

CANdo

Coupar Angus and District Community Magazine



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CANdo December 2017/January 2018 Editorial

Details of our reader survey carried out recently appear in this issue. The editorial team will give them serious thought, and put into practice the suggestions you have made.

The leaflet on the Coupar Angus Burn Project is also included. It is a very attractive and highly readable pamphlet (much of it written and illustrated by children from Coupar Angus Primary School). Information boards to support the Project have been installed throughout the town and are well worth seeking out.

As you will see from the item on the opening of the project on 23rd November, Pride of Place (PoP) has been heavily connected with this work, and an article looking at what the future might hold for the group is also in this issue. Like all such groups, PoP relies on volunteers. Read the article to see if you might have something to contribute. You may be surprised at the range of ways to get involved.

We also profile the Heritage Centre, and some who spend time developing its work and appeal (which is literally widespread - people from all over the world get in touch).

And, unfortunately, traffic problems refuse to get parked out of the way. The lights at Queen Street continue to present problems. The Community Council was informed by Perth & Kinross Council, that issues with the yellow box markings should be reported to Police Scotland (Tel. No. 101), with photographic evidence where appropriate.

On a much more positive note, Kenny Anderson has joined the editorial team. His main remit will be in charge of advertising – see details of how to get in touch with him below.

Did you know CANdo is now online? Go to <https://forwardcouparangus.co.uk> and click on the CANDO link. Finally, the team would like to wish all our readers a joyful Christmas time and the very best for 2018.

David Carson,
on behalf of the editorial team

Val Kidd - valkidd50@gmail.com Jennifer Irving

CANdo is produced by Forward Coupar Angus and printed by Printmatters in Brechin

Would you like your advertisement in this space?

It will be seen by people in Blairgowrie, Burrelton, Meigle and all the outlets/organisations/school in Coupar Angus

Contact Kenny kenneth1961@sky.com or Val to discuss, and in this way support CANdo, your local free magazine

You can read CANdo online instead of posting to your ex-neighbour abroad.

See <https://forwardcouparangus.co.uk/>

CANdo Readership Survey 2017

The findings from the recent readership survey are detailed below.

1. You told us that the most popular regular features are the “What’s On” section, and the interviews with local residents. Not far behind are the updates from voluntary groups, the editorial and the picture quiz. Short stories are enjoyed by many readers.

In fact there was only one score of 1 across the entire survey for regular features.

2. As regards changes to current content, you expressed a clear preference for more writing by younger (school age) people. The idea of a letters page got a cautious welcome, accompanied by cautionary comments (e.g. will anyone write in, will the content be appropriate). The same caveats were given for contributions from local councillors.

Other suggestions you made included more puzzles (word searches, quizzes, picture based), and the inclusion of recipes. One person mentioned whether it would be possible to introduce a “Craigie” type column (as in ‘The Courier’). Another suggestion was to have a “did you know” section, where local businesses give information about what they do or have done or hope to do.

3. Generally, the standard of production received positive comments from you (‘clear’, ‘easy to follow’, ‘good quality photos’) although there were requests for more colour photos, and a recognition that this would increase costs.
4. As regards making a financial contribution, a large majority of you were willing to make a donation, provided it was modest (whatever that may be), and as long as money did not become a barrier. Thank you to those who put a contribution in the box!

The editorial team appreciated the positive comments made by many who responded. The following sums up a lot of what you said:

“CANdo is a very informative and enjoyable publication. Keep up the good work. Long may it continue.”

The editorial team will keep trying to do just that.

WHERE WAS THIS IN YOUR COMMUNITY? (answer in February issue)



**November 2017 - WHERE IS THIS?
solution**

This is an early and well preserved water mill. It is on Lintrose Estate, near Campmuir and especially worth a visit when the area is covered in snowdrops.

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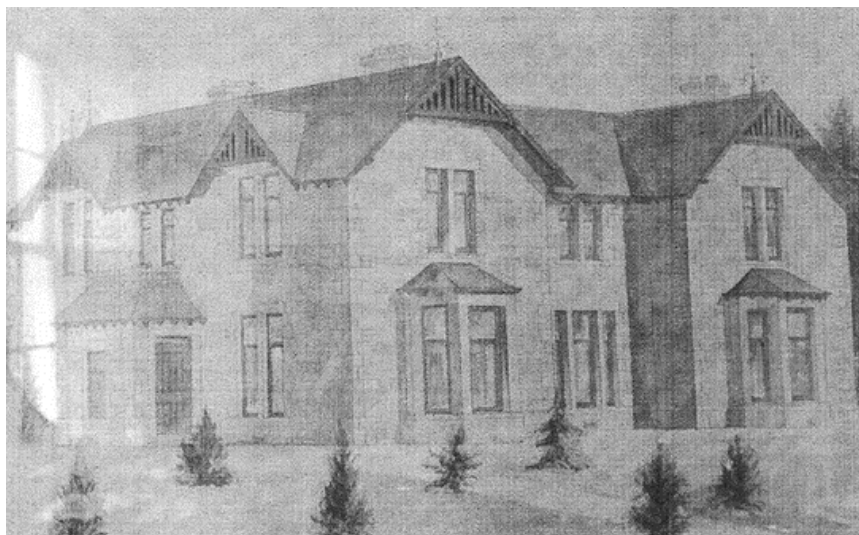


We appreciate it very much when readers contact us. In response to our sad photo of demolished Moorfield last month in the WHERE IS THIS IN YOUR COMMUNITY feature, Malcolm Scott and Margaret Laing kindly provided us with some interesting history of Moorfield House.

MOORFIELD – Cottage, Country House, Hotel... now Housing complex

Most people nowadays only remember Moorfield House as a hotel, generally known as 'The Moorfield'. In the mid-19th century, James Scott, grandfather of the late Raymond Scott, a Dundee jute industrialist from Eastwood, Blairgowrie, bought a little cottage on Myreriggs Road, as a holiday home for his family.

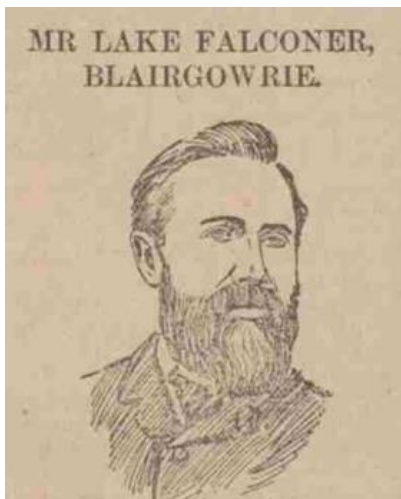
As his family and his business grew, what was initially a holiday cottage was added to and extended, becoming a very fine country house, as you can see from the architect's drawing.



It had a coach house, with a coachman's house attached, and the area where the carriages were kept had central-heating to ensure the comfort of the carriage occupants when out and about in cold weather. There were fine stables for six carriage horses and a well within the building, which supplied water for the horses.

The house had a very attractive walled garden and tennis courts, along with a gamekeeper's cottage, grassland for the horses and a wooded area, now gone. At one time, the family had a pet donkey and a little donkey-cart and the family pets were laid to rest in a little burial ground. There was a windmill to pump water and a small gasworks to supply light and heat to the house and outbuildings.

Moorfield House, located on what was possibly then Rosemount Farm, was built with grey sandstone taken from a nearby quarry. The house occupied by the farm manager of what became the Co-op Farm, was quite close to this quarry, which has been filled in for many years now and is difficult to locate.



In May 1896, the *Dundee Courier* published this sketch and an item on Mr Lake Falconer, who worked as an architect in Blairgowrie in 1879.

According to the article, his work was “in great request ‘far and near’ and many buildings such as at Moorfield, Parkhill, Claywhat and the Free Kirks at Kirkmichael, owe their design to his architectural skill”.

Moorfield House was a fine building, three stories high and many will remember the splendid window in the stairwell, which could be clearly seen from the entrance hallway. The window was thought to be of ‘stained glass’ but this was not correct – it was hand-painted. It has been said the artist was a member of the Scott family, but this cannot be confirmed.

In the 1950s, in common with other large houses, Moorfield House became a hotel. The bay windows were demolished, and an extension and function room were built. Part of the front garden became a car park. The Hotel was a popular venue for a number of years and changed ownership several times. One owner cut down a very attractive wooded area behind the Hotel, while another sold off the Coach House and the land. The Coach House is now a very fine and unique family residence.

When A & L King became the owners of the Hotel, it was totally refurbished. A state of the art kitchen was installed, and all the bedrooms upgraded to a high standard. The public areas were beautifully laid out and furnished, and people still talk of being shown into the library for drinks before their meal was served. It rapidly became a top-notch Hotel and a ‘must’ for everything from lunches, dinner parties, weddings and very special occasions. Golfers and shooting parties found the hotel an excellent base for their activities.

Around a decade on, people could not believe their ears when the news broke that an application had been approved by Perth & Kinross Planning Department, to raze the Hotel to the ground and build houses on the site. The Hotel was sold to a property developer, but before work could start, the market plunged dramatically, and the poor former hotel stood empty and forlorn for some time. Eventually it was demolished, and houses built on the site.

The House that Jim Built

Interview with Jim Thomson



When he goes for a stroll around the town, Jim Thomson will more likely than not come across evidence of past activities. If this sounds at all suspicious, nothing could be further from the truth.

Jim was something of a rarity in his professional life, in that he is a fully trained joiner who also has qualifications in building. As such, he brought a broad range of skills to house construction, and it is these that are displayed in the many houses he helped build in the town and elsewhere.

Although he has spent most of his life in Coupar Angus, Jim was born in Alyth, in 1938. His early years were somewhat peripatetic. His father, Pat, returned from his work as a banker in Burma (now Myanmar) to take over the family farm at Viewbank. Things did not go smoothly financially, and Jim and the rest of the family moved to Blairgowrie to live in a house owned by his grandmother. A further move saw the family in Coupar Angus, in the house they called Dalblair. Having spent one year in Rattray Primary School, Jim completed his education in Coupar Angus.

Sometimes big decisions are made because the alternatives are less appealing. So it was that Jim, having sampled the delights of tattie growing and berry cultivation, decided that farming was not for him. He was naturally gifted with his hands, and after leaving school became an apprentice joiner.

During those five years he also obtained, via day release at Bell Street College in Dundee, his Ordinary National Certificate in building construction. He then took in what today's parlance might be called time out. For Jim, this came in the shape of National Service. This was in 1960, and he was among the very last intake to be called up in this way. He was sent to join the First Battalion Gordon Highlanders and trained in Aberdeen. Jim was not a stranger to this way of life – he had been in the Army Cadets since aged 13, and became a sergeant. He served in Germany and then Zanzibar, latterly as part of a fast response team.

Fast response wasn't new to Jim either. One instance had life-long consequences. As an adolescent, he and a friend frequented the Venetian Café, whose premises were at the Cross. One day when two girls arrived on bikes, the friend had a wager – that Jim wouldn't manage to take out one of the girls on a date. Jim rose to the challenge in a flash, and in this way he met Marjory.

They were married in 1963, and together for 54 years, until her death earlier this year. Their two children, Susan and Ross, both work in finance. (There's another story about the Venetian Café, and how Jim was once banned from going in. It involves club biscuits and joinery skills, but for the full story, you'd need to ask the man himself!)

Chatting to Jim, it becomes clear that there was no shortage of things to do growing up in Coupar Angus in the 50s and 60s – Cadets, cinema, dances. Although he accepts that things change over the years, he shows a trace of impatience when he hears people say nowadays "there's nothing to do". He points to the wide range of activities taking place in town. Opportunities are there for those that want to take them.

In his working life, Jim did just that. He moved from joinery to retail (Garvie & Syme in Perth) and then back to joinery. Then he was with Thain construction for 14 years. At the end of that period, he was offered a choice - redundancy or "going on the grip" (an early example of a zero hours contract), where the employee was responsible for arranging tax and national Insurance. Jim chose the former, and before long, he was with Taycon, remaining with them for 21 years and retiring at 65 as site manager.

Marjory meanwhile was no less busy. Shoes were her speciality – she both sold them and, according to Jim, would run Imelda Marcos close in the number of pairs she kept in the house! It was not all work and no play. Family holidays were important, and usually took the form of caravanning in Scotland and England.

Work, of one shape or another, has occupied Jim all of his life. After retiring, apart from being part of the 'Meals on Wheels' team in Coupar Angus, it is the Heritage Association that claims his attention. He is its Vice Chair, runs the Centre and keeps the website up to date. There is steady traffic, especially from abroad, both in person and online. Jim understands people's interest in finding out more about where they came from. Visitors want to see where their forebears lived and grew up. Often, that means looking at premises and buildings and streets – the tangible aspects of the past.

It is surely very apt that Jim, with the part he has played in building houses in Coupar Angus and in towns and villages round about, will have been responsible for what future generations will see when they seek out their own past.

Thank you Jim for speaking to CANdo about your life and times.

David Carson

Learn more about your town at the Heritage Centre

At Coupar Angus & District Heritage Association's Centre in Coupar Angus, you can look at the interesting artefacts and get advice on family research. Just like the many visitors from as far as Australia or Canada, find out more about where your relatives used to live.

8 George St, Coupar Angus
PH13 9DH

Open:

Wed 2 - 4 pm

Thu & Fri 11am – 1 pm

Saturday 10.30 – 2 pm

Tel 01828 626244



The premises at 8 George Street Coupar Angus were once Little's Newsagents. When the derelict property came up for sale after some years, local residents Ron Stephens and Joe Richards, who had been nurturing the idea of setting up a Heritage Association, jumped at the chance. And thanks to the generosity of Kathleen Kench, the association was able to purchase the property by public auction for £6000.

Led by Sandy Hynd, Dave Robertson and an enthusiastic group of volunteers got cracking with renovating the property, renewed the floorboards and excavated the cellar, which now houses the archives. On 20th May 2006, the Heritage Centre was finally opened by Mr Peter Lindsay, at 98 the oldest resident at the time in Coupar Angus.

The charity Coupar Angus & District Heritage Association holds monthly meetings throughout the year on all sorts of topics of historical interest (see the syllabus and notice board outside) and organises visits.

Come along and meet the friendly members - the next meetings at St Anne's Church Hall are on Friday Feb 2nd 7.30 pm **'Family History – Secrets and Untruths'** by Angus Gellatly and March 2nd **'History of Culross the Printer'** by Ronnie Stephens. You can also use the Heritage Centre for your meetings and exhibitions.

Val Kidd

RESTART PROJECT – an exciting new project that is open to all and could save lives

Regular short training sessions in Cardio Pulmonary Resuscitation (CPR) will start soon in Coupar Angus.

The three members of the Restart Project subcommittee will also be fundraising to provide defibrillators for the community to use, with immediate and open access 24 hours a day 7 days a week to anyone unfortunate enough to need them.



CPR is the first and most important thing to do if a person suffers a cardiac arrest. Cardiac arrest can strike anyone, any age, at any time and another person's quick response can, and has, saved many lives. CPR is easy and anyone can do it.

A defibrillator is used to help start a heart that has stopped pumping blood around the body and to restore the regular rhythm. It can increase the chances of survival but is not a substitute for CPR.

These life-saving pieces of equipment have been refined, so are safe for anyone, experienced or inexperienced, to use. They are entirely portable and even give their own audible instructions. To make these units available for instant deployment, they need to be housed in heated outdoor cabinets.

Each defibrillator with its cabinet costs in the region of £1,500 plus installation to an uninterruptible power supply. The units have their own self-contained power supply to allow portability. Routine maintenance costs are minimal, however batteries need replacing every five years. Replacement pads and batteries are required after every use. Pads cost £45 - £75 per set and batteries likewise.

The sub-committee fully intend to apply to funding trusts and go down the usual fundraising routes of raffles, coffee mornings etc. The project is for the community at large and we therefore sincerely hope that you will all offer your support.

We welcome donations from local businesses and organisations to speed up the initial acquisition. We can publicise donations, or these can remain confidential. If you are able to donate substantially towards or cover the cost of a defibrillator, then we would consider some kind of lasting recognition where appropriate.

Three primary locations have been identified but are subject to permission being granted. The first is at the Town Hall. Other locations have to be suitable because access to defibrillators should be with minimal delay. In the case of cardiac arrest, every second counts.

Regular free training sessions will be starting in the New Year at two locations: the Library and the Fire Station, with our training partners, the Fire and Rescue Service. Look out for posters around town giving the details. You can also register your interest by texting CPR and your name to 07487 864771, or call if you prefer, and we will contact you to book your place once training sessions are up and running. We will also be working with our local primary school for training and fundraising. This really does have to be a full community effort. General awareness promotions will also feature in public places and at events.

Please, even if you have attended CPR training sessions before, there is nothing better than a refresher; we will be demonstrating how to use the defibrillator, so come and join in.

These units have saved many lives; much as we would like them never to be used, cardiac arrest can strike anyone - NOBODY is exempt. It could be you or your loved ones who are saved thanks, in part, to public generosity and the knowledge of CPR.

To find out how basic CPR skills and a defibrillator can save lives, visit the British Heart Foundation website: <https://www.bhf.org.uk/heart-health/how-to-save-a-life>

Don't delay, help us get this started now. Donations can be made directly into a reserved fund account:

Coupar Angus Ardler & Bendochy Community Council account No. 2,
Sort code 80-06-18 Account no. 10038664

For now, please direct your questions to the Community Council. Thank you.

Burnside wildlife area opened in the heart of Coupar Angus

To mark the completion of the Burnside Project, Pride of Place invited Provost Dennis Malloy, Coupar Angus Primary school P7s and everyone involved, to an Opening Event on 23 November. This has been a wonderful opportunity for the community to work together.



Coupar Angus Burn, a wildlife area that was fast becoming a dumping ground for dog 'poo' bags and fly tipping, now has the potential to be a fabulous wildlife area in the heart of town. Another great resource, together with Buttery Bank Woodland, for our community.



When Britain in Bloom judges visited Coupar Angus in 2013, they spotted the Burn and challenged us if we could improve the area's biodiversity, the variety of plants and encourage more wildlife. In 2014, plans were drawn up by landscape architect Chris Palmer, the community consulted, and with the help of Take a Pride in Perthshire, funding was granted by Perth & Kinross Council, the Heritage Lottery Fund and Leader.

Finally work began in February this year led by Clive Bowman, of Community treeCycle, a social enterprise. Many groups within the community have been involved, The Men's Shed constructed the bench in the seating area and the bat and bird boxes which you can see in the trees and are already in use. The Make a Difference (MaD) Team set in place the bench and the three information boards: the Wildlife Board in the seating area, the Vegetation Board along the burnside and the Clydesdale Board on the wall in Cuddies Wynd, having removed all the fly tipping from along the burn. We had assistance from Community Greenspace and the Rangers working with the children.

Pride of Place encouraged the schoolchildren to make posters asking the community for sightings of wildlife along the burn, identifying vegetation and learning about Coupar Angus's historical links with Clydesdale horses. Having gathered this information for the three boards, the children then helped to write a leaflet encouraging the community to realise what a fantastic resource they have in their town and inspiring visitors to come and see. The leaflets are enclosed in this issue and are available throughout the town. Follow the route suggested in the leaflet, then walk from Cuddies Wynd to the Board alongside Clyde the horse at the flower bed opposite the Red House and read about the town's connection with Clydesdales.

Anne Easson

Pride of Place - what does the future hold?

In last month's issue, Jeff Brewer wrote about the difference a neighbourhood (garden) scheme could make to Coupar Angus - this was in the light of the gold award from the Royal Horticultural Society - "the whole town could be gold standard all year."

This is a very worthy aspiration, but realistically not an aim that will be realised in the short term. However, the points he raises have an important bearing on how, or indeed if, Pride of Place (PoP) can sustain the efforts which have given Coupar Angus such success over the past few years.

It's worth specifying what exactly these efforts consist of. There is a wide range, some of them carried out in the public eye, others that are less evident. Importantly, most can be done by anyone who doesn't mind getting their hands a bit dirty.

We see PoP supporters tidying the flower beds in the town centre and in the areas where Clyde presides. We'll also see them in the park, keeping the bases of the new trees clear of unwanted growth, and weeding the beds at the entrances and around the car park. They can be seen at the Blair Bend maintaining the wild flower area and the banking opposite. And they help Paul with litter picking. We also know that PoP is responsible for most of the hanging baskets and window boxes.



What we don't see, is the work that goes into preparing public displays. And there are other initiatives that PoP undertakes, most recently the Burn Project whose details are contained in the pamphlet with this issue. It is an uncomfortable but unavoidable truth that this volume of effort is sustained by volunteers who, with the passing years, are not as young as they used to be. I hasten to add, before the current group of PoP volunteers accuse me calling them in any way 'past it', that this is far from the case! But the point is a fairly obvious one - groups like PoP need regular peoplepower to thrive.

Folk may say, ok, I'd like to help, but I don't have any of the skills. As mentioned above, however, much of the work does not rely on particular gardening skills - or experience.

And the good news is that Poppers are there to help. If you want to find out how the baskets and boxes are prepared, you can get hands-on practice. The same applies to pretty well all of the work that Pop does. If you'd like to start with your own garden, or if some neighbours wanted to set about improving their own immediate area, again PoP can help through advice and also by highlighting what others have done - Crichton Lang Court being a good example.



Ask any PoP volunteer why they do what they do, going out regularly and sometimes in poor weather, and you'll get similar answers.

"I like to see the town looking good."

"If the town looks tidy, people will take a pride in it."

"Getting awards is fine, but what it really means is recognition for all our efforts."

Others have a slightly different take.

"I enjoy the company and the chat as much as the graft."

"I don't have green fingers, but I like to see things grow. I've learned a lot."

Think global, act local. Somebody said that, and the words certainly apply to the work PoP is doing. Ideas like bio-diversity and sustainability may seem remote, yet action taken by communities can have a real effect. For example, we can combat the dying out of many species of insects by growing certain types of plants and flowers that support them.

At the end of the day, if we have an interest in keeping Coupar Angus beautiful, and doing our bit for the environment, we've got a decision to make. We can shrug our shoulders and leave it to others, or we can try to make a contribution, however small. Whether you'd like to get involved, at any level, with PoP, or are interested in a neighbourhood scheme, contact PoP via Anne Easson - a.easson@btinternet.com or call 628001. And you can visit the Heritage Centre for more information.

D. Carson

Busy months for the Harlow's Helping Hand team!

Not only have we been kept extremely busy with the charity shop we opened in Coupar Angus in September, we have also launched a new app, **Harlow's Helping Hand**, available on google apps. Working with the staff and children of Coupar Angus primary school, we were delighted to launch such a positive addition to the charity and hope the "HAPPINESS IS..." section brings a smile to the face of all who download the app. With more and more people using apps, we would love to build on the success of this and hope to get more schools on board in the New Year.

We have also been fortunate enough to have local groups raise funds on our behalf. These fundraising events included a memorial football match, a spiritualist night, an SAS type fitness challenge, a sponsored hair shave, and as you can see in the photo a car boot sale at the Enverdale gym, and even funds raised via a social media app by Coupar Angus resident Daina Devine!



Ensuring we can continue to help families during what is undoubtedly the hardest time of their lives, we are grateful beyond words to all those who help and support us.

The Edwards family

What does Coupar Angus Library offer

Are you aware of the resources on offer at your local library?

- There is a wide selection of books and audiobooks for all ages, along with free access to the internet via our computers or using the wi-fi.
- As a library member, you could download up to 3 e-books for a loan period of 3 weeks, also available are e-magazines free of charge. There is a wide choice including: The Economist, Goodfood, Top Gear, Country Life, National Geographic, Horrible Histories, Elle and much more.
- Are you learning to drive, come along to the library and practice your driving Theory Questions using our on-line DSA questions.
- For researching your family, numerous reference resources are available: Ancestry UK, Oxford Dictionary of National Biography and Who's Who.
- Newspapers & Encyclopaedias: UK Newsstand, Scottish Statistical Accounts and Britannica On-line.
- Reading Inspiration – Who Else Writes Like...? A reader's guide to fiction authors.
- We have events throughout the year for children and online resources for them such as Wood of Words.

For all information on these resources and more, go to Culture Perth and Kinross Libraries and choose e-library. Or pop in and speak to Shona.

Library Opening Times:

Thursday 10 - 12 and 3 - 7

Friday 2 - 6

Saturday 9.30 - 12.30

Tel 01250 871449

couparanguslibrary@culturepk.org.uk

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Furr Pets Sake!

I am Rebecca at Furr Pets Sake. I'm here to care for your cats and small animals while you are away or on holiday.

On each visit, I will ensure your pets have food and of course oodles of love, cuddles and fun! (I have been DBS checked & have public liability insurance - certificates available on request)

📞 **07725 335068** or leave a message

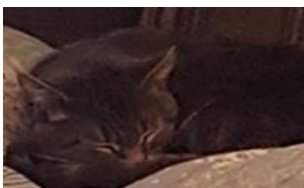
rebecca@furrpetsake.co.uk

www.furrpetsake.co.uk

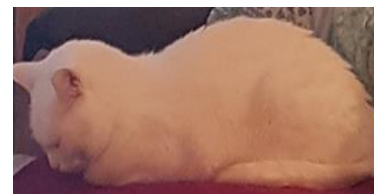
Follow me on Facebook/Twitter for more news and updates

Rebecca told CANdo that she always wanted to do something with animals, like open up a cattery. Realising there was a gap in the market for looking after small animals, Rebecca decided to set up her own business in April this year. Being her own boss and getting to love so many animals is her dream job, as she explains, *"I have met so many interesting people and love being part of the support network. Especially elderly people appreciate that if they suddenly have to go into hospital or are so tired from their medication, they are not able to feed their animals."* If necessary, Rebecca will help find someone to look after your pet, for example by liaising with Angus Cat Rescue, who in her opinion do a brilliant job.

Beforehand, Rebecca will meet the owner and their pet to make sure both are happy with her, check if the animal needs to be played with and where food or litter are kept. The variety of small animals she has looked after ranges from cats to hes and gerbils (and in some cases Rebecca does research on animals like lizards) *"in principle any small animals you can look after, as long as the owner is happy to show me how to care for them."*



And with gorgeous cats of her own – Caspar and Misty, Rebecca knows that working people sometimes need a pet sitter for the next day.



Contact Rebecca on the above numbers or via Facebook.

Shop for Christmas at the High Street Store

Christmas shopping: The High Street Store in Coupar Angus is a great place to find those special Christmas gifts and stocking fillers. Our festive stock is now in store and there are lots of local arts and crafts to choose from including: slate and canvas paintings, naturally dyed and spun wools, woollen garments, bags, handmade cards, soaps, candles and jewellery.

By shopping locally, not only will you be buying quality goods and supporting the local economy, but you will save time travelling and avoid the crowds! You are assured of a friendly welcome and our volunteers will be on hand to help you find the perfect gift for friends and family.

There is also a rumour that **Santa may be visiting on Friday 22nd** to sample our hot spiced apple juice, which will be complimentary to customers throughout the day.

Christmas veg orders:

Nothing more tasty at Christmas than fresh local vegetables, so why not pre-order for the festive season from the High Street Store.

Simply place your order by Tuesday 19th December and it will be available for collection on Thursday 21st & Friday 22nd. If you're buying a lot and need help carrying your purchases home, please ask and we'll do our best to help.

Vegetables available: potatoes, turnips, carrots, beetroot, onions, parsnips and cabbage.



Please note that the High Street Store will be closed from Saturday 23rd December and not reopen until Wednesday 3rd January 2018.

We would like to wish all our customers a very Happy Christmas and Hogmanay and look forward to welcoming you back in 2018



Looking for a new bike this Christmas ?

Electric, Kids, Cyclocross, Road, Hybrid and Mountain bikes available

1. Come and look at the huge range of bikes available from the Hub
2. Order the bike you want
3. Pay the bike up in advanced payments leading up to Christmas
4. We will assemble the bike and fit any accessories to it
5. We will store the bike and arrange a pick up date
5. Pick it up just before Christmas (to keep it a surprise)

Want to talk to us ? Just get in touch

cachub@outlook.com

01828 958 296

1 High Street
The Cross
Coupar Angus
PH13 9DB

Piano Tuner Technician
John McIntyre



Coupar Angus (01828) 628181
E-mail: john.a.mcintyre@btinternet.com

Overhauls, Repairs and Valuation Estimates

WHAT'S ON IN DECEMBER 2017 & next year

MONDAYS

- **Parent & toddler group** (9.30 – 11.30) in **St. Anne's church hall**. For all mums, carers, babies and toddlers. 50p per family.
In January, this group will meet on **Thursdays mornings 9.15 - 11am**
- **New Age Kurling** (1.30 – 3.30) starts again **8th January 2018**
- **Royal Bank of Scotland mobile van (10 – 10.30am)** Union Street opposite Shell garage
- **Zumba** (7-8pm) Town Hall, dance fitness programme, follow Fiona! (£4)
- **Exercise Class** for all ages (11:45-12:45) at Town Hall **till 11th Dec**, Sophie McCollom, restarts Monday, **8th January**

TUESDAYS

- **Reading, writing, number skills sessions** starts again in January at Coupar Angus Library. Contact Elaine Kyle on 01250 871538 or 07840 777032 EKyle@pkc.gov.uk
- **Cub Hub Toddler** group (free) 1.30-3pm in the Y on Union Street
- **Adult Education Assoc. - Yoga** at Town Hall **7-8.30 pm**, contact Elaine on 627040
- **Ippon Karate** at Town Hall, (6.30 - 8 pm) till 12 Dec
- **Coupar Angus Cycling Hub Workshop - Tues to Sat** (1–5 pm behind Lime Tree Restaurant). Bikes for Sale/Hire (Electric) or get your bike repaired
- **Pilates Classes** Mixed 5.15-6.15pm, Intermed 6.30-7.30pm led by Susie at St Anne's Hall. Contact Susie on 07914 700988 or susiemblack@gmail.com
- Join '**Make a Difference**' (MaD) squad 10 am, Coupar Angus Small Business Centre

WEDNESDAYS

- **Pilates** 9.30 am Mixed ability, Susie Black (contact details above)
- **Coupar Angus Abbey Church - Prayer Group** at 2 pm
- **Karate** – Ally Whytock, at Town Hall, (6.30 - 7.30 pm)
- **Tai Chi** at Town Hall starts again in January, contact Elaine on 01828 627040
- **Ceilidh Dancing** at St Anne's Hall. Contact Tracy at tracy.oram@btinternet.com

THURSDAYS

- **Pride of Place** last work party **14th Dec**, start again **4th Jan** (anything from planting, weeding, sweeping, litter picking and having fun), meet 9.30 am at Town Hall.
- **BANK of SCOTLAND Mobile Van** (10.55 to 12.25) in the Red House Hotel car park
- **Thursday Friends** second Thursday of month in the Town Hall (2-3.30 pm)
- **Pilates classes** 11.30 St Anne's Hall, beginners 12.45. contact Susie (see above)

- **Learn to lip read** with Susan Brown. Beginners class in Rattray Community Connect on Thursdays at 12 noon. Advanced class at 2 pm
- **Art** (2.15-4.15) till 7th Dec, resumes Jan 18th for 10 weeks, contact Elaine as above
- **Scottish Country Dancing** 7.30 - 9.30pm in Town Hall. Call Moira Coull on 627465
- **Scottish Country Dancing** resumes 18th Jan, contact Elaine as above
- **Ippon Karate** (7 - 8.30 pm) in the Town Hall till 15 Dec
- **Abbey Church Children's Groups** *Crossover* [P7 – S1] 8 – 9 pm,
Compass [P4 – P6] 6.45 – 7.45 pm & *Stepping Stones* [P1 - P3] 5.30 – 6.30 pm

FRIDAYS

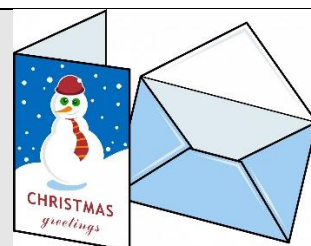
- **Cycle for Cake (C4C)** Join fun cycle on Fridays, meet 10 am at The Cross. All welcome. *8th Dec is a mystery ride with a fairy-tale ending!*
- **RELAX GROUP - handcrafts** at St Anne's Hall, 9.15am - 12, £3.50 a session
- **Wee Springers** (18 mth - 3 years, 3 - 5 years) book: Blairgowrie Recreation centre

SUNDAYS

- **Morning Services** Bendochy Church 10 am, Coupar Angus Abbey Church 11.15, with tea/coffee after this service. Please come along and share fellowship with us
- **St Anne's Church** Forfar Road, Service every **Sunday 11 am**, to which are all welcome, coffee beforehand at 10.30 am
- **Riverside Methodist Church Service 11am**, Wellmeadow Café Blairgowrie
- **Ippon Karate** in the Town Hall 10-11 am

OTHER EVENTS in DECEMBER 2017/JAN 2018

From 3rd Dec - **Pride of Place Christmas Card collection & delivery**, last collection 18th Dec, 25p per card. Collection points: Abbey Church, C & W West, Bits and Bobs. Deliveries ONLY within the town of Coupar Angus, clearly marked with name, number or name of house and road name, or delivery cannot be guaranteed.



First Sunday of the month – CYCLE RIDES leave 9, 10 & 11 am from The Cross in Coupar Angus. All ages and abilities welcome as always

6th – 10th Dec Blairgowrie Players present PANTO 'Ali Baba and the 40 Thieves' in Blairgowrie Town Hall on Wed, Thurs, Fri at 7pm, matinees Sat & Sun 2pm. Tickets: The Card Gallery, Allan St. ☎ 01250 876444, email blairplayers@btinternet.com or on the door. Come and boo at El Scorpio and help Ali Baba

9th Dec – Kettins Parish Hall Coffee Morning in Kettins Church Hall 10 - 11.30am

10 Dec – Join Xmas Walk in Alyth/Glen Isla **Blairgowrie & District Hillwalking Club** contact Bruce - 01334 870866., see www.bdhc.org.uk

Mon 11th 9.30 – 11 am **Parents & toddlers Christmas party** in St Anne's Hall

Mon 11th Coupar Angus & Bendochy **Community Council Meeting** Town Hall at 7 pm. All welcome.

12th Dec Ecumenical Christmas Lunch 12 noon **St. Anne's Church Hall**, all welcome. Lunches start again **9th Jan 2018**, then fortnightly

12th Dec 'Café et Causerie' Practice French conversation 2nd Tuesday of the month 10.30am to 12 at the Red House Hotel, Coupar Angus. Call Réjane on 01828 627464

Coupar Angus Primary School

- **School Carol Concerts** Tues 12th Dec 1.30-3pm & Thursday 14th Dec 6.30-8pm
- **Christmas Holiday:** school closes Friday 22nd Dec till Mon 8th Jan 2018

Wed 13th - Over 60s Day Out. Call Tom 628342 to book. Coach leaves Town Hall 12.30

13th Dec Book Club meets 6.30 pm in Talbot Hall. This month's book is 'THE GIRL ON THE TRAIN' by Paula Hawkins. It has been serialised on Radio 4 and made into a film.

Sat 16th Cycle Santathon 10.30 Larghan Park, see www.cacyclinghub.com



Cycle|Santathon
How many laps can Santa do in 2 hours ?
£10 - Adults (Over 18s)
£5 - kids
Santasuit, Finishing medal and soup included
Marshals, Medics and Mechanics on course

6.5 Mile Flat lap
Suitable for all ages and abilities
enjoyed at your own pace
Entry: www.cacyclinghub.com

Larghan Park
Saturday 16th December
11-1pm

Sun 17 Dec - Strathmore Screens Blairgowrie Town Hall presents:-**Paddington 2 (U)** 4pm, **Murder on the Orient Express** (12A) 7pm with Detective Hercule Poirot

Wed 20th Dec Burrelton & Woodside SWI meets 3rd Wednesday of the month 7.15 pm, in the Church Hall, Woodside. All welcome to attend.

Thur 21st Kettins Community Council Meeting 7.30pm in Kettins Church Hall

- **Sun 17th** at 7pm Family Carol Service in the **Abbey Church**
- **Thur 21st** 7 pm Children's Ministry presents The Nativity (Adults £3, children free) – please come and support the children
- **Christmas Eve** Service in Bendochy Church at 7pm.
- **Watchnight Service** in Abbey Church at 11.30pm
- **Family Christmas Day Service** in the Abbey Church at 11am

24 Dec - Children's Christingle service 6pm in St Anne's Church, and **25 Dec - Family Christmas worship** 11am St Anne's. Everyone welcome to these services

DATES FOR YOUR DIARY in 2018

Mon 8th Jan - New Age Kurling (1.30–3.30) Town Hall, contact Ann Campbell. All welcome

Fri 12th Jan Coupar Angus & District Heritage Association - Xmas Party at the Red House. First talk in 2018 is **2nd February** 'Family History – Secrets and Untruths' by Angus Gellatly at St Anne's Hall 7.30 pm.

Fri 19th Jan – Yarnstormers meet 3rd Friday of month. Join us in the Library 2-4pm for a friendly knit & natter, share new skills. Contact Val ☎ 627145 email below. **If you've any wool you don't need** – please hand in to the High Street Store and we'll make cosy blankets, slippers etc. for those who need to keep warm this winter.



Fri 26th Jan - Rhyme time January session in the Library at 2.15 pm

First Friday of the month, **Coupar Angus Abbey Church** hosts '**FRIENDLY FRIDAY**' **Tea/Coffee** (1.30-3). Everyone invited to first Friendly Friday of 2018 - in **February**

Feb/March 2018 - Fifth Snowdrop Festival in Coupar Angus!

- If you'd like **your event** listed in CANdo, please contact Val on valkidd50@gmail.com

Curling Club Coffee Morning

The New Age Kurling club would like to thank all who came to support our Coffee Morning and Table Sale on the 11th of November. A special thanks to the stallholders who helped us set up tables, serve the coffee and tea, and all stallholders for coming. There were lots of lovely things on sale.

We made £621.50 plus £90 in donations on the day, making a total of £711.50.

The Club starts again on 8th January 2018, 1.30 to 3.30, please come along and see us - you will be made most welcome. Once again thank you all for your generosity.



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Susie Black, who has been improving people's health in the Coupar Angus area for 13 years, provides tips on how best to stay healthy.

Susie holds Pilates classes and 1 to 1 training, contact her at susiembblack@gmail.com

Winter Walks

Winter is actually the perfect time for long bouts of gentle, sustained exercise. The equipment is minimal (warm jackets and sturdy boots), the paths are clear without the summer vegetation and visibility has been wonderful across the glens. In addition, walking for periods of an hour or more will release greater levels of the neurotransmitter serotonin, sometimes nicknamed the mood boosting hormone.

In his study on how to increase serotonin in the human body without drugs, Simon Young found four effective methods: meditation, bright light, exercise and diet. A winter walk will hit two of those straight away. With a bowl of homemade soup waiting for your return and some peace and quiet planned, you're set for the day.

If you've been looking to increase your physical activity, it's the perfect place to start. Many of us know we need to exercise more and put it off during the colder season, but why not view it as freeing up a difficult month with quite literally that step in the right direction? For regular exercisers, we should walk over the winter to keep our base fitness levels up at a time when we often avoid the usual forms of fitness. Fair weather golfers, tennis fans, gardeners or cyclists all benefit from increased walking in winter.

Walking over the winter months means you'll enter spring time with an exercise routine already built in to your week. You'll be knowledgeable about your fitness abilities and less likely to overdo it when the weather improves. Your joints will be ready for an increase in activity and you'll progress faster with less chance of injury. You'll have kept the winter weight off and last year's summer clothes will look good straight away - a money saving plus!

If your work hours force you to leave and return in the dark, try a lunchtime walk. It's cold enough that you won't feel sticky or sweaty when you get back to your desk and clearing your mind during the day will make you more productive in the afternoon - double bonus. Blow some cobwebs away by looking for suitable walks near your work.

Kettins footballers get new strips

Kettins AFC has just received a new strip from local business, JB Gow & Son, Joiners. Mark Gow is seen here presenting the strips to Dave Martin, Kettins AFC Manager, with the Perthshire AFA 3rd Division Trophy and Consolation Cup in the foreground.



John Kettles, Kettins AFC chairman, "The donation of this new strip is greatly appreciated by all at the Club."



COMMUNITY-BASED ENTERPRISE SUPPORT IN RURAL PERTHSHIRE

GrowBiz win Social Impact Business of the Year at Courier Business Awards!

GrowBiz works with entrepreneurs and businesses, from all backgrounds and sectors, regardless of age or experience, supporting them throughout their business journey.

We hold events and learning sessions throughout the year, in a variety of locations in Perthshire, covering a wide number of topics – see our website www.growbiz.co.uk

Event: Women's Enterprise Network (Blairgowrie) – 12th Dec 6-8.30 pm

Join us at Cargills Restaurant for a final, festive WEN of 2017! With festive food and a fabulously entertaining and inspiring speaker - comedienne Anna Devitt

Contact us to find out more: E: connect@growbiz.co.uk T: 07912 786 864

GrowBiz is funded by Perth & Kinross Council, Scottish Enterprise & The Scottish Government, Enterprising Rural Perthshire project is supported by the Rural Perth & Kinross LEADER Programme 2014-20: European Agricultural Fund for Rural Development: Europe investing in rural areas.





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Coupar Angus & District Heritage Centre

**8 George Street
Coupar Angus
01828 626244
email coupar.angus@btconnect.com**

Open
Wed 2-4pm
Thurs & Fri 11am-1pm
Sat 10.30am-2pm

**Admission
Free**



Displays of
Local Area Pictures and Information
Artefacts Maps Books
www.coupar-angus.co.uk/heritage



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10am – 4pm daily

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The Quirky Cuckoo

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Decorations & loads of quirky gift ideas for Christmas

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