

South Dunfermline Community Council Newsletter

my community news

Issue No. 140 Spring 2022

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



Hello!

It's a lovely, but cold day outside...Spring is on the horizon! Hope everybody is well and had a great Christmas and good start to 2022. Apologies there was no newsletter in December, it was produced, printed, sorted and ready to go...then like a lot of things in December was cancelled at the last minute due to Omicron! If anybody has any good ideas for 4,000 copies of the newsletter please let us know, otherwise they will be added to the council's recycling target!

Can we plan any events this year? We would like to, a provisional date of 20th August has been pencilled in for the return of the South Dunfermline Gala, but as the article on page 29 says this will only be possible if we can get some help. The Young at Heart Club's Christmas lunch is going ahead on 4th April at Pitreavie Golf Club, having been postponed from December.

On a related note, the community council is sadly down to 8 members, new members are always welcome!

We had our first face-to-face meeting in February and thanks to The Pitbauchlie House Hotel for allowing us the use of one of their meeting rooms each month from now, it is really appreciated!

Hopefully this year we will get back to producing four issues per year of our quarterly newsletter. There are a few areas that we need new volunteers to help with deliveries, so if you are interested, please get in touch.

Should you wish to advertise, more details can be found on page 2, and remember all the local businesses that advertise with us if you are looking for assistance.

Hope everyone has a good Easter and gets lots of chocolate!

Alasdair Kay

SDCC Chairman

In this edition...

- Easter Colouring Competition
- The King Malcolm Roundabout
- Defibrillators



South Dunfermline Community Council



sdcc2014@outlook.com



www.southdunfermlinecommunitycouncil.com



South Dunfermline Local Councillors



Conservative - David J Ross (01383 418570)



Labour - Ross Paterson (07515 290182)



Lib Dem - James Calder (07825 604016)



SNP - Fay Sinclair (07885 447252)

South Dunfermline Community Council

Chairman - Alasdair Kay (07756 813766)

Vice Chairman - Dave Rodger

Treasurer - Mhairi Divertie

Secretary - Vacant

Members: Marion Knapman; Sharon Waugh; John Ure; Morag Ure; Thana Mitchell

Pitcorthie & District Events Committee (PADEC)

Chairman - Alasdair Kay (07756 813766)

Treasurer - Mhairi Divertie

Secretary - Morag Ure (736651)

Communications - Thana Mitchell

PERMISSION SHOULD BE SOUGHT FROM THE EDITOR BEFORE REPRODUCING ANY ARTICLE FROM THIS NEWSLETTER.

ALL ADVERTISEMENTS ARE PRINTED IN GOOD FAITH AND SDCC NEWSLETTER CANNOT TAKE RESPONSIBILITY FOR THE CONTENT.



South Dunfermline Community Council meets on the 1st Tuesday of every month, apart from July and August, at 7.45pm.

NEWSLETTER

Editor - Thana Mitchell (07427 695323)

Treasurer - Mhairi Divertie

Advertising - Thana Mitchell

Design - Dave Rodger (07971 939259)

Communications - Thana Mitchell

OUR NEWSLETTER DEPENDS ON ADVERTISING. PLEASE CONTACT US IF YOU WISH TO PLACE AN ADVERT:

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Advertising Costs:

1/4 page advert – £23 per quarterly publication 68mm (W) x 97.5mm (H)

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WE'RE LOOKING FOR A:

- Secretary
- Social Media Assistant

Have a few hours to spare? Volunteer with us as a secretary to record and type up minutes. We meet informally once a month on a Tuesday for about an hour and a half.

Like social media? Help us post and share information regularly to our community on Facebook.

If you are interested in these volunteer positions, please get in touch: sdcc2014@outlook.com





Community Police Report

There have been changes to Dunfermline South Ward and we have 2 new community officers who started as of 31 January - Ross Menzies, who previously had been a community officer for Dunfermline Central and he will be joined by Vincent Gieldon-Bruce.

South Ward is made up of three areas; Duloch, Pitreavie and Abbeyview. Here is the breakdown of calls received:

Pitreavie – 97 calls made to Police

Scotland resulting in 16 crime

reports

Duloch – 115 calls made to Police

Scotland resulting in 17 crime

reports

Abbeyview - 196 calls made to Police

Scotland resulting in 35 crime

reports

Priorities for South Ward are:

- Antisocial behaviour
- Speeding
- Parking issues

Ross is actively looking for adult volunteers to apply for Community Speedwatch. They will be provided training using the UNIPAR device and will be taken out to identified areas that need attention. All applicants will be required to go through vetting and applications will be provided to anyone who is interested.

Masterton School Report

The start of the year has been very busy at Masterton. January through to March is the longest term and one where traditionally in schools the most work gets done. All pupils are working very hard, as are their teachers.

P.1 enrolment for new pupils starting in August is currently taking place. This is being done online. If your child is due to start at Masterton in August please ensure that you have filled in the online enrolment form by around the middle of March at the latest. This will give us time to look at numbers and how classes will be configured. If you have any questions about it please don't hesitate to contact the school.

During February all the pupils learned a Scottish Poem to celebrate Burns Day, a tradition in many schools. The pupils had to recite their poems to the rest of the class and then the best pupils went forward reciting their poems at a virtual assembly. Well done to all the pupils who took the time to learn their poem! Not an easy task at the best of times.

There has been a lot of new property developments going on in the field next to the school. We have recently had new pupils from Redshank Crescent, Dunnock Road, Goldcrest Place and Constantine Place amongst others. They are all very welcome to the school. No doubt we'll have a lot of new children as the house building continues.

Stephen Humphries - Headteacher





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We are a long established playgroup at the heart of the community for over 40 years providing a safe, fun and nurturing environment for children aged $2\frac{1}{2}$ to 5 years old.

We offer both morning and longer sessions from Mondays to Fridays with funded places available through Fife Council.

- Weekly woodland walks
- Healthy snacks are provided
- Childcare vouchers accepted
- Members of Early Years Scotland, regularly inspected by Care Inspectorate and HMIe

Check out our new website!

John Marshall Community Centre | Pitreavie Primary School Grounds
Pitcorthie Drive | Dunfermline, KY11 8AB | Tel: 01383 602382 / 729666
www.pitcorthieplaygroup.co.uk | Find us on Facebook



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Pitreavie Playgroup



The Playgroup is situated in its own bungalow with a secure garden and plenty of free parking. There are a maximum of 12 children at each session.

- Funded places for 3 and 4 year-olds
- Places available for children aged from 2 years old
- Choose from morning, afternoon or all day sessions
- Open: Mornings for 50 weeks of the year and afternoons during term time



For more information or to arrange a visit, please contact Fiona on 01383 622107 or 07811 219785 pitreavieplaygroup@hotmail.co.uk www.pitreavieplaygroup.com Find us on Facebook

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First for Fife as Scottish Government Funding Improves Plastics Recycling

(edited article)

Fife Council has been awarded £470,000 from the Scottish Government's Recycling Improvement Fund to develop plastic film recycling services locally, from March 2022.

Enhanced sorting will continue to see Fife delivering high quality material into the marketplace, while offering comprehensive recycling services to residents. By fully reprocessing the material in Fife, this will ensure that local jobs are created and supported for local people.

Fife Council was awarded the money, and the project will be delivered by Arm's Length External Organisation, Cireco. Fife is the first council in Scotland to offer this service, continuing Fife Council's and Cireco's commitment to do more locally to help combat the global climate emergency.

Cllr Ross Vettraino, Convener - Environment, Protective Services, said:

"The Council is very pleased to have been awarded this funding, which will ensure that Fife residents will have more opportunity than ever to recycle their waste. Fife will be the first Council in Scotland with the ability to accept flexible plastics (plastic film) at the kerbside for recycling.

From March next year, however, plastic film can be deposited in the green bins and will be collected at the kerbside and reprocessed at the Council's recycling facility in Dunfermline. Not only will this be a financial saving and a huge boost to recycling in Fife, it will be another positive step towards a circular economy."

The £470k will fund a 'Tomra Optical Sorter' that will segregate flexible plastics (plastic film) from plastics and cans collection. From March 2022 the flexible plastics will be diverted from landfill and will go to local markets for recycling into new products. This means a far higher percentage of our collected cans and plastics will be recycled.

Plastic film is currently a contaminant waste that makes up about 20% of the current recycling waste collected. The main saving from the scheme is a reduction in the costs of landfill tax, a cost avoidance of over £100k each year.

The Scottish Government's Recycling Improvement Fund invites applications from all local authorities in Scotland to submit projects to improve services and treatment infrastructure. The fund aims to help communities move to a more circular economy, where materials and products are kept in use for as long as possible, and where new economic opportunities and social benefits flourish, as we move away from short-term, wasteful, throwaway approaches. It also encourages partnership project proposals from local authorities with the private and third sectors.

Zero Waste Scotland is administering the Recycling Improvement Fund, which is set to transform Scotland's recycling infrastructure.

Source:

www.fife.gov.uk/news/2021/first-for-fife-as-scottish-government-funding-improves-plastics-recycling



Easter at St Leonard's

Wishing Peace and Love to all



Passion Sunday Maundy Thursday Good Friday

Garden Gathering

followed by a light breakfast

Easter Celebration

10th April 10.15 am 14th April 7.00 pm

15th April 7.00 pm

17th April 9.00 am

17th April 10.15 am



Join us this Easter at St Leonard's Brucefield Avenue

ff stleonardsparishchurch.org.uk

SC00779







A message from St Leonard's Parish Church

Angels Everywhere?

We use the word 'angel' a lot, and in the last couple of years we have really come to appreciate the ones we see around us. These are often family, neighbours, strangers, nurses, but also those amazing key workers that we depend on and perhaps don't always thank enough.

We are now much more conscious of the need to help others, to be kind - appreciating the small stuff.

This Christmas past the Dunfermline "angels everywhere' initiative came to our town centre in the form of an exhibition of over 1200 angel wings decorated by local children including Pitreavie and Canmore schools.

Students at Fife College provided two stunning outdoor installations of wings where you could get your Christmas Angel selfie. Even guide dogs joined in!

This was also a chance to think about where we experience angels in our day-to-day lives and perhaps even how we can be someone's angel.

This reminds us of the angels that appear in the bible. They come from God as messengers, guides and helpers, to give reassurance and as protectors - qualities we admire and value in our community. Christmas may have passed, but the need for angels in our lives is just as strong, and the need for us to be an angel for someone else, still so important.

The thing about angels is that they really are everywhere, not only in the predictable places, and never forget that we can all be one too. Look out for services and events at St Leonard's.

- Find us on Facebook and our website:

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Update

The King Malcolm Roundabout

If you are a regular reader of the South Dunfermline Newsletter, you will know that the community council has had an ongoing wish for many years to see the King Malcolm Roundabout tidied up, a project that we named the "Southern Gateway to Dunfermline".

This was a project that was started by my late mother, Ann Kay around 2015, she had been a member of the community council for many years. Given her desire to see the entrance to both Dunfermline and Pitcorthie spruced up, we have continued the fundraising efforts that she began as we felt that we should finish the project for her.

Thankfully those efforts have now paid off and following discussions with Councillor Helen Law, we now have all the funding in place to allow this project to happen.

We recently had a meeting with Council officers from Transportation and Parks, Streets and Open Spaces and they have given us their feedback. Currently, there are issues with maintaining the existing bushes as they are too close to the road; lane closures have to be put in place to allow maintenance to be undertaken and protect the workers. Future plans should therefore consider some form of hard landscaping nearest the road and a lot of the overgrown shrubbery should be cut back.

Discussion has also been had around the possibility of a sculpture on the roundabout - everybody refers to this junction as the "King Malcolm Roundabout", and although we are unsure of plans for the now sadly closed hotel, should there be a sculpture of King Malcolm?

What we are looking for is some feedback on what you would like to see. Dunfermline is a historic town and many tourists arrive from the south.

What in your view, would look good and help to promote our historic town? (who knows potentially a city soon?)

Let us know your thoughts via email: sdc:2014@outlook.com or message us on Facebook.

As an update on this project, we have spoken to a contractor who would be willing to help, but Fife Council would like us to get plans of the proposed work drawn up by a landscape architect. This is proving to be tricky as the company we spoke to pre lockdown have since retired, and other companies are either not interested in this project or do not currently have the capacity to take this work on.

We are now dealing with the Parks Development Officers at Fife Council to try and push this project forward. We have the funding; we have a works contractor...we just need some ideas and plans to proceed.



Join us as we celebrate our 100th Anniversary with many golf and social events planned for 2022! Check out our website for updates. Our Clubhouse is currently being refurbished and the Carnegie Lounge now boasts a Games Room with a large screen TV, pool table, darts board and chess table.

Monthly quizzes take place on the last Friday of each month with a pre-quiz dinner offered. Sample our latest menu with an extensive choice of tempting dishes, served in our newly decorated lounge with views overlooking the 1st tee and the 18th fairway and green. Pop in for a social membership at only £20 per year and bring along family and friends to experience our fantastic food and scenery!

Interested in holding an event? Please contact Lynne Burnside, Bar & Functions Manager on 01383-722591 (option 3) or email: pitreaviebar@gmail.com for any enquiries.

CONTACT US

T: 01383 722591 | E: secretary@pitreaviegolfclub.co.uk www.pitreaviegolfclub.co.uk

Social Membership:

Only £20 per person from 30 June 2022 to 1 July 2023

Catering:

KDN Catering Sunday Lunch Specials (1 - 4pm): 2 courses - £10 / 3 courses - £12 Mid-week Winter Special Offer (12 - 3pm): 2 courses - £8.95

Golf Membership:

- Various memberships available (from juniors upwards and ladies)
- Memberships available from £295 (please check our website for current prices)
- Waiting list for full gents membership (hoping to open up in May) / finance available









The Benefits of Massage Therapy

Having a regular massage even for as little as 30 minutes once a month has a huge number of benefits, the obvious one being it helps us to de-stress and relax.

Massage helps to lower levels of anxiety by increasing our levels of "feel good" hormones such as dopamine, serotonin and oxytocin, it also decreases the release norepinephrine which is a naturally occurring chemical in the body that acts as both a stress hormone and neurotransmitter. It's released into the blood as a stress hormone when you are feeling stressed. So, by inhibiting the release of the stress hormone we feel more relaxed.

Massage also facilitates to reduce pain and the effects of aches and pains we may experience. It does this by promoting and increasing our blood circulation, which sends fresh, oxygenated blood to the muscles and joints. This increased blood flow warms the areas that may be sore and help to reduce the pain and stiffness. Less stiffness results in better range of motion of an achy joint.

Not only do Serotonin and Oxytocin act as "feel good" chemicals to help de-stress us but they are also the body's natural anti-pain chemicals that help to eliminate pain and relax our muscles and joints.

Research has also shown that receiving regular massage therapy boosts our immune system, by increasing the blood flow throughout the body as it aids to flush out unwanted toxins that may contribute to illness or disease. Massage also increases the activity of white blood cells that help our

body fight diseases whilst also reducing the stress hormone cortisol, resulting in a feeling of relaxation.

Massage can also help alleviate headaches and migraines by easing muscle tension, relieving muscle spasms and relaxing tension held in the muscles of the head, neck and shoulders. When muscle tension eases there is less pressure on the nerves and blood vessels that supply them. If done regularly, massage can also prevent headaches and migraines from reoccurring.

Simeon Hunter - Massage Therapist



4 my community news – spring 2022



Pitreavie Golf Club

Pitreavie Golf Club Celebrates Centenary Year

Pitreavie Golf Club kicked off their 100th anniversary celebrations with their first event on Saturday 8th January where their centenary flag was raised by club captain, Barry Hynd and vice captain, Ewan Cameron.

"The centenary birthday, the day the club officially opened, is not until 17th June but we've planned a year of centenary celebrations."

"We will be having a series of dinners and social events for members, current and past employees and office bearers," elaborated Ewan Cameron, who is also the chairperson of the centenary sub-committee.



The highlight of the Club's centenary celebrations will comprise of a weekend of competition from 17th – 19th June, where players will compete for the Dr Alister MacKenzie Medal and also the hosting of the Fife Team Championships.

Pitreavie Golf Club, a 18-hole, par 71 parkland course was officially opened on 17th June 1922. The ground on which the course is laid out (part of the Pitreavie Estate) was leased from the Trustees of the late Mr Henry Beveridge of Pitreavie and it was largely due to a small body of leading Dunfermline businessmen, headed by the late Mr James Currie MacBeth, that the club was formed and the course constructed.



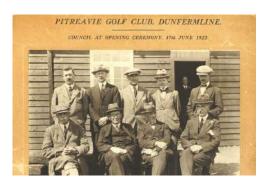
The course was designed by the internationally-renowned course architect Dr Alister MacKenzie (1870-1934), who is most famous for designing one of the world's finest courses at Augusta National in Georgia, home of the US Masters. His influence can be strongly felt at Pitreavie, not least in the double and triple-tiered greens and his use of the natural features of the land.

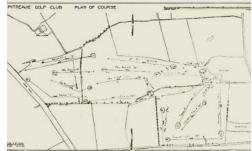
The fee to play per round was one shilling in 1923.

In 1939 prior to the outbreak of war, the Carnegie Dunfermline Trust agreed to provide the funds necessary for the erection of the clubhouse, but war related construction restrictions meant that this had to be postponed (even after the war the license from the Ministry of Works was still refused).

So, in place of a clubhouse, the Carnegie Dunfermline Trust purchased the ground in 1949 from the late Mr Henry Beveridge's Trustees and gifted it to the club.

During the war, part of the course was ploughed up and play was restricted to 12 holes.





In 1954 the Ministry of Works granted permission to the club to build a clubhouse. The club was not in a financial position to fund the construction, but the Carnegie Dunfermline Trustees gave an interest free loan of £4000 and building was commenced and completed in December 1955.

The clubhouse was officially opened on 19th May 1956.



Pitreavie Golf Club is indebted to the generosity of the Carnegie Dunfermline Trust and for the gift of the land Dr MacKenzie designed to be the challenging, fair and entertaining course its members can still enjoy in their centenary year.

For more information about membership and the Club, please visit their website: www.pitreaviegolfclub.co.uk and Facebook for event updates.

Thanks to Pitreavie Golf Club for kindly providing the photos and information.

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Health

Defibrillators - How They Can Save Lives

What is a Defibrillator?

A defibrillator gives a high energy electric shock - called defibrillation - to a person's heart through their chest wall when they are in cardiac arrest. An Automated External Defibrillator (AED) analyses the heart rhythm of a person in cardiac arrest and may apply a shock to enable the patient's heart to restart, or advise continuing with cardiopulmonary resuscitation (CPR).

A range of organisations, businesses, clubs, groups and communities across Scotland have already installed an AED. Many make them publicly available and to the emergency services: such Public Access Defibrillators (PADs) are key to strengthening community readiness to respond to an Out-of-Hospital Cardiac Arrest (OHCA).

Who can use a defibrillator?

You don't need to be trained to use a defibrillator - anyone can use it. They are simple and easy to use and you don't need any training. There are clear instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed.

Where can I find a Defibrillator?

Defibrillators are normally located in workplaces and public spaces like airports, shopping centres, community centres, and train stations. These defibrillators are known as public access defibrillators (PADs) as anyone can use them.

Training

Defibrillators are designed to be easy to use and will provide clear instructions to the user. Some PAD providers offer training to familiarise people in their usage and raise awareness of OHCA. This training can be done quickly and easily, and is best combined with learning CPR skills.

CPR Learning

Immediate bystander CPR keeps a person alive in the crucial minutes until a defibrillator can be used and an ambulance or other medical support arrives. A PAD's use is enhanced if accompanied by prompt, good quality bystander CPR, as this can optimise the device being able to shock someone in cardiac arrest effectively.

Save a Life for Scotland is the partnership working to facilitate CPR learning opportunities across Scotland:

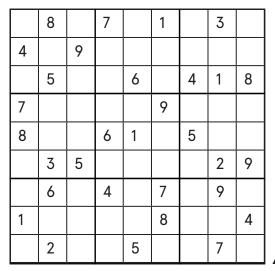
www.savealife.scot

References:

OHCA: A Strategy for Scotland', Scottish Government, October 2015: http://www.gov. scot/Resource/0047/00474154.pdf

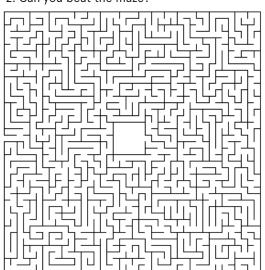
British Heart Foundation - www.bhf.org. uk/how-vou-can-help/how-to-save-a-life/ defibrillators

Puzzle Corner

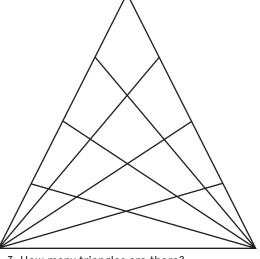


1. Sudoku

2. Can you beat the maze?



Answers on Page 25



3. How many triangles are there?

4. Brainteasers:

A) I tell of all things in the world that people do. I have leaves, but I am not a tree. I have pages, but I am not a bride. I have a spine, but I am not a man. I have hinges, but I am not a door. I have told you all. I cannot tell you more. What am I?

B) A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?

C) You are a cyclist in a cross-country race. Just before crossing the finish line, you overtake the person in second place. In what place did you finish?

D) Can you think of a common word that contains double C, double S and double L? Can you think of a second one?

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The Well is a place where you can drop-in, both in your community and online to find out information and receive guidance and support on all things health, social care and wellbeing to help you stay well and independent within your local community.

Professionals can now directly refer clients and service users to The Well.

The Well is still operating virtually every Monday and Thursday, 13:00 - 15:00, and every Tuesday to Thursday, 10:00 - 12:00.

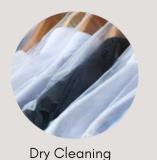
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Recipe

Easter Egg Cheesecake

Ingredients:

- Vegetable oil, for the tin
- 200g digestive biscuits
- 80g unsalted butter, melted
- 250g chocolate mini eggs or leftover Easter eggs
- 400g full-fat soft cheese
- · 150g icing sugar
- · 1 tsp vanilla bean paste
- 400g double cream

Method:

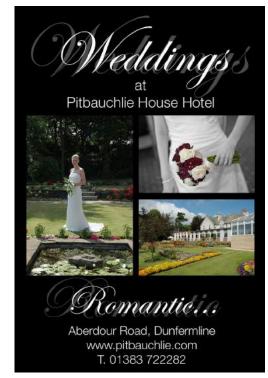
STEP 1 - Oil a 20cm deep springform cake tin and line with baking parchment. Tip the digestive biscuits into a food bag or the bowl of a food processor and crush or blitz to a fine crumb. Mix with the melted butter, then press into the base of the prepared cake tin and chill for 30 mins.

STEP 2 - Roughly chop half the chocolate mini eggs. Beat the soft cheese with the icing sugar and vanilla until just combined using an electric whisk. Clean the beaters, then beat the double cream to stiff peaks in a separate bowl. Gently fold the whipped cream into the soft cheese mixture along with the chopped chocolate mini eggs. Spoon the cheesecake mixture over the biscuit base, then smooth the surface with a palette knife or spatula. Chill overnight.

STEP 3 - The next day, carefully release the cheesecake from the tin (you may need to run a cutlery knife around the edge to loosen it) and top with the remaining whole chocolate mini eggs to decorate.

Recipe and photo: www.bbcgoodfood.com







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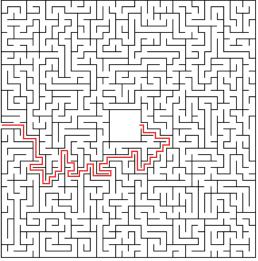


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5	6	8	4	3	7	2	9	1
1	7	3	2	9	8	6	5	4
9	2	4	1	5	6	8	7	3



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How many triangles? 64

A) A book

B) He is playing Monopoly.

C) Second Place. If you pass the person in second, you take second place, and they become third.

D) Unsuccessfully



Useful Numbers





Looking to book a room at the John Marshall Community Centre? Please contact Gillian at 01383 728962 for details.



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Help Needed

We Need Your Help!

Due to the Covid pandemic it has not been possible to run the South Dunfermline Gala for the last 2 years.

The Community Council would like to organise the event for this summer. Traditionally it has been the Saturday after the children return to school so this year the date will be 20th August 2022. This has always been a well-attended afternoon enjoyed by those who come along. The Gala was revived almost 20 years ago after a break of a few years and has proved to be a popular day in the local calendar.

South Dunfermline covers a huge area, but we have no central point that is large enough to hold an event of this size which has access to toilet facilities and electricity therefore we would propose to hold this in the grounds of Pitreavie Primary School as the grounds are shared with The John Marshall Community Centre.

If anyone is aware of a more suitable area, please let us know, we would be more than happy to carry out a risk assessment.

There are over 4000 houses in the area we cover so we are hoping some of you can find a few hours in the coming months to help provide the local community with some much-needed cheer. As a committee we have lots of contacts to provide entertainment and food. We also have a plan and a timetable and just need some people to help.

Please let us know by 15th April if you are able to help with the Gala.

Community Councils are Statutory Bodies who bridge the gap between the local communities and the local authority. They have the power to let public bodies be aware of the opinions and needs of local residents. For this to happen the residents have to interact with their local Community Council. If you are interested, please let us know as without this interaction we are voiceless. Our meetings are held on the first Tuesday of the month in The Pitbauchlie House Hotel from 7.45pm and last about 90 minutes.

If you feel you can give some time to the community you live in, please contact us via e-mail: sdcc2014@outlook.com or message us on Facebook or on our website. We will be pleased to have you onboard!

Morag Ure - SDCC Member









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Dunfermline Tennis Club	Pat Reid	724262			
UK Tae Kwon Do	Master Rooney	01786 845060			
Rosyth Bowling Club	Brian Heggie	07867 117710			
Charlestown Bowling Club	Bob Owens	872696			
Dunfermline Water Polo Club (DWPC)	Richard Metcalfe	727414			
Pitreavie AAC	secretary@pitreavie-aac.co.uk				
Dunfermline Bowling Club	Gaynor Hynd-Hill	732760			
Carnegie Harriers	enquiries@carnegie-harriers. co.uk				
Headwell Bowling & Social Club	A Falconer	731417 or 07530 270884			
Global Tae Kwon Do	Laura Cunningham	07791 850569			
Pitreavie Golf Club		722591			
Dunfermline Track & Field Club	membershipdtfc@gmail.com				
Fife Jive Dance	Bill Foreman	07962 041423			
Dunfermline Folk Club	Gifford Lind Jeanie Gardiner	729673 725872			
Highland Dancing	Mrs A Brown	734606			
Scottish Country Dancing	Amy Drysdale	659923			

Dance

Religion

Sport

St. Leonard's Church	Rev. Margaret Mateos	620106	
Dunfermline East Church	Rev. Andrew Morrice	07815 719301	
Dunfermline Free Church	Rev. Jeremy Ross	320155	
Anchor Boys	Janet Brown	732533	
Beaver Colony	Sarah Jane Dale	07894 505956	
39th Scout Group	Keith Strachan	735399	
Pitcorthie Playgroup	Mrs S Paterson	729666	
Pitreavie Playgroup	Fiona Barcroft	622107 07811 219785	
Dunfermline Dads		07809 406159	
Duloch Parent & Toddlers	Nicola Simpson	07855 329186	
Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112	
Dunfermline Floral Art Club	Jean McLean	738529	
Dunfermline Heart Support	John Ord	724809 07547 549286	
Dunfermline Historical Soc.	Mrs C Allan	722373	
Trondheim Twinning Assoc.	Gifford Lind	729673	
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