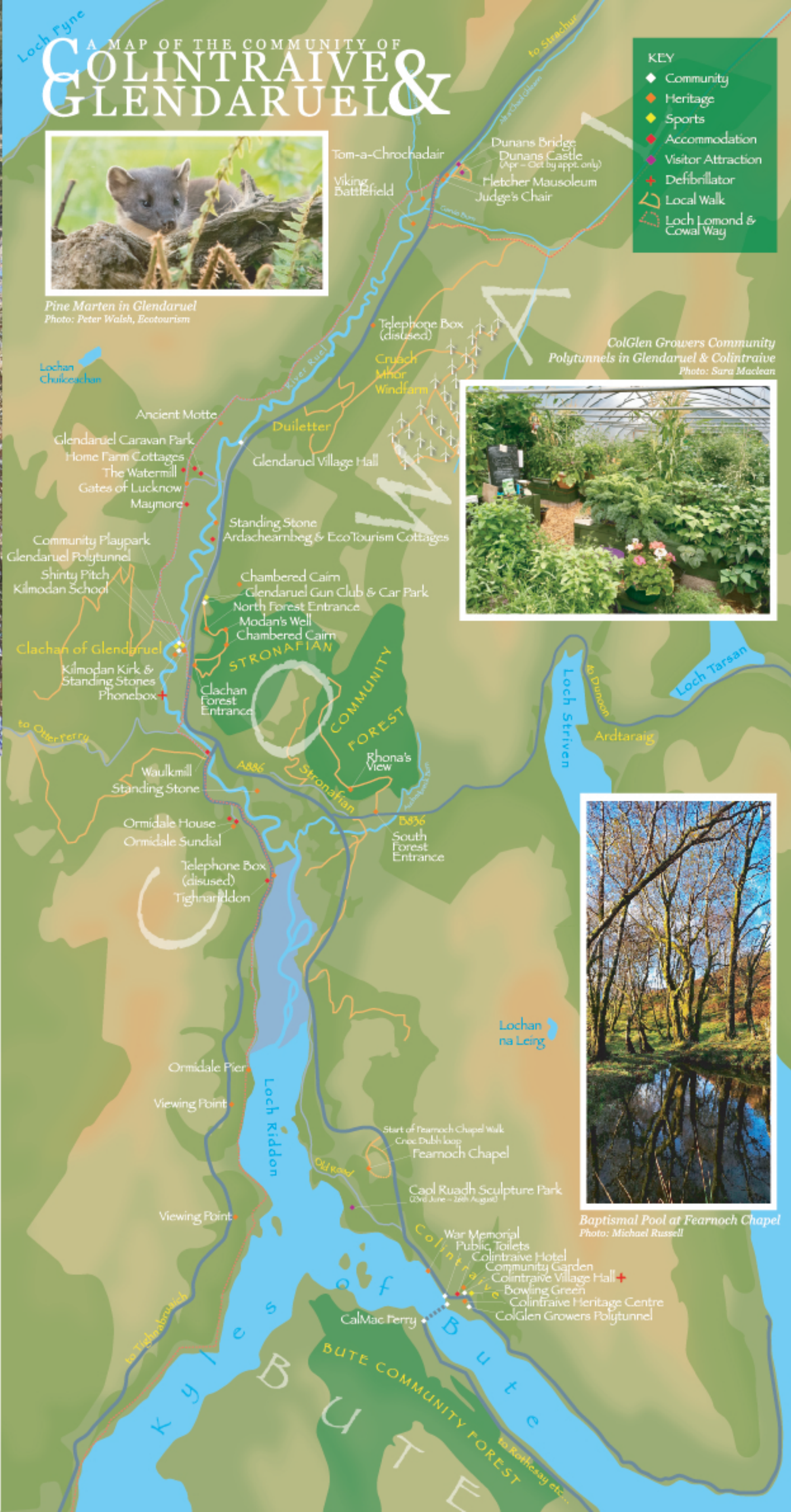


SPRING 2019

A MAP OF THE COMMUNITY OF COLINTRAIVE & GLENDARUEL



Pine Marten in Glendaruel
Photo: Peter Walsh, Ecotourism



ColGlen Growers Community Polytunnels in Glendaruel & Colintraive
Photo: Sara Maclean



Baptismal Pool at Fearnoch Chapel
Photo: Michael Russell

Springtime & Wildlife in ColGlen

Springtime is a wonderful time to be in the Glen: trees are back in leaf and lush green returns to the glens.

For both residents and visitors alike Spring is a beautiful season. The swallows and house martens return to nest and enjoy a Summer diet of midges. Bats emerge in the twilight to feast also and dart about the sky. The farmers are busy looking after the lambs and tending fields; the long days and sunsets are magical.

Pine martens are elusive and predominately solitary creatures. Being nocturnal, they are often tricky to spot but during Spring and Summer - due to longer days and the need to feed often during mating season - they are more likely to be spotted. Living in the wooded areas of which we are fortunate to have many in ColGlen, they can be seen crossing the roads.

Pine martens' diets are evenly split between nuts, berries, and small mammals. A close encounter with a pine marten is rare but you can offer supplementary feed of peanuts which they love when mixed with a little jam. Pine martens are smaller than a domestic cat and seldom aggressive. I have witnessed pine marten and red squirrels feeding in close proximity.

Pack the camera, binoculars, bird book and head to the hills.

Peter Walsh

A Walk to Fearnoch Chapel

Dating from the arrival of Christianity in Scotland the chapel is hidden in a bowl in the hills above Colintraive, and finding it makes for a rewarding short walk.

Start at the layby at the top of the hill on the A886 about 3km north of Colintraive Ferry (see Map). Opposite the south end of the layby, a trodden path, muddy in places, leads up the hill to the west. After 100m or so, you will observe a pronounced nick in the skyline to the right of a small crag. The path will lead you towards this but passes through a rather boggy copse of birch trees which can be skirted with care on the right-hand side. Shortly after following the path through the nick, you will see the Chapel in the bowl that opens before you. It is a gentle descent to the Chapel but, for a more dramatic view of the Kyles towards Tighnabruaich, turn right along the ridge and drop down a steeper path to the Chapel.

The walk to the chapel is less than 1km each way and can be completed in 30-40 minutes. The paths can be wet in places so appropriate footwear is recommended while bracken can be an obstacle in summer months. The walk can be extended with a circuit of Cnoc Dubh through deciduous forest although navigation can be tricky.

David Eaglesham

COLINTRAIVE & GLENDARUEL COMMUNITY COUNCIL DEVELOPMENT TRUST

The Community Council meets eight times a year and has regular updates from the Police, Councillors, Development Trust and others, and is also a member of Rural Watch Scotland.

In Cowal we have had two recent successes, supporting the police, where they have managed to apprehend people based on local information.

Last year we consulted with you about what you would like to see developed in our community and how we can work together to achieve it. You requested we resurrect the newsletter and, with the Development Trust, reinstate the archaeology and community forest working groups, and also develop a welcome pack for people moving to the area.

We'd be delighted to welcome more people in support these activities so please come along, get involved and help us to build a more resilient community.

Working together we can make a real difference to life for everyone. For more information on meeting minutes, agendas and other news please refer visit:

colglencommunitycouncil.org.uk

The Trust meets on a monthly basis & our minutes are published on cgdt.org regularly. We are tasked with bringing forward projects to improve the quality of life and work in ColGlen.

Over the last year the trust's directors have been reconsidering our approach, partly because we have now come to the end of the Coastal Communities funding for the Loch Lomond and Cowal Way which we manage, and partly because the business plan for the forest we were working to is no longer deliverable.

Through 2019 therefore the trust will be working with the Community Council to deliver the agenda formed through the What Next? meetings as well as managing the community forest at Stronafian along with the Way.

We are committed to ensuring broadband is delivered to the community by the government's R100 scheme, as well as finding a funding solution to the Clachan Hub project, the UK's exit from the European Union notwithstanding.

We will have more news on all of this next time.

COMMUNITY DIARY

Mon	Tues	Weds	Thurs	Fri	Sun
1100	1000-1200	1000	1000	1400-1630	1200
Nordic Walking	Badminton	Yoga	Pilates	Bowls	Gun Club Practice
Various Venues	Glendaruel Village Hall	Colintraive Village Hall	Colintraive Village Hall	Colintraive	Glendaruel
	Except July & August				3rd Sunday
	1400-1600	1400	1800		
	Outdoor Bowls	Walkie Talkies	Gun Club Practice		
	Colintraive	Various	Glendaruel		
			2nd Thurs		
	1900-2100		1930		
	Choir		Book Club		
	Colintraive Village Hall		Colintraive Hotel		
			3rd Thurs		

20th April - 1200 Easter Fundraiser Clachan Play Park	13th May - 1830 ColGlen Growers AGM Colintraive polytunnel	17th June - 1930 Community Council Colintraive Hall
27th April Bilsland Trophy Col. Bowling Club	20th May - 1930 Community Council Glendaruel Hall	19th June 1000 Tea Room Kilmodan School
28th April - 1400 AGM Colintraive Village Hall	26th May - 1230 Big BBQ Party Colintraive Hall	21st June Sports Day Kilmodan School
29th April - 1930 Community Council Colintraive Hall	1st June Open Trophy Comp Glen Gun Club	6th July Glenfiddich Trophy Glen Gun Club
4th May - 1400 Shinty Home ColGlen v Oban C'h.	8th June - 1400 Shinty home ColGlen v Glasgow MA	6th July - 1400 Shinty home ColGlen v Kyles Athletic
5th May RNLI Day Tighnabruaich	11th June - 1900 Pudding performance Colintraive Hall	20th July RNLI Lifeboat Day Tighnabruaich
11th May - 0930 Garden Work Party Colintraive Hall	15th June Anniversary Lunch Col. Bowling Club	3rd August - 1400 Colintraive Fete Colintraive Hall
11th May - 1400 Shinty home ColGlen v Aberdeen	15th June - 1400 Shinty home ColGlen v Ballachulish	19th August - 1930 Community Council Glendaruel Hall

Dear Reader,

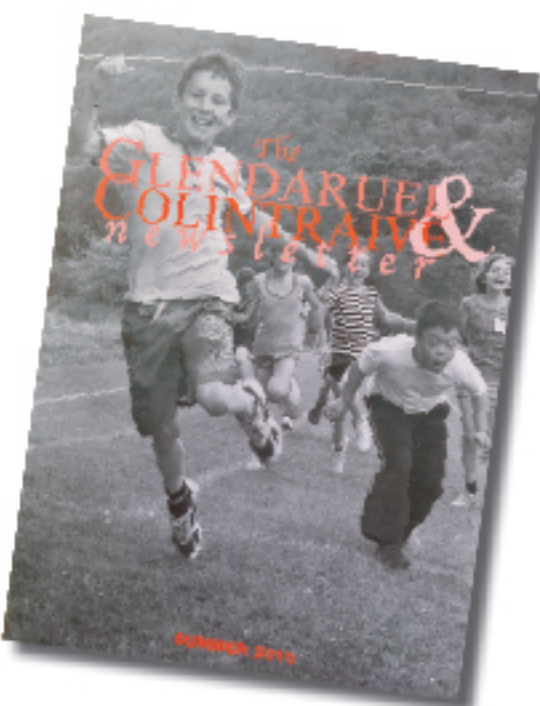
It has been nine years since Colintraive and Glendaruel (ColGlen) has had a newsletter. The previous publication was produced quarterly for over five years by Michael Kauffman and we extend a long overdue thanks to him for all his hard work on it.

Colintraive & Glendaruel Community Council have produced this newsletter to improve the reach of local information and news, to inform residents and visitors about activities and events, to reduce social isolation and celebrate our community.

Since the last newsletter, issued in Summer 2010, ColGlen has seen a few changes with many new clubs, groups and associations forming, so this first issue is a bit of a catch-up. We've included news from every corner of ColGlen and incorporated a map of the area, marked with points of interest and services for visitor and resident alike. We welcome your ideas for what to include in future editions - would you like your business to feature for example?

Aboveall, this is a community newsletter so get in touch with comments/inclusions or if you have any ideas, information, letters. And let us know if you wish to be included on the map. The email to use is:

newsletter@colglencommunitycouncil.org



Editor: Sara Maclean

Editorial Steering Group: Cathleen Russell, David Munro, Danuta Steedman,

Paul Bulmer, Michael Kaufmann

Design: Charles Dixon-Spain

Cover: Sara Mclean

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Thanks to the Community Council for providing funds for the printing of this newsletter, and to the Cruach Mhor Windfarm Trust for Project Management funding enabled through the Development Trust.



WILD SWIMMING in Loch Riddon

Martin says: I started swimming as a suitable exercise after my prostate and back problem and thought it would be more of a challenge to try a bit of wild swimming with the aim to swim across Loch Riddon which I did to raise money [over £2000] for Prostate Cancer UK with help from a number of local people. Once you start swimming in cooler water you realize what a buzz or adrenaline rush it gives. We've even tried a moonlit swim to see luminous plankton. At the moment there are more than half a dozen of us having occasional dips depending on weather, tides and peoples' availability. Should any others want to join us please let us know.

Tat says: Years ago I used to love the thrill of leaping into very cold water and even occasionally swimming in it. Once, when living in Glasgow, I drove all the way out to Tighnabruaich on Christmas Day and jumped off the pier. There wasn't a soul in sight,

what with it being Christmas Day, so I didn't bother with a swimming costume. With quite unbelievable timing, a bus-load of Japanese tourists arrived, just as I was climbing out looking like some kind of bright pink Creature from the Black Lagoon. It wasn't this (admittedly mortifying) experience that put me off, but in recent years I lost my nerve. Inspired by the mighty Martin McFarlane, I have found it again, starting with the New Year Dip at Kames. I already feel quite addicted to the regular loch dooks - there's something about overcoming that 'noooooooo' feeling and just doing it! I feel so relaxed and buzzy afterwards, and definitely sleep better too.

Anyone interested in joining us is most welcome - the more the merrier, and the less possible it becomes to wimp out!

Check out the Facebook group *The Colglen Wild Swimmers!* <https://www.facebook.com/groups/223872527640228/>

Photo: Martin McFarlane

KILMODAN PRIMARY SCHOOL NEWS

SCIENCE

The school recently had some visitors, Simon and Tom, from the Technology Team. They brought in Microbits, Sprk + and Lego We Do and lots of ideas for us to learn to code, drive, design and create. They even got the ELC involved and the P5 pupils were helping out the younger pupils.

Jade P7

SCHOOL TRIP

The P7s and Tighnabruaich Primary pupils travelled together to the Armadillo in Glasgow to watch the play *War Horse*, based on the book by Michael Morpurgo. We went on buses, ferries and even trains to get there! We had a good time and that's what matters.

Hugo P7

FOREST SCHOOL

Recently Kilmodan have been going to a forest near the school. Kilmodan have been going all day but coming back for lunch. We have been making scrummy soup and boiled veggie haggis, most of Kilmodan liked it!

Calum P7

AFTER-SCHOOL CLUBS

The after-school clubs are amazing there's one every day and it all started when we changed the school hours. So you can now leave school at 3:00 or 3:30pm. We have arts and crafts, fitness, film club and other stuff, some of the parents and people from the community do the clubs.

Skye Rose P5

TIMETABLES

The Pre-5 pupils are now at school from 9.00am-3.00pm like the P1-7. The Pre 5's now have lunch at the school and join P1-7 for our science topic with Miss Liddel. Now we are all in school at the same time!

Timothy P7

NEW PUPILS

Since August we've had new pupils come to the school. Two in primary one, one in primary two and one in primary four. We have had 4 new pupils join the ELC too.

THE COLGLEN GROWERS

Formed in 2014 as part of a wider project to reduce ColGlen's carbon footprint, improve food security and resilience.

Our polytunnels in Glendaruel and Colintrave are run as a community allotment and form central points for sharing tools and plants, and hosting sociable foodie gatherings. Members, who rent an indoor raised bed and have a share in the outdoor spaces, take advantage of the extended season and good local conditions

Kirsty's Green Spaghetti

Dried spaghetti, 4 garlic cloves, 200g cavolo nero (or any dark green leafy cabbage), 30g Parmesan, olive oil, Ricotta cheese (or halloumi, grilled)

Cook the spaghetti in salted water and before it is done add the peeled garlic and cavolo nero leaves into the water for 4 minutes.

Scoop out the garlic and greens (continue cooking the pasta) and blend along with the parmesan, oil and a little cooking water to loosen.

Whizz to make a pesto, stir through drained spaghetti and top with ricotta or cheese of your choice.

Danielle's diary

Everybody knows my preference of growing unusual or tropical fruit & veg in the polytunnel. I start sowing tomatoes, aubergines and peppers at the end of Jan, followed by corn, tromboncino, courgettes, achocha,

tomatillo verde and inca berries in late Feb/early March in order to plant them out in early May before leaving on holiday. If I wait until June, they never produce the same abundant crop. It might be Danuta's watering skills while I am away, but I think the main reason for the plants romping off after an early planting is the sunny weather we usually experience during that month and in early June. If you have not prepared your polytunnel bed for spring planting do it now. Remember to use fertiliser, and also water thoroughly, especially if you didn't over the winter! Radishes, turnips, carrots, paksoi, spring onions and other veg can be sown in April straight into the bed and you can sow or plant out celery, chervil, coriander, courgette, french beans, kohlrabi, parsley, etc. But do not forget to leave space for May's tomatoes, peppers and other seedlings!

to produce a wide range of fruit and veg, benefiting from the sociable atmosphere and friendly support. Alongside volunteer days we organise outdoor activities such as seaweed foraging, basket-making, pruning, composting and seasonal cooking. For more please contact Sara 01700 841298 or colglengrowers.org.uk

Glendaruel Playpark

Annual Easter Fundraiser

Saturday 20th April 2019

12.30 - 2.30pm

The usual stalls, competitions and games raising funds for the annual insurance and maintenance costs.

All welcome - look forward to seeing you there.

Offers of help on the day and new people for our committee will be gratefully received! Please contact Heather on 01369 820200

ColGlen Shinty Club News

Shinty is back! Col-Glen will deliver their South Division 1 league campaign for 2019. The squad will be looking to build on a good season last year.

Come along and support the team this season both at home and away. Throw up is at 2:30pm in Glendaruel Playing Field for home games (see main calendar for fixtures).

ColGlen Away Games

18th May, Tayforth.
22nd June, Taynuilt
20th July, Lochside Rovers
3rd August, Inveraray
10th August, Aberdeen
31st August, Glasgow Mid Argyll

All dates subject to change

Glendaruel Village Hall

Social Badminton

Every Tuesday except July & August.

Sessions at 10am to 12noon.

£1 per session includes tea + biscuits.

Never tried it? Come along and have a go. Hale and hearty, halt and the lame - all are very welcome.

For more information please contact Sue 01369 820237.

A Letter ...

Thank You All

Dear All,
15 months ago, my family and my life were turned upside down when I had a life-threatening accident. I am recovering and my family are coming to terms with these events. There are a few reasons for this, apart from the great care given in the first instance by the emergency services.

One of these was the immediate and long-lasting support we have had from our community and this is a great opportunity for me to publicly thank all of you for that continuing support. Without which we would have got through, but it would have been so much harder.

With all our love and thanks
David [Munro], Suzy,
Heather, Rob & Sarah.

CHURCH NEWS

Is your Church building 'fit for purpose'? That's a question that's being asked in Churches all across Argyll & Bute, and in Cowal we've been taking it seriously.

Two projects have just been completed that ensures our two parish churches are very much fit for purpose. A Faith Tourism project, working with an archaeologist has looked to Kilmodan Church's long history and rediscovered St. Modan's Well, which is on the hillside and accessed from the layby just above the Clachan. The Moderator of the Church of Scotland has sampled the water and pronounced it 'very drinkable'. The project links the Glen and Colintrave through their Christian heritage with Kilmun, Kilfinan, Strathlachlan and Cairndhu, and has been successful in increasing visitor numbers to the Churches.

The second project is an eco-congregations project where all the Church-owned buildings in Cowal were surveyed and recommendations made for reducing the carbon footprint. Both Kilmodan and Colintrave Churches replaced their old storage heaters with Air Source heating and the transformation has been remarkable. Churches that you can heat in an hour and keep comfortable. No more thermals on a Sunday!

So, should you decide to join us for worship on a Sunday you can be assured of a warm welcome!

St Modan's Church & Well, Kilmodan



Part of the Cowal Pilgrimage

ColGlen Boat Club

Formed in 2017 to build a community rowing skiff. Our small team of boat builders are doing a wonderful job, and we hope to be in the water this time next year! We would be delighted to have more volunteers whatever your experience.

Updates on the noticeboards and social media. Please email the colglenboatclub@gmail.com if you are interested.

Colintrave Bowling Club

Members meet 2pm to 4.30pm every Tuesday and Friday, weather permitting; although we have an all-weather green, bowling in wind and rain is not the most enjoyable activity! The green is available for use at any other time - keys can be obtained from Colintrave Hotel. Green fees are £2.00 per person for 4 hours. All welcome to come along and have a go!

Book Club

During our first year we have shared over 16 books from thrillers to contemporary modern novels and history selections. Our friendly group meets on the 3rd Thursday of the month at 19.30 at Colintrave Hotel. If you would like to be on the mailing list, request information about the book choice, or if you can't make the group's meetings but want to be a "virtual reader" please contact Fiona on 01700 841705

Colintrave Village Hall

The Hall Committee run a regular winter programme, from quizzes, films and Beetle Drives to themed restaurant nights. We have travelled the world with Scottish, Indian, Mexican and Chinese cuisine, and plans are afoot for the next excursion!

Meanwhile, all welcome to...

- Garden work parties on 6th April and 11th May
- Big BBQ Party, Sunday 26th May, from 12.30 onwards. Licensed Bar, Music, Raffle
- Colintrave Fete will be on Saturday 3rd August.

For bookings contact Danuta on 01700 841329.

NEW Emergency Defibrillator

It lives outside on the east gable wall of Colintrave Village Hall, by the bowling green.

Scottish Ambulance Resilience delivered a familiarisation session on the use of the defibrillator and CPR techniques. 16 participants aged 9 to 70 attended. The defibrillator can be accessed by anyone and voice prompts from the machine will guide the user through correct procedure. Each community defibrillator is marked by a '+' on the newsletter map.

If you would like to see how it works, call Fiona on 01700 841705



COLINTRAVE HERITAGE CENTRE

The Heritage Centre opened in Spring 2009 on the back of an exhibition created by Iain Connon in Colintrave Village Hall for the Scottish Government's Year of Homecoming - to mark the 250th anniversary of Robert Burns birth.

Led by Alan Poland and Iain Connon, along with Robin and Adrienne MacDonald, Kenny Black, Roy Perry, Mary Sinclair, Billy Turner, Steven Catchpole and Calum Maclean and with many other community contributors and donations, the team wonderfully transformed the old joinery workshop of Archie Clark into the heritage centre you see today.

Open from April to October each year, it tells the story of the development of the village and its traditional farming heritage, through artefacts, pictures, and films.

Iain researched extensively including the archives at Bute and Inveraray to design the display boards. He also designed, wrote and produced the superb booklets about Colintrave's Heritage and archaeology. He obtained copies of the early local

census and valuation roles of Colintrave to assist visitors and residents in their search for ancestors or former residents of houses.

The community would like to thank Iain for his expert research, dedication and hard work. The heritage resources he has produced will continue to entertain and inform residents and visitors for years to come.

If you have ideas about how to take the heritage centre forward please contact Dr Teresa Lenton via Colintrave Village Hall Committee. If you use material from the heritage centre or the external displays, please ensure that you fully adhere to the copyright laws that exist on the material held in the heritage museum, seek relevant permissions and fully acknowledge sources and authors.

Dr Teresa Lenton



The ColGlen Chorus

Sing every Tuesday evening at Colintrave Village Hall - 7pm - £5 per person. New singers are ALWAYS welcome to join - no auditions and no previous experience necessary.

Following the success of our debut 'Pudding Performance' in June last year, raising an outstanding £750 for Cowal Hospice Trust, we are thrilled to announce we will be hosting our second Pudding Performance on Tuesday 11th June 2019 at Colintrave Village Hall, and we will once again be supporting this fantastic local cause.

For more information please contact Alana on 01369 820 065, or thecolglenchorus@gmail.com

Glendaruel & Colintrave Gun Club

Clay-pigeon shooting at Achategan Farm, Glendaruel. The club practices 3rd Sunday every month at 12pm and 2nd Thursday every summer month at 6pm. Contact Kenny McGillivray 07845 211 102 or Facebook at www.facebook.com/glendaruelgunclub/

Nordic Walking

Meet every Monday at 11am, the venue varies around Colintrave, Glendaruel and Tighnabruaich. We have a warm up, walk for 60-90 minutes, and a few stretches at the end. Poles are available to borrow. Contribution £1 to assist with insurance.

For more information please contact Cathy on 01369 820352 / cathygrant01@gmail.com

Walkie Talkies

Meet every Wednesday at 2pm. Alternating between Glendaruel and Colintrave Village Halls for a short easy walk, followed by a cuppa and chat. This group started as part of a Paths for All programme, but now aims to help and encourage people who may not get out much to do just that! We occasionally have a trip to Benmore Gardens or Tighnabruaich for a change of scene, but walks are usually very local. Ann Fargher and Eileen Connon usually arrange transport and venue.

All Welcome! We each pay £1 a week to cover refreshments.

Photo: Sara McLean

Photo: Alana Mathers