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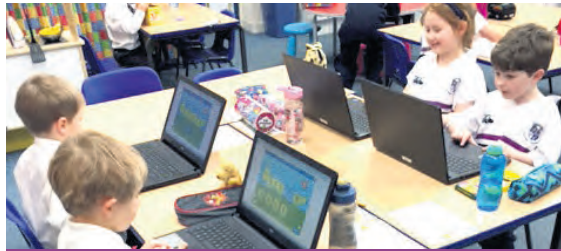
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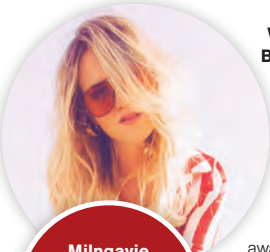


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Welcome!



Milngavie singer reveals inspiration behind album, page 14

Welcome to the latest addition of the Bearsden & Milngavie Connect.

While we are all staying safe behind the confines of our own home, it's important to remember the importance of solidarity in your sense of community. The local area is full of good-doers and people who generally want to make a difference.

On page 10 we hear from a local award-winning apprentice who gained invaluable experience helping to develop the new Early Learning and Childcare Centre in Milngavie. We also explore the singing talents of a local Milngavie singer who, after attracting the attention of singing legend Keith Urban, is set to release her debut album.

Inside you can also find ways to feel energised at home this spring, and on page 22 we reveal ways for you and the kids to reconnect with nature from the safety of your own garden.

We hope you enjoy this edition and will see you again soon.

Team Connect

Contacts

Editorial

If you have a story that you would like to be included in a future issue of Bearsden & Milngavie Connect please email: connect.mags@newsquest.co.uk

Advertising:

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Gin distillery samples the benefits of new Superfast Broadband programme

A Milngavie distillery is now one of the best-connected places in Scotland, opening up a wealth of online opportunities to the family firm.

Thanks to the £463 million Digital Scotland Superfast Broadband (DSSB) programme, the family-run Bardowie Gin distillery now benefits from gigabit-capable broadband using FTTP (Fibre-to-the-Premises or full-fibre) technology.

Cabinet Secretary for Transport, Infrastructure and Connectivity, Michael Matheson said: "It's fantastic to see a rural business benefitting from having had FTTP deployed thanks to the Digital Scotland Superfast Broadband programme, particularly in such a beautiful location."

Bardowie Gin is distilled on the shores of Bardowie Loch near Milngavie, supplying a range of high-end restaurants and shops. Its products are also available to buy online.

Distillery owner Mark Hazell said: "Before I upgraded to FTTP, my broadband speed at the property was below 1Mbps. Most things were impossible.

"Naturally, distilling is one of the most important parts of my job, but another essential part of my business is filling in the necessary warrants so that I can sell the produce. This is done on HMRC's website and without the forms being filled in and returned, I can't sell the gin!

"Before having FTTP installed, downloading a form would take forever and the web page would actually time out on the website – eventually I'd have to start again. Now, thanks to having FTTP, these things take only a few minutes."

Robert Thorburn, Openreach partnership director for Scotland, said: "Scotland is on a journey to full-fibre technology.

"Eventually, it will replace the copper network which has kept us connected for the last century. In these final stages of the DSSB programme, our engineers are focused on building full-fibre networks for harder-to-reach communities."



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Bearsden & Milngavie Connect

A welcome addition to a local green space

One of Milngavie's environmental hidden gems is now even more welcoming to visitors, thanks to a recent upgrade.

Barloch Moor, a small but important Local Nature Conservation Site in Milngavie, is home to a variety of wildlife and plants such as Roe Deer and Kingfisher.

Now, as part of improvement works carried out by East Dunbartonshire Council, it has two new entrance feature walls which provide a welcoming and attractive face to visitors.

Located alongside Mugdock Road, the entrance features were implemented as part of the Barloch Moor Management Plan.

Councillor Susan Murray, Vice Convener of the Place, Neighbourhood and Corporate Assets committee, said: "These



entrance features are a great improvement and are an attractive addition for what is one of East Dunbartonshire's lesser known environmental treasures.

"Barloch Moor is very popular with the local community and is bursting with biodiversity. I'd encourage everyone to come along to see the new entrance features and discover all that this fantastic

natural space has to offer."

Barloch Moor is a wooded area with some open grassy space which covers 9.24 acres. The area boasts a rich diversity of flora and fauna and is a well-used resource for environmental education.

In 2018 two new bridges and some of the main paths within the moor were upgraded as part of the plan.



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Bearsden & Milngavie Connect



The success of inspirational young people throughout the local area has been celebrated once again during the Scottish Apprenticeship Week 2020 (2-6 March). East Dunbartonshire Council's award-winning Modern Apprenticeship Programme was in the spotlight at the event, as its impact on young people was celebrated.

Aidan Maguire, a third year apprentice in Construction Management, has just been named APSE's Scottish Apprentice of the Year in the non-trade category (pictured, middle, with award).

Last year, Aidan hit the post with a runner-up prize but this year he managed to scoop the 2020 top spot.

He said: "During my time with East Dunbartonshire Council I have been involved in major building projects and have completed an HNC in Construction Management and an SVQ Level 3 Built Environment Award.

"At the moment I am working on the new Early Learning and Childcare Centre in Milngavie – it's one of three new centres being built in East Dunbartonshire to deliver 1140 hours of Early Learning & Childcare from August 2020.

"It's really rewarding seeing a project coming together, and knowing that local families will benefit from it is a great feeling.

"I would recommend an apprenticeship to anyone considering it.

"You too could work on big projects like this one, be given responsibilities and study for qualifications whilst being paid."



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Milngavie singer set to

Milngavie singer-songwriter Kerri Watt is embracing a new era of her music, thanks to a Grammy-nominated metal producer.

Machine – noted for his work with Lamb of God, Fall Out Boy and Clutch – has helped produce Kerri's debut album Chasing Aeroplanes – allowing her to reach new heights with her sound.

"I have been dying to make that big, bold, kind of wall of noise for ages. He totally managed to bring that out," she revealed.

"I write all my music on a piano or guitar. I have never really had a band before so it was hard for me to make that big sound on my own.

"I thought it would be really interesting to bring in a producer who could help me put a different angle on the music I had been doing before," she added.



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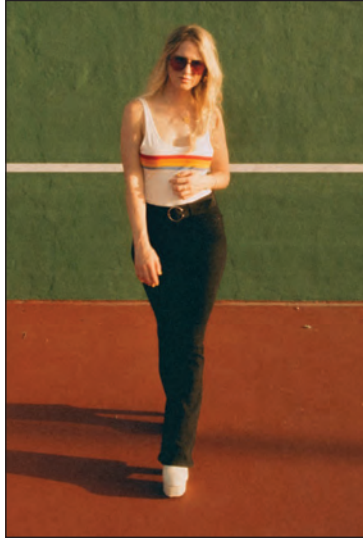
release debut album...

Now 30-years-old, Kerri has been a working musician since her teens.

At 16, she left her family home in Milngavie to study at South Orange County School of Arts in Dana Point, California – and since that life-changing experience, she has immersed herself in the world of music.

“The reality of it for most artists is you just have to keep going and make sure you surround yourself with people that believe in you,” she recalled.

One person who appears to believe in Kerri is country legend, and American Idol judge Keith Urban, who acquired her singing services last year in London.



Aside from supporting the star, Kerri also performed in a duet with him, singing the Carrie Underwood vocal parts of his 2016 single The Fighter.

Kerri will also be working hard this year to promote her forthcoming album.

She has just released her single, Kissing Fools, which has a personal, 90s teen movie-inspired music video that features School of Rock star Cody Molko.

She is hoping that the song will go down well with her fans.

Kerri said: “I wanted to write a song about all my favourite movies, those kinds of movies with kiss moments that I loved growing up.”

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Appeal for new homes built in Bearsden put forward to council

East Dunbartonshire Council has received an application for planning permission to build five houses in Bearsden.

The application, for four-bedroomed detached houses, concerns a site south of Castlehill Cottage on Duntocher Road and is from Fairbright Homes Limited.

In a statement provided by the applicant's agent Jigsaw Planning, it is explained that this is a resubmission of a previous application which was dismissed due to a lack of information concerning overshadowing.

The statement adds that the land has been allocated as a housing site and the development would not negatively affect residential amenity.

Councillors will make a decision on the application in due course.



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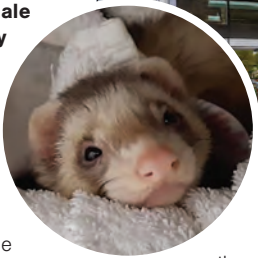
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Adorable ferret needs love

A furry ferret is looking for a new home after he was handed in to a Pets at Home store in Bishopbriggs. The Scottish SPCA was alerted to the male ferret, who they have named Leeroy, by staff after he was left at the store in Stathkelvin Retail Park.

Scottish SPCA inspector Jade Cumming said: "The man entered the store with the ferret in a shoe box covered by a blue bed sheet. He placed the shoe box on the shop counter,



said his 'duty was done' and walked out. "When staff inspected the shoe box, it was found to contain a very scared, but friendly, ferret.

"We are very grateful to the staff at the Pets at Home store for taking

excellent care of him until we were able to pick him up.

"Leeroy is now in the care of one of our animal rescue centres. Apart from a couple of fractured teeth he appears to be in good health.

"Although we appreciate that the man obviously intended for Leeroy to be cared for, this is not the correct procedure to follow if you wish to give up an animal for rehoming.

"We are keen to trace the man and if anyone in the area recognises this ferret or the man responsible for abandoning him we would ask they call our confidential animal helpline."

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Discover how to energise at home

Ready to shake off winter and get into spring mode? Abi Jackson asks wellbeing experts how to reset and recharge for the new season.

Have a mindful spring-clean

“Cleaning has been found to have positive effects on mental wellbeing by helping us gain a sense of control over our environment, whilst being absorbed in the activity can also help calm your mind,” says Sarah Fozzard, head of home hygiene at Zoflora (zoflora.co.uk). “It also helps improve mood and provides us with a sense of satisfaction.”

Switch in an energising matcha brew

“The benefits of matcha for energy have been shouted about for ages,” says Holly Huntley, nutritional therapist and herbal specialist at Pukka Herbs (pukkaherbs.com). “It contains a compound called L-Theanine - a naturally calming agent - that works with the caffeine to provide what’s described as a ‘calm, focused and happy energy’.”

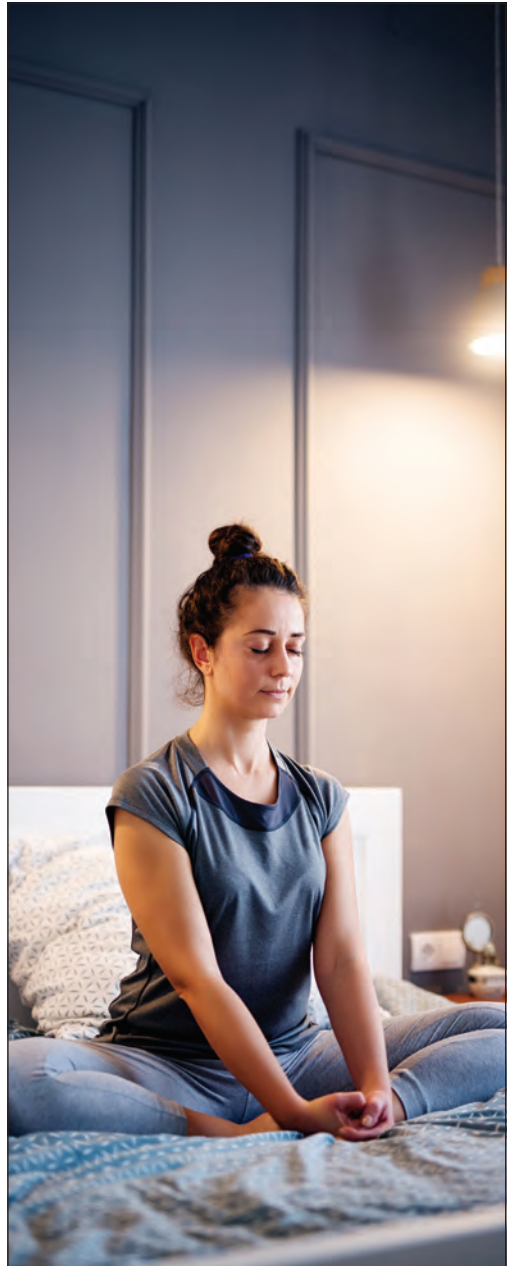
Break up the day with calming yoga sessions

“After a long winter, it’s important to restore balance back to your mind and body,” says Adam Hjorth, co-founder of HelloYoga, a digital platform providing live one-to-one instructor led yoga (helloyoga.com). “We’re all about integrating regular yoga sessions into a busy lifestyle, without having to leave your home. This can help you make time for yourself and regain the energy that’s much needed with the change of seasons.”

Practice self-kindness and surrendering to ‘what is’

“My top tip for starting into spring is to put all the effort you’re putting into hustling (controlling and planning your life) into surrendering to what is,” says Palma Michel, life coach, executive coach and mindfulness teacher whose meditations are featured on choosemuse.com.

“Become aware of the language you use when talking to yourself. Every time you notice the voice in your head criticising you or telling you what you should or have to do, let go of these thoughts and silently say, ‘I am enough’.”



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Reconnect with nature

Top gardening influencer Ellen Mary reveals how families can reconnect with nature in their own garden.

1. Garden tracing

Activity: Take a walk in your garden with some paper and a crayon. Trace the bark of a tree, if you have one, and a fallen leaf to stick on the paper by your tracing. Look

closely at the tree, identify it, touch the bark and the leaves. Back inside, put it on your fridge. Each time you look at your tracing, remember how you felt in the garden,

the smells and the air on your face.

2. Walk barefoot

Activity: Get your socks off! Put your shoes aside. Feel liberated by walking outside on the lawn or a soft outdoor surface with bare feet. Feel the natural negative charge from the earth being absorbed through the soles of your feet. Breathe deeply and relax.

3. Spot a star constellation

Activity: Did you ever stare at the stars as a child and wonder what they are? Glistening in the sky, light years away. It's really good fun identifying star constellations but if you can't work out where Orion

is, make your own shapes in the sky like a dot-to-dot drawing.

4. Sow some seeds

Activity: Be mindful and sow some seeds. Before you do, feel the seeds in your hand. What is the texture, shape, size? Look close at the detail - does each

seed differ?

Be marvelled at the way those tiny seeds become big fruits, vegetables or flowers.

5. See life beneath

Activity: Revisit those memorable moments with your children, lifting a stone in your garden and encouraging the children to stay inquisitive and keep looking.





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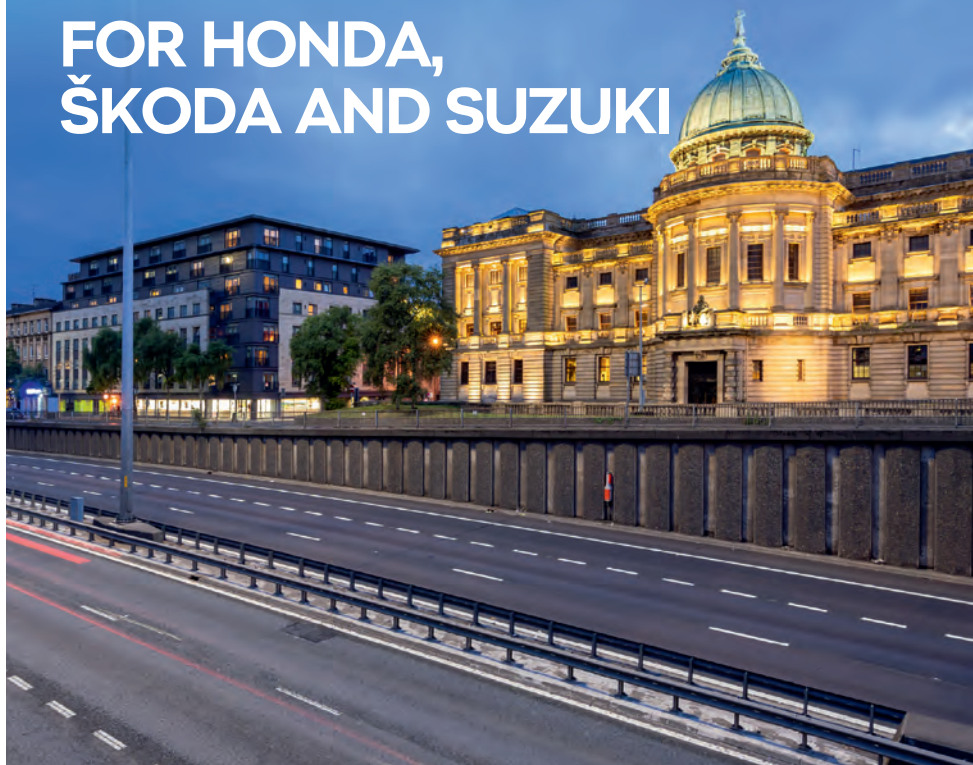
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