYNN - Peacefully at Camilla House Care Home on April 11, 2020, John, aged 84 years. Elder son of the late John and Nathie, Tarbert, beloved husband of Janette, much loved dad of John, Stewart and the late Robbie, much respected father-in-law of Emma and Joo Hyun and much loved Grampa, brother and uncle. Sadly missed by all.

SINCLAIR - Peacefully at her home, surrounded by her loving family, on April 20, 2020, Sheila Sinclair, née Ferguson, in her 88th year, of 7 Highbank Park, Lochgilphead. Beloved wife of the late Nicol Sinclair. Much loved mother of Lilia, Peter, Anita, Duncan, Nicol and Fergus. Adored granny to her nine grandchildren and three great-grandchildren. Dearly loved sister of the late Betty and Hugh Ferguson. A loving aunt, great-aunt and cousin to all the family. A good friend and neighbour to many. A private family service was held at Achnabreac Cemetery. Will be sadly missed by all who knew her.

SHAW - Peacefully at her home, 12 Brodie Crescent, on April 15, 2020, Margaret Isabella Shaw, aged 81 years. Beloved daughter of the late Robert and Mary Shaw. Dearly loved sister of Molly, Robert (Bobby), John, Donald, Ellen and the late Neil. A much loved aunt, great-aunt and great-great-aunt to all the family. A good neighbour and dear friend to many. A private funeral service was held at Achnabreac Cemetery, on Tuesday, April 21, 2020. Margaret will be sorely missed by all who knew her.

COURIER ANNOUNCEMENTS

ACKNOWLEDGEMENTS

COCKERLINE - Norma and family would like to give our heartfelt thanks to all the people who cared for Maurice over the past months. Staff at the Mid Argyll Hospital with special thanks to Dr. Phillips, Dr. Strain and Allison; paramedics and district nurses; all the people who sent cards and messages; the special family who were there 24/7; Fiona, Roddy and Cameron for the service that was so special and personal, you will always be remembered. Thank you.

FERGUSON - Duncan, Jan, Craig and Ross, would like to thank everyone, for the many kind expressions of sympathy received in their recent sad loss of Archie. Special thanks to all staff at Tarbert Surgery, Mid Argyll Hospital Knapdale Ward, including Dr J Calder and Glenaray Ward, Carr Gomm Carers, home helps Naomi and Tanya, Ailsa and many kind neighbours at Glenfield, his good friend Harry Landsborough, Archie Black, Ann and James Johnson, Mhairi Jackson, Don Murray, and John Robertson, for all the kind care and attention received. Thanks also to Rev Robert MacLeod for his kind words and comforting service, Stan Lupton Funeral Directors for professional services, Council staff at cemetery and all the Tarbert people who lined the route which the cortege made on its way to the cemetery. Thanks also to the many friends who expressed their condolences on All Things Tarbert.

IN MEMORIAMS

GILCHRIST - Treasured memories of Agnes Jane, who passed away April 25, 2017. A much loved mother and mother-in-law. Always in our thoughts and forever in our hearts. - George and Bettina.

MACKAY - In loving memory of my son Derek, who died April 18, 2019. Loved and remembered every day. - Mum.

ROBERTSON - In loving memory of my dad, Malcolm Roberston, died April 21, 1994. Always in my thoughts. - Your daughter Kelly-Anne.

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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)

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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
SCO09359

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

Be angry but do not sin: speak to your heart in silence upon your bed. Psalm 4.

Every day, I am supposed to say to the Daily Office, the set of prayers of Morning and Evening Prayer, and ideally Compline, last thing at night. Sometimes a few people join me in Church for this. Sometimes, I'm travelling, in the late summer evenings, swimming, and the prayers get delayed. Now since the Lockdown, I have been offering Morning and Evening Prayer every day on Facebook - right on time. Some parishioners find this helpful, and we get occasional accidental visitors from across the world. How lovely to be greeted from India or Africa or Australia!

The Daily Office shapes the day. I have an appointment with God. In the morning, we greet God with the words of Zechariah, rejoicing at the birth of his new-born son, John:

Blessed be the Lord God of Israel, who has come to his people and set them free.

and in the evening with Mary, filled with the news that she was carrying the son of God, Jesus we say:

My soul magnifies the Lord, and my spirit rejoices in God my

saviour.

In the morning, blessing at the start of the new day. In the evening, thanksgiving as the day slips into evening. And if it isn't like that, Psalm 4 in the late evening can catch other, more anxious thoughts:

Many are saying: Oh, that we might see the better times! Lift up the light of your countenance upon us, O Lord.

I don't have to think what to say, because the Psalms give me the words. I don't have to look good, or feel good, or even be good: The Spirit of Truth comes to meet me in love. The meeting opens my heart to healing. It gives me the gift of Me, the me whom God meets and loves.

We don't need to use any of those words. We can simply sit and speak to our hearts in silence. When we do that, that may be the best prayer of all. An interviewer asked a famous Bishop, 'how long do you pray every day?' He replied 'About a minute, but it takes me about 29 minutes to get there. The words are the way to get there. The prayer

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



ARDRISHAIG AND SOUTH KNAPDALE PARISHES

"Where are you?" (Genesis 3)
Reflection are available at the gates of the churches

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SCOTTISH EPISCOPAL CHURCH
in Mid-Argyll & Arran
DAILY WORSHIP
@ChristChurch
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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itself is deeper than any words, and not about time'.

You might find different ways of spending time with your hearts, of encountering the blessing of silence. In the garden, on walks, with family, even in work, though it's hard to be silent there. But the time apart - in silence upon your bed - as the Psalm puts it, is special. Finding the place of peace can mean fighting through tangles of uncomfortable emotions: anger (unnerving), resentment (very hard to break through), hurt (painful like all wounds), and so on. Don't give up: Offer the appointed sacrifices, and put your trust in the Lord. On the other side is the promised peace: you have put gladness in my heart, more than when grain and oil and wine increase.

And so the Psalm ends: I lie down in peace; at once I fall asleep, for only you, Lord, make me dwell in safety.

Fr Simon Mackenzie, @ChristChurchLochgilphead



Kate Oman, one of Jackie's Tai Chi students, performing the 'waving hands in the clouds' movement, which is for arthritis, from her home.



Jackie Fulton performing Qi Gong in the garden.

Making moves to relax and unwind

Tai Chi instructor Jackie leads the way from home

The slow controlled movements of Tai Chi and the concentration they require leave people with a feeling of relaxation that may be the perfect way to combat the stress of lockdown.

Tai Chi is an ancient Chinese exercise practised for its defence training, health benefits and meditation. The form most widely available in Argyll is Tai Chi for health, arthritis relief and fall prevention.

Instructor Jackie Fulton's classes are cancelled for the time being, but she says Tai Chi is easy to do at home, adding: 'With the great spell of weather we have been experiencing, if you have a garden, that's the place to be doing your Tai Chi.'

Jackie, who is also a Reiki master, continued: 'Regular Tai Chi practice can improve strength and balance, but the focused workout will also improve general health and well-being. Your mind will have enjoyed a break from the hustle and bustle of your usual self talk, lists to do, worries and, of course, lockdown and not seeing your family. If you are experiencing anxiety in these difficult times, doing Tai Chi may be helpful.'

Jackie hopes her class members will be testing their brains as well as their muscles as they remember the different



Jackie displays the welcome sign.

movements but she has been sending out weekly emails with ideas of what to watch online to remind them of the moves they know.

She has created short videos, which can be found on her Facebook page, Happy By The Sea - Reiki, and she is preparing sound files so class members can listen to her voice as she talks them through different moves.

She said: 'In a normal class setting, or in a park in China, people learn the moves through continual copying of the person leading the group. In Tai Chi this is known as 'sticking'.

'With practice your subconscious or muscle memory will get to know the moves and your active mind will suddenly realise you know all the moves and the sequence.'

'This is a wonderful moment of realisation that you can now practise anytime, anywhere, but it is important not to rush through the moves and to remember it's the concentration and the slow controlled movement that work the muscles hard yet keep your joints relaxed and allow your mind to be focused yet calm and still.'

Jackie says although Tai Chi is a gentle form of exercise, it still gives you a good workout, with one study suggesting Tai Chi can be as good for the heart as a Zumba class.

'In most of my classes I introduce some Qi Gong,' said Jackie. 'This is similar to Tai Chi but is generally undertaken while sitting or standing. Tai Chi, too, can be done seated if you have mobility or balance concerns.'

'Qi Gong focuses on breathing and relaxation and is great for reducing stress and anxiety. Many of my Tai Chi students report they are benefiting from regular Qi Gong practice as they find ways to cope with the current lockdown.'

'Qi Gong is easy to do indoors as you don't need any

space other than where you are standing or sitting. At home, the Tai Chi warm ups are perfect as, again, they can be done just where you are standing, and if you have a safe slip-free space with room to take three steps to the side you can practise some of the Tai Chi for health form.'

Some of Jackie's students shared their experiences of practising at home during the lockdown.

One said: 'Tai Chi focuses the mind and keeps your body from stiffening up in the confined spaces we are currently living in. But it is also relaxing to do some of the moves outside in the garden, or wherever you can, especially in this mild weather.'

Another said: 'If I am feeling stressed, I do some Qi Gong as I find the breathing exercises help to relax me. I enjoy Tai Chi too as it keeps me moving and focused.'

A third student said: 'Qi Gong is calming and it only takes a few minutes to feel the benefit.'

Although Jackie has no classes at the moment, she is happy for anyone looking for information on how to get started with Tai Chi or Qi Gong to contact her by emailing jackie.fulton@sky.com or via her Facebook page, Happy By The Sea - Reiki.

What we are doing to help

- We are continuing to bring you accurate and trustworthy news in-paper and online
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Keeping our community informed

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

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