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Welcome!



New exhibition
inspired by
indigenous
tribes,
Page 22

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

Have you listed any New Year resolutions yet? Perhaps you plan to do more charity work, jump on the fitness bandwagon, start a new hobby, or just generally have a more productive year. Whatever your target, there is plenty of things going on around the area to keep you motivated.

Inside this edition, we hear of some truly talented students from Douglas Academy who have been chosen to play with the National Youth Orchestra of Great Britain. We round up the latest upcoming events to keep you busy on these dull winter days. The winner of the council's annual Road Safety Calendar competition was also recently announced.

As well as the latest community news, you can read up on how to winter-proof your home, find out how to rock a cord pinafore, and discover the power of white in your home.

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:

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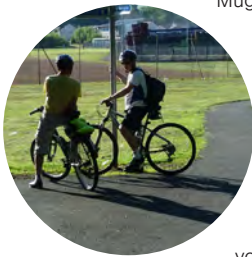




Encouraging healthy habits

Bearsden and Milngavie residents, along with commuters and visitors, are being encouraged to explore the area after a new map was launched to guide people to local gems.

A new Walking and Cycling Map has been printed by the Council, which includes a fold-out map with 17 local routes of varying distances across East Dunbartonshire - most of them family friendly and using the off-road network. It also includes safety checks before you set out, information on cycle parking and local walking groups, Scottish Outdoor Access Code, and contact details for the Council and other organisations



(including public transport providers).

Key buildings and places to visit are also highlighted – including Roman remains, Lenzie Moss, the Auld Wives' Lifts and Mugdock Country Park.

The aim is to encourage people to get active, whether for work or pleasure.

The map also makes it easier to plan everyday journeys – whether you're travelling to work, shops, leisure centres, Community Hubs, libraries, cultural venues or accessing local facilities.

Copies of the map are available from Community Hubs, libraries, cycle shops, community centres and leisure centres, as well as Kirkintilloch

Town Hall, Kilmardinny House, Auld Kirk Museum, Lillie Art Gallery, Twechar Healthy Living & Enterprise Centre, and Council offices at Southbank Marina and Broomhill.

Alternatively you can download a PDF from www.eastdunbarton.gov.uk/healthyhabits

Councillor Billy Hendry, Convener of Place, Neighbourhood & Corporate Assets, said: "The previous East Dunbartonshire Cycle Map was incredibly successful, with 8,000 copies distributed since April 2018.

"The new-look Walking & Cycling Map incorporates a range of useful feedback from people across our communities. It really is an invaluable resource and will help people to go places – whether they live locally or are visiting."

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Students face the music

Six lucky students from Douglas Academy were recently chosen to play with the National Youth Orchestra of Great Britain for 2020.

The Bearsden pupils will be performing with some of the best young musicians across Great Britain and will have the opportunity to play in some of the country's most prestigious concert halls, including the world-renowned Albert Hall in London, as part of the BBC Proms programme 2020.

The six are Mari MacGregor, S4 (cello), Raj Bhaumik, S4 (clarinet/principal bass clarinet), Libby Hunter (pictured), S4 (French horn), Erin Black, S6



(piano), Louisa Buchan, S6 (clarinet) and Chun Yi Kang, S4 (violin).

Raj Bhaumik and Chun Yi Kang have also progressed to the second round of the BBC Young Musician of The Year Competition, which this year will be held in Cardiff.

The Grand Final will be held

in May 2020 at the Bridgewater Hall, Manchester, where finalists will have the opportunity to perform a concerto of their choice with the BBC Philharmonic.

Libby Hunter, 15, who had to perform at two auditions, is one of only 10 French horn players in the UK to be chosen.

She said: "I'm really chuffed. I wasn't expecting it and went to the audition for the learning experience.

"I was surprised when I got a second audition. I would never have dreamt of being in this orchestra.

"Going to the music school has really helped."



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Have a green Christmas

Committee, is urging all residents to keep up the good work when it comes to recycling.

He said: "Residents of East Dunbartonshire have traditionally been diligent at recycling, but with every passing year the issue becomes more important. The Scottish Government Zero Waste target is for 60 per cent of rubbish to be recycled by the end of this new year, 2020.

"By recycling your Christmas tree this year, you can ensure that it doesn't contribute to rubbish going to landfill.

"If you're not able to take it to one of the recycling points, you can call the Customer Contact Centre on 0300 123 4510 and arrange for your Christmas tree, or a one-off collection of garden waste bin, to be picked up free of charge between Saturday 18 January and Saturday 25 January 2020."



The sight of sparkly lit Christmas trees dotted in windows is something we tend to miss after the festive period settles down, but once the celebrations are over residents are being reminded to recycle.

Have a greener Christmas this year by recycling your tree along with your tinsel-free cards.

From Sunday 5 January 2020 you can dispose of your real tree in a skip at either Allander Sports Centre in Bearsden, William Patrick Library car park in Kirkintilloch, or Mavis Valley Recycling Centre, Bishopbriggs.

Councillor Billy Hendry, Convener of the Council's Place, Neighbourhood & Corporate Assets

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WHAT'S ON

Keep an eye on some of the best upcoming events in Bearsden & Milngavie.

CINEMA CLUB: A STAR IS BORN

Location: Mugdock Park

Date: Monday 6 January

Time: 7.30pm

Cost: £4

What's on: The new Star is Born was a roaring success with a collection of fantastic and memorable songs. A musician (Bradley Cooper) helps a young singer (Lady Gaga) find fame as age and alcoholism send his career into a downward spiral. Booking essential, 0141 956 6100.

MILNGAVIE FARMERS MARKET

Location: Douglas St, Milngavie

Date: Friday 17 January

Time: 10am – 4pm

Cost: Free

What's on: Head along to this great monthly market and help support small businesses. You can find the market positioned in the Douglas Street precinct, beside the clock from 10am to 4pm. Stock up on fresh produce, crafts, artisan goods, and enjoy the delicious food on offer.

KRIS DREVER

Location: Baljaffray Parish Church

Date: Saturday 22 February

Time: 7.30pm

Cost: £22

What's on: Experience the work of singer/guitarist Kris Drever. Thanks to his work with Kate Rusby, Karine Polwart, John McCusker and Eddie Reader he has already impressed audiences across the world. Tickets are £22 and are available in person from Haydock Music, Stewart St, Milngavie, and online.

MILNGAVIE MUSIC CLUB

Location: Cairns Church, Milngavie

Date: Friday 17 January

Time: 7.30pm

Cost: £14 (Students £5; Children free)

What's on: This event will feature James Gilchrist, tenor and Anna Tilbrook, piano. Featuring Vaughan Williams: Songs of Travel, Schubert: Schwanengesang. James Gilchrist and Anna Tilbrook's last visit to Milngavie was one to remember. The Music Club are sure this will be another unforgettable performance with another evening with one of Britain's most distinguished singers. Refreshments will also be included at the event.



MUGDOCK SENSATIONAL SAFARI:

WONDERFUL WELLY WALK!

Location: Mugdock Park

Date: Tuesday 11 February

Time: 1pm – 4pm

Cost: £10

What's on: Pull on your wellies and explore the woodlands and streams of the Country Park on this three-hour adventure with the Ranger Service. This activity is suited to eight to 12 year olds looking for some active woodland fun. Booking essential, call 0141 956 6100.

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Highlighting road safety

The winner of East Dunbartonshire Council's annual Road Safety Calendar competition was announced as Christina Cafolla, a Primary 7 pupil at Craigdhu Primary, who came out on top after beating thousands of other entries.

With an amazing 4483 entries, almost 1,000 more than last year, from 27 different schools across the area, competition was stiff, but Christina's eye-catching image caught the attention of the judges. The striking red and blue design urged cyclists to "Keep Calm and Wear a Helmet".






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Bearsden & Milngavie Connect

Now Christina's artwork will feature on thousands of calendars that will be distributed across East Dunbartonshire to remind people to keep safe on and around the roads.

Christina and a number of other pupils whose drawings were chosen as the best in their age range were presented with their prizes at a special event at Kilmardinnie House in Bearsden recently.

Councillor Susan Murray, Vice Convener of Place, Neighbourhood & Corporate Assets met Christina and the other winners at the prize-giving.

She said: "Our annual calendar competition really gets children thinking about the importance of road safety while allowing them to



express their creativity. The discussions which take place in the classrooms while they are working on their designs help to raise awareness of this vital issue in an enjoyable way.

"For me, Christina's entry was everything that a good design should be; bold, eye-catching and with a simple, memorable message. I'd like to congratulate her and all the other winners this year. They are a credit to their schools.

"I would like to thank every pupil in each school who took part in this year's Calendar Competition and also extend thanks to all the teachers who encouraged them to produce such original entries."

Christina received £70 and a trophy that will go on display at her school.



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Boost for local childcare

Bearsden is one of three new sites in the area set to welcome a new Early Years Centre in August 2020. The programme reached a major landmark recently after as the first sods were officially cut and their names revealed.

The centres are being built as part of the Council's commitment to deliver on the Scottish Government's requirement for additional hours of early learning and childcare.

From August, all three and four-year-olds, as well as eligible two-year-olds, will receive 1140 hours,



almost doubling the original allocation of 600 hours.

Construction is underway and when complete, the buildings will provide 275 places for local families. The Bearsden Early Years Centre will be built on the site of the former Brookwood Library in Drymen Road,

Bearsden, it will offer 87 places and be associated with Bearsden Primary School.

The Oakburn Early Years Centre will be built on the former St Joseph's Primary School site in Craighdu Road, Milngavie, it will offer 94 places and be a stand-alone facility.

There will also be the Lairdsland Early Years Centre in Kirkintilloch.

Joint Leader of East Dunbartonshire Council, Vaughan Moody said: "At an exciting time for early years it is good to see these centres progressing with building work underway and names being agreed. We are committed to delivering additional hours by next August giving families with young children a childcare boost."



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Heritage routes link community

A recent project set about uniting local history, culture and communities by inviting residents to take a stroll down memory lane.

Artists and residents teamed up to create a range of artworks on heritage trails throughout the north of the city.

Free guided walks took place in a number of areas, including Milngavie and Bishopbriggs.

The scheme was part of East Dunbartonshire Leisure and Culture (EDLC) Trust's Trails and Tales programme, which encourages locals to explore the history of their area through outdoor arts and heritage routes.

One of the artists involved, Macedonian-born Elpida Hadzi-Vasileva, explained: "My work is a response to the site of Kilmardinny and its history and link with Calico printing. It took me into EDLC's archives to look at patterns and samples, and allowed me to work with some amazing local volunteers and Trails and Tales supporters, training them in the

craft of gold leaf gilding in the making of the work."

She adds: "Being directed to the heritage of the area through the research and consultation work that had already been undertaken by the Trails and Tales team was a huge help. It meant artists already had stories and ideas they could respond to."

Visual artist Toby Paterson, designer Simon Whatley and gardener Dug Macleod worked together for one of the projects.

Toby said: "The way the trails have been developed and then punctuated by these artworks is a really interesting approach to a large-scale commissioning of public works."



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Celebration of cultures

The Lillie Art Gallery will soon be welcoming bold and colourful paintings thanks to an exhibition inspired by indigenous people.

Paisley artist Ian Cook has spent time living with native peoples in the US, Central America and Africa and is passionate about their plight. Ian is a Glasgow School of Art graduate

who has exhibited across Europe, his painting style is big, bold and striking.

His new exhibition, entitled 'Savages'

to highlight the tensions between indigenous populations and colonial aspirations, opens at the Milngavie gallery on Monday 13 January.

Over the centuries, the culture of many indigenous races in the Americas and Mexico, Africa and Asia came close to extinction.

Despite this, the peoples of these continents prevailed and retained their traditions. The paintings evoke the lives of the peoples who still inhabit these lands and how, today, more than ever, they can teach us a lesson in how to save the earth,



says Cook.

Councillor Vaughan Moody, Joint Leader of the Council and Chair of the East Dunbartonshire Leisure & Culture Trust, said: "We are delighted to welcome this bold and evocative exhibition to the Lillie. Art is about opening our eyes to new points of view and this collection of

paintings offers a rare insight in the lives of the communities Ian has spent time with."

Savages runs at the Lillie Art Gallery from Friday 13 January until Thursday 6 February. For more information, call 0141 956 5536.



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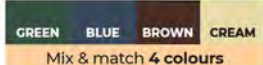
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A greener outlook for station

Milngavie station has been lovingly brought to life thanks to one green-fingered apprentice.

A welcome display of trees and shrubs now greets anyone passing through the local station thanks to the handy work of one of East Dunbartonshire Council's apprentices.

Christopher Donnelly started as a Modern Apprentice in August 2018 and has been working the Council's Streetscene Environmental team. At the start of the summer he was tasked with making improvements to the planted area around the railway station.

In addition to planting new shrubs, Christopher cleared the wooded area of debris and put fresh soil down which was sown with woodland wild flower mix. Bins were replaced with



larger capacity ones and the area was cleaned and tidied with bark chips put down in the planted areas. Dead vegetation was removed from a long raised bed and replaced with a membrane topped

with grey granite chips and three decorative acer trees.

Christopher started his apprenticeship with EDC at Langfaulds Cemetery in Bearsden and attends Daldowie Training Centre two days a week. Now into the second year of his apprenticeship Christopher, 17, said,

"I applied for this apprenticeship when still at school as I felt strongly that I wanted to get out and work in a job like this.

"This project was to revamp the area and make it welcoming and eye-catching as it is where tourists start their journey on the famous West Highland Way. I have really enjoyed doing this and watching the plants bloom and develop."

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Bearsden & Milngavie Connect

Black Jersey Cord Pinafore Dress, **£25**, available from Miss Selfridge



The cord pinafore is a prime example of how the tactile texture has had a modern makeover.

So, how to style it? The coolest combo this winter is a pinafore with a rollneck or funnel neck top, which will keep you warm on wintry days.

For something a bit dressier, team your

pinafore with an off-the-shoulder knit.

With most cord pinafores coming in autumn leaf and night sky colours, you could add something tonal such as tan or moss green, or lighten your outfit with a cream or white top.

Complete your look with a pair of heeled hiking boots - the season's hottest footwear, FYI - and your seasonal outfit is complete.

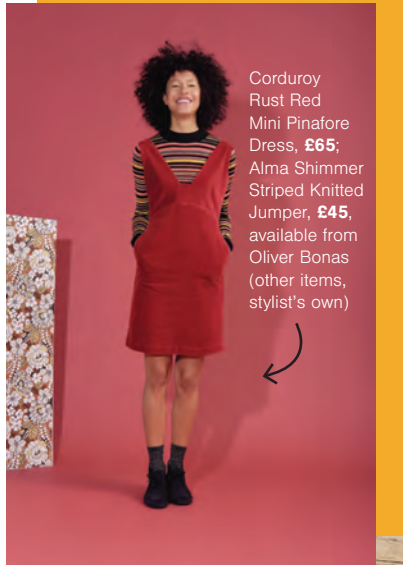
Here are some of our favourite cord dresses...

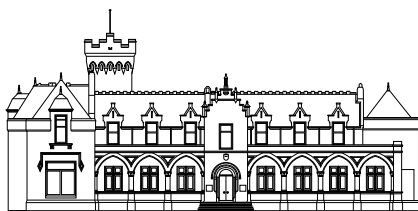
Sabrina Cord Pinafore Dress, **£52.50**; Selina Lunar Sky Roll Neck Top, **£29.50**; Hadlow Hiker Boots, **£75**, available from Fat Face



Corduroy Rust Red Mini Pinafore Dress, **£65**; Alma Shimmer Striped Knitted Jumper, **£45**, available from Oliver Bonas (other items, stylist's own)

Rust Button Corduroy Pinafore Dress, **£38**, available from Roman





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Create a white wonderland

Yearning to turn your rooms into soothing havens? Gabrielle Fagan asks The White Company founder Chrissie Rucker for her secrets.

WHY DO YOU LOVE LIVING WITH WHITE?

"White is not one colour but a thousand different shades and tones. It's this wonderful, soothing palette of naturals and neutrals that are all delightfully different from one another but work so well together. That's what I love," Rucker explains.

DO YOU THINK WHITE WORKS IN ANY KIND OF SETTING?

She highlights that each home shares the same choice of neutral palette but has its own highly individual blend of ingredients - from architecture and materials to fabrics and textures, which are layered in subtle and sensitive ways.



WHAT MAKES A WHITE ROOM REALLY COME ALIVE FOR YOU?

"Soft white towels and crisp sheets, stacks of white plates and folded napkins at the dinner table, along with all those little, personal touches that make a house into a home," she notes.

"So touch is really important to me and introducing lots of different textures, but sight and smell also need to be nourished," she explains. "It's why I love candlelight and being by the fireside, or spending time in a beautiful spa-like bathroom."

LET DETAILS SHINE...

Be inspired by Chrissie Rucker's colour palette and conjure a peaceful corner at home with four key pieces - a cosy chair, cushion, lamp and tea lights.

"White speaks of purity and order, but it's all those tactile elements that make natural and neutral spaces such a pleasure" says Rucker.



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How to winter-proof your home

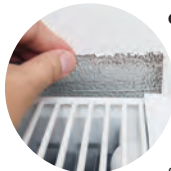
The long winter evenings are well and truly here, along with wind, wet, and possibly snow, so it's time to make sure your home is well prepared for wintry weather...

1. Draught-proof doors and windows

For windows that open, use self-adhesive strips to seal up any gaps around the frame, and use a soft, silicone sealant for windows that stay closed. Doors can be given similar treatment, but for floor level openings, it may be simpler to employ an old-fashioned, 'sausage dog' draught excluder.

2. Install foil behind your radiators

If you have radiators fixed to external walls, slide a layer of tin foil between wall and unit to reflect



as much heat as possible back into the room. Pick up special heat reflector aluminium foil to maximise retention, and remember that hanging clothes on a radiator forces it to work twice as hard.

Regular bleeds will ensure your radiator performs optimally. Run your hand over your unit - if it's cool at the top and warmer towards the bottom, it's bleeding time.

3. Insulate everything (but mostly your plumbing)

There's not much you can't insulate these days, but plumbing should always be your first port of call. Exposed pipes can be snugged up with slip-on

foam tubing (available at most hardware stores), while boilers and water tanks can be easily dressed with jackets.

4. Use a thermostat to regulate your heating

The built-in timer will allow you to schedule your home's heating, so it powers down when you go out, and turns on automatically on your return - a boon for your living room, the environment, and your bank account.



5. Clean out your gutters

Get the ladder out, strap your gloves on, and prepare to get down and dirty. When your gutters are clear enough that water flows unimpeded, you're good to go.

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