



Thank You From Sybil

A huge thank you to all those who helped raise £650 at the Marie Curie Cancer Charity Concert in the Church Hall.

Thanks to Doreen Arnott and The Andrew Nairn Concert Party who were **fabulous**.

Thanks to Alice, Sanora, Leah, Anne, Hazel, The Tea Ladies and thanks to Brenda and Vera for taking the money at the door.

Thanks also to John Morris and David Paterson for setting up the hall.

Finally, many thanks to you, a wonderful audience for a most enjoyable evening.

Sybil

Christian Aid

The Christian Aid Committee would like to thank Jim Evans for giving his audio-visual display of photographic art to a packed Dalgety Church hall in January. The audience donated a generous £410 for Christian Aid, giving us a good start to the year.

Jim Etheridge

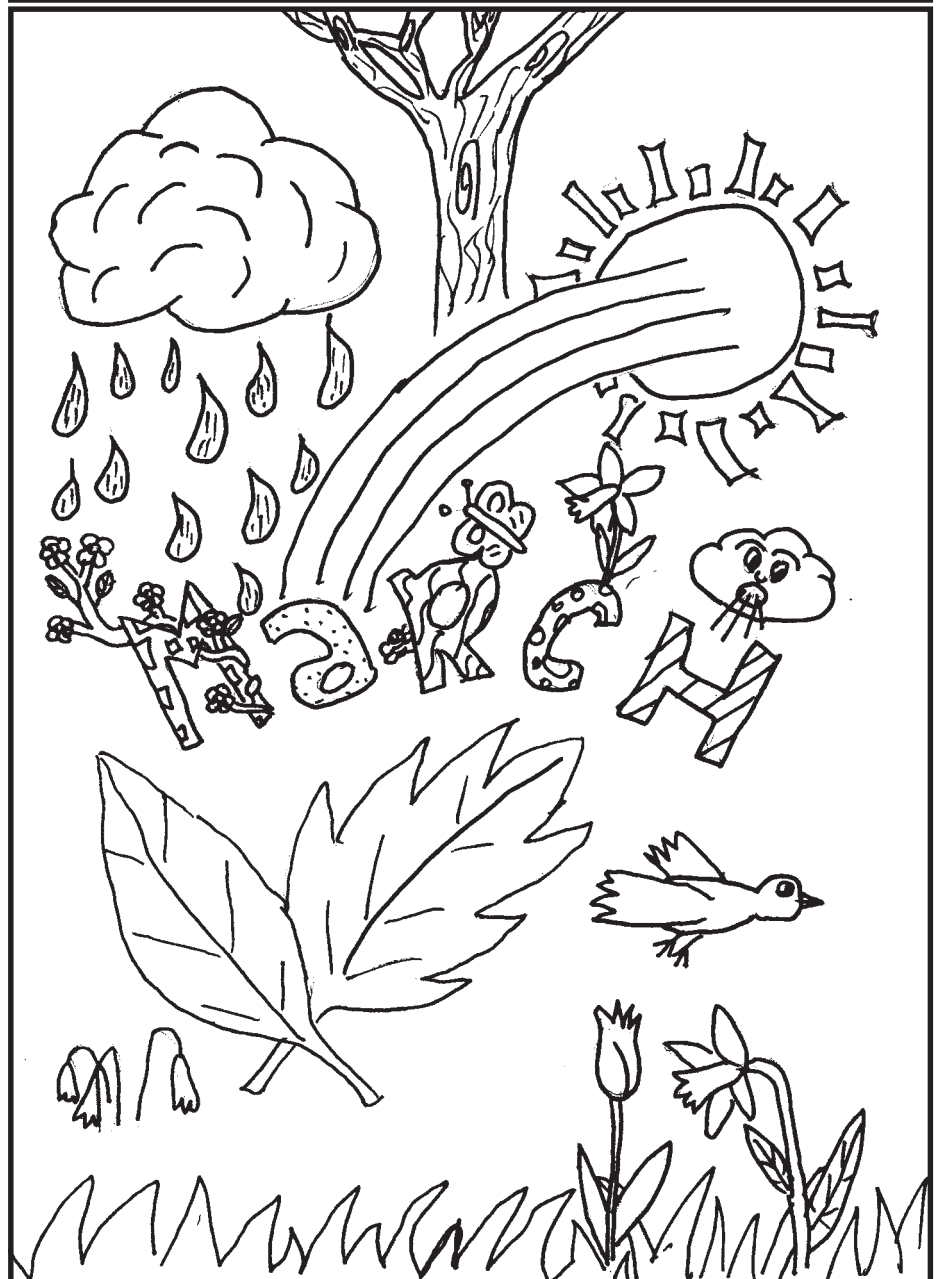
Have you lost a watch?

A ladies watch has been **found** in Moray Way, Dalgety Bay. Please contact - 01383 822129

Note from the Editor

Please note that the fax service for articles is no longer available. Handwritten, typed or email only please.

Thank you



Picture by , Anna Loedel , Primary P7c , Donisbristle Primary School

YOUR COMMUNITY COUNCIL ... up to the minute

The Community Council holds its regular meeting on the second Monday of each month at 7.30pm in Dalgety Parish Church Hall. Members of the public are welcome to attend and listen to the discussion or to raise matters of special interest to them. The full minutes of every meeting are displayed in the Library.

POLICE REPORT

PC Davies outlined the crime figures for the month. Despite warnings and prevention issues being carried out by the police, thefts from insecure vehicles are still occurring with even repeat victims. The vast majority have been detected but a reminder is given that these crimes are preventable as forced entry is not being found.

Women's Safety Evenings will be held at Curtis Motors, Harbour Way, DB between 6.30pm and 9pm on Tuesday 13th and 20th March. The sessions will consist of free personal safety advice, protection tuition and basic vehicle maintenance. Places are limited and anyone wishing to attend can book by contacting PC Kenny Greig on 01383 318645 or email at western.division@fife.pnn.police.uk

A Blue Light Disco will be held on 27th April in Rosyth.

Dalgety Bay Primary School Vandalism In reply to our letter requesting extra security measures at the school, FC Education Service has stated that there is currently no plans to upgrade CCTV at the school although other measures are to be looked at to improve the situation.

MATTERS ARISING FROM THE MINUTES

a) Foreshore Radiation

The next meeting of the Forum will be held on 20th February.

b) Shopping Centre

Concern was raised on the large number of teenagers hanging around outside Tesco and Aroma Bay on Friday evenings. The police are aware of the issue and have carried out regular patrols during the weekend period and where possible have taken action to resolve the problem.

c) Diary Distribution

Volunteers are required to deliver the Diary to Collins Crescent and Forth Reach as the current delivery is only on a temporary basis.

LOCAL ISSUES

a) Pathway at Crossing

A complaint was made as to the state of the path from the crossing at the roundabout across from the church. Councillor Randall agreed to take up this matter.

b) Street Cleaning

Reports of broken glass in some areas were received. It appears that the street cleaners with the barrows have been withdrawn from Dalgety Bay and have been replaced by 'hit squads' but neither the Community Council nor Councillor Randall have been made aware of this. An officer from FC Cleansing Service will be asked to attend a meeting of the Community Council to discuss the new measures.

c) B916

Complaints of flooding at the lowest point and surface holes near the kennels were received. These matters will be passed on to Councillor Arnott.

PLANNING

a) Land at Pentland Rise

The Daycare Association has signed the lease for the land and work to site the buildings will start in a few weeks.

b) Town Centre Land

A meeting with all stakeholders and an architect acting for Tesco will take place on 14th February.

c) OCLI Site

The Cala Homes planning application will go before FC West Area Development Committee on 7th March. The Community Council has requested that before coming to a decision on the site an assessment should be made on the remaining land bank within the town envelope for future housing and retail needs but unless there is a compelling reason to retain the site for business use, housing should be an acceptable form of development for the land.

d) Halladale (Asda Store) Development

A meeting will be requested with FC Planning Service to discuss layout of roundabout and landscaping.

e) Beer Garden, Hillend Tavern

The owners of the tavern again attended the meeting. The retrospective planning application will go before the FC West Area Development Committee on 7th March.

f) St Davids Harbour Development

Notification of the request for the renewal of Outline Planning Consent for Commercial, Leisure and Residential development on the land at the harbour has been received. The Community Council has again made objection to any residential development.

g) Supplementary Planning Guidance on Retailing

The Vice Chair will reply to the questionnaire received from FC.

SUB – COMMITTEE REPORTS

i. Finance

a) Donibristle Primary Nursery School

The children at the nursery have adopted a local woodland and it was agreed to award a grant of £400 to purchase waterproof clothing for outside activities.

b) Gorton Group of Friends

As it appears funding would be transferred to Cancer Research central funds for national distribution, the request does not meet our criteria for funding as our constitution states that funding must directly benefit Dalgety Bay or Hillend. The request will be reconsidered if this is not the case.

c) Dalgety Bay Cricket Club

The club enquired as to their eligibility for a grant to support junior development. A reply has been sent informing that the Community Council does not normally award grants for projects which are eligible for funding from other sources and it has been noted that the club are affiliated to Dunfermline & West Fife Sports Council who are specifically set up to support such activities. Again this request will be reconsidered if the club has not been able to obtain support.

ii. Community Projects

Nothing to report.

iii. Environmental

A meeting will be arranged to discuss the Woodlands Liaison Group joining forces with the Community Council environmental sub-committee.

It was noted that work was in progress by the Scottish Woodlands Trust in thinning out by 20% the woodlands in Dalgety Bay as per their management plan.

COUNCILLORS REPORTS

Councillor Randall reported that he has requested the clearance of the footway at Pentland Rise / Moubray Way and the clearance of rubbish and state of the fence at the 2 companies adjacent to the path. Also the cutting back of the hedge which is obstructing the footway by 50% on Moray Way North. FC has awarded planning consent for the redesign of the recycling centre on the industrial estate.

MOSSMORRAN / BRAEFoot BAY LIAISON MEETING

There will be a major shut down by Exxon and Shell this year to upgrade with modern technology.

The Chair reported on the Air Quality Monitoring Group meeting that he attended today.

CORRESPONDENCE

Fife Council

Weekly Planning Lists

West Area Services

Committee Meeting

West Area Bulletin

THIS IS YOUR DIARY. If you would like to contribute a letter, an article, a photograph or something else, please do. Information can be provided handwritten or typed or e-mailed to eleanor@writeword.co.uk Items for the **APRIL 2007** issue should be with Eleanor Rowe, 1 River View, Dalgety Bay KY11 9YE Tel: 821656 by **MIDNIGHT, 15TH MARCH, 2007.** Enquiries about Diary Distribution should be made to Mrs Janice McFarlane, 37 Otterston Grove - 822182, e-mail bigjmcfarlane@yahoo.co.uk Advertising queries should be addressed to Veronica Simpson, 83 Parklands Crescent, Dalgety Bay KY11 9FN (please apply in writing, or e-mail her at diaryadverts@tesco.net). For all Community Council matters, please contact Jeanette Gray, 822956 (Secretary), e-mail jeanette.gray1@btopenworld.com or Colin McPhail, Chairman, tel 823750.

Fife Children's Panel Advisory Committee –
 Vacancies
 Dunf. & Coast Assoc. of Community Councils
 Meeting
 Scottish Health Council Questionnaire
 SEPAView Newsletter

ANY OTHER BUSINESS

a) Timms Trophy

Nominations are requested for the award of the Timms Trophy this year. Please write giving your reason for the nomination to the Secretary, Jeanette Gray, 46 Lade Braes Dalgety Bay KY11 9SS or email jeanette.gray1@bopenworld.com by 5th March 2007.

Ongoing Matters

Naming of Roundabouts

Flooding at Moray Park- FC has informed that the footway shall be included in the next slurry seal programme. The CC does not think this will solve the problem.

Town Twinning – Chair had a meeting with Helen Eadie who suggested Bulgaria. A Meeting of the sub-committee will discuss this.

Horse Droppings – Draft letter prepared.

Lighting in Longhill Park – Letter received from the Police Architectural Officer did not help with decision. A site visit with FC Lighting Service will now be requested.

Wildlife Garden

Website – To be discussed with J Nicholson.

Car Park at Rear of Tescos – Will be discussed at the next meeting of the Projects Sub-Committee There being no further business the meeting was closed.

The next meeting will be held on Monday 12th March 2007 at 7.30 pm in Dalgety Parish Church.

Timms Community Trophy

The Community Council would like to receive nominations for this year's award of the Timms Community Trophy.

If you feel that someone from Dalgety Bay or Hillend deserves to be recognised for their efforts in the community please write to or email the Secretary of the Community Council giving the reason for the nomination.

Remember even if you have been unsuccessful with a past nomination please try again. Closing date for nominations will be 5th March 2007.

Jeanette Gray (Secretary) 46 Lade Braes, Dalgety Bay, KY11 9SS email - jeanette.gray1@bopenworld.com

HELEN EADIE,

MSP for Dunfermline East, will hold her Surgery on the first **MONDAY** every month in Dalgety Bay Library from **6.30 to 7pm** (no surgeries July or December)

Helpline number **01383 412856**
LOCAL COUNCILLORS' SURGERIES
David Arnott, Councillor for Dalgety Bay West, will hold his Surgery on the first **MONDAY** every month in Dalgety Bay Library from **6 to 7pm.**

Stuart Randall, Councillor for Dalgety Bay East, will hold his Surgery on the second **WEDNESDAY** every month in the Community Centre from **6 to 7pm.**
Hotline Number for Councillor Surgery enquiries:
01592 416536



Your are invited to the

CHRISTIAN COFFEE CLUB

to be held in Dalgety Parish Church from
10.00 - 11.30 am on
Thursday 15 March

Speaker: Chris Johnston & Cliff Cottage
 "The Gideons"

All Welcome!
 Coffee Creche Entrance 40p

Forthcoming Events

MARCH

Friday 2	Modern Sequence Dancing - Dalgety Bay Community Centre	1.30pm - 3.30pm
Saturday 3	Fairtrade Coffee Morning - Dalgety Parish Church	10.00am - 12.00noon
Saturday 3	Cedar Inn Social Club, Aberdour - Race Night	7.30pm
Sunday 4	Dunfermline Rambling Club - Ochils - Whitewisp & Innerdownie or Glenquey to Glendevon from Dollar 9.00am start	Eric Simpson - 822304
Sunday 4	Dalgety Bay Squash and Tennis Club - AGM	7.30pm
Monday 5	Astronomy Club - Bay Inn	7.30pm
Wednesday 7,14,21,28	Bay Patchers - Dalgety Bay Community Centre - Jeni Osborne - 821197 or Jean Boath - 823641	7.00 - 10.00pm
Wednesday 7,14,21,28	Dalgety Bay Bowling Club - Coffee Morning - open to anyone with lots of home baking	10.00 - 12.00noon
Thursday 8	Dalgety Bay Ramblers (Roamers Group) - Kinghorn - 4 miles	Alistair Robb - 820632
Friday 9	Modern Sequence Dancing - Dalgety Bay Community Centre	1.30pm - 3.30pm
Saturday 10	Flea Market - Community Centre - Trish Aitken - 825561	2.00pm - 3.30pm
Tuesday 13	Dunfermline & Dist. Accordion & Fiddle Club - Headwell Bowling & Social Club	7.30pm
Thursday 15	Dalgety Bay Amateur Football Club - Sponsor's Presentation - Dalgety Bay Sports and Social Club	Tel: 825263 - 7.00 - 8.00pm
Thursday 15	Inverkeithing High School Association - 'Scots Night'	7.00pm
Friday 16	Modern Sequence Dancing - Dalgety Bay Community Centre	1.30pm - 3.30pm
Friday 16	Dalgety Bay Folk Club - Kinrick - Sailing Club	8.00pm
Friday 16	Dalgety Bay Primary School - Daffodil Tea	3.00 - 4.00pm
Sunday 18	Dalgety Bay Ramblers - Auchengarrich Circular (nr. Comrie) - 8 miles	Alistair Robb - 820632
Sunday 18	Dunfermline Rambling Club - Norman's Law - 9.00am start	Eric Simpson - 822304
Monday 19	Astronomy Club - Bay Inn	7.30pm
Friday 23	Modern Sequence Dancing - Dalgety Bay Community Centre	1.30pm - 3.30pm
Friday 23	Dunfermline & Dist. Accordion & Fiddle Club - Headwell Bowling & Social Club	7.30pm
Saturday 24	Dalgety Bay Playgroup - Easter Fayre - Dalgety Parish Church Hall	1.00 - 3.00pm
Saturday 24	Dalgety Bay Gala - Fundraising Quiz Night - Sailing Club	8.00pm
Saturday 24	Dalgety Bay Playgroup - Car Boot Sale - Dalgety Parish Church Car Park	12 noon - 4.00pm
Saturday 24	Woodland Explorers - Birds, Bats, Bugs 'n Birches - Sailing Club	10.30am
Tuesday 27	Dalgety Bay Ramblers - Edinburgh (Inverleith and Botanic Gardens) - 7 miles	Alistair Robb - 820632
Thursday 29	Dunfermline Rambling Club - Bo'Ness - Kinneil circular - 9.30am start	Eric Simpson - 822304
Saturday 31	Dalgety Bay Ramblers - Falkland and Maspie Den - 5 miles	Alistair Robb - 820632
Friday 30	Modern Sequence Dancing - Dalgety Bay Community Centre	1.30pm - 3.30pm
Saturday 31	Riding for the Disabled Association (Dunfermline Group) Book Stall -	10.00am - 1.00pm
Saturday 31	Dalgety Bay Amateur Football Club - Fundraising Race Night and Disco - Dalgety Bay Sports & Social Club	Tickets: 825263 - start 7.30pm
APRIL		
Sunday 1	Dunfermline Rambling Club - Auchnafree Hill (Corbett) or Glen Turret circular walk - 9.00am start	Eric Simpson - 822304

DALGETY BAY SPORTS AND LEISURE CENTRE

Harbour Drive, Dalgety Bay
Tel 01383 822333 for full details

Easter Activity Camps

ACE - Activity Camp Experience 2007 Come along and join in the fun with our fully trained and enthusiastic staff. Activities include bouncy castle, arts and crafts, football, games and much much more. A great way to spend your Easter Holidays. Registration is between 8.30am – 9.00am and collection is between 4.00pm – 4.30pm.

Camp 1 Monday 2nd April – Friday 6th April

Camp 2 Monday 9th April – Friday 13th April

Age: primary 1 – 7

Cost: £71.50 per week (Fifestyle and second child discounts apply)

Sunshine Club

A camp designed especially for pre-school children. This gives younger children the opportunity to come along and have fun at Dalgety Bay Sports and Leisure Centre. Activities include arts and crafts, bouncy castle, treasure hunts, games, songs and lots lots more.

Camp 1 Monday 2nd April – 6th April

Camp 2 Monday 9th – 13th April

Age: 3 - 5years (pre-school only)

Cost: £27.50 per week (Fifestyle rates apply)

Time: 1.45pm – 3.45pm

Bodybalance

The perfect stress buster! This class combines the principles of yoga, pilates and tai chi such as controlled breathing, concentration, flexibility and strength training, to create a holistic workout that brings the body, mind and soul into a state of balance.

Day: Thursday

Time: 7.00pm – 8.00pm

Cost: £4.80 (Fifestyle rates apply)

The "Big Ball Class"

A fun workout using stability balls. This class targets all your problem areas helping you achieve good posture and all over body tone. Suitable for all levels.

Day: Thursday

Time: 8.00pm – 8.45pm

Cost: £3.90 (Fifestyle rates apply)

FOR FURTHER DETAILS CONTACT
RECEPTION ON 01383 822333

Thought for March

A thought for Lent:-

Fast from worry and

Feast on God's providence.

"Don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard times come up when the time comes." Matthew 6:34

InCAS Swimmers Triumph at Stirling



On Saturday 20th and Sunday 21st January 2007 a dedicated team of 14 InCAS swimmers braved the morning frost to attend the Stirling Junior Open Meet.

This meet is one of the most prestigious on the swimming calendar, attracts some of Scotland's most elite swimmers and this year was

attended by some 33 Clubs from across the country.

Despite being a tough meet and the first on the InCAS calendar after the Christmas and New Year break there were some amazing performances.

Roisin Donnelly (13) from Cupar reached the following finals:

100m Breaststroke – PB, Club Record and Gold Medal

100m Backstroke – PB and Bronze

200m Freestyle – PB and another Gold Medal

100m Butterfly – PB in her heat – further PB in the final to win Gold

100m Freestyle – PB and 4th place medal

For 11 Year Old Samantha MacMillan (pictured) from Dalgety Bay there were massive personal bests and 3 finals:

100m Freestyle – 5 second PB in her heat and a Silver in the final

200m Freestyle – 6 second PB and a 5th place medal

100m Butterfly – 8 second PB in her heat, a further PB and Silver in the final

100m IM – an amazing 9 second PB

100m Backstroke – 5 second PB in her heat, further PB and Bronze in the final

In the Boys 11 Year Age Group Lewis Kirby also from Dalgety Bay performed consistently to achieve:

100m Backstroke – PB and Club Record

200m Freestyle – 6th place medal, PB and Club Record

100m IM – PB

100m Freestyle – PB

100m Butterfly – 4th place medal in the final, PB and Club Record

Kayleigh Hutton also 11 from Dalgety Bay reached the final of the 100m Freestyle and won a 5th place medal. Kayleigh's PB tally was also consistent throughout and she gained good PB's in all her other events.

Teammates of the above swimmers attending the competition and achieving some superb personal bests were: Kirsten McCallum, Ashleigh Yates, Lorraine Johnstone, Ailidh Brown, Leah Marshall, Ross Hunter, Donald Griffiths, Amber McWhirter, Iain Condie and Lauren Stenhouse.

InCAS now has a session for parents too, so we are offering something for everyone. If you would like more information John Kirby would be delighted to help. John can be contacted on Mobile: 07708 660458 or 01383 823449 (after 6pm).

Alternatively log on to www.incas-sc.org.uk

InCAS Swimmers Seize The Day



Head Coach Garrie Roberts and 12 talented InCAS swimmers headed West to the impressive 50m facility at Tollcross in Glasgow on Saturday 3rd February 2007 to compete in the City of Glasgow Long Course Age Group Meet

attended by 25+ Clubs from around Scotland.

Ailidh Brown, 12 from Dunfermline had an outstanding day winning Gold in the 100m Butterfly together with 3 swam too fast awards in the 200m Freestyle, 50m Freestyle and 100m Freestyle, being fastest swimmer on the day in each of these events.

10 year old Laura-Kate O'Brien from Dalgety Bay (pictured) won Gold in the 50m Backstroke and was the fastest swimmer on the day, winning swam too fast awards in both the 50m Freestyle and 50m Breaststroke events.

At just 9 years old and swimming in the 10 and under Age Group Conor Nally won a Gold medal in the Boys 50m Butterfly.

For Leah Marshall, 12 from Dalgety Bay the tally was just as impressive. Leah won Gold in the 100m Backstroke and 4th place medals in the 200m Freestyle and 100m Freestyle events.

Another Dalgety Bay swimmer, Kayleigh Hutton, 11 won a 5th place medal in the 100m Breaststroke and 2 swam too fast awards in 100m Butterfly (1st overall) and 100m Backstroke (1st overall).

11 year old Ashleigh Yates from Carnock achieved 3 swam too fast awards in the 100m Freestyle (4th overall), 50m Freestyle (3rd overall) and 200m Freestyle (2nd overall).

Ross Hunter, 12 swam too fast in both the 50m Freestyle (3rd overall) and 100m Freestyle (1st overall).

Amber McWhirter, 11 won a 4th place medal in the 200m Freestyle and a 6th place medal in the 100m Freestyle.

Donald Griffiths swimming in the boys 14 Age Group achieved 3 Club Records in the 50m, 100m and 200m Freestyle events.

In addition to the medals and placings the team came home with an impressive PB tally of 34 with the following swimmers contributing to that total – Ben Hunter, Iain Condie and Nicola Saunders.

While her team mates were battling it out in Glasgow, 11 year old Samantha MacMillan from Dalgety Bay attended the East District Age Group Championships in Glenrothes.

- The Swim was the 800m Freestyle
- The PB was a massive 42 seconds
- And the medal was GOLD

Medals for InCAS Developing Swimmers

17 enthusiastic swimmers with ages ranging from 7 to 11 attended the JAGS Meet in Grangemouth over the weekend and their performances provided just a glimpse of what's still to come from these youngsters.

At just 7 years old Hayden Moffat returned home with 3 individual medals – 5th in the 25m Breaststroke, 6th in the 25m Freestyle and 6th in the 100m IM.

Another 7 year old Joe Nally won a Bronze medal in the 25m Butterfly and achieved a superb 23 second PB in the 100m IM. Joe's older brother Conor Nally (9) won a Bronze medal in the 50m Breaststroke and a 4th place medal in the 100m IM.

Erin Brown (9) won a swam too fast award in the 50m Breaststroke in a time of 51.91 and gained PB's in all her other swims.

Tain Bruce swimming in the Girls 8 and under age group won a Silver Medal in the 25m Freestyle and a 6th place medal in the 100m IM.

David Condie (9) won a swam too fast award in the 50m Backstroke in a time of 45.73 and gained PB's in all other swims.

Struan Moodie (8) from Dalgety Bay and attending his first ever competition achieved a 6th place medal in the 25m Backstroke and a 5 second PB in the 25m Freestyle.

Peter Saunders (10) won a 5th place medal in the 50m Butterfly and PB's in all his other swims.



A m b e r
M c W h i t e r
swimming in the
Girls 11 years
age group won a
swam too fast
award in the
100m IM in a
time of 1:29.16
and a 4th place
medal in the

50m Freestyle and achieved PB's in all her other swims. Ben Hunter also 11 won a 4th place medal in the 50m Breaststroke.

In the girls 8-9 years 100m Freestyle Relay, team members Sarah Morgan, Morven Rae-Seaman, Erin Brown and Tain Bruce just missed out on the medals and where placed 4th overall with a time of 1:29.74.

The end to a successful days swimming came in the Boys 8-9 years 100m Freestyle Relay where InCAS 'A' Team (pictured) members David Condie (9), Hayden Moffat (7), Joe Nally (7) and Conor Nally (9) showed great team work and won Gold with a time of 1:21.22.

Other swimmers who were a credit to their coaches were Suzanne O'Brien, Jordan McKibben, Rachel Morgan, Zoe Shepherd and Kirsty O'Donnell.

Interested? Log on to InCAS popular website at <http://www.incas-sc.org.uk>

Dalgety Bay Primary School Stars Swim to Silver in Scotland

Four girls from Dalgety Bay Primary School swam their way to a silver medal in the Scottish Schools Swimming Championships in January this year.

Samantha MacMillan, Lauren Stenhouse, Karen Loveday and Kayleigh Hutton swam the 200 metre freestyle relay for age 12 and under girls in 2 minutes 19.46 seconds. This was an amazing 7.15 seconds faster than their swim which gave them gold in the Fife Schools championship.

In addition to this, Kayleigh won an individual bronze for her 50-metre freestyle in a time of 32.36 seconds, having gained gold in the Fife Championship. Samantha swam to sixth place in the butterfly race in 35.50 seconds, again beating the time that gained her gold in the Fife event.

The girls are to be congratulated for their outstanding achievements and hard work in training.

The life of a Carnegie swimmer is a dedicated one...

The Carnegie Performance Team were out in force again at the Scottish Schools Championships at Tollcross in Glasgow on Saturday 27th January and put in yet another superb performance. The team managed to win a Best Boy Award, set two new meet records, take a 12 year old East district Record, win four gold medals & titles, three silver medals and eight placings along with 13 personal best's. The number and spread personal bests were especially pleasing given that the training wasn't tapered for this event.

The full roll of honour was:

- Scottish Schools Champion & Scottish Short Course Junior Champion Callum Shaw from Inverkeithing set a new meet record winning gold in the in the 200m Backstroke with a personal best and won silver in the 100m Back despite hardly training through the week due to tendonitis of his ankle
- Scottish Schools Champion Andrew Rodgie from Dalgety Bay won gold in the 100m Breaststroke
- Eloise Barber from Dalgety Bay won silver 100m Freestyle and was 6th in the 400m Individual Medley
- Jennifer Davis from Dalgety Bay was 4th in both the 100m & 200m Backstroke
- Laura Shaw from Inverkeithing was 4th in the 200m Butterfly in her last appearance at this event

A Personal Best were also made by Tiffany Barber in the 100m Freestyle, while Stephanie Woods & Rachel Alexander also qualified to and swam at the event.

Head Coach Gilbert Kirkwood who was asked at short notice by Fife Schools to take the Fife Team on the day was rightly proud of his charges on the day and was particularly pleased that so many turned up for training at 7am the next morning at Stirling, and said "The life of a swimmer is a dedicated one..."

Carnegie take best Club award again at their Graded Spring Meet

Carnegie swimming club participated in its own graded gala and what a day they had

against some stiff opposition particularly from Warrender SC and Fins ASC. The club's swimmers managed to take the best club award along with four of the six best swimmer awards:

- Tiffany Barber from Dalgety Bay for the 12 and under girls,
- Gillian Etherington from Inverkeithing in 15 and over.

There were also plenty of medals and places which in total were 10 golds, 11 silvers, 7 bronzes and 21 other places just outside the top three along with a fantastic 55 personal bests out of 97 swims. A beaming Assistant Head Dougie Hopkins said "Obviously this was a very successful gala for the club. All the swimmers were a credit to the club and themselves. It was a great gala, well done to all the swimmers for making it a great day."

The club would also like to thank all the officials and helpers on the day who helped make the gala run smoothly.

The medal winners from Dalgety Bay & Inverkeithing were:

- 12 year old Tiffany Barber who won golds in the 12 & under 100m Backstroke & 100m Breaststroke along with Silver in the 100m Butterfly
- 15 year old Gillian Etherington who won golds in the 15 & over 100m Freestyle & Butterfly along with bronze in the 100m Backstroke
- 12 year old Craig Watson who won gold in the 12 & under 100m Freestyle along with 6th in the 400m Freestyle
- 15 year old Stephanie Woods who won silvers in the 15 & over 100m Breaststroke Backstroke & Butterfly
- 15 year old Jennifer Davis who won silver in the 400m Freestyle along with Bronze in the 15 & over 100m Breaststroke
- 12 year old Mollie Osborne who won Silver in the 12 & Under 100m Backstroke was 5th in the 100m Butterfly
- 16 year old Elaine Watson who won Bronze in the 15 & over 100m Freestyle along with 4th in the 100m Butterfly & 6th in the 100m Backstroke
- 15 year old Heather Carfray who won Bronze in the 15 & over 100m Butterfly and was 5th in the 100m Backstroke

- 12 year old Craig MacVicar who won Bronze in the 12 & under 100m Freestyle
- 12 year old Alistair Davis who was 4th in both the 12 & under 100m Breaststroke & the 400m Freestyle

If you would like to achieve your swimming goals at Carnegie SC, please contact Fergie Shaw on 01383 416562 or via our website at www.carnegieswimmingclub.co.uk.



A bright new scene

Those of you who have visited the Club in the past weeks may have noticed the new lighting which has been installed.

We were very pleased to have had financial assistance from Fife County Council for the rewiring and upgrading of all the electrics in the Club.

Many studies document the simple fact that older people need more light to see. You may be surprised by the magnitude of light involved: For reading (and in our case, painting), the need is about FIVE TIMES (or more) the amount of light that a 21-year-old needs for the same task. A 60-year-old receives only about 40% of the same amount of available light as a 20-year-old, and it gets progressively lower the older you get. Under dim conditions, loss of sharpness and contrast sensitivity can be experienced. No - we are not all geriatrics in need of therapeutic care! - but we are grateful to all those who have worked towards improving lighting conditions in our work(play)place. Blackpool may need to look to their laurels against our illuminations!

Nine pictures were eventually submitted to Cambo House Snowdrop Art Exhibition by Club members. The Scottish Snowdrop Festival is part of VisitScotland's Winter White campaign and extends until March 11th. Six members and friends of the Art Club attended the launch in the grounds of Cambo House on February 1st. A visit will be well rewarded with breathtaking vistas of carpets of white snowdrops. Details can be found on their website.

A New Members Welcome Evening was disappointingly attended - maybe it was the weather, maybe it was forgetfulness. It was

intended to be a social evening for new members to become acquainted with each other and the aims and achievements of the Club.

We have had fun with our "Challenge of the Month" in the past. We hope to get this up and running again soon as it stimulates creativity and provides a talking point at open sessions.

A reminder to all members that the May Exhibition is looming, and to get cracking with those paints and needles. Mounting and framing pictures takes up as much time as the painting and cannot be left to the last minute. Advice is on hand from experienced members, but please don't all seek it at the 11th hour!

Planning is under way for our Demonstration evenings. Keep your eyes on the Notice Boards. Next one is on March 21st - Dough modelling - Poor Man's Pottery.

If you have anything you would like to share, please contact a member of the Committee.

New members always welcome. Contact: 01383 823304

"Painting is very easy when you don't know how, but very difficult when you do." Edgar Degas

Deirdre O'Neill



Birds, Bats, Bugs 'n Birches

This month we'll be putting up the bat boxes that we made before Christmas. But if you didn't make one, don't worry, we'll also be doing lots of other fun stuff in Donibristle Wood, including birdwatching, bughunting and tree activities. And if you wonder what tree activities are, then come along and find out!

We'll meet at the seafront beyond the Sailing Club by the mews cottages at the end of The Wynd at 10.30 a.m. on Saturday 24 March.

If you have any queries, e-mail Kim at ja.blasco@btinternet.com or contact either Kathryn Green on 822370 or Kim Blasco on 825195. All our events are suitable for children aged 6 and above, parents also always very welcome.



Dalgety Bay Sailing Club Training and other events 2007

If there is a course that you may like to do, which is not listed below, or if you would like further information then please contact training@dalgetybayclub.org or telephone 01383 822778 (evenings).

Powerboat Level 1 and 2

17 & 18 March 2007 - No previous powerboat experience required.

Cost - £40 members, £100 non-members.

Age - 8 upwards (8-12 years Level 1, 12 years upwards Level 2).

Content - the RYA says "All you need to know for self-sufficient power boating at a basic level. Course includes launching, mooring, anchoring and recovery plus all the boat driving skills required for basic competence in powerboat."

Certification - Depending on age and competency either a Level 1 certificate or a Level 2 certificate will be awarded.

Safety Boat

31 March - 1 April 2007. Powerboat Level 2 Certification must be held.

Cost - £20 members, £100 non-members

Age - 16 upward.

Content - The RYA says, "Boat handling, rescue techniques for sailing dinghies, windsurfers and canoes, and tows." Ability after course "Able to provide safety cover to a range of craft, particularly sailing or windsurfing."

Family Fun Weekend

25th, 26th 27th May 2007

Members only event. This event is for families to socialise, sail, have land and water based fun, and an opportunity to participate in the Honda Ribcraft Challenge ... Put it in your diary and then watch this space for more details nearer the date....

Start Sailing/Basic Skills Level 1 and 2

2nd, 3rd, June and 23rd 24th June - Both weekends must be attended to gain certification. No previous sailing experience required. Members and non-members.

Content - The RYA says - "How to sail in all directions, including an awareness of launching and recovery." Ability after course "Able to sail in light winds under supervision."

More details to follow - watch this space.

Adult Advance Sailing Course

21st, 22nd July

More details to follow - watch this space.

Youth Week

6th - 10th August

Members and non-members. No experience necessary. 8 years upward if non-sailing family, 7 years if sailing family. A range of levels aimed at different ages. A week filled with sailing and theory all with qualified instructors. Certificates awarded at the end of the week for competency levels. More details to follow.....

1st Dalgety Bay Boys' Brigade

Be part of the team as either a leader or as a boy. Come and join us - fun for all.

Highlights since Christmas include another successful display from our Junior Section indoor 5-a-side football team, and our Company Section passed another milestone by entering a team into the McKenzie Trophy following a gap of a number of years.

Burns night was celebrated in style with Mr Ross piping in the Haggis - we hope to see more of Mr Ross over the coming months. The boys' enjoyed a visit to the Dalgety Players pantomime and had a thoroughly great night.

By the time this article reaches print our Company section boys will have taken part in the local cross-country championships and hopefully this year we will see some of them reach the Scottish championships held in Banff as the boys have been practicing hard over the past months. On the afternoon of 17th March will be holding the Dunfermline Battalion Potted Sports event in Dalgety Parish Church halls - we expect to host around 50 Anchor and Junior Section boys - this will prove to be a memorable event.

Upcoming events include:

Saturday 3rd March - Disco, p1-p3 and p4-p7: Tickets on sale from BB leaders and church office. This is open to all Boys, Girls, friends and family.

Saturday 17th March - Fun Coffee Morning: Tickets on sale in advance or can be purchased at the door.

25th-27th May - Weekend camp: for all Junior and Company Section boys.

Thursday 31st May - Display night.

48th Fife (Dalgety Bay) Scout Group

The Group Executive has now started two recycling projects. We are collecting old mobile phones (with battery) and aluminium cans. If you can help, then please hand them to any uniformed member of the Scout Group.

In addition, we have introduced a new fundraising initiative by setting up a webshop address:- www.buy.at/48thDalgetyBayScouts. To generate commission for the Scout Group, just link to one of the companies on the A-Z list on the web page and make your purchase in the usual way. Commission will be paid to the Scout Group for every purchase made through the web address.

We ask you for your kind support of the Scout Group through this initiative. Thank you.

Eric Ross (Executive Committee Chairman)

Dalgety Bay Primary School



Daffodil Tea

Friday 16th March 2007
3.00pm - 4.00pm

Tea and Coffee
Hot Cross Buns

Mothers Day Gifts
Easter Egg Tombola
Stalls, Fun and Games

Come and Support the School

'URGENT'

**VOLUNTARY DIARY DISTRIBUTORS
REQUIRED FOR THE FOLLOWING AREA**

**'FORTH REACH & COLLINS CRESCENT'
(59 COPIES)**

If volunteers do not come forward for these areas, then these areas will not receive copies of the Diary. It would only take about 30 minutes, 10 times a year.

THANK YOU TO ALL THE PEOPLE WHO VOLUNTEERED TO THE PREVIOUS ADVERT.

CONTACT: Mrs Janice McFarlane, 37 Otterston Grove - 822182, e-mail: bigmcfarlane@yahoo.co.uk

Inverkeithing High School Association

Present

'Scots Night'

Performances by Pupils and a special performance by the Staff Choir and a Ceilidh

Thursday 15 March 2007
in the School Hall
at 7.00pm

Tickets £5 for adults and £3 for children (family tickets available)

Tickets available at School Office.

Ticket price includes haggis, neeps and tatties plus tea and shortbread.

Bar available

Please come along and raise funds for the school and have an enjoyable night out.



Our Easter Fayre will take place on Saturday 24th March in the Church Hall from 1pm-3pm. This year our Fayre will include Toddler Trimming, Photographer (pop in to Playgroup to book a slot), Massage sessions, craft and other fun activities for the children, as well as bacon butties, teas & coffees, toys, home baking, books and videos. We will also be having a Car Boot Sale in the Church car park between 12-4pm. A list to reserve spaces for the car boot sale is available within Playgroup. Donations for the Fayre can be dropped off at Playgroup and we are extremely grateful for all donations received. Unfortunately, we are unable to accept bric-a-brac, clothing, soft toys or electrical items. *Look out for posters advertising our Quiz Night coming soon.*

As usual we have been and will be busy with visitors, visits and events. We are looking forward to a visit from the Police and a visit to the Health Centre so the children can see what happens at the baby clinic. We have celebrated Valentine's Day by baking heart-shaped biscuits and Chinese New Year where the children enjoyed a variety of traditional Chinese food.

Our Nursery collection service from Dalgety Bay Primary nursery is now underway, allowing parents to use our Lunch Club service. Lunch Club sessions cost £3.50 per session – we apologise for printing the incorrect amount last month's issue. If you are interested in using this service, please contact Playgroup directly for availability.

2+ Club takes place on Monday and Wednesday mornings from 9.30am to 11.30am in the Church hall at a cost of £3.00 (snack and milk is provided). This group offers a great go-between between toddler groups and Playgroup as it is age specific.

If you would like any further information about our Playgroup, or would like to put your child on the waiting list, please contact Julia Jackson (Enrolment Secretary) on (01383) 822154 or pop in to see Mrs Wright during sessions (entry by the War Memorial).

COFFEE MORNING

1st Dalgety Bay Boys' Brigade
Saturday 17th March
Dalgety Parish Church Hall

Dalgety Bay Day Care

At long last, we are able to take forward our plans to erect a new building for the Day Care. I am sure that you – like us – thought that this was not going to happen.

We have finally agreed a lease with Fife Council, and the terms are reasonable. Building Control see no problems in granting a building warrant. Scottish Power are ready to provide electricity – after we pay their fairly substantial fee! We have had a flurry of non-productive activity with Scottish Water, but now they are nearly ready to open the taps to give us fresh supplies and allow us to flush the toilets.

John Muir Construction has very kindly offered to help with foundations and drains, and to erect the buildings when they are transported to the site. This professional service has been most welcome.

Now we simply wait until all of these things can be coordinated to happen at the same time. Hopefully by the end of March, with a little bit of luck.

Meanwhile the members continue to meet in the Sports and Social Club every Friday. We are quite keen to get more volunteers too, both male and female. We will need extra assistance when we start in the new building. So, please come along and visit us in the Sports & Social Club on a Friday to find out what YOU can do...

If you would like to know more about any aspect of the Day Care, please contact June Wallace, co-ordinator, on 822905; or email June@dalgetybaydaycare.org.uk.

Jan Owenson

Dalgety Bay Gala Fundraising Quiz Night

Saturday 24th March 2007
Dalgety Bay Sailing Club
8pm – midnight

Teams of 6 maximum, £5 per ticket
Tickets: Heather McLean on 825770
or Romana Grant on 825352

Prize for winners and losers alike

Dunfermline Synchronised Swimming Club

Can you swim two lengths? Do you love gymnastics, swimming or dancing? Have you ever wanted to have a go at something a little different? Why not try synchronised swimming?!

Dunfermline Synchronised Swimming Club meets once a week at Carnegie Leisure Centre for two hours of fun and exercise to music. Our members range in age from 10 to teen (and we even encourage the adults to have a go every so often!) and come from all parts of Fife.

We now have spaces available and are looking for young people from ages 8 who want to take part in a fun activity and learn a new skill.

If you would like to know more, or arrange a visit to see us, then please call Catherine Davies (club secretary) on 825094 or Lesley Bloomer (coach) on 07974 823249. We look forward to hearing from you!

Cedar Inn Social Club

Hello to all our friends in Dalgety Bay! The last donations from the social club were to the Senior Citizens Christmas Party and to the Shinty Club.

From letters received we believe the OAP's Party was a great success and of course we wish the Shinty Club all the best in the future.

The next Club function will be a Race Night. This event is open to ALL, club members or not...

£6 per person inc. light buffet

If you have never been to an Old Fashioned Race Night, come along and have a great time

Tickets for sale from Cedar Inn or at the Door To be held in the Institute, opposite the Cedar Inn, on 3rd March 2007, 7-30 pm for 8pm 1st Race 8pm - 8 Races, last One auctioned

Riding For The Disabled Association Book Stall

The Dunfermline Group is holding a

in
Dalgety Bay Parish Church on
Saturday 31st March 2007
at
10/00am - 1.00pm



St Columba's Episcopal Church, Aberdour

We meet at 11.00 a.m. each Sunday, generally for Eucharist. In March we will hold services on 4th, 11th, 18th and 25th. On Mothering Sunday, 18th March there will be a bring and share lunch in the church after Eucharist. Please come and join us.

This month falls in the season of Lent, which in the Christian Calendar is the time of the year for fasting in imitation of Jesus' experience in the wilderness of temptation. It is a time for preparation for Easter and although the rules for fasting are less strict than in the past, it is a time for control of appetites and spiritual devotion.

The traditional Lent evening meetings take place again this year on Wednesdays 7th, 14th, 21st and 28th March. We will be using Archbishop Rowan Williams' book "Christ on Trial: How the Gospel Unsettles Our Judgement". For further details on the location of the meetings, please call 01383 825 800.

Have you seen the grass by the side of the church? We are pleased to say that we eventually got the better of the knotweed and we now have a pretty grass lawn. Contrary to popular rumours circulating in Aberdour we do not plan to build a house there. Instead we will use it for social events just as soon as the weather allows. T in the Park may take place further up the M90; we plan T on the lawn.

We have a wonderful church in Aberdour which is filled with happy and interesting people. If you would like to be involved then come and join us at one of our 11.00 a.m. services. If you really want to find out what makes us tick, then come to the lunch following the service on Mothering Sunday. I first walked into the church as a complete stranger six years ago, and I have made a number of friends there, that without, my life would be less colourful and less fun; even without the spiritual guidance that comes from above. Whatever I have contributed, I have been repaid back one hundred fold. Come and join us, you will be made most welcome.

Diocese of St Andrews, Dunkeld and Dunblane
Bishop David Chillingworth

St Columba's Episcopal Church Aberdour
St Peter's Episcopal Church Inverkeithing

Services are held each Sunday at 11.00 a.m.
Evensong is sung at 6.30 p.m. on
the 5th Sunday of the month at St Columba's.

Rector: Rev. Canon Val Nellist
28 Glamis Gardens, Dalgety Bay
Telephone 01383 824066

Dalgety Parish Church



Dalgety Church supports 'Fair-Trade', and is registering as an 'ECO Congregation'. Both of these are linked and particular relevant as 'Spring' begins.

The first two weeks of March are Fair-Trade fortnight. Consumers can help to improve the situation for third-world producers, by buying direct from farmers at reasonable prices. The farmers receive a minimum price to cover the cost of sustainable production and an extra premium that is invested in local development projects.

Church 'Coffee Mornings' now use Fair-Trade coffee, and makes available a whole range of Fair-Trade goods through stalls at church events. We encourage the purchase of Fair-Trade products from Church, shops, catalogues.

The Church is also actively pursuing an environmentally friendly programme. Eco-Congregations are found all over Scotland and the UK, in Presbyterian, Catholic, Episcopalian, and every other church denomination. The aim is to show respect and care for God's creation in spiritual and practical ways. We share the conviction that our society's exploitation of the natural world is contrary to God's law; and that to do nothing in the face of environmental destruction is to fail in our duty to worship God and to care for the poor.

We plan to make the link between environmental issues and Christian faith, and to grow in faith and understanding

We plan to take practical action in the church to put God's house in 'green' order.

We plan to Influence attitudes and take action in the community, to change our environment for the better.

Everyone, whether member of this church, another church, or no church is welcome to play their part in these Eco-responsible plans. Contact us on Sunday at church services at 9.30 am and 11.00 am. Younger people meet alongside the 11 am service, and there is also a crèche at this time.

Young teenagers are invited to meet on Sunday evenings from 7pm, for a time of discussion on topics such as these, as well as a time of worship and fellowship.

Dalgety Church is one of the Forth Churches group which includes Aberdour, Inverkeithing and N Queensferry. There are also strong ecumenical links with other churches in this area.

Advance notice of services leading up to Easter.
Monday : Inverkeithing Parish (St Peter's)
Tuesday : North Queensferry
Wednesday, Thursday & Friday: Dalgety Church
Services are open to anyone. We aim to be at the Heart of the Community with a Heart for the Community.

Cornerstone Full Gospel Church

Friday 16th – Sunday 18th February 2007. The much looked forward to LELA Weekend Conference will be held in Tulliallan Police College, Kincardine at which Pastor Hazel Carr will speak on the subject of "Freedom". All the ladies who are coming are excited and as with all the previous conferences, they know that something very special is sure to happen! We will be sharing the location with the Church of Scotland who also have a conference that weekend and it will be nice to see them.

It is always wonderful to be able to testify about God's active presence amongst us and Mary from the Cornerstone Full Gospel Church can certainly do that! She has had arthritis for a number of years now and until around November last year had been in particularly severe pain in her head. She was on a lot of medication to relieve the pain but it had become so bad that she could not even turn her head and to stand up and sing in church was agony. However, late last year, healing began and the pain in Mary's head has never returned! She can now travel distances, turn her head and sing without any pain or discomfort at all in her head. We all thank and praise God for His wonderful healing in Mary's life.

We are looking forward to join with the other churches for the World Day of Prayer on Friday 2 March 2007.

Our weekly services which take place at 11.00 a.m. and 6.30 p.m. on Sundays continue to be a blessing to those who attend. The message is always challenging and thought provoking, with praise and worship that stirs the spirit. After the evening service, there is a tasty finger buffet which is enjoyed by everyone and is a time when people can mix and have fellowship together.

The Cornerstone Church runs three weekly house groups for *Bible Study* on the following evenings commencing at 7.30 p.m:

Wednesdays Dalgety Bay
Thursdays Dalgety Bay and Falkirk

Noah's Ark Toddlers Group together with mums or dads meet every Tuesday morning in the church from 9.30 to 11.00 a.m. Tel 01383-825095 for more details.

Forthcoming Events

Friday 16th – 18th February LELA Weekend Conference at Tulliallan Police College, Kincardine. Speaker Hazel Carr.

TeenSeen

Drop-in centre for teenagers aged 12 - 19 at Dalgety Bay Clinic on Wednesdays 3.45 - 5pm, for confidential advice and help on all aspects of teenage health and welfare.



About 80 people attended the DBHS Annual Cheese and Wine evening and we all enjoyed a good night by all accounts. There was plenty of food, plenty of drink and plenty of socialising to do. There was entertainment from two young fiddlers, Ena and Catrin Paul, which really went down well. Those kids are great and very accomplished. They are both members of the Fife Strathspey and Reel Society and play at many concerts. As I said on the evening, I wish I had their concentration but I'd draw the line at pigtailed or pink baubles in my hair. I'm told the quiz was a bit nasty this year. I must have had too much time on my hands. Thank you to everyone who helped with the catering, the setting up and taking down of the hall and a special thank you to everyone who laughed at my stories.

Again, if anyone out there knows anything about DBHS in the early days, please call me. I'd like to have a chat with you and put some history behind us.

Our March meeting is a presentation on Domestic Recycling by Hayley Williamson and Paul Doherty from Fife Council. It takes place on Friday 2nd March 2007. We are also running a Coach Trip to see the Cambo Snowdrops on 18th February, which is a members only outing.

Dalgety Bay Horticultural Society (DBHS) holds its meetings on the first of each month at 7.30pm in Dalgety Bay Community Centre. You are welcome to come along to our meetings and, who knows, you may be convinced to join us. We offer discounts on seeds, chemicals, organics, seed potatoes and bedding plants, which we buy in bulk. Trees and shrubs are on offer and at very reasonable prices. We hold a plant sale in May and our Annual Show is in September. Discounts at various horticultural establishments are offered. We also have around 50 allotments in Dalgety Bay.

If you think you may be interested in joining, please phone **Michael Gourlay on 01383 823425.** He will give you all the information you need.

Ryan and Calder

Veterinary Surgeons, have extended their consulting times at their Dalgety Bay surgery. We are open late on a Tuesday and Thursday evening until 7pm and on a Saturday morning until 12noon. (All consultations by appointment). Our telephones now transfer to our main surgery in Dunfermline when Dalgety Bay is closed so it is possible to make appointments at any time of the day.

Dalgety Bay Folk Club

presents

**Fife's own
KINRICK
Folk Trio**

**Friday 16 March 2007
at 8.00 pm
in
Dalgety Bay Sailing Club**

Tickets

Members - £5.00

Guests - £6.00

From Colin S Hay - 822732

or Marcus Stout - 822143

email:db01folkclub@gmail.com

ADMISSION BY TICKET ONLY

Look who's performing at Dalgety Bay Bowling Club

AWARD-WINNING entertainer Mark Roberts is back at one of Scotland's top theatres for the second time in four months by popular demand.

The mad-cap man who is described as a cross between Scotland's own Billy Connolly and the



infamous comic Freddie Starr is totally unplugged this time!

Roberts said: "It's been fantastic since returning to the UK, and I'm so glad I chose Scotland."

Saturday, March 17 (7.30pm) is the date for Mark's latest production (not suitable for

under 18's) and since his last Carnegie appearance his rock 'n' roll act has been going down a storm at clubs throughout Scotland. The English-born entertainer has wowed Scots audiences from Inverness to the West Coast and all over Central Scotland with his unique brand of interactive humour.

Mark's pre-Christmas residence at Brewers Fayre, appearances at bowling, cricket and Masonic clubs in the Lothian's, and at The Police Club in Livingston and at several leading holiday parks north of the Border have quickly established Mark as one of *THE* entertainers on the circuit.

He already has bookings for a number of leading clubs and for business events in 2007, including a major trade exhibition in September and the Fringe in August. He has also enjoyed extensive media coverage since his arrival in Scotland.

Previously, the performer spent 17 years on the popular holiday island of Gran Canaria and sold-out notices were posted nightly at the 1,500-seat Castillio de Aguires auditorium. He packed them in on a regular basis at Puerto Rico's top venues including The Barbacoa and La Fiesta and The Jockey in Playa de Ingles.

Mark, who now lives in Fife, started his solo career by chance when he was in a band. One night when the amps failed he launched into an impromptu routine. After spending a few years perfecting his routine, Mark moved to the holiday camps of the West Coast and the cheeky chappie with a boyish grin was invited to try his luck on the competitive circuit in the Canary Islands.

It wasn't long before his unique style of off-the-cuff, in-your-face humour took him to the top of the tree on the sun-kissed island. He won the coveted Golden Mike Award for best newcomer and followed up with Best Male, Best Comedy Show, Most Original and Best Act and My Travel Holidays voted him Best All-Round Entertainer.

You can see Mark at Carnegie Hall on March 17th in his stand-up show with one of Scotland's top girl group as his special guests. Further dates for the now labelled (by the press) Freddie Starr Rock n Roll Show are:

March 2nd - Cleland Club, March 9th Bankton Hall, Livingstone, March 10th St. Brides, Edinburgh, Regal Theatre, Bathgate, to name just a few. **Also his vocal show often can be seen exclusively at our very own Dalgety Bay Bowling Club.** The adult show returns at St. Brides for the fringe Festival on the 21st, 22nd, and 23rd of August. He's a very busy boy!

FURTHER DETAILS: Nigel Duncan of Nigel Duncan Media on 0131 449 6682 or 07836 663 058

Dalgety Bay Senior Citizens Club

Our annual Scottish Afternoon was enjoyed by 54 people. The entertainment provided by the Andrew Nairn Concert Party with Doreen Arnott was, as usual, excellent. Poetry readings by Bill Tulloch proved a welcome addition to our programme but, unfortunately coincided with the funeral of one of our long-time members, Vera McGonigal, who will be sadly missed.

The slide show by Jim Evans had to be held a week earlier than scheduled. The subjects covered were the Western Isles and St. Kilda; Alnwick Castle and Gardens; Northern Castles. Everyone appreciated the quality of photography and the work involved in compiling the accompanying sound track which resulted in such an interesting presentation.

The slightly amended programme for March is as follows:

Thursday 1st - Al's Pals Band with Alex Terris
Annual General Meeting followed by Bingo Games (Whist, Dominoes etc)
Third Generation Concert Party
29 - Games

For further information contact *Lena McLaren*
(Tel. 823167)

Aberdour and Dalgety Bay WRI

The February meeting was held in the Community Centre Shore Road Aberdour and Mrs Elaine Nicoll presided and welcomed Mesdames Jennifer McCrae, Joan Dryburgh and Chris Short of Antiques and Gifts Aberdour. The ladies set up three tables showing items from the sewing room, the kitchen and the 20th century. Members had to answer questions relating to the items. There was alot of guess work but also some very knowledgeable members and at the end of the evening Brenda Burrows of Dalgety Bay emerged as the winner.

Members are reminded about the following;
17th March S.W.R.I. Variety Concert
Lochgelly Centre 2pm

21st March 'The Hot Mikado' at Markinch
The next meeting is on 14 March when Chris Short will be the speaker and her subject 'Witchcraft'.

Competitions;a round of shortbread, a knitted hat and a garden flower of the month.

Visitors and new members always welcome.

Audrey Taylor



The start of the cricket season is approaching fast. As preparation for the season the club has organised a block of indoor net sessions at the Dalgety Bay Sports and Leisure Centre. These will take place on Sunday mornings, starting on the 11th March, between 10:30 and 12:00. Sessions will be open to be both junior and seniors.

This year the club will be competing in East League Division 6. The season starts on Saturday 28th April with fixtures each Saturday until the end of August. The club will also be playing in the Dunfermline and District Midweek League. This is a 20 over a side competition taking place on midweek evenings. The club will also play a limited number of Sunday fixtures that will allow us to give any new players and some of the juniors match experience. To date fixtures have been arranged home and away to Doune.

The club is always open to new members. Anybody wishing to join us should either contact Paul Vincent on 01383 824213, or just turn up at the indoor net sessions



It doesn't seem so long ago that it was Christmas and here we are heading into our Easter break. February was an extremely busy month that, along with our Valentine's Day and Chinese New Year celebrations, included a visit from Helen with her various pets and also a visit to the pet shop located at Dobbies. March brings St David's Day, St Patrick's Day and Mother's Day, all of which we hope to celebrate in some way, if time allows. Also, on our last day of term, we are planning a visit to the Fire Station, which is always very popular with the children, and more so with the staff and mums. [I wonder why?] Collection for our **Rag Bag Scheme** is on **Friday 9th March**, so if you have any old clothes, bedding, shoes, bags, belts etc. bag

them up and drop them off at the Community Centre or phone 825391 during playgroup hours to arrange a pick - up. Also, please remember **Friday 2nd March** is our fundraising '**Ladies Pamper Night**'. It is being held in the Sports and Social Club [next to Tescos] from 7.30pm and tickets for this event are priced at £3.50 and are available from parents and staff, or you can come along and pay on the night if numbers allow. This is a great way to unwind after a busy week and to spoil yourself with some pampering - nails, make - up, reflexology and various stalls including Body Shop, Candles and Avon. Please note: to register your child's name for Donibristle Playgroup you can contact Jean Reid on 822429, Community Centre on 825391 or call in during playgroup hours [Mons/Weds 9.30-4.00 Fri 9.30-1.00]. We take names from birth and early registration is advisable

Dalgety Bay Amateur Football Club

Hello again from the sidelines well we are building up to some exciting social evenings as you will have seen in the forthcoming events. A sponsors presentation night on the 15th when we are presented with cheques and new football strips by the sponsors involved in the club. Their support has been invaluable in moving the football club forward this year and obtaining new training equipment and coaching courses through sport Scotland's sports match scheme.

And then on the 31st March we are holding a fundraising race night and disco to help with club funds. Tickets are only £4 for this and can be purchased from the sports and social club, from any team player or tel. 825263 or 830750 for details. Last years tickets sold out and great fun was had by everyone there, with horseracing, disco and buffet so this years will be just as good if not better so don't miss out tickets do sell fast for this.

The real news from the sidelines is that not very much has happened since the Christmas break. The weather has played a major part in upsetting the fixtures list and in the last couple of months we have only played a few games and those have been a real mixed bag of results. The good news is we are still in 2 cup competitions. The 1st division cup we are through to 2nd round and in the league cup we are through to 3rd round. Our intrepid

manager Andy Healy has been scouting around looking at players who may be interested in playing for the club, further news on this next month. If anyone reading this is interested in playing amateur football or even just joining in the training with the team then come along to one of our training nights on a Tuesday from 6.30 pm at the Sports and Leisure Centre or contact Andy on 830750. Equally if anybody is interested in helping with the social side of the club then get in touch with Lawrie on 825263. Until next month, keep dribbling !!!



New Yoga Classes

"Yoga is a way of moving into stillness in order to experience the truth of who you are. It is also a way of learning to be centred in action so you always have the clearest perspective of what is happening and therefore able to respond most appropriately. It is an ancient process designed to help you uncover and discover your true nature so you can live daily life with a new awareness."

So come and discover your true nature at Dalgety Bay Church Hall every Thursday morning at 10.00am-11.15am also classes held at FigureWorld in Dunfermline on Wednesday 10.00am-11.15am and 7.00pm-8.15pm.



YogaBugs

Using traditional yoga postures, breathing and relaxation techniques, children are led into exciting adventures and magical places. They will often jump on a magic carpet, surf down a mountain or fly off in a hot air balloon! They meet mermaids, dinosaurs and astronauts, swim with dolphins, play football with crabs and all their adventures are happy endings – the children are always the hero!! Yoga postures integrate balance, co-ordination and movement. The class structure is fun and uses a child's natural powers of imagination and creativity.

YogaBugs helps maintain a child's natural flexibility and is a complete form of exercise in a safe and non-competitive environment.

YogaBugs classes are held in the Sports Centre Dalgety Bay on Monday 3.30pm-4.15pm and Tuesday 1.50pm-2.30pm.

For further information on any of the above classes please contact Morag Patterson on 07776350611 or e-mail yogimo@hotmail.co.uk.

A Swimming Club for Adults

Would you like to be fitter than you are?
Have you struggled to find enjoyable and motivating exercise?

Regular swimming improves the condition of the heart and lungs and is the ideal, all-over, low-impact body workout. It will also help you achieve and maintain flexibility. Swimming

also has a skill element, which is mentally stimulating, as you learn to improve your stroke.

The Dunfermline Swimfit Club has been running continuously for over 20years, and caters for Adults interested in Swimming for fitness and health.

We have a number of longstanding members from Dalgety Bay, Aberdour and the Dunfermline area. The club is non-affiliated and non-competitive, just a friendly bunch of people of mixed ability who enjoy swimming. We do offer informal stroke improvement advice to those who are interested, although this is optional.

Currently we meet at the Cowdenbeath Leisure Centre on Wednesday evenings from 8.30 - 9.30 p.m.

The Club now has limited places for new members and can offer opportunities to those who wish to:

- Improve swimming strokes
- Gain water confidence, fitness and stamina
- Enjoy social disciplined lane swimming
- Get stress relief and relaxation through swimming
- Have regular weekly Club sessions

If interested please phone **Brian Malcomson: 01383-823807**

Woodland Liaison Group

Everyone will have noticed a great deal of activity in our urban woodlands in recent weeks. Work organised by Simon Lockwood of Scottish Native Woods has been in hand to improve the health of the woods and to improve accessibility. Diseased or dangerous trees are being felled, branches lopped, and some thinning to allow more light to reach the ground taken place. In Ross Plantation part of the pond has been cleared out; in Bogend Wood paths have been resurfaced, and regular litter clearances are in hand in all woods. No doubt by the time you read this other improvements will have been made. All this is the first stage of a two-year Management Plan part-funded by the Forestry Commission and part by Fife Environmental Trust. Although we understand that the Forestry Commission grant scheme is due to end in 2008, we hope that it will be succeeded by a new scheme to be set up by the Scottish Executive. In the meantime, do take an interest in what is going on and we hope you find the end result worth the effort.

Andrew Cook (Acting Secretary)825222

Traidcraft

Munch it, Wear it, Taste it, Choose it
Fairtrade Coffee Morning
Saturday 3 March 2007
10.00am - 12 noon
at Dalgety Parish Church
All Welcome

Mrs Vera McGonigal

Mr C McGonigal and family wish to pass on their very sincere thanks to neighbours and friends in the district for the many cards and sympathetic messages received following Vera's death on 31st January 2007.

Also included in our sincere thanks are the Rev. Donald McCorkindale for his comforting words and the service from Co-operative Funeralcare.

The collection for MND raised £256.10.

Mr C McGonigal

Shoreline Studio



EXHIBITION

13 Jan - 27 Feb
"Scotlands Shores"
3 March - 17 April
"Forgotten Memories"

Picture framing service
Ian B McCrorie Associates
Chartered Architect • Project Manager
Planning Supervisor
Shoreline Studio, 2 Shore Road,
Aberdour (telephone 860705)
www.shoreline.sco.fm