

# the Pen Mag

May 2023





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Royal Hospital for Children	0141 201 0000
Beatson West of Scotland Cancer Centre	0141 301 7000
Glasgow Dental Hospital	0141 211 9600

#### HELPLINES

Citizens Advice	01436 67911
Women's Aid	01369 706636
Rape Crisis	0800 121 4685
Samaritans	116 123
Childline	0800 1111
Scotland's Domestic Abuse Helpline	0800 027 1234
SAMH (Scottish Association for Mental Health)	0141 530 1000
Breathing Space - if you are feeling overwhelmed	0800 838587

**Coronavirus helpline**  
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#### Utilities

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National Gas Emergency  
0800 111999

##### Electricity

North of Scotland  
Scottish & Souther Energy Networks  
0800 300999  
Central & Southern Scotland  
Scottish Power Energy Networks  
0800 0929290

National Power Cut 105

##### Water

Scottish Water 0800 0778778

#### Argyll & Bute Council

Social Work Services  
01631 566 491  
Homelessness 0345 056 5457  
Housing Repairs 0800 028 2755

**POLICE SCOTLAND 101**

**EMERGENCY SERVICES**  
**FIRE, POLICE, AMBULANCE,**  
**LIFEBOAT 999**

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# What's On - May 2023

Community Groups are welcome to advertise their regular event slots in our What's On page.

If you know of any community groups that should be or would like to appear in What's On please contact [ronatmc@hotmail.com](mailto:ronatmc@hotmail.com)

## ASPIRE DANCE THEATRE

Gibson Hall, Garelochhead  
Mondays 1530

## CENTRE 81, GARELOCHHEAD

Please contact [katie@centre81.org.uk](mailto:katie@centre81.org.uk) for more information

### Ability Group

Creative project for adults with additional support needs.  
Tuesdays 2nd, 16th, 30th Mondays 8th, 22nd 11am-1pm

### Boccia & lunch

Boccia session for adults with additional support needs. With lunch provided following the session.  
Every Wednesday 11am-2pm

### Community Cafe

Homemade soups and a simple lunch which can be enjoyed by itself or whilst taking part in 'knit & natter' or board games.  
Every Thursday 11am-1pm

### Cafe n' Play

Session for young children and their parents/guardians to enjoy play and lunch. There is no cost for this session and lunch is provided for children and adults or please feel free to bring your own. There is soft play, toys, fancy dress, musical instruments, crafts etc  
Every Friday 11am - 1pm

### Sound Bath

Sound baths are a beautiful relaxing way to unwind and let go of all the noise and over thinking in your head. They create the means to allow the flow of vibrational energy, ease you into a meditative space and can aid natural, restful and restorative sleep.  
Tuesday 9th May 7pm-8pm

### Line Dancing

Line dancing session with tea and coffee  
Every Tuesday 1pm-3pm

### Carpet Bowls

Every Thursday 1pm-3pm  
[morevain@garelochheadstationtrust.Carpet](mailto:morevain@garelochheadstationtrust.Carpet)

### Helensburgh and Lomond Carers

Outreach sessions with Helensburgh and Lomond Carers. Holistic therapies and 1:2:1 appointments 10am-1pm. Activity groups and drop in 1pm-4pm.  
Every Thursday

## COVE COMMUNITY LIBRARY

Mon, Wed, Fri & Sat.  
Cove Burgh Hall Times on  
[www.coveburghhall.org.uk](http://www.coveburghhall.org.uk)

## COVE AND KILCREGGAN LITERARY SOCIETY

now finished till October.

[cklitsoc@mail.com](mailto:cklitsoc@mail.com)

## FOOD BANK

Howie Pavilion Rosneath 1-3pm  
Wednesdays.  
New collection point: Cove Burgh Hall 1.30-2.30 Wednesdays.  
Info from [peninsulafoodbank@gmail.com](mailto:peninsulafoodbank@gmail.com)

## FUNFIRST

Fun time and fitness for children 0-5yrs and carers, Mondays St Modan's Church Hall, Rosneath. 9.45am -11.15am  
Wednesdays Gibson Hall, Garelochhead, 10am-11.15am

## GARELOCHHEAD DOG TRAINING

3 classes Pups at 6.30pm  
[ghdogclub@icloud.com](http://ghdogclub@icloud.com)  
to join the waiting list.

## HELENSBURGH AND LOMOND CARERS OUTREACH

10.00-13.00 holistic therapies and 1:2:1 appointments. 13.00-16.00 drop in and activity groups.  
Fridays "Spring into Wellbeing" 09.30-11.00  
Personal trainer led exercise class followed by nutrition/wellbeing class. For more information contact [katie@centre81.org.uk](mailto:katie@centre81.org.uk)

## HELENSBURGH WRITING CIRCLE

Rhu Community Hall, Fridays 2pm.  
May 5th Reading from own work - an extract from a novel, poem, article or short story that you have been working on. May 12th - Write about Spring. Blossom, lambs or new beginnings. This subject should suit the poets amongst us. May 19th - Crime. From shoplifting to murder most foul. Write a short story or chapter from a novel on the theme of crime. May 26th - Read an extract from a novel, poem, article or short story you have been working on. We start our next programme in September. New Members are welcome. Contact [ann.stewart1@btinternet.com](mailto:ann.stewart1@btinternet.com)

## LINE DANCING CLASSES

Wednesday 1800 - 1900,  
Cove Burgh Hall and Thursday at Ardencaple Hotel.  
Follow on facebook @reboot

## TABLE TENNIS

SUNDAYS 4pm - 5.30pm  
Cove Burgh Hall  
All Welcome, children must be accompanied by an adult.

## TAI CHI

Monday 10.30- 11.30  
Gibson Hall, Contact  
Chris on 07391 919293  
or [taijienergy4u@gmail.com](mailto:taijienergy4u@gmail.com)

## TEXTILE CRAFTS

Fridays 1000-1200 Cove Burgh Hall

## RNLI COVE & KILCREGGAN BRANCH

Sat 13th May, Kilcreggan Bus Stop and Car Park, 1030 - 1230, plants, baking, RNLI goods, raffle. Any donations of plants and preserves are welcome. Please support your RNLI.

## SARAH ASTON YOGA

Cove Burgh Hall  
Tuesdays - 7.30-8.30pm  
All abilities  
[www.sarahastonyoga.co.uk](http://www.sarahastonyoga.co.uk)  
To book call Sarah  
07717 318424

## SCOTTISH RHODODENDRON SHOW

Sat 6th May, Gibson Hall, Garelochhead.  
See poster for details.

## SCOTTISH COUNTRY DANCING

Restarts October  
Cove Burgh Hall. All Welcome.

## STAY AND PLAY PLAYGROUP

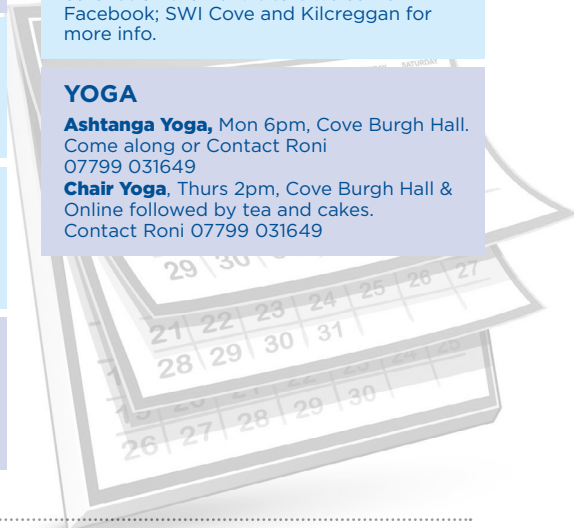
Is reopening at the Cove Burgh Hall!  
We offer a friendly meeting place where children can play with peers and grown ups can enjoy a cup of tea or coffee and a chat.  
Meet at Cove Burgh Hall on  
Mondays 11am Cove Burgh Hall.

## SWI COVE AND KILCREGGAN

last meeting of this session is on Wed 3rd May at 19.30 hrs at Cove Burgh Hall. AGM review last year and plan the coming year. Ballots for members to vote for the 23/24 committee. Also a social evening with members asked to bring any memorabilia of past coronations. Refreshments with a coronation theme. Visitors welcome £4. Facebook; SWI Cove and Kilcreggan for more info.

## YOGA

**Ashtanga Yoga**, Mon 6pm, Cove Burgh Hall. Come along or Contact Roni 07799 031649  
**Chair Yoga**, Thurs 2pm, Cove Burgh Hall & Online followed by tea and cakes. Contact Roni 07799 031649



## Editorial



I hope those of you who put away your winter garments cannily placed them within easy reach. Between the “cold spell” and drookit dug weather, summer is taking an unconscionably long time to arrive.

Some apologies: owing to your editor being in blue arsed fly mode of late (it’s a technical term auntie), the search for a new scribe for the Bottled Pleasures slot has not been continued with any success. If there are knowledgeable imbibers out there, please get in touch. I’m certainly an imbiber, just lack the knowledge bit!

And, as there is no News in Brief this week I should flag up the fact that our local RNLI fundraisers are bringing back their popular street market in Kilcreggan on the morning of the 13<sup>th</sup>. Lots of goodies on offer, but all contributions of baking, plants and preserves gratefully received. Give Fiona Holland a shout.

We do however have our regular Peninsula Cook Book this month where Sarah Jordan is in a positively fishy mood. And, of course, our antiques

expert, Roo Irvine, who has turned her mind to the money people are prepared to pay at auction to buy something once belonging to a celebrity including, I kid you not, one of John Lennon’s molars.

Since the late Freddie Mercury’s belongings are all coming up at auction shortly, I imagine all Roo’s prices will be topped and then some.

Jeanne Brady has been profiling all the authors coming to our Book Festival in November and this month takes a tour round Darren McGarvey, who, you may remember was also a Reith lecturer. He’ll be appearing with the ever popular Janice Forsyth.

You may think that Liz Mathie is only interested in those horticultural gems the rest of us can’t pronounce (or remember), but she’s making a good case this month for the humble dandelion.

Now that the sailing season is underway Commodore Wells Grogan from Cove Sailing Club has come into his own with news of the early races plus upcoming events in the clubhouse in his monthly log.

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The Pen Mag  
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We’re asking for just **£10** a year (less than £1 an issue), and if you would like to help, please indicate your support by emailing [info@penmag.co.uk](mailto:info@penmag.co.uk)

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# The Pen Mag

## SUPPORTERS CLUB

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### Garelochhead & Rosneath Community First Responders

The First Responders would like to thank everyone who has donated to them this year. The money you have donated will be going toward providing a new defibrillator and cabinet at Ardpeaton.

Currently the nearest defibrillator is at Garelochhead or Cove and so this will be essential in reassuring people who live locally that if anyone suffers a heart attack, they have the means to save a life.

If you would like to donate to the Community First Responders, be assured that any funds are put to equipment or defibrillators.

If you feel you would like training on how to use the defibrillators and to help save a life please contact John Webb by email [john.webb3@yahoo.co.uk](mailto:john.webb3@yahoo.co.uk).

If you aren't already a member but shop in the co-op regularly it is worth joining.



# Growing Pains

with Liz Mathie

I sound like a wistful Kermit, but it's not easy being green! The slugs are already on the rampage, the grass is full of dandelions, there are daisies in the path and tree seedlings everywhere!

The hoe is my preferred tool right now. The seedlings are easily delt with, just check there are none growing up through a plant. A path full of daisies looks far prettier than a grey strip. Any other weeds can be scraped off and left to wilt, unless you are super tidy – my commiserations!

But I have had a complete rethink about the dandelions. They have such a long taproot, it is almost impossible to dig them up and, like the hydra, if you cut one bit, two more grow. Before the invention of lawns, people praised the golden flowers and lion-toothed leaves as a bounty of food, medicine and magic. Ancient Greeks, Egyptians and Romans enjoyed the flower and they have been used in Chinese medicine for over a thousand years.

The Pilgrim Fathers took the seeds with them on the Mayflower when they set sail for America. They are a green and growing first aid kit, prescribed for every ailment from warts to the plague. They are a gentle diuretic, hence the unfortunate soubriquet “pee-the-bed” which is what we kids called them in the less-than-posh area of Edinburgh!

They are more nutritious than most of the vegetables in your garden, having more vitamin A than spinach, more vitamin C than tomatoes and are a powerhouse of iron, calcium and potassium. The bees love them. The deer ignore them. And I am learning to live with them!

My reward for not using slug pellets was a box of gorgeous duck eggs. As people become more environmentally aware, so more suggestions for slug deterrents are appearing. Smearing pots with Vaseline was one (could get messy) and spreading pine needles around a vulnerable plant was another, which I might try.

Think about where slugs hide. I know why nurseries use plant pots with turned over rims. They have slots which hold the labels in place making it impossible for the casual browser to pull one out. We've all done it! But that narrow channel underneath is the perfect hiding place for little slugs, and what do little slugs turn into?



I found the only way to wrinkle them out was with a cocktail stick – cheese and pineapple with it?! Wandering round the garden in the evening with a collecting bucket and a torch like some will-o'-the-wisp is another solution.

The highlight of last week was discovering that what I thought were long, black slugs on the grass turned out to be hedgehog poo. I know, I'm easily pleased! Before the grass-cutter-in-chief returns, I got the garden angel to cut round a section of lawn which will now be left to go wild. The border is now called the hedgehog highway.

I have also cleared a lot of baby's tears (*soleirolia soleirollii*) from the stone wall. It is the perfect hidey-hole for molluscs. A nettle relative, it derives its common name from the fact that it has tiny, little leaves. It dies back in the winter, but regenerates. It also makes an attractive, trailing house plant. I once saw 2 pots of it on a mantelpiece in the White House in the era of a president with good taste!

It is the soil, not the air temperature, that triggers a plant into growth. In years gone by, farmers would remove their brecks and sit on the bare earth to test whether it was time to sow! I thought I had lost my fuchsias, but they have just begun to sprout from

the base, but a *leptospermum scoparium* I brought back from a trip to Logan Botanic Garden has died. It has already been replaced by a *kalmia latifolia*, which should flower at the beginning of June.

This Spring's successes have been the erythroniums, both the yellow pagoda and the white californicum. *Sanguinaria canadensis* flora plena is not always easy to grow (or pronounce!) but I have finally managed to make it happy with lots of leaf mould and a place in dappled shade that is moist but not waterlogged. Its low growing, double white flowers have been in bloom for weeks. When cut, the rhizome exudes a red liquid, hence its other name of bloodroot.

Some of my meconopsis have failed to reappear, but they are not particularly long lived. I am hoping to find some more at the Rhododendron Show in the Gibson Hall on the 6th May. They have much more than rhoddies for sale.

Another chance to buy plants comes a week later when the RNLI are holding a street market around the pier car park on the morning of Saturday 13th May. See you there!



# Peninsula Cookbook

with Sarah Jordan



May is one of the best months if you are eating from your garden or trying to use local produce. Early salad greens and herbs will be excellent, as will new potatoes - Jersey royals or Cornish news often even better, and better value, if you can get them - spring carrots and broad beans, white and purple sprouting and, if you can afford it or are lucky enough to have a patch, asparagus; our brief asparagus season officially begins in May. The price for new potatoes and asparagus can be eye-watering in the first week. Even after that, they are still in the luxury bracket. But very good for you, really good with the salmon, and we only see the local version once a year.

I've given you a few things to play with this month. The first recipe can be used to make the second, or sandwiches - and all of those are improved by the addition of the third, which can also be mixed up with lightly cooked and cooled spring veg, which can then be served with 1 or 2, or some hardboiled eggs, or just as it is.

Have fun!

## POACHED SALMON

This basic recipe for poaching salmon is easily adapted to a small piece of fish for one or two people, or to a whole fish for a crowd. Whole fish can be a frugal choice, but you will need a big pot - or to cut the fish up.

### METHOD

1. First, flavour some water:
2. To 1 litre water add: 1 tablespoon of salt and a couple of tablespoons of acid: lemon juice, white wine, or white wine vinegar; some aromatics: the usual carrot, onion, celery and bay leaf; or ginger, spring onion, star anise and fennel seed. I always add peppercorns of some description. Use what you have. Bring it all to the boil and simmer for 20 mins - less if you are short of time.
3. Next, poach the fish:
4. Slip the fish into the simmering flavoured water, return to a bare simmer, don't let it boil.
5. Remove from the heat, clamp on the lid and leave the fish to poach for between 5 mins (thin fillet) to 30-45 mins (whole salmon). Test with a skewer which should slip in easily.
6. Remove the fish from the liquid, allow to cool, and serve at room temperature with mayonnaise.



## MAYONNAISE

Note: contains raw egg; please take care if you are feeding anyone with low immunity.

### METHOD

Have everything at room temperature and scrupulously clean. Go slowly the first time you make this and use a jug or even a teaspoon, from which you can comfortably drip the oil very slowly. You can become braver, and forget the drop by drop directive, once you see how easily it all comes together. Use light oil for delicate foods; olive oil can be overpowering.

In a roomy bowl, whisk 2 egg yolks with a dash of lemon juice or wine vinegar and an optional teaspoon of mustard and

some salt and pepper until the mixture thickens very slightly. Next, beat in 200ml oil - drop by drop at first until the mix begins to thicken properly - then, you can go faster. If it gets too thick while you are adding the oil you can stop adding if you have enough mayonnaise, or thin it with a little lemon, vinegar or water before adding the rest of the oil. Finally flavour with more lemon or vinegar and salt and pepper.

Boost flavour and your plant intake by chopping in some nice soft herbs. Dill, mint, parsley, and chervil, should all be good this month. Or (not with the salmon perhaps) go for bolder additions: garlic, saffron, tomato ketchup, chilli sauce - and whatever else you fancy. Very good with homemade chips.





## SALMON FISHCAKES - BARRY HUMPHRIES

Dear departed Barry Humphries, comedy genius, creator of self-proclaimed international giga-star, Dame Edna Everage, and surprise recipe creator. In episode 5 of Rick Stein's 'Cornwall', he insisted on bringing his own fishcakes, which they ate, from a tupperware box, on a Cornish clifftop, no embellishments. And here is the recipe, courtesy of RS:

I would use old potatoes and regard pink peppercorns as something you only need for the full Dame Edna Experience. RS describes them as a "special ingredient". If you use poached salmon you can skip step 2. Make tartare sauce from mayonnaise, chopped capers, gherkins, and dill if you have it.

### INGREDIENTS

- 300g new potatoes
- 500g salmon fillet, skinned
- Olive or sunflower oil
- 1 hard-boiled egg, chopped
- 1 egg, beaten
- 1 tbsp coarsely chopped parsley
- 2 tbsp capers (small or roughly chopped)
- 2 tsp finely chopped gherkins
- 2 tsp pink peppercorns, crushed
- About 50g fresh white or wholemeal breadcrumbs
- Salt and black pepper

### METHOD

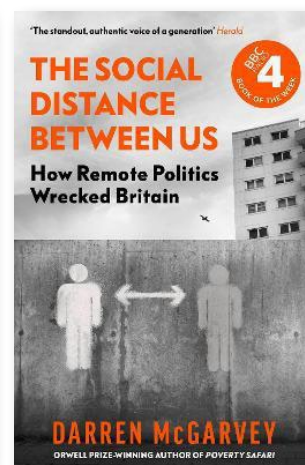
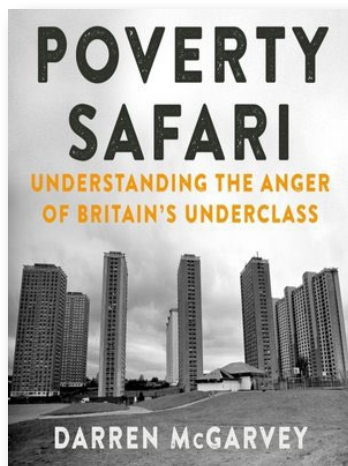
1. Cook the new potatoes in their skins in salted water until tender. Crush them with a large fork and put them in a bowl.
2. Preheat the oven to 180C/160C fan/gas
3. Roughly flake the salmon and add it to the bowl with the potatoes, chopped hard-boiled egg, beaten egg, parsley, capers, gherkins, crushed peppercorns and 1/2-1 teaspoon of salt, then mix to combine.
4. Shape the mixture into 12 round patties, then flatten them slightly and coat with breadcrumbs. Heat about 1cm of oil in a pan and fry the fishcakes until golden.
5. Serve with tartare sauce and a green salad.



# Author of the Month

## Darren McGarvey

with Jeanne Brady



Darren McGarvey, aka Loki, is a Scottish writer, communicator, social and political commentator and rap artist, whose troubled and poverty-riven childhood and youth underlies the trajectory of his work – on paper, on screen, on stage and over the airwaves.

He was one of the chosen Reith lecturers in the last series, and voted a huge success.

McGarvey was born in Pollock in 1984, and his first book *Poverty Safari* (2018) is his memoir of growing up in Glasgow, raised by his substance-abusing, unpredictable and sometimes violent mother who died age 36 of cirrhosis.

As a child, McGarvey was frightened by her, but grew to acknowledge her damaged upbringing and how it affected her. McGarvey found himself repeating the cycle of abuse and addiction, which is the subject of the first half of the book.

But what lifts the book out of the category of 'misery memoir' is that he also nurtured a desire to write and make music and try to harness his self-destructive anger.

In his review of *Poverty Safari*,\* Stephen Moss posits that while McGarvey is still angry at how poor and working-class people are stereotyped and marginalised, he is willing to admit that he must engage in dialogue with the 'enemy', and that he doesn't have all the answers.

This, Moss believes, is what led to the book winning the Orwell Prize in 2018. McGarvey has said that his goal in much of his work is to expose the stress and pain of poverty: 'The welfare system is based on an assumption that the threat of social humiliation is going to incentivise people, but that's a complete misunderstanding of what ... poverty does to people. They just recoil; they're frightened of everything, even if that fear sometimes expresses itself as aggression.'

In his second book, *The Social Distance Between Us: How Remote Politics Wrecked*

Britain' (2022), McGarvey describes how people in power, from the local to the nationwide level, have little meaningful contact with those whom they have power over.

Those making what can be life-or-death decisions are distant from those affected by those decisions. Covering issues of homelessness, addiction, immigrants, land ownership, the benefits system and more, McGarvey illustrates how class inequality is reinforced by those who are liable to gain from that unequal situation.

He is a good communicator, and peppers his thesis with one-on-one conversations with people who have experienced this lack of agency from all over the UK, as well as challenging people in power to step away from their complacency: 'If you're a copper, you could grass up some of your colleagues now and then instead of turning a blind eye ... If you run a business, you could ... pay your staff a little more than the living wage and if that is unaffordable ... question why [your] business model ... only works when you pay poverty wages.'

*The Social Distance* was BBC Radio 4's Book of the Week in 2023.

McGarvey studied journalism at Glasgow Clyde College, and even at the tender age of 20 was already addressing the issues that matter to him (bearing in mind that he was also dealing with his own movements in and out of addiction at the same time).

Between 2004 and 2006, he wrote and presented for BBC Radio Scotland a series about social deprivation and what motivates anti-social behaviour.

He also found an outlet for his frustrations, anger and creativity in rap music, and has released two albums: *Government Issue Media Protest (GIMP)* (2014) set in a dystopian Glasgow of 2034, and *Trigger Warning* (2017), clips of which you can see on his Twitter feed.

He's taught school students to rap in projects connected to the youth group Volition. He holds rapping workshops for young people to help them address their important individual and social issues through language and music, as an antidote to bullying and isolation.

He's made three television series for BBC Scotland. The first, *Darren McGarvey's Scotland*, was a six-parter, examining the rising incidence of poverty in Scotland, targeting particular areas with their particular problem, for example, the deaths of young men in Glasgow, the addiction deaths in Dundee, and violence against women in West Dunbartonshire.

His second, *Addictions*, was a three-parter looking at Scotland's addiction problems with 1) booze, 2) drugs, and 3) sex and sugar. His third series, *Class War*, explored the myths and certainties regarding social mobility, and especially how language and accent can define (and suppress or enhance) one's social mobility.

While the issues he addresses are a grim reality, his ability to apply a wry analytical style doesn't exactly remove the sting, but offers possible solutions that rely on humour as well as courage, as well as asking us to propose our own.

McGarvey is currently touring his stage show, *The Social Distance Between Us Live*, around Scotland, and his Twitter feed ([Darren McGarvey @lokiscottishrap](#)) is a lively site of links and observations, as well as interviews under the moniker of Darren McGarvey's Common People.

He'll be appearing at the Edinburgh Fringe this August, and at Cove and Kilcraggan Book Festival on November 25<sup>th</sup> in conversation with BBC's Janice Forsyth.

\*Stephen Moss (26 June 2018). 'Interview: "Not every day was like *Trainspotting*": Orwell prizewinner Darren McGarvey on class, addiction and redemption'. *The Guardian*.



# Understanding Antiques

With Roo Irvine



## Idle hands...!

In the fabulous world of Antiques, Antiquities and Collectables, there exists an amazing archive of some of the strangest, most fabulous things ever to have sold at auction. Some are truly priceless and coveted by millions, some leave you in awe at what people are willing to pay... and then there are those that leaving you scratching your head in confusion...! Buying at auction is often a battle of head vs. heart and sometimes the heart can empty your wallet pretty fast!

The celebrity world would not exist without its legion of loyal fans, and unsurprisingly, celebrity hair can fetch good money, as the new owners believe they own a piece of their idol forever. A lock of Elvis' hair sold for \$115,000 in 2002, after his personal barber of 20 years clung on to some of his cuttings. Che Guevara pipped Elvis to the post as his hair sold for just over \$119,000.

Perhaps my favourite quirky buy is a Vampire Slaying Kit that sold at Hanson's Auctioneers for £13,000. As a keen vampire lover for the last 30 years, I've heard of many vampire slaying kits being modern reproduction, but they sell well as the world of collectors is vast, loyal and obsessive.

Combine that love of vampirism with a day-job of true authentic antiques, and I could only ever buy the real thing. At £13,000, I'd be sorely tempted.

Interestingly, it belonged to Lord Hailey, a British peer, a former administrator of British India. Why would an aristocratic man of the

highest order own such an item? What did he fear and what did he know?

Fast-forwarding to the here and now, some auction items do perplex the mind! People love what they love and with that love, comes a trigger-happy spending habit. John Lennon's Molar tooth sold for \$31,200. Marilyn Monroe's X-rays sold for \$45,000.

Even William Shatners kidney stone was bought for \$25,000 in 2006. As a cat lover, a fellow feline friend bought the world largest cat painting for \$826,000 to a cat-loving billionaire. It weighed 227 pounds and could only be hung on a specially reinforced wall. Last but not least, a Dorito shaped like the Pope's hat sold for \$1209 in 2005.

Some auction lots are still alive, as shown in Scotland, where the world's most expensive sheep sold for £386,000. The highly prized Texel sheep sold in Lanark in 2020 whilst the most expensive whisky cask sold at auction for an eye-watering \$2.3 million. The 1991 Macallan scotch cask contains approximately 600 bottles of premium ABV scotch worth just under \$3900 per bottle.

In terms of art, a banana taped to a wall featured as Modern Art and sold at auction for \$120,000. Created by Italian artist Maurizio Cattelan for the Art Basel fair in Miami, 'Comedian' was created to question 'what Art is'.

I strongly believe we are at a loss as to what Art represents these days, so perhaps the mission was successful. Churchill's dentures sold for £15,200 whilst Albert Einstein's handwritten quote 'A calm and modest life brings more

happiness than the pursuit of success combines with constant relentlessness" scribbled on a piece of paper sold for \$1.56m.

He was so happy upon realising he had just won the Nobel peace prize that he wrote the quote down and handed it to a bellboy.

From the weird to the outrageous, the classical to the beautiful, there is one piece that beats them all in terms of sheer extravagance, by an artist, incomparable to others. Art is a world riddled with forgery, which makes this an even riskier buy.

Only 20 or so paintings exist by Leonard Da Vinci, so when a long-lost painting 'appears', the art world goes crazy. "Salvator Mundi", depicting Christ was believed to have been a forgery by some in the art world, painted by Da Vinci's imitator Bernadino Luini.

In 2008 it was authenticated as a lost masterpiece and was bought by the Louvre Abu Dhabi for a gargantuan \$450million! It only took 19 minutes to sell, but ironically, it sold for only 50 Euros in the 1950's when it was believed to be a copy. Some still question its authenticity, but if you'd bought it, you'd rather not know the truth...!

The art of bidding is a passionate, emotional affair, where common sense can leave you altogether, and the raising of the hand is all too easy to do!

*Roo Irvine owns Kilcreggan Antiques and is a regular presenter on Antiques Road Trip and Bargain Hunt. Find out more at [www.rooirvine.com](http://www.rooirvine.com) and [www.kilcregganantiques.com](http://www.kilcregganantiques.com)*



# Commodore's Log

## With Wells Grogan

The starting gun has sounded. The sailing season is here and what a glorious start to the season. Thank you Gaia.

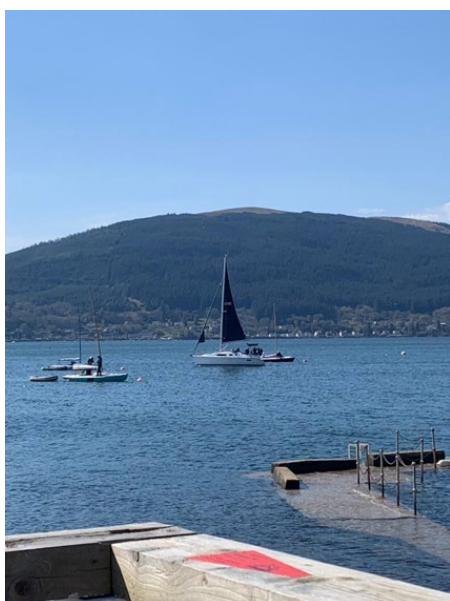
Following a well attended work party earlier in the month and getting our moorings in with RB Marine and club member Alan Harper duly assisting, the club opened its doors to the sailing season on April 22 with its opening muster.

Despite an unfavourable forecast of high winds and clouds the day proved to be a stunner of an April spring day as 5 boats took to the water and engaged in the opening race of the season. Freshly painted and varnished boats jostled on the start line and headed round the loch for a fine afternoon of racing. Sula, Capricorn, Elizabeth, Sabre and Legend 29 (A Hunter Legend 29, would you believe!) rounded the cans, finishing in that order.

Meanwhile a good size crowd settled in around the picnic tables on the patio to watch events unfold and enjoy the sunny afternoon. They were suitably entertained by Al Mitchell who graced the club with his fine voice and music in his first venture at the club. One to be repeated as he was well appreciated during his afternoon sets.

Later that evening the Vice Commodore and his gaffer, John and Arlene McNeilage served up a delicious curry to feed the hungry crowd.

CONTENTS



*Boats getting ready to race*



*Bridge team setting the course*



*Sails flying heading down the loch*



*Al Mitchell serenading the crowd on the patio*



*Meanwhile at the pirate ship sandbox play continued.*

Rumour has it that the festivities went well into the night.

But no rest for the partygoers as Sunday rolled around and our monthly Sunday Scran swooped back into the clubhouse for a lunchtime session. This month's themes were a book swap and outdoor apparel swap.

In addition to soup and hot dogs, participants could bring a book to exchange and swap out those outgrown children's wet suits for a bigger size. It was great to see our third Sunday Scran so well attended. We are very grateful to the National Lottery Community Fund for sponsoring these events, which allow us to organise some additional activities for those who attend.



*April's Sunday Scran theme swap a book or wetsuit      Lots to chose from for all ages*

More news to report before you turn the page however. At the end of March, the club development team completed it's funding application to Sport Scotland Facilities Fund and heard back that the application had been received and checked and would now begin an evaluation process. Congratulations to the team for that effort and we now await feedback and further dialogue with Sport Scoltand.

And so a cracking start to the sailing season now turns the corner to May. Racing will continue on Tuesday and Friday nights. Cadets will commence this month and further social occasions will be planned including our May Sunday Scran. Our new webpage will also be launched shortly to provide a source of up to date information.

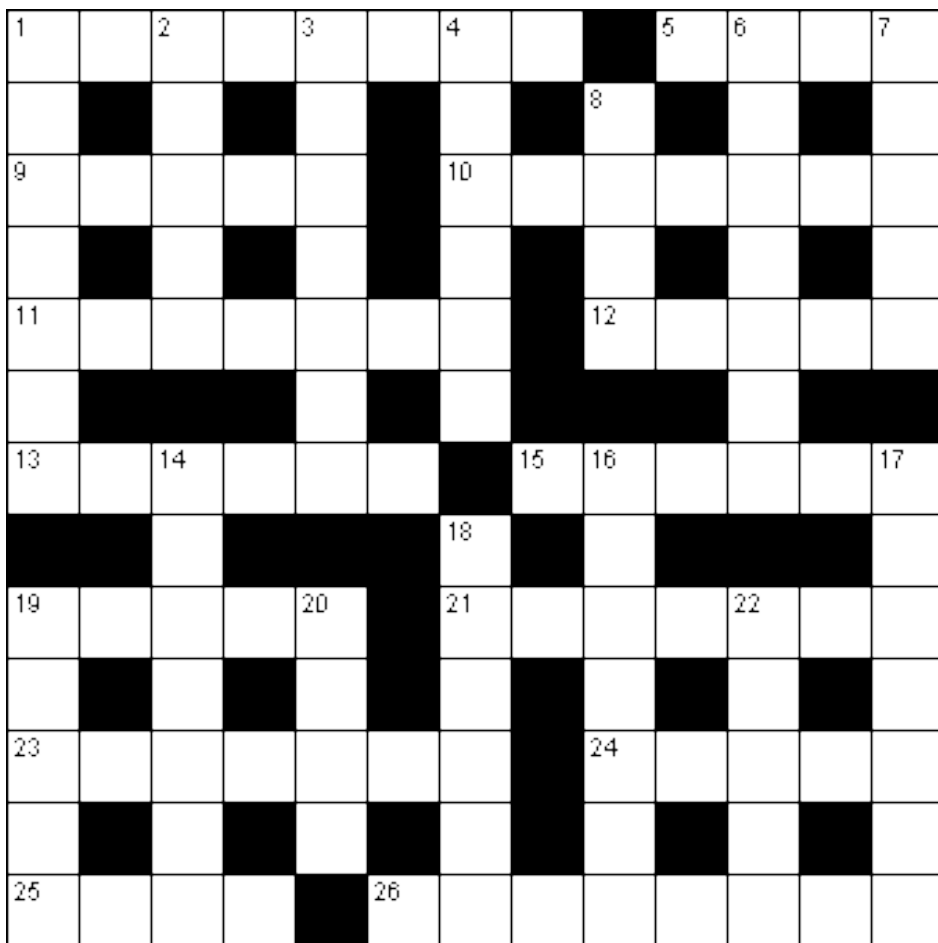
Contact the club secretary, Alison Robinson on [secretarycovesailingclub@gmail.com](mailto:secretarycovesailingclub@gmail.com)

Get in touch, details on the webpage, [www.covesailingclub.co.uk](http://www.covesailingclub.co.uk)





# Crossword



## ACROSS

- 1. Peril (8)
- 5. Rim (4)
- 9. Similar (5)
- 10. Extinct elephant (7)
- 11. Aromatic seasoning (7)
- 12. Wild feline (5)
- 13. Gaped (6)
- 15. Winner (6)
- 19. Go in (5)
- 21. Farmer's calendar (7)
- 23. Italian red wine (7)
- 24. Inexperienced (5)
- 25. Luxuriant (4)
- 26. Fierce (8)

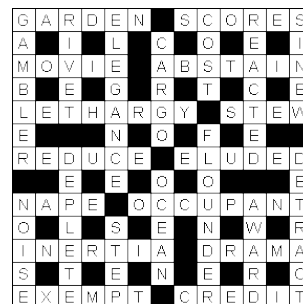
## DOWN

- 1. Envious (7)
- 2. Mediterranean fruit tree (5)
- 3. Norm (7)
- 4. Type of plum (6)
- 6. Shortage of rainfall (7)
- 7. Used as an anesthetic (5)
- 8. Leave out (4)
- 14. Achieves (7)
- 16. Vast (7)
- 17. Wealthiest (7)
- 18. Of the sea (6)
- 19. Surpass (5)
- 20. Rip (4)
- 22. Dissonance (5)

*For all you crossword buffs out there we hope you enjoy doing the crossword again. You can print just this page at home or ask in Kilcreggan Post Office and they will print it for you.*

*There will be no prize on offer at this time.*

Last Month's  
solution



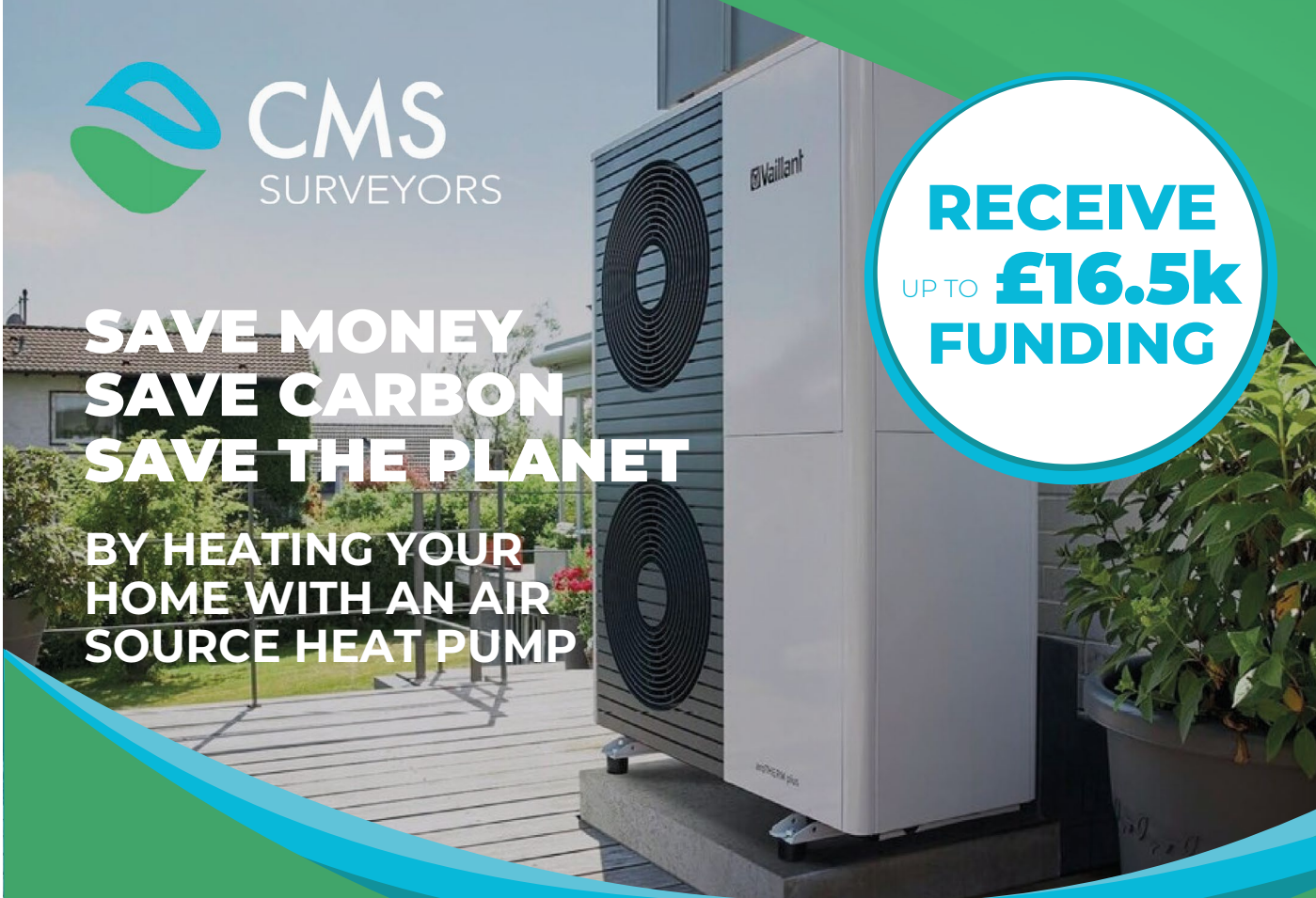




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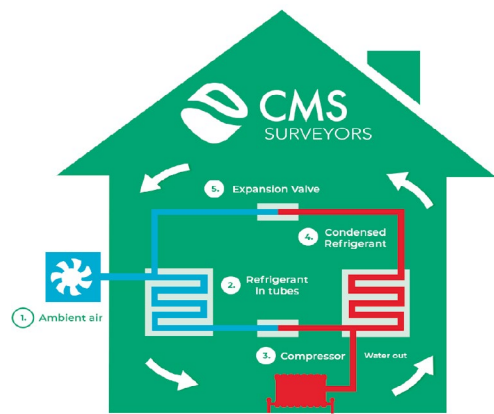
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CONTENTS



Helensburgh & Lomond

**carers**

SCIO

## Am I an Unpaid Carer?

If you support a friend, family member or child due to an illness, disability, frailty, mental health or addiction, and they could not manage without your support, then you are an unpaid carer.

## There is support for you

Information  
and advice

Breaks  
Time for me

Access and  
maximise  
benefits  
and grants

Emotional  
and  
practical  
support

Adult Carer Support Worker

Young Carer Support Worker

### Contact Us

**Lecanne Devenny**  
**Christine MacTaggart**  
**Alison Fletcher**  
**Ashley McVey**

**29 Lomond St.**  
**Helensburgh**  
**G84 7PW**

**Tel: 01436 673444**

**Ashley Bolton**  
**Stacey Sinclair**  
**Jan Conaghan**

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SAT 6TH MAY**



**The Gibson Hall,  
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Plant Sales, Raffle**

**Set up: Friday 5th May from 3pm till 7pm  
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**Help available for set up**

**INFO: [scottishrhododendronsociety.org.uk](http://scottishrhododendronsociety.org.uk)**



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## GREENOCK 2023 Cruise Ship List



**GREENOCK Ocean Terminal has a busy schedule of cruise ship visits lined up this year.**

(Note: visits can be subject to short-notice cancellations and changes) – Approximate gross registered tonnage shown in brackets

Thursday 23 March – Spitsbergen (7,025)  
 Sunday 2 April – Spitsbergen (7,025)  
 Saturday 8 April – Spitsbergen(7,025)  
 Friday 14 April – Spitsbergen(7,025)  
 Monday 24 April – Spitsbergen(7,025)  
 Sunday 30 April – Mein Schiff 3(99,000)  
 Thursday 4 May – Spitsbergen(7,025)  
 Thursday 4 May – L'Austral (10,900)  
 Friday 5 May – Regal Princess (142,000)  
 Wednesday 10 May – Norwegian Dawn (92,250)  
 Thursday 11 May – MSC Preziosa (139,000)  
 Friday 12 May – Mein Schiff 3 (99,000)  
 Saturday 13 May – Le Dumont D'Urville (9,900)  
 Sunday 14 May – Regal Princess (142,000)  
 Sunday 14 May – Spitsbergen (7,025)  
 Wednesday 17 May – Seabourn Venture (23,000)  
 Tuesday 23 May – Mein Schiff 3 (99,000)  
 Wednesday 24 May – Silver Dawn (40,800)  
 Friday 26 May – Regal Princess (142,000)  
 Saturday 27 May – Artania (44,700)  
 Saturday 27 May – Le Dumont D'Urville (9,900)  
 Monday 29 May – Jewel of the Seas (90,000)

Thursday 1 June – Costa Favolosa (113,000)  
 Monday 5 June – Le Champlain (9,900)  
 Monday 5 June – MSC Virtuosa (181,000)  
 Wednesday 7 June – Regal Princess (142,000)  
 Thursday 8 June – World Traveller (9,900)  
 Saturday 10 June – Le Dumont D'Urville (9,900)  
 Tuesday 13 June – Mein Schiff 3 (99,000)  
 Wednesday 14 June – Ocean Endeavour (12,900)  
 Thursday 15 June – Britannia (129,000)  
 Monday 19 June – Regal Princess (142,000)  
 Monday 19 June – Le Champlain (9,900)  
 Saturday 24 June – Le Dumont D'Urville (9,900)  
 Wednesday 28 June – Silver Moon (40,700)  
 Saturday 1 July – Regal Princess (142,000)  
 Tuesday 4 July – Queen Victoria (90,000)  
 Thursday 13 July – Regal Princess (142,000)  
 Friday 14 July – Silver Shadow (28,300)  
 Saturday 15 July – Celebrity Apex (130,800)  
 Monday 17 July – Arcadia (84,300)  
 Thursday 20 July  
 – Azamara Pursuit (30,200) [Departing 21 July]  
 Friday 21 July – World Traveller (9,900)

Saturday 22 July – Coral Princess (91,600)  
 Sunday 23 July – Norwegian Dawn (92,250)  
 Monday 24 July – Island Princess (91,600)  
 Tuesday 25 July – Regal Princess (142,000)  
 Wednesday 26 July – Azamara Journey (30,200)  
 Thursday 27 July – Jewel of the Seas (90,000)  
 Friday 28 July – Mein Schiff 3 (99,000)  
 Saturday 5 August – Regal Princess (142,000)  
 Sunday 12 August – Silver Moon (40,700)  
 Monday 14 August – Carnival Pride (88,500)  
 Tuesday 15 August – AIDAbella (69,000)  
 Wednesday 16 August – Nieuw Statendam (99,900)  
 Thursday 17 August – Celebrity Apex (130,800)  
 Friday 18 August – Regal Princess (142,000)  
 Sunday 20 August – Jewel of the Seas (90,000)  
 Wednesday 23 August – Vista (68,000)  
 Friday 25 August – Queen Victoria (90,000)  
 Sunday 27 August – Azamara Journey (30,200)  
 [Departing 28 August]  
 Tuesday 29 August – Regal Princess (142,000)  
 Wednesday 30 August – Island Princess (91,600)

Thursday 31 August – Seven Seas Voyager (28,800)  
 Friday 1 September – Mein Schiff 3 (99,000)  
 Saturday 2 September – Explora I (63,900)  
 Sunday 3 September – Carnival Pride (88,500)  
 Wednesday 6 September – Le Champlain (9,900)  
 Friday 8 September – Spirit of Adventure (58,000)  
 Saturday 9 September – Celebrity Apex (130,800)  
 Monday 11 September – Regal Princess (142,000)  
 Wednesday 13 September – Disney Dream  
 Tuesday 19 September – MSC Preziosa (139,000)  
 Wednesday 20 September – Seven Seas Splendor (55,500)  
 Friday 22 September – Vasco da Gama (55,400)  
 Friday 22 September – World Explorer (9,900)  
 Saturday 23 September – Regal Princess (142,000)  
 Friday 29 September – World Explorer (9,900)  
 Monday 2 October – World Traveller (9,900)  
 Thursday 5 October – Regal Princess (142,000)  
 Tuesday 17 October – Pacific World (47,400)

# Ministerial Musings

With the Rev Christine Murdoch

A Prince can mak a belted knight,  
a marquis, duke, an' a' that!  
But an honest man's aboon his might –  
Guid faith, he mauna fa' that!  
For a' that, an' a' that,  
their dignities, an' a' that,  
the pith o' Sense an' pride o' Worth  
are higher rank than a' that.

*Robert Burns*

I wonder how many of you will remember Sheena Wellington singing A Man's a Man at the opening of the Scottish Parliament on 1st July 1999. On that occasion, the Crown of Scotland was placed in front of the Queen as she spoke to Parliament in the Assembly Hall of the Church of Scotland, which was a temporary debating chamber. It was placed alongside the newly presented Mace, a gift from the Queen, which has the words, "Wisdom, Justice, Compassion, Integrity" woven into thistles at its head.

This was the first time the Crown had been used in a public ceremony since 24th June 1953, when a National Service of Thanksgiving was held in St Giles Cathedral to mark her earlier coronation in Westminster Abbey.

Since then, the Crown of Scotland was present at the official opening of the new Scottish Parliament Building at Holyrood in 2004. It was also placed on the coffin of Elizabeth II as she lay-at-rest in St Giles' Cathedral last September. It is understood that another service of Thanksgiving will take in St Giles, following on from King Charles' coronation.

When the Queen presented the Mace to the Parliament, she said, "This is a society in which the qualities of co-operation, learning, entrepreneurial flair and national pride run deep. ... the grit, determination and humour, the forthrightness and above all the strong sense of identity of the Scottish people,

qualities which contribute so much to the life of the United Kingdom.

And these qualities reflect a Scotland which - if I may make a personal point - occupy such a special place in my own and my family's affections."<sup>1</sup>

To return to the words of Burns, shared on that same occasion, we are reminded that all people, regardless of their rank or position in the world, should be judged by how they serve their fellow human beings.

As many people know, I am not a huge fan of inherited privilege, however, I do think that service to others should be acknowledged. Whatever we may think, personally, of the existence of a king or queen as head of state, there is no denying that King Charles spent his time as Prince of Wales seeking ways to help other people, not least through the Prince's Trust.

The Trust believes that every young person should have the opportunity to realise their full potential and offer courses or support to start a new business, especially to people facing adversity. To date the Trust has helped over one million young people.

Dumfries House is another example of the way in which Charles has sought to support a local community and to give people skills to enable them to find new employment. Owned by the Prince's Foundation, Dumfries House has been

fully restored and the former saw mill is now a traditional skills education centre, while the farm has been developed into a research and education centre for sustainable farming methods.

As Prince of Wales, Charles set up at least 17 separate charities which come together under the umbrella of The Princes Charities. This to me suggests that Charles will be a king who serves.

He has also asked that the Coronation Bank Holiday on the 8th May should be known as 'The Big Help Out' day, when communities are invited to come together to participate in voluntary activities. Our Community Council are conducting a Beach Clean between 10.00 – 12.00.

We will meet at Kilcreggan Pier and as well as bringing your own gloves, you are advised to dress appropriately for the weather! Bin bags will be provided by the Community Council and you don't even need to stay for the whole time. Please do come along and help out with our beach clean. I look forward to seeing you there.



<sup>1</sup> [http://news.bbc.co.uk/1/hi/special\\_report/1999/06/99/scottish\\_parliament\\_opening/382982.stm](http://news.bbc.co.uk/1/hi/special_report/1999/06/99/scottish_parliament_opening/382982.stm)



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## GOUROCK - KILCREGGAN (GOU - KIL)

Table 1A

								
DAY	Glasgow Central Depart	Gourock Arrive	Gourock Depart	Kilcreggan Arrive	Kilcreggan Depart	Gourock Arrive	Gourock Depart	Glasgow Central Arrive
MON - FRI	0554	0635	0641	0654	0704	0717	0728	0818
	0625	0711	0727	0740	0750	0803	0811	0850
	0722	0809	0820	0833	0843	0856	0908	0959
	0827	0906	0916	0929	0953	1006	1038	1131
	0925	1004	1016	1029	1053	1106	1138	1229
	1008	1058	1116	1129	1139	1152	1208	1259
	1155	1235	1256	1309	1319	1332	1338	1429
	1236	1326	1342	1355	1405	1418	1424	1503
	1306	1359	1428	1441	1455	1508	1524	1607
	1407	1458	1518	1531	1555	1608	1638	1729
	1506	1559	1618	1631	1702	1715	1724	1804
	1617	1709	1725	1738	1748	1801	1824	1902
	1727	1806	1813 A	1826	1836 A	1849	1908	1959
SAT	0707	0758	0804	0817	0827	0840	0907	0959
	0740	0830	0850	0903	0914	0927	0939	1029
	0828	0906	0936	0949	0959	1012	1038	1129
	0925	1004	1022	1035	1053	1106	1138	1228
	1006	1058	1116	1129	1139	1152	1208	1259
	1138	1228	1256	1309	1319	1332	1354	1433
	1255	1333	1343	1356	1406	1419	1438	1529
	1306	1359	1429	1442	1455	1508	1524	1606
	1408	1459	1518	1531	1555	1608	1627	1708
	1506	1559	1618	1631	1702	1715	1724	1803
	1618	1709	1725	1738	1748	1801	1824	1903
	1727	1806	1813 A	1826	1836 A	1849	1908	1959

**CODE**

<b>A</b>	On the 1813 hours journey from Gourock, should the train be late in arriving, the ferry will wait a maximum of 12 minutes until 1825 hours
----------	--

**NOTE**

Passengers must present themselves at the ferry gangway at least 2 minutes before departure time
No Sunday service
Train connections are not guaranteed as some trains arrive/depart with less than the necessary transfer time. Please visit <a href="http://www.scotrail.co.uk">www.scotrail.co.uk</a> for the latest info before travelling
Train times displayed are valid until 14 May 2022
Due to the constraints of the pier infrastructure and vessel, this service may not be suitable for wheelchair users or passengers with reduced mobility. Passengers must board the vessel via stairs and to access the sheltered seating area and accessible toilet on the lower level

**FARES**

GOUROCK - KILCREGGAN	Single	Return
Adult	£3.80	£7.40
Child 5-15 (Infant under 5 free, must have a valid ticket)	£1.90	£3.70
Pedal cycles (restricted numbers)	Free	Free



# Transport Timetables

## Service 340 Helensburgh – Vale of Leven Hospital – Royal Alexandra Hospital

Operated by McColl's Travel Limited on behalf of SPT



**Route Service 340:** from **Helensburgh Rail Station** via Princes Street East, Sinclair Street, Luss Road, A818, Crosskeys Roundabout, A818 Arden Roundabout, A82, A811, Luss Road, North Main Street, Vale of Leven Hospital access road (clockwise), North Main Street, Bank Street, B857, Main Street, Lennox Street, Renton Road, Glasgow Road, High Street, Church Street, Glasgow Road, Dumbarton Road, Great Western Road, A898, Erskine Bridge, M898, M8, St James Interchange, A726, Greenock Road, Caledonia Street, Underwood Road, B7050, Maxwellton Street, Corsebar Road, access road to **Paisley, Royal Alexandra Hospital**.

*Journeys via Rosshead operate from Vale of Leven Hospital access road, Heather Avenue, Colquhoun Drive, Halkett Crescent Colquhoun Drive, Heather Avenue, North Main Street then normal route to Royal Alexandra Hospital*

**Return from Paisley, Royal Alexandra Hospital** via access road, Corsebar Road, Maxwellton Street, B7050, Underwood Road, Caledonia Street, Greenock Road, A726, St James Interchange, M8, M898, Erskine Bridge, A898, Great Western Road, Dumbarton Road, Glasgow Road, Church Street, High Street, Riverside Lane, High Street, Glasgow Road, Renton Road, Lennox Street, Main Street, B857, Bank Street, Main Street, North Main Street, Vale of Leven Hospital access road (clockwise), North Main Street, Luss Rd, A811, A82, Arden Roundabout, A818, Crosskeys Roundabout, A818, Luss Road, Sinclair Street to Princes Street East, **Helensburgh Rail Station**.

*Journeys via Rosshead operate from North Main Street, Heather Avenue, Colquhoun Drive, Halkett Crescent, Colquhoun Drive, Heather Avenue, Vale of Leven Hospital access road then normal route to Helensburgh Rail Station*

### Monday to Friday

<b>Helensburgh Railway Stn</b>	⇒ 0710	....	....	....	....
Arden, Duck Bay Marina	0721	....	....	....	....
Vale of Leven Hospital	0730	0922	1115	1355	1810
Rosshead, Halkett Cres	....	....	....	....	....
Alexandria Railway Stn	⇒ 0735	0927	1120	1400	1815
Renton, at Station St	⇒ 0738	0930	1123	1403	1818
Dalreoch Railway Stn	⇒ 0742	0934	1127	1407	1822
Dumbarton, Church St	⇒ 0746	0938	1131	1411	1826
Dumbarton East Railway Stn	⇒ 0750	0942	1135	1415	1830
Milton	0753	0945	1138	1418	1833
Paisley, at St James Park	0810	0958	1151	1431	1846
<b>Royal Alexandra Hospital</b>	<b>0822</b>	<b>1007</b>	<b>1200</b>	<b>1440</b>	<b>1855</b>

### Saturday & Sunday

<b>1340</b>	<b>1745</b>
1351	1756
1400	1805
1405	1810
1410	1815
1413	1818
1417	1822
1421	1826
1425	1830
1428	1833
1441	1846
<b>1450</b>	<b>1855</b>

*This service is jointly funded by NHS and SPT. The service provides direct links between Helensburgh, Vale of Leven Hospital, and the Royal Alexandra Hospital. The service is available to everyone and is operated with a low-floor wheelchair accessible vehicle*

<b>Royal Alexandra Hospital</b>	<b>0827</b>	<b>1015</b>	<b>1215</b>	<b>1620</b>	<b>2008</b>
Paisley, at St James Park	0839	1024	1224	1632	2017
Milton	0854	1037	1237	1647	2030
Dumbarton East Railway Stn	⇒ 0857	1040	1240	1650	2033
Dumbarton, Church St	0901	1044	1244	1654	2037
Dalreoch Railway Stn	⇒ 0905	1048	1248	1658	2041
Renton, at Station St	⇒ 0909	1052	1252	1702	2045
Alexandria Railway Stn	⇒ 0912	1055	1255	1705	2048
Rosshead, Halkett Cres	....	....	....	....	....
Vale of Leven Hospital	0917	1100	1300	1710	2053
Arden, Youth Hostel	....	....	....	....	2101
<b>Helensburgh Railway Stn</b>	⇒ ....	....	....	....	<b>2111</b>

....	<b>1610</b>	<b>2008</b>
....	1619	2017
....	1632	2030
....	1635	2033
....	1639	2037
....	1643	2041
....	1647	2045
1305	1650	2048
1310	1655	....
1315	1700	2053
1324	1709	2101
<b>1335</b>	<b>1720</b>	<b>2111</b>

*Interchange is possible where the rail sign is shown. Interchange is also possible with service 306 at Vale of Leven Hospital, and with First Glasgow Service 1B in Dumbarton Town Centre*

### Fare table service 340

#### Adult single fares £

Paisley Royal Alexandra Hospital	
1.05 Maxwellton Street	
1.30 1.05 Caledonia Street	
1.90 1.65 1.05 St James Interchange	
3.05 3.05 3.00 2.85 Milton	
3.20 3.05 3.05 3.05 1.50 Dumbarton East	
3.20 3.20 3.05 3.05 1.90 1.05 Dumbarton Town Centre	
3.20 3.20 3.20 3.05 1.90 1.30 0.85 Dalreoch	
3.45 3.45 3.45 3.20 2.10 1.90 1.90 1.65 Renton	
3.85 3.85 3.45 3.45 2.15 2.10 1.95 1.90 1.30 Alexandria	
3.85 3.85 3.85 3.45 2.40 2.15 2.10 1.95 1.90 1.05 Rosshead	
3.85 3.85 3.85 3.45 2.40 2.15 2.10 1.95 1.90 1.30 1.05 Vale of Leven Hospital	
4.10 3.85 3.85 3.85 2.75 2.15 2.15 2.10 1.90 1.65 1.30 1.05 Tullichewan	
4.45 4.10 4.10 3.85 3.00 2.75 2.40 2.40 2.10 1.95 1.95 1.90 1.65 Youth Hostel	
4.45 4.45 4.10 4.10 3.05 2.85 2.75 2.75 2.15 2.15 2.10 1.95 1.90 1.30 Arden	
4.90 4.90 4.45 4.45 3.05 3.05 3.00 2.85 2.75 2.40 2.15 2.15 2.10 1.90 1.30 Cross Keys	
5.45 5.45 4.90 4.90 3.45 3.20 3.20 3.05 3.00 3.00 2.85 2.75 2.75 2.15 2.10 1.90 Sinclair Street	
5.60 5.45 5.45 4.90 3.45 3.20 3.20 3.05 3.05 3.00 2.85 2.75 2.40 2.15 1.95 1.05 Helensburgh	

#### Return Fares for Journeys to and from Royal Alexandra Hospital

Helensburgh and Youth Hostel - £7.75 Adult £3.90 Child  
Tullichewan and Renton - £6.25 Adult £3.15 Child  
Dalreoch and Milton - £5.75 Adult £2.90 Child

#### Child Single Fares (from 5th to 16th birthday)

Children under school age travel free  
Childs single fares at half the adult single fare rounded up to the next 5 pence

FARES ARE CORRECT AT JULY 2018 - MAY BE SUBJECT TO CHANGE



The 24 hour clock is used throughout this guide to avoid confusion between am and pm times.

For example:  
9.00am is shown as 0900  
2.15pm is shown as 1415  
10.25pm is shown as 2225

This service will not operate on 25 December and 1 January. On other bank, public or local holidays the service will be operated as specified subject to traffic requirements when the service may be either amended or withdrawn by agreement with Strathclyde Partnership for Transport

### RBS Mobile Bank Timetable

Tuesday	Garelochhead	9.35 – 10.00	Tuesday	Kilcreggan	11.10 – 11.30
"	Clynder	10.15 – 10.30	"	Cove	11.40 – 12.00
"	Rosneath	10.35 – 10.55			





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