



Pitcairngreen Village Newsletter

Edition 199
June 2024

Something wonderful has happened in my spring garden! Most years I look enviously at the flowering shrubs and trees in Branklyn Garden and wonder why those in my patch are pale imitations. But not this year! Most of our rhododendrons and azaleas have done better than they ever have before in every shade of pink, red and yellow.. Because our magnificent magnolia seemed to put the brakes on while the buds were quite fat and healthy it avoided being nipped and ruined by the frost for once and then it just burst out with hundreds of huge perfect blooms. Since then we've had lilacs drooping with the weight of their flowers, and the variegated weigela is impossibly laden on each branch. Laburnums have glowed and brooms have been virtually shouting from the lane edge. The perfume of all these shrubs has been wonderful, and now is joined by the hawthorn, elderflower and chestnuts. Is this all just due to the over-abundance of rain in recent months, and maybe a lack of a real cold spell during the winter?

Just looking from my window now I can see that there seem to be more leaves on the tree branches, and on the trees in our lane the branches are leaning right down to about 10 feet off the ground. Our dog has his last walk on our lane in the dark. Through the winter and spring no torch is needed because there is enough light filtering down through the branches of the trees, but now all of a sudden it's pitch black, so dense are the leaves above our heads. Here's hoping that the herbaceous plants do as well in June.

Alison

Diary for June

1st	first day of summer	
3rd	Yoga in Pitcairngreen Hall 9.30	weekly
	Craft groupoup at St Serfs	weekly
5th	Pilates in the Tickled Trout	weekly
	Youth Space in St Serfs	weekly
	Club night at the tennis club [Methven]	
6th	Toddler group in Pitcairngreen Hall 10.30 - 12noon	weekly
	Club night at the bowling green	
7th	Rainbows and Brownies meet in St Serfs	
21st	Summer solstice	

ALMONDBANK TIBBERMORE CHURCH



**The Services on 2nd, 9th, 16th, 23rd & 30th June will all be led by our minister,
Rev Robert Malloch**

Any unforeseen changes to this will be posted on the Church's notice board.

All Services in June will begin at 11.30am.

Tea and Coffee continues to be served in the hall after the Service every Sunday.

OTHER NEWS



**The Craft Group meetings are held every Monday from 2.00pm to 4.00pm in the
Church Hall. Everyone welcome.**



**The Church Youth space still operates weekly on Wednesdays from 6.30pm to
8.00pm for those in P7 – S4.**

**A space to chat to friends or enjoy Pool, Table- tennis, Air Hockey,
X- Box and games.**

Please watch Facebook for any changes to this arrangement.



There will be no Ladies Group meetings until October.

Pitcairngreen Village Association

Minutes of the AGM of the Pitcairngreen Village Association 17th May 2024

Present:

25 villagers attended.

Minutes:

The minutes of the previous AGM were read and approved, proposed by Gillian Mowat and seconded by Bobby Cochran. There were no matters arising.

Report by the Chair:

The events of the year were summarized, and the community thanked for supporting fundraising events.

Samantha and David Marshall were welcomed as new hall keepers to their post.

Report by the Treasurer:

There was a decrease in the income from hires by £342 in 2023/24. Fundraising is up by £5000 thanks largely to the summer fete and craft fair and there was exceptional expenditure on upgrading the hall flat. However, increases in insurance and energy costs has put pressure on monthly expenditure and this is unlikely to change without more hires. A baby & toddler group has started up and we hope that painting the hall will encourage more events.

Resolutions and Amendments:

There were no resolutions or amendments.

Election of Association committee members:

The three longest serving members of the committee stood down and were re-elected as follows:

Sandra Mills: proposed Andrew Still, seconded Andy Young

Andy Young: proposed Gillian Mowat, seconded Rachel Clark

Andrew Still: proposed Craig Mowat, seconded Bobby Cochran

Lydia McGinley was also elected as committee member, proposed Chris McLaren, seconded Andrew Still.

Comments and questions from the floor:

The monthly newsletter is produced by Heather Brand and Alison Duthie and Heather has been involved in over 200 editions now and the Chair thanked them for their work. She will be stepping down after the July issue. The meeting discussed how we should proceed, and several people volunteered to get involved including Gillian Mowat, Bobby Cochran, and Samantha.

The diseased tree/s on the green were discussed with the cost of a survey being an issue after an expensive quote via Scone Estates. It was suggested that the council be approached to see if they would carry one out or a local tree surgeon.

It was suggested that the roads department should be contacted to see if they would clean out drains around the green to clear silt and leaves that seem to be blocking them and causing flooding on and around the green during rainfall.

The refurbishment/painting of the hall was discussed and the costs of recent quotes. Several ideas for ongoing fundraising events such as ticketed events such as Bingo Teas and quiz nights with BOYB were mentioned.

A point about Broom self-seeding on the west side of the green was made regarding its invasive nature but no decision was made.

A suggestion was made about planting a mixed hedge on the eastern side of the large green next to the road facing the small green. No decision was made but the idea should be explored further.

Any other business:

There being no further business the meeting was closed.



Village Fair

A date for your diary. The Village Fair will be held on 27th July between 12noon and 5pm. More details will follow in the next newsletter.

Pitcairn School

P1/2Y have had a busy and fun start to the new term.

Our topic is 'People Who Help Us' and we have been enjoying role playing different jobs and finding out about them. So far, we have been police officers, hairdressers, opticians! Next, we will be learning about firefighters.

In Science we have been learning how to grow plants and the life cycle of plants. We got to plant pea pods and we have been watering them to make them grow. We are excited to see them growing now.

We have been learning emotion words and discussing times when we have experienced these emotions. Sports Day is coming up, so in P.E lessons we have been working on our fitness and practising our races.

We are really looking forward to going on our class trip to Auchingarrich at the end of term!



Thank you to the pupils and staff of Pitcairn School who have kept us informed of all the exciting things they are doing in school. Enjoy your summer holidays



Really good news!

We now have a thriving baby and toddler group on Thursday mornings in the Pitcairngreen Village Hall.

Mothers and their wee ones are enjoying meeting to play and chat from 10.30 to 12.00. There are usually about 10 parents, and interestingly it seems they did not know each other until introduced at the playgroup. Samantha helps this by encouraging informal sessions of "Get to Know You" activities for new folk. People who have not yet had their baby are encouraged to come along too, so that they already know other parents in the area and are familiar with the group as a valuable support later.

Much appreciated are the healthy wee snacks provided for the children, ensuring that they're not getting hooked on too much salty and sugary stuff.

The children love the singing sessions. All the old favourites and no doubt some new ones. Apparently some of the mums are a bit bashful about joining in as yet, but there's no pressure!

I asked Samantha whether there was anything they still need. They have plenty of indoor toys but could do with developing the outdoor play area. They received a welcome donation which has allowed them to establish a sensory tent_COMING SOON!

All the groups who use the hall share the same shed so there's always a consideration of the amount of storage space available, which can limit the amount and size of equipment.

With feedback from the families being 100% positive, the group will surely go from strength to strength.

Rainbows and Brownies News

Brownies at Almondbank are to be adventuring on a Maytime Bluebell Woods themed sleepover in Alyth Guide Hall ...and during the day time discovering trails & doing activities in Blairgowrie from 21st-22nd June

We are especially excited about this event as it is our first "Going away to" since lockdown !!

Snowy Owl

Sandi

West Stormont Historical Society are pleased to announce details of their forthcoming season, September 2024 to April 2025. See <http://www.wshs.org.uk/>

30 Sept: Pitcairngreen Village Hall at 7.30 pm

**The Persecution of Jean Lands:
Adultery, Treachery & Attempted Murder
in 17th Century Scotland
by Dr Allan Kennedy**

28 Oct: Luncarty Church Centre at 7.30pm

**Scotland Below The Surface
by Bruce Keith**

25 Nov: Bankfoot Church Centre at 7.30pm

**Soldiers Stories From The Black Watch Archive
by Fiona Connah & Dr Nicky Small**

27 Jan: Bankfoot Church Centre at 7.30pm

**A Scottish Evening
Various Artists (tbc)**

24 Feb: Pitcairngreen Village Hall at 7.30pm

**A Brush With The Past: Selections From The Collection At Scotland's First Lending
Library
By Lara Haggerty**

31 Mar: Kinclaven Church Hall at 7.30pm

**The Grants of Kilgraston: Slaves, Sugar & High Society
By Richard Blake**

28 Apr: Chapelhill Village Hall at 7.30pm

**From Russia With Love; The Cathcart Sisters & Perthshire
by Dr Nicky Small**

TOPIC NIGHTS Open-ended Discussions Pitch up : Pitch in All at Luncarty Church Centre at 7.30pm

14 Oct: Prominent Local Women

11 Nov: Ghosts & Tales of the Supernatural

09 Dec: Poets of West Stormont

13 Jan: Monuments, Statues & Landmarks

10 Feb: Leisure & Recreation

10 Mar: Historical Paths & Rights of Way

14 Apr: Libraries & Reading Rooms

WEST STORMONT HISTORICAL SOCIETY

Presents

PlaidSong

“Songs O’er Time & Place”

In the beautiful setting of Murthly Castle chapel

Thursday 11th July



PlaidSong are a traditional folk music duo
www.plaidsong.co.uk

Refreshments will be served from 7 pm.
Music begins at 7.30pm.

Tickets £12 (No concessions)

Available from Eventbrite.com

Booking essential. Free parking.

www.wshs.org.uk or contact weststormontsec@gmail.com

Celebrate summer with Alisons rhubarb and elderflower cake

Elderflower and rhubarb cake

Rosie Birkett

For the roasted rhubarb

400g trimmed rhubarb, cut into 4-5cm slices

110g caster sugar

½ lemon, zested and juiced

2 tbsp elderflower cordial

For the cake

- 115g unsalted butter, at room temperature, plus extra for the tins
- 95g whole, skin-on almonds (or use blanched or ground almonds)
- 200g golden caster sugar
- 1 lemon, zested
- 3 eggs, 2 whole and 1 white only
- 1 tsp vanilla extract
- 1 tbsp elderflower cordial, plus extra for brushing
- 100g plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 130g full-fat natural yogurt
- elderflowers, rinsed and patted dry, to garnish (or rose, lilac, geranium or peony petals)

For the elderflower cream

- 300ml double cream
- 2 tbsp elderflower cordial
- 100g full-fat natural yogurt

Method

Heat oven to 200C/180C fan/gas 6. Butter the sides of two 20cm round cake tins and line the bases with baking parchment.

Place the rhubarb ingredients in a roasting tin, cover with foil and roast in the oven for 25 mins until soft. Strain the rhubarb from the poaching liquor, reserving the syrup.

In a food processor blitz the almonds until ground, but not too finely.

Cream the butter in a mixer for medium speed for 2 mins, then, using a rubber spatula, scrape down the butter from the sides of the bowl, before adding the sugar and lemon zest. Whisk for 5 mins until light and fluffy. Add the eggs, egg white, vanilla extract and cordial and mix together.

Combine the flour, almonds, baking powder, bicarbonate of soda and a pinch of salt in a bowl. Fold into butter mixture, adding alternately with spoonfuls of yoghurt and finishing with a batch of the flour and almond mixture. Add half the roasted rhubarb and 1 tbsp of its syrup to the batter and fold it in.

Divide the batter evenly between the cake tins and bake in the oven for 25-30 mins until a skewer inserted into each cake comes out clean. Remove the cakes from the oven, leave them to cool completely in the tins on a wire rack, then carefully remove from the tins.

Filling, Whip the cream to soft peaks and fold in three-quarters of the remaining roasted rhubarb, along with the elderflower cordial and yogurt.

Put one of the cakes flat-side down on a cake stand or plate, prick it all over with a skewer, and use a pastry brush to brush the cake with a little elderflower cordial. Spoon on half the cream mixture, top with the other cake, and brush that cake with cordial, too. Spoon over the remaining cream mixture, top with the remaining rhubarb and spoon over some of the poaching syrup. Garnish with elderflowers or seasonal flowers.

Elderflower Champagne to enjoy with a slice of cake

Ingredients

4 litres hot water

700g sugar

Juice and zest of four lemons

2 tablespoons white wine vinegar

About 15 elderflower heads, in full bloom

A pinch of dried yeast (you may not need this)

Method

Put the hot water and sugar into a large container (a spotlessly clean bucket is good) and stir until the sugar dissolves, then top up with cold water so you have 6 litres of liquid in total.

Add the lemon juice and zest, the vinegar and the flower heads and stir gently.

Cover with clean muslin and leave to ferment in a cool, airy place for a couple of days. Take a look at the brew at this point, and if it is not becoming a little foamy and obviously beginning to ferment, add a pinch of yeast.

Leave the mixture to ferment, again covered with muslin, for a further four days. Strain the liquid through a sieve lined with muslin and decant into sterilised strong glass bottles with champagne stoppers (available from home-brewing suppliers) or Grolsch-style stoppers, or sterilized screw-top plastic bottles (a good deal of pressure can build up inside as the fermenting brew produces carbon dioxide, so strong bottles and seals are essential). Seal and leave to ferment in the bottles for at least a week before serving, chilled. The champagne should keep in the bottles for several months. Store in a cool, dry place.

Bona Fide Travellers

Passing the car park at the Inn the other morning, which was full of cars left overnight, the phrase "bona fide travellers" came into my head. If I recollect rightly the Pitcairngreen inn was a favourite destination for the traveller as it was 3 miles from Perth but I couldn't remember what it was all about so I headed to Google and here is the explanation of a bizarre piece of legislation.

IN the 19th century pubs in Scotland closed at 10pm during the week and all day on Sunday. The concept of 'BONA FIDE TRAVELLER' was established in Scotland by the Forbes Mackenzie Act 1853, and was intended to provide liquid refreshment for a Sunday traveller arriving at a hotel, where he was going to stay for the remainder of that day and night, or until he continued on his travels to reach his actual home as long as he had travelled more than three miles. Non-travellers must drink in their own homes. The fact that the law applied only on a Sunday when pubs were closed was more about respecting and protecting the Sabbath.

At the end of the day, and certainly in living memory, the only way an individual was likely to be charged with contravening the legislation was if they were caught in licensed premises on a Sunday within three miles of their home address. Hotels were able to stay open until 12 o'clock so "travellers" could enjoy a late night drink. The law was flouted by many who were willing to travel the three miles from home to get a drink and being only three miles from Perth the Pitcairngreen was a popular destination for "travellers". Needless to say the locals all availed themselves of this and the late opening at a time when normal closing time was 10pm.

Travellers had to sign themselves in and latterly drinkers made a mockery of this, signing themselves in as Mickey Mouse etc. In 1962 "BONA FIDE TRAVELLER" Act was repealed. I believe that the Inn in Pitcairngreen had two bedrooms to offer to travellers to comply with a part of the legislation but I don't think anyone ever stayed in them. Can anyone in the village remember this?

The Summer Solstice

Summer is finally upon us in Scotland and that means milder weather and longer days with the longest day being on 21st June.

A happy contrast with the gloomy days of winter the summer solstice has been traditionally celebrated across Europe with festival rituals and events.

Midsummer in Scotland is seen as the first day of summer, a day when Shetland has 18 hours of sunlight.

Superstitions abounded in former times when good harvests were essential to survival and people walked round their homes and fields with torches to banish evil spirits. As an extra precaution herbs such as St John's wort were put under pillows to bring good luck.

There are gatherings at neolithic sites across the country but we can celebrate the coming of summer by getting up early to watch the sunrise at 4.47am.

USE IT OR LOSE IT

The word Parkrun will be known by many in our local area but for those who are not familiar with it let me explain.

Parkrun is a global charity that organises free 5 kilometre events for walkers,runners and volunteers that take place every Saturday morning in open spaces around the world. All abilities are recognised. No time constraints are applied .You can take part however you want ,at whatever speed you want. Everyone is welcome and nobody comes last . There are trail walker volunteers for that ! Plus there are volunteers who will walk with people who require a 'buddy'.

The oldest participant is 98yrs. There is a junior Parkrun on Sundays with a 2k distance .

Some people run with the kids in buggies, dogs on short leads and /or the children (11years +) Parkrun started back in 2004 (20th anniversary this year), when several like minded friends got together in Bushy park London, decided to come up with an idea to get more people outdoors and exercise, and look how this has grown.

Now more than 16 million instances of participation by 1.8 million people worldwide in just one year. **One** year. There are now more than 2,200 event locations, across 23 countries around the world, with approximately **250,000 people taking part every week.**

If you would like to consider this then you have to register for Parkrun online (if you are unable to do this yourself,possibly get a friend or family member to do this for you).You only need to register once.A barcode number is then given with which you are good to go.Just look up a Parkrun nearest to you and get out there.Maybe encourage a friend to do likewise and do it too.A warm welcome awaits.

Should the above seem a little daunting, how about considering the couch to 5k ? This is a 9 week running plan for absolute beginners .It's a gentle mixture of walking and running to gradually



build up your fitness and stamina. Download the NHS app of the same. This is the route my husband and I chose before progressing to the Parkrun.

I am aware that ageing affects us all in varying ways. The old adage of 'old age doesn't come by itself' springs to mind and for some this is more so than for others, and because of this, I cannot emphasize enough the importance of getting up and moving. Post covid saw many people, not just the elderly, never regaining a former level of mobility/activity and this now impacts their mental and physical wellbeing and in turn independence.

Lack of mobility, especially in the older person, can lead to reduced muscle tone, bone strength, and stamina, all of which affect balance. Potentially leading to a fall. There is nothing worse, I imagine than losing one's independence and all of the fore mentioned can contribute towards this.

Research has shown that people who exercise regularly have better mental and emotional wellbeing plus lower rates of depression/anxiety.

It would be marvellous if individuals could source a local means of getting out and about, possibly by finding out what is available in their local area. Joining village/town activities, community run groups or just going for a short walk with a friend or family with a cup of tea/coffee at the end as a treat. Keeping active is the key, therefore, as in the title, **use it**



L Richardson
