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OUR COMMUNITY'S POPULAR PRESS

Issue 7 Aug/Sep 2018

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SEE PG 13 FOR DETAILS

A QUEST FOR HAPPINESS

What single thing can bring true happiness ?

What can bring a moment's joy ?
What turns a frown into a smile ?
Each sad thought or tear destroy ?

Is it a sunset over Western Isles ?
Or a baby's laughing smile ?
A 5-0 win away from home,
Champagne in Paris for a while ?

The stone in an engagement ring,
Or a lovely Chinese meal,
A flash car, a Spanish villa,
Or a puppy's playful squeal.

A brilliant play, or book, or movie,
Your favourite band upon the stage,
A Christmas present wrapped in tinsel,
But what brings delight at any age ?

The answer's really simple,
Guaranteed to wipe away the crap,
To bring joy or smiles to anyone,
Just give them 'bubble-wrap' !

By Rolf Campbell

Clydesider Poetry Competition Winner



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Welcome to **CLYDESIDER**

What an amazing summer it has been with the sun splitting the sky for months, perfect weather both to get active or relax in the beautiful outdoors right here on our doorstep.

This issue we focus on sport and leisure in West Dunbartonshire and the interesting and inspiring stories of ordinary people doing really extraordinary things.

Despite being one of the smallest local authorities in Scotland – number 26 out of 32 for those who enjoy a good fact – there is no shortage of athletic talent in our neighbourhoods.

From world record breakers to gold medal holders to national football stars and Olympic contenders, they are all local sporting heroes to be proud of and we are honoured to celebrate their achievements in this issue of *Clydesider*.

We also boast pretty impressive sporting locations – a newly discovered fact for the *Clydesider* team was that Dumbarton Rock holds the most difficult traditional rock climbing route in the world, a route set by a Dumbarton climber which now attracts climbers from across the globe.

For more leisurely, family friendly ways to enjoy the sun we ventured down to Faifley's Auchnacraig woods. Gail Russell, one of our regular *Clydesider* contributors, headed up to Carman Fishery for their monthly fun day with her son Dexter. Meanwhile our new volunteer writer Angela Clark found out how two heart attacks inspired one Bankie to set up a community walking group which now boasts 300+ members.

We also had the privilege of meeting up with local youth charity Y Sort It's young board members at Carbeth, to learn how they are continuing the century-long tradition of hutting.

It has been another busy three months at *Clydesider* during which time we have been delighted to welcome on board two new volunteer writers – Angela Clark and Aidan Macdonald. We also started working with a new printer, Clydebank-based Dynamink, who are taking over the bulk of our distribution for us. We'll still be out and about doing our community stalls with the magazine but I don't know how many more 10,000 print runs our little Honda Jazz could cope with.

The other change we are excited to launch this issue is the *Clydesider* Club Card. Which will provide members with great deals and discounts when they shop local plus each issue of *Clydesider* posted direct to the door, see page 13 for details.

As always it has been a real pleasure putting the magazine together. Enjoy!



**Amanda
Eleftheriades-Sherry**
Editor



CLYDEBANK COMMUNITY SPORTS HUB KICK-OFF

By Angela Clark

An exciting project has kicked-off in Whitecrook bringing a new community sports facility to the area.

The old playing fields at Dean Street will soon be home to the new £3.8million state-of-the-art facility, due to open at the end of the year.

The fantastic community complex will include a full size flood-lit all weather synthetic pitch, two re-developed grass pitches and newly renovated indoor sports facilities.

There will also be a 4G pitch, extra parking and allotments plus a number of meeting rooms for clubs and community groups.

Clydebank Community Sports Hub, was founded in 2012 by Glaschu Gaels Gaelic Football Club, Clydebank Rugby Club and GTF Tae Kwon do club, who worked together with the local community to create the facility.

Drumchapel Amateurs FC has also come on board as a sports partner and is keen to participate on the football side of the Sport Hub by using the facility as a training base for their senior and

junior teams.

The project aims to boost regeneration in the area while also improving health and well-being by involving the community and young people in a range of activities.

Clydebank Community Sports Hub was spearheaded by the three founding sports clubs with backing from the Scottish Government, West Dunbartonshire Council, Sports Scotland, the Gaelic Athletic Association, Cashback for Communities, Scottish Rugby Union, The Robertson Trust and Barr Environmental Limited through the Scottish Landfill Communities Fund.

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Quality Matters



BONHILL RUNNER'S EPIC CHALLENGE

By Aidan Macdonald

Maurice Donohue from Bonhill has never been one to shy away from a challenge.

In Issue 4 we reported on his epic 10k a day for a year runs to raise money for dementia charities, Race Against Dementia and Sporting Memories Foundation.

One challenge was not enough for Maurice - he wanted to do more. So he embarked on the equally difficult task of completing 27 half-marathons.

He explained: "We have two iconic sportsmen here in West Dunbartonshire, Lachie Stewart who was 1970 Commonwealth Games gold medallist and Sir Jackie Stewart the former Formula 1 world champion.

"I wanted to do something that could be used to raise money for dementia, but also paid tribute to both of these athletes.

"So as Lachie was a 10k champion I came up with the 10k a day challenge and 27 half marathons were in honour of Jackie Stewart's 27 Grand Prix victories."

A fan of motor racing from a young age, Maurice said his

highlight was "getting the chance to run on the racetrack in Monza, Italy on the weekend of the Grand Prix. It was a dream come true to get such an opportunity."

At the moment he doesn't have any more challenges or ideas planned. He laughs: "It's time for a rest as those two challenges were pretty taxing."

If there is one man in West Dunbartonshire who has earned a break it is Maurice Donohue but knowing him it won't be long until he is out and about partaking in some other incredible challenge.



Gil Paterson MSP
For Clydebank & Milngavie

Constituency Surgeries 2018

All surgeries are 5 - 6pm unless stated otherwise

September	October	November
7 Bearsden Community Hub (4 - 5pm)	5 Bearsden Community Hub (4 - 5pm)	2 Bearsden Community Hub (4 - 5pm)
14 Napier Hall Old Kilpatrick	12 Recess	9 Napier Hall Old Kilpatrick
21 Milngavie Town Hall	19 Recess	16 Milngavie Town Hall
28 Clydebank Town Hall	26 Clydebank Town Hall	23 Goldenhill Primary
		30 Clydebank Town Hall

There are no fixed surgeries in August/December/January

Personal appointments with Gil in his constituency office can be arranged by calling 0141 952 9677

Constituency office of Gil Paterson MSP, Suite 1 - 6 Titan Business Enterprise Centre, 1 Aurara Avenue, Clydebank, G81 1BF

VALE MEMORIES WANTED



Do you remember Age Concern Vale of Leven in its heyday? Did your parents or grandparents go on their annual outings?

If so your memories – and any old photos – are wanted to help create a celebration event.

The voluntary group has been in existence since 1948 – formerly as the Old People's Welfare, then Age Concern Alexandria before changing its name to cover the whole of the Vale.

It is believed to be one of the oldest branches of Age Concern in Scotland yet there is very little to document its work.

Eva McKellar has been chairperson since 2001, when she and some friends

took on committee positions from an ageing voluntary committee.

She explained: "All the previous committee gave us was a cheque book and some bank statements – we don't have any minutes or photos prior to 2001 other than an old minute from the Council when it was started up as the Old Peoples Welfare.

"We are organising a reminiscence session in August with someone from Living Memories and we would love it if people who have photos or memories of the organisation could share them with us.

"What we are hoping to do is collect them in and have a big party to celebrate the work Age Concern has done in the Vale over the years."

Eva said they believe that it was originally set up to help pensioners who had lost sons and husbands during World War Two.

She added: "I can remember my mother going to it – I was 12 at the time. I remember her going on the trips and there were about 30 buses that would leave from Alexandria and my mum would always bring me back a hair slide and a stick of rock."

Age Concern Vale of Leven meet on the fourth Wednesday of every month in Alexandria C.E Centre. Anyone with photos or memories to share can pop along to their next meeting or call Eva on 01389 759521.

Y HUT IT

By Amanda Eleftheriades
Photos by Charlie Sherry



The midges are starting to bite as we head along the footpath taking us deep into the heart of Carbeth and by the time we have walked about $\frac{1}{4}$ mile to the newly built hut belonging to Y Sort It the pesky insects are out in full force.

Staff and volunteers from the Clydebank-based youth charity are busy trying to light a BBQ so the smoke will keep them at bay for awhile – plus they need to get the burgers on to cook as there are some very hungry young people on their way back from a walkabout round the Carbeth site.

While waiting for the young board members to head back we had a chance to wander round the beautiful new-build which sleeps 10 and, with a composting toilet and solar lighting, is fully eco-friendly.

It wasn't long before the board returned from their tour and after joining them for a bite to eat Clydesider had the privilege of finding out more about the exciting new adventure the charity has embarked upon.

Vice Chairman, 19-year-old Patrick Clark from Clydebank tells me it was a year ago that Y Sort It manager Gillian Kirkwood, took the idea of building their own Carbeth hut to the Board – all of whom are young people from the area.

He said: "When I first heard that Gillian wanted a hut here I was a bit taken aback but I thought it would be great for more young people to enjoy the outdoors.

"When we got to see the plans and then coming up here to work out where everything would go it dawned



"Gillian has a hut here herself and so do her family and she knows how great it can be for young people.

"The next thing we know we are making plans for it, setting out cones around the site to try and work out what it would look like and what size we needed. Then we came up a couple of months later and the main building was

on us that we were actually building a hut – it became real.

"Then when we saw the finished product I was so blown away by it because I didn't expect it to be the size it is or how homely and comfy it feels here."

Most of the young people we talk to have been involved with the hut plans from the start and they shared Patrick's initial surprise at the idea and excitement at what they have helped create.

Michelle-Dominique Bell, 20, is the charity's Chairwoman. She has been with Y Sort It for 10 years, joining their Young Carer's group when she was 11 and becoming a board member four years ago.

She said: "When Gillian first brought it up we thought it was a good idea but we didn't know if it would happen, we were a bit sceptical at the start especially when we came up here to see the place and it was covered in trees.

there and two months after the rooms were all built and then we came up for our first time to stay here.

"It has been amazing to see it go from an idea to a real hut, I'm really excited to see the young ones come here for the first time."

The Carbeth huts have been an important lifeline for hundreds of families from nearby urban areas since 1918 when soldiers returning from World War 1 were granted camping rights on the site by the owner Allan Barns Graham.

As Glasgow and Clydebank grew to become industrial powerhouses the chance to escape from the pollution



and pressure of urban life became ever more important and during the 1920s and 30s the huts began to appear and grow in number, providing workers with much-needed fresh air and tranquility.

In 1941 the area became a sanctuary for Clydebank families who had been made homeless during the Blitz.

And over the decades it has played a crucial role in the area's and the nation's social history as the hutters fought to stay on the land finally, after settling a 15 year rent strike, completing a community buy out in 2013.

As the hutters gear up to celebrate the site's centenary year there are now over 140 huts on the land which belongs to the Carbeth Hutters Community Company.

And with Y Sort It's new build joining the community, the area looks set to continue making an impact on many more young lives for years to come.

The charity secured funding from Cashback for Communities, Life Changes Trust, the Big Lottery Scotland and support from West Dunbartonshire Health and

Social Care Partnership to get the hut built.



Their staff and volunteers are excited at the potential the space offers and have plans to run respite and pampering stays for their Young Carers' Group as well as nature trails and adventure activities for the youngsters who take part in their varied projects.

Angela McVey, a Board member for five years and part of their Young Carers' group, said: "After our first

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THE CITY OR WEST END**



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stay here I just wanted to pack my bags and move in – I didn't want to go back because I was feeling so peaceful and calm."

And Michelle-Dominique added:

"Being part of Y Sort It has been the best thing that has happened to me, it has changed my life. They gave me the support and help I needed.

"Five years ago I would never have thought I would have a degree but thanks to Gillian and Laura and the rest of the staff they gave me the confidence to do it. Now I hope I can help other young people and this is the perfect place to do that."

**"It has been
amazing to
see it go
from an idea
to a real hut"**

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SPONSORED COMMUNITY EDITORIAL

Youngsters from Dumbarton, Alexandria and Clydebank can try their hand at folk and traditional music thanks to an exciting new project coming to the area.

Gael Music will be setting up folk academies and ensembles across West Dunbartonshire and offering free music tuition and instruments to 100 young people aged 10 – 16 for four terms.

The Heritage Lottery and Creative Scotland funded project will also encourage the young participants to research the traditional songs and music from the area and record interviews with older people from their communities.

The youth-led research will provide a basis for the free weekly tuition on a range of folk instruments.

It will culminate in local public performances of music and culture relevant to where participants are living and growing up.

They will also create unique learning materials and build an online digital archive to share the local stories and sounds.



Gael Music have run similar projects across the UK and through their shared learning approach aim to provide young people, their families and communities with opportunities to explore their heritage and develop cultural strengths.

In West Dunbartonshire they will be working with the Council's library and collections team, instrumental music service, 'CreActive' youth clubs and Y Sort It's youth arts hub 'Fresh Creations'.

Keith Roberts' son Bruce plays the violin. He said: "The music is really great, my favourite tune is Dumbarton Reel."

And Catriona Zhao, mother of Alexandria flute player Louise commented: "It's going to be wonderful seeing them developing as a band."

Luke Daniels, Director of Gael Music, said: "This is a great opportunity for talented young musicians from West Dunbartonshire to develop their existing musical talents for the benefit of their local communities as a whole.

Nurturing communities' particular strengths in music and culture will require local support and Gael Music is looking forward to working with local organisations and participating families to overcome any existing barriers to participation such as cost or transport."

For more information contact Gael Music on 07870 211 501 or email office@gael.org.uk

Get your **CLYDESIDER CLUB CARD**

Since launching Clydesider community magazine back in September 2016 we have been asked time and again where it is for sale and can we deliver direct.

We want to continue to keep the magazine free so everyone can enjoy our mix of creative talents and local good news stories but as a not-for-profit social enterprise we need to cover our costs.

So we are launching the Clydesider Club Card. This exciting initiative will offer our readers great discounts with local businesses while helping us continue to celebrate the fabulous stories of ordinary local people doing extraordinary things.

The membership cards will give you access to discounts of 5% to 25% and special offers with local traders, shops and services. Plus, as a big thank you for your support, we will post a free copy of each issue of Clydesider magazine direct to your door. All this for just £25 a year.

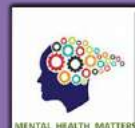
We will still be dropping off 10,000 free copies of the magazine across West Dunbartonshire but if you would like to support us and enjoy some great deals and discounts just cut out and complete the coupon on page 45 or visit www.clydesider.org/clubcard to sign up for your Clydesider Club Card today.

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CELEBRATING 10 YEARS IN THE COMMUNITY

SPONSORED COMMUNITY EDITORIAL

Centre81 is 10 years old and has become the hub of the community.

Since opening in 2008 it has come on leaps and bounds and our achievements have been many.

We have established great working relationships and partnerships with organisations and agencies, such as West College Scotland, West Dunbartonshire Council Working4U teams, Strathclyde Autistic Society, Action for Children, ISARO Social

Integration Network, Clydebank East Community Council, Tesco Fareshare and many more, to deliver community projects, activities and services in the heart of the community which include: -

- Delivering school holiday activities such as arts & crafts and multisport sessions
- In 2014, with Big Lottery funding, we opened Gym81. Since then, over 500 people have joined in their first steps to fitness. At only £10 per month and no joining fee, it's an affordable way to keep fit!
- We also run the following regular fitness classes that are only £2 per class

<i>Yoga</i>	<i>Wednesdays</i>	<i>6.30 - 7.30 pm</i>
<i>Tai Chi</i>	<i>Fridays</i>	<i>2pm - 3pm</i>
<i>Pilates</i>	<i>Tuesdays</i>	<i>9.30 - 10.30 am</i>
- Through our partnership with West College Scotland and Scottish Government funding we have successfully delivered IT Classes, Childcare Courses, Cookery Classes, Health & Social Care Courses and Horticulture classes
- Working4U teams have delivered CSCS courses, Employability Drop-Ins, ESOL Classes (English for Speakers of Other Languages) and a Language Café
- Strathclyde Autistic Society Sports and Arts club for children on the autistic spectrum (aged 5-18) and their siblings
- ISARO Social Integration Network hold regular community events (such as International Women's Day), drop in classes, sewing classes and run training classes/courses for BME community members
- Our Centre has free public Wi-Fi and Computer access and is available for private functions and to community groups. We have a large games hall, IT suite, crèche room, art room and a large meeting room

Our annual gala days are attended by over 600 people each year.

Across from the Centre there is our MUGA (multi use games area) and Park81. Cafe81 serves refreshments and tuck from 8am until 9pm each night.

Our community garden environmental project has produced lots of different fruit and vegetables, which have been distributed to the local community and used in our community cookery classes.

Tenants based at Centre81:-

- CDC Champion Dance & Cheer Allstars
- Strathclyde Autistic Society
- ISARO Social Integration Network
- Action for Children

The Management Committee of Clydebank Housing Association is committed to its wider role and regeneration activities which serve to enhance the quality of life of the Association's tenants and other customers and provide a lasting transformation for the better of people, places and communities.

We couldn't deliver half of what we do at Centre81 without the support of our many funders which include the Scottish Government (People and Communities Fund, Climate Challenge Fund, Aspiring Communities Fund/ESF), The Big Lottery (Open Spaces and Awards for All) and Children in Need amongst others.

Community Links Scotland has played an integral part in assisting CHA to secure this funding since 2008.

Funding, which will total in excess of £1.7m by the end of this year, to support employment and deliver our activities has been received and/or pledged.

Centre81 home to Café81, Gym81 and Park81.





ON A WING & A HOOK

Words & Photos by Gail Russell

As a parent, I'm mostly winging it. Anything I can't figure out on my own is quickly typed into Google, or I ask my Mum (who I assume is winging it also, albeit with more experience). It's a method that's been working to at least some degree of success for the past nine years.

There are moments, though, where I just don't know the answer; when I can't wing it or feign intelligence about the subject. Such a moment happened one Sunday morning, when I was less than halfway through my much needed first cup of coffee.

'Mum,' said Dexter, my nine year-old son, 'I want to go fishing.'

Fishing. *Fishing*. I had no idea how to begin. He'd need a rod, bait, tackle (is that even right?), a permit and who knew what else. I tried to fob him off with a baggy net down the Loch but he was having none of it.

'I'll look into it,' I told him. Classic stalling tactics. And so, a week went by where I hoped he wouldn't bring it up again (he did, several times). Then, miraculously, as though the stars had aligned, I received an email in my inbox informing me there was a family day at Carman Fishery, and would I be interested in going. Why yes, Amanda, yes I would.

I broke the news, which was met with squeals of delight, and we penned it in on the calendar.

The day came and we made our way up the Carman Hill to the fishery, located in the old reservoir. Already the road was lined with parked cars and the sun was out; it was going to be a busy day. We found Jack, the owner, and he kindly set Dexter up with a rod, reel and bait to start his fishing adventure as, being new to this, we had no equipment of our own. The fishery doesn't usually loan out rods so

you'll have to bring your own. We're very thankful to Jack for making an exception!

We walked over to the reservoir, which is huge and lined with wooded areas, paths and benches. We soon discovered fishing should be renamed 'patience,' and I was appreciative of the beautiful weather and the stunning location.

As Jack was busy running the family day, where children could catch up to two fish and adults five before the fishing became catch-and-release, we were helped in our efforts by James, who did everything possible to help

Dexter catch his first fish.

We found a good spot, James showed Dexter how to cast off, and we waited. Then we waited some more (remember what I said about patience?) Dexter reeled the line in, changed the bait (which, thankfully was not live worms or maggots, but a glittery and fluorescent 'powerbait'), moved spots and cast off again.

Soon, it was time for a much needed lunch, and Jack put on a fantastic buffet of hot food and sandwiches. We even had a sneaky donut before heading back over to try and snag that first trout. The fishery stocks a range of

The Bay Inn - Under New Management

The Bay Inn is a traditional public house located in the heart of Bowling, providing the ideal atmosphere for our customers to kick back, relax and enjoy a hot or cold drink from our well-stocked bar.

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trout including rainbow and blue, and has a 'tiger pot' of cash to be won for the person who snares their tagged tiger trout. Alas, it wasn't to be for Dexter, and by the end of the day his hook was still empty.

For a fleeting moment, I thought it might mean the end of his interest but thanks to the patience of James and Jack, he's raring to go back and give it another go. Time for me to go buy him a rod! Again, the guys were extremely helpful and I know exactly where to go to stock up on the best supplies.

"Time for me to go buy him a rod"

So thank you to Jack and James for showing us the ropes and making the day a great one. To find out about future family events you can follow Carman Fishery on Facebook, contact Jack on 07745 647156 or take a drive up Carman Hill and visit the fishery yourself.

P.S. Thanks Amanda for helping me wing it!



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SPONSORED COMMUNITY EDITORIAL

Long sunny afternoons and evenings seem a great excuse to open another bottle of wine or six-pack but those extra bottles and pints can take their toll on work, family and finances.

If you find yourself watching the clock waiting for 'wine o'clock', or regularly vow 'never again' when the hangover from hell kicks in, it's maybe a good time to make an appointment for a chat with one of DACA's team.

The local alcohol support charity offers a range of free, confidential services to help people get their drinking under control.

Many people don't realise they are drinking too much or too often, and you don't have to be a dependent drinker to experience harm from alcohol – or to ask for help.

People who regularly enjoy a heavy drinking session are often at particular risk of experiencing accidents and falls, getting caught up in alcohol-fuelled fights or ending up in A&E with alcohol poisoning.

And problem drinking is something that can creep up on you, quickly becoming a habit that is difficult to break. What was once an occasional glass of wine with dinner is now a bottle most evenings, or you need a few drinks after work to unwind or to help you sleep.

At DACA we provide free advice and information to help you check if your drinking is putting your health and well-being at risk.

Not everyone who is drinking too much has to cut out the booze altogether and our highly experienced staff can have a chat about making small lifestyle changes that make big differences.



Some people find it easier to stop drinking completely and our professional counsellors will support you to make the decision that is right for you to meet whichever goal you choose.

As well as counselling DACA offers a range of social groups, health and well-being clinics, complementary therapies and activities from our offices in Dumbarton and Clydebank.

So, if you are worried about your drinking – or that of a loved one – why not give us a call on 01389 731456 or 0141 9520881 or visit our website www.daca.org.uk for more information about DACA services.



SPECIAL OLYMPICS DREAM FOR CLYDEBANK CYCLIST

By Angela Clark
Photos by Charlie Sherry

A cycling dream is set to become a reality for one Clydebank lad when he represents his country at the Special Olympics in Abu Dhabi next year.

Against all odds Derek McKenzie, who has severe learning difficulties, developed a passion for cycling six years ago after a support worker took him on a bike.

Doctors had told his parents, Martin and Tricia McKenzie, he would never ride due to a number of problems affecting his balance and coordination.

Martin said: "We didn't think he'd ever be able cycle.

"We are over the moon he has been selected. Nothing fazes him." To Derek it's just another day, he's happy as long as he's riding his bike."

A bad cycle accident last year nearly saw Derek unable to attend another national competition in Sheffield.

Tricia said: "He broke his collar bone, dislocated his shoulder, split his eye open in two places, had a number of cuts and bruises over his body but all he wanted to do was go straight back on the bike."

Derek will also compete in the 40th Anniversary Games of Great Britain being held in Stirling in August.

And he will continue his weekly training sessions with his club in Bellahouston where his training will become more intense throughout the year in preparation for the games ahead.

His family and friends have also been working tirelessly to raise the sum of £2500 needed to send Derek to the competition.

They have held a number of coffee mornings in St Eunan's Chapel with Father Boyle giving the hall free of charge. They organised their own raffles and have received some

welcome donations from family and friends.

Martin said: "We are grateful for all the support. Although we are used to being on the other side, we have always been there to help and support people when they have fundraiser events, but we don't really know what avenues to go down to do the fundraising ourselves."

So they were delighted to receive an unexpected phone call from Golden Friendship organiser, Jim McLaren, who heard of their plight and offered to have a fundraising event to help the family reach their target.

They were overwhelmed by this kind gesture and relieved that a complete stranger was willing to help Derek.

The trip to Abu Dhabi will be the first time Derek has been apart from his family.

Tricia said: "My son will turn 32 in July this year and we have never been separated but we just can't afford another £2500 to go with him."

The team will be away from home for 18 days, heading out a week before the games to acclimatise to the temperatures which are likely to be approaching 30C in March. It is the first time a Persian Gulf nation has hosted the Special Olympics since it

was established in 1968.

Derek and his team mates will be accompanied by their coaches on the trip and there will be a number of team building weekends organised by the club in the run-up to the event to ensure the team have stronger bonds with each other and can rely on one another for support.

Martin added: "It is reassuring that four of the same members of Derek's

club have been chosen though Derek makes friends everywhere he goes, he has built relationships with people all over Great Britain through his cycling.

"He just loves cycling. He can't use gears so he starts and finishes at the same pace. His coach has always said he has got the best technique, the legs don't stop they just keep going.

"When you look at Derek cycling and you think if that boy could learn to change gears it would make him go faster cause he just keeps going and going he never tires".

If you would like to help keep this Bankie's legs moving and give him the chance of bringing a medal back to his home town contact Jim McLaren on 07957568330.





A FOOTBALL LEGEND IN THE MAKING

By Charlie Sherry

When you think of the footballing legends who have sprung up through the ranks of Glasgow Celtic's youth academy over the years, the names could be a Who's Who of all time Scottish footballing greats.

Names like Jimmy McGrory, 'The Human Torpedo' Celtic's all time highest scorer, Wee 'Jinky Johnston' who terrorised defences the world over with his hypnotising ball skills, to the present day with Kieran Tierney, tipped to be one of Celtic's all-time greats.

Although he has a long way to go in his footballing development, Dumbarton's very own Adam Brooks seems to be travelling on the same journey to footballing glory as some of his illustrious predecessors. The 14 year

old, who is signed on a year to year contract with the Parkhead club, is averaging three goals per game.

You would think that would be enough of an achievement in itself, not for young Brooks though, he has just made his international debut for the under 15s, a year ahead of his age and get this - he scored four goals!

However, it was not always obvious which half of the Old Firm Adam would eventually sign for. "When I was 11-years old I was playing in a tournament in Giffnock for my club, Dumbarton United, when I was spotted by scouts from the two clubs, both wanted to sign me. For a while I trained half the week with Celtic and the other half with Rangers," Adam said.

For any budding footballer to have just one senior football club interested in you would be amazing, here was young Adam being pursued for his signature by the two biggest clubs in the country.

On meeting Adam it does not take long to realise he is an intelligent level-headed lad with his feet well and truly on the ground.

With that in mind it would come as no surprise to anyone when he chose to sign for Celtic over his boyhood heroes, Glasgow Rangers, a choice he made with his head rather than his heart. As Adam explained: "I signed for Celtic because the opportunity came up to go to their football school in Kirkintilloch. At that time Rangers did not have anything like that, this was a

great opportunity for me to develop as a footballer whilst also concentrating on my school work."

Adam's daily routine consists of training first thing in the morning, school, dinner, finished off by more training, not much room for the normal things a 14 year old lad gets up to. This does not seem to faze the talented footballer as he is totally focussed on his long term goal of breaking in to Celtic's first team.

When asked what his ambitions for the future are, Adam took a moment or two to think through his answer then replied: "I want to achieve the best I can with Celtic, hopefully score a lot of goals for them and help the club achieve even more honours and I want to play for Scotland in the World Cup."

Who knows folks, one day we might see Adam score the winning goal for Scotland in a World Cup final. Good luck Adam from all at Clydesider.





Katie Kennedy

CLYDESIDER PHOTOGRAPHY COMPETITION

By Charlie Sherry

Before I announce the winners of Clydesider's Issue 7 photo competition, I would just like to thank everyone who entered.

As per usual photographs sent in were of the highest standard. Unfortunately I could not pick all the entries, winners had to be chosen and thankfully this time round I had the assistance of Inclusive Images' co-pilot, Michael McLaren.

Our first prize winner is a stunning panoramic shot of Loch Lomond including The Maid Of The Loch. Given the theme of the competition was Sport and Leisure in West Dunbartonshire, Katie Kennedy's image just seems to capture its essence, bringing back

many fond memories of lazy summer days spent whiling away the time on the Bonnie Banks. Congratulations Katie.

Second prize goes to Linda Morrison for her atmospheric shot of a photographer at work in an ancient ruin. Both Michael and myself loved this image with its clever composition and perfect light exposure. Well done Linda.

To many in West Dunbartonshire the sight of The Waverly, the world's last surviving sea paddle steamer, fills them with happy memories of a trip 'doon the waater' and long hot leisurely summer days. Martin McGeachie's well thought out shot brought a smile to our faces, composition-wise it is spot on but more than that, it is a lovely image to look at and that's what we photographers strive to achieve. Brilliant stuff Martin.

Clydesider would like to thank Charlie Sherry director of Inclusive Images for judging the competition and Iain Wilson from Photo Ecosse in Dumbarton High Street for providing the prizes – a 20 x 30" canvas print

for Katie's winning entry and framed prints for Linda and Martin.

Photo Competition Issue 8 theme - 'The Natural World'.

Please email entries to clydesidercomp@gmail.com by Friday September 14 2018. Good Luck! The usual rules apply:-

- One entry per person and you must live, work or be part of a group based in West Dunbartonshire
- All images entered must be your own work
- By entering you give Clydesider Creative Ltd permission to publish your work in our print, digital and social media outlets – this in no way infringes your copyright



Linda Morrison

Martin McGeachie





WALK ON THE WILD SIDE

By Angela Clark, Photos by Brian Long

A kind heart, a cheeky grin and a glint in his eye, Brian Long displayed all of these when I met up with him and his walking group for a three mile trek around the Old Kilpatrick hills to the Greenside Reservoir.

He smiles proudly as he informs me this particular walk is extra special, as it was the first trek he made four and a half years ago when he started Call Yourself A Bankie's hill walking group.

A survivor of two heart attacks, weight gain and other health problems spurred this 70 year old to change his life and in doing so he improved the lives of so many people across his home town.

Brian said: "The aim of the group was for me to make changes in my life. When I set up the Facebook page I never really had a long-term goal.

"It has helped me in a number of ways. I am fitter, have made loads of new friends and it has improved my spiritual and mental well-being."

This humble man is reluctant to take credit for himself. He assures me the success of the group is not down to him, but to the members who keep turning up and he keeps the group going in the hope he can help and support people to improve their quality of life.

He said: "People walk for a number of reasons, they may be lonely or are looking to improve their mental and physical well being, that's what happens in this group. You see people grow in self esteem, confidence and fitness. Nothing compares to it. I just love being part of it."

Walking abilities in the group differ and organised events currently take place twice a week. These range from low level hills, to Munro climbing. Brian works hard to meet the needs of over 300 members. He is well organised and researches routes well before the scheduled events.

He smiles broadly as he recalls some of the adventures and wildlife he has encountered whilst out with his group,

including deer, rabbits, hawks even a wild boar.

He said: "We have been chased by cows. Taken shortcuts that ended up with us adding 14 miles onto our trip. Fallen down holes, the list goes on - that's all part of the fun and that's why I love it."

It's easy to see why people warm to this gentleman, he is laid back, funny and has the patience of a saint.

One member of his group said: "Brian is a gem of a guy. I met him through CYAB hillwalking group last April and over the past year he has dragged me up hills I thought I couldn't climb, taught me loads about everything to do with hill walking and become one of my closest friends.

"Not everyone goes on every walk with the group but Brian is always there, encouraging all who come.

"Joining the group has been one of the best decisions I've ever made and I'd be lost without it and the group would be lost without Brian and his shortcuts!"

As well as keeping CYAB hill walking group running Brian celebrated his 70th birthday in style this summer as he took on the Great Glencoe Challenge, walking a staggering 26 miles on the 7th July and then the very next day climbing Ben Nevis.

He is raising money for Cancer Support Scotland after his son was diagnosed with the disease and this is his third year doing the event.

Brian Long is a prime example of how to keep an auld ticker young. He is a man who lives his life to the full and has learned not to take himself too seriously.

He gives so much to people, even in his own times of trouble and has been a great teacher to me and many others. Keep those boots on big chap, the hills are waiting.



CLYDESIDER GALLERY

Emma McKerry from Old Bonhill creates artwork made from and inspired by nature most of which she collects locally.



Q: How did you get into art?

A: I've loved art since I was a child. My nana was a painter who sold her pictures on the streets of London, my mum wrote poetry and short stories so I suppose creativity has always been in the family. I loved drawing as a child and teenager but didn't ever think it was very good. I've only been to one art class – that was in St Pat's but I never went back. One day I just bought myself some acrylic paints and really enjoyed using them – it just went from there.

Q: Who or what inspires your work?

A: My family and nature inspire me, from trying to make perfume with rose

petals to drying flowers in a book as a child. Later when my sons were small we used to go for walks up Balloch Park to collect leaves, acorns and anything else we could find and take them home to make collages. The past three years I've been collecting stones, pebbles, lichen, moss etc all around Loch Lomond and turning them into pictures. I dry and press most of my own flowers and let nature inspire me how to use them.

Q: Where can we see your artwork?

A: I have my pebble pictures and painted clay pots for sale in various local galleries and arts and crafts shops. There are some in Loch Lomond Craft Shop in Alexandria and they have also been on display in the Pop Up shop at Arch 7 in Bowling. I also have a Facebook page – Loch Lomond Wild Art.

Q: If you could have an art tutorial from a famous artist who would it be and why?

A: I love so many artists but my first love was Renoir. I loved his work and remember going to an art class as a teenager and drawing his famous painting 'The Umbrellas' and I fell in love with that painting from that day.

Q: What are you working on at the moment?

A: I'm doing a lot of clay painted pots, drying out some flowers and coming up with designs for new nature pictures.



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DUMBARTON ROCK'S UNRIVALLED RHAPSODY

By Amanda Eleftheriades
Photos by Charlie Sherry

Dumbarton has a sporting secret which attracts people from all over the globe to the town yet it is unknown to many locals.

Hidden away in the cracks and crevices of Dumbarton Rock are some of the toughest climbing routes in the country and two almost impregnable routes, finally conquered by local man Dave MacLeod in 2001 and 2006, are magnets for the world's best rock climbers.

The first route was named Achemine – meaning way forward – by Dave when he finally nailed it after a year of near misses and falls.

Local climber, Danny, explained: “When you complete a new route you get to name it and grade it. When Dave did this climb it was the hardest rock climb in Britain and the only E9 route.

“He tried it first in September and then persevered and persevered for about a year – if you stand below and look up you think no human could climb that.

“But Dave is one of the top 10 climbers in the world – if he was an Olympic runner there would be a statue of him in Dumbarton, but because he's a climber most folk have never heard of him.

“He eventually completed the climb the following October because the temperature was just right and he was able to nail that last move without his hand getting sweaty and slipping off.”

Speaking to the Clydesider from the top of a mountain in Wales where he was making his latest film, Dave told us how he completed his climbing apprenticeship on Dumbarton Rock.

“That's where I started climbing, there are easy climbs right next to the

hardest climb in the world. That's what I like about the Rock, it is so technically difficult but there are routes which you can do on your first day of climbing."

While the Rock has long been popular with local climbers for both bouldering and climbing, Dave's historic ascent in 2001 put it on the climbing world map.

And he upped the ante five years later when he devised another route on the Rock which he dubbed Rhapsody and classified it as an E11 – the only E11 route in the world.

On the Scottish Climbs website MacLeod described the route and his ascent as "very technical climbing, a very devious sequence.

"The other aspect is the danger; a 60/70 foot fall from the top moves, sometimes glancing off the belay ledge. The swing in is extremely violent, sprained ankles, badly cut and bruised feet, legs and back and a crushed calf muscle were experienced."

He tells me now that the route's technical difficulty has become a challenge with global attraction. "It's interesting that one small crag has become so famous – there are climbers from Canada, Italy, all over who have come to Dumbarton to try it."

While the area has been cleaned up recently thanks to locals organising beach cleans and encouraging climbers to take black bags along with them to pick up the litter it is not an easy place to find.

"If you don't know where to go it can be hard to find," Danny said.

"There's no sign directing people to it and the Council have put up a fence between the Rock and the Football Park so if you don't know it's there it can be off-putting.

"I was first taken down there when I was 15 by more experienced

climbers but people come from all over the world to climb there and you often see them wandering round the town with all their gear and bouldering mats on their backs and there is nothing to tell them how to get to the Rock."

With rock climbing becoming an Olympic sport for the first time in 2020 it is a great opportunity to raise the town's profile as a world class climbing destination and who knows, maybe a future Olympian could be a son or daughter of the Rock.

Pictured: Climbers Steve Richardson and Gordon Mckillop attempt 'The Omerta', meaning hidden secret on Dumbarton Rock.



GOLDEN MEMORIES OF A GOLDEN RUN

Words & Photos by Aidan Macdonald

"I wouldn't say I was confident, but I thought if I ran well I would have a chance of a medal."

These are the words of Scottish running legend Lachie Stewart on how he was feeling before the race that would make him a local and national hero.

This was his 10,000 metre gold medal win at the 1970 Edinburgh Commonwealth Games.

Lachie's humble nature is indicative of his running career. He did not have the traditional start or training programme of a medal-winning athlete.

It was his teacher who encouraged him to join a local running club at a very young age and he feels the training he got in those early years set him up to become a world class runner.

As he got older however he recognised he needed some sort of trade. At the time the idea of making it as a

professional athlete in the west of Scotland who wasn't a footballer was only a fantasy, so he got his apprenticeship as a dentist.

It was this career move however that allowed him to take his running to the next level.

With his apprenticeship in Glasgow and living in Bonhill, he knew time to train was very limited so he came up with a clever solution to both work and train.



He would run to and from work every day helping build his fitness to the level of a top athlete. He also made sure to eat healthily.

I was surprised at how simple it all seemed, particularly when thinking of the obsession with sports science today.

He chuckles when I mention this and says he thinks it's "a lot of nonsense" and simply keeping fit and healthy is the key to success.

On the day of the race Lachie remembers feeling nervous about running in front of both a large home crowd and his friends and family.

However, he explains things which made him nervous also made him feel

confident, knowing people were fully behind him gave a massive confidence boost.

He jokes many of his opponents "weren't used to the traditional Scottish rain" hammering down on Edinburgh on that historic day, particularly Ron Clarke, the world record holder at the time.

Lachie said: "I wouldn't have dreamt of being able to beat a runner of his calibre."

But beat him he did.

He recalls what happened as they came into the final stretch: "I knew I would get at least third and I also recognised my two opponents needed to have gone earlier to challenge for gold, so I realised I had a chance to win this.

"After I passed Ron Clarke I felt like I was running on air... as if I could keep running forever.

"When I went through the finish line I said to myself what have I just done? I don't think it fully sank in until I did the lap of honour round the track."

Now almost 50 years on Lachie is still hailed as a local hero and his triumph still talked about.

However when speaking to the man himself you wouldn't realise he was a Commonwealth gold medal winner, he is a humble man who plays down his extraordinary achievement but his heroics will be talked about for years to come.



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SPONSORED COMMUNITY EDITORIAL

Climate change will impact all of us. This year's extreme temperatures may continue and will affect our health and well-being, increase flooding and drought and lead to price rises.

But help is at hand thanks to a Clydebanks charity raising awareness of climate change.

Isaro Social Integration Network's Climate Challenge Initiative works with ethnic and cultural minority communities to reduce local carbon emissions while also promoting community cohesion.

Their activities include:-

- Climate change community conversations to raise awareness
- Reducing home energy use and bills with home visits from energy-saving advisors
- Free fuel-efficient driving workshops, in collaboration with Energy Saving Trust provide tips to save fuel and money
- Free cycling tasters to promote cheap, healthy, green travel
- Sewing, alteration, upcycling classes and monthly Swapshop
- Food waste reduction and planet-friendly cookery
- Environmental-themed social events bringing communities together

Their Climate Action Hub is full of information about climate change and reducing carbon footprints. It also houses a material collection point where people can leave unwanted textiles and clothes heading for landfill. These are mended, upcycled or found a new home.

Rose Sehakizinka, Isaro project co-ordinator, said: "There are many small changes we can all make which together will make a difference to our planet – and also help us save money and improve our wellbeing.

"We often don't think where clothes we throw away end up and how this impacts our climate. With increased understanding we can extend their life and reduce our carbon footprint.

"While our activities are targeted at ethnic and cultural minorities they are open to anyone as we want to promote better understanding and cohesion between communities."

Isaro also has an Open Doors project which runs weekly drop-ins every Tuesday and Wednesday 11am – 2pm.

Rose added: "The Open Doors project aims to reduce isolation. People can come in, make new friends and try different activities like arts and crafts, learning workshops, a lunch club, cultural events plus trips for all the family."

For more information pop into Centre 81, 2/16 Braes Avenue, Clydebanks; call 0141 2372620/07824707085; email isarosocialnet@gmail.com or visit www.isaronetwork.org.uk.



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At Clydesider we are keen to encourage readers to shop local when they can as there are many excellent local businesses, shops and services across our communities.

Many of these are small companies owned and run by people who live, work and shop local themselves and when we buy from these independent businesses more money stays in our communities.

That's part of our thinking behind the new Clydesider Club Card – full details on page 13 – and why we have teamed up with Dunbartonshire

Chamber of Commerce to promote their work championing local businesses.

As a still relatively new start-up not-for-profit social enterprise we regularly face challenges that we didn't even know existed and the Chamber's monthly networking events have proved very useful to meet more established local businesses who have trodden a similar path before us.

So next time you are shopping, searching for a tradesman or planning a night out why not check out the great local businesses who are on our doorstep and keep your cash working in our community.



Jackie Baillie MSP
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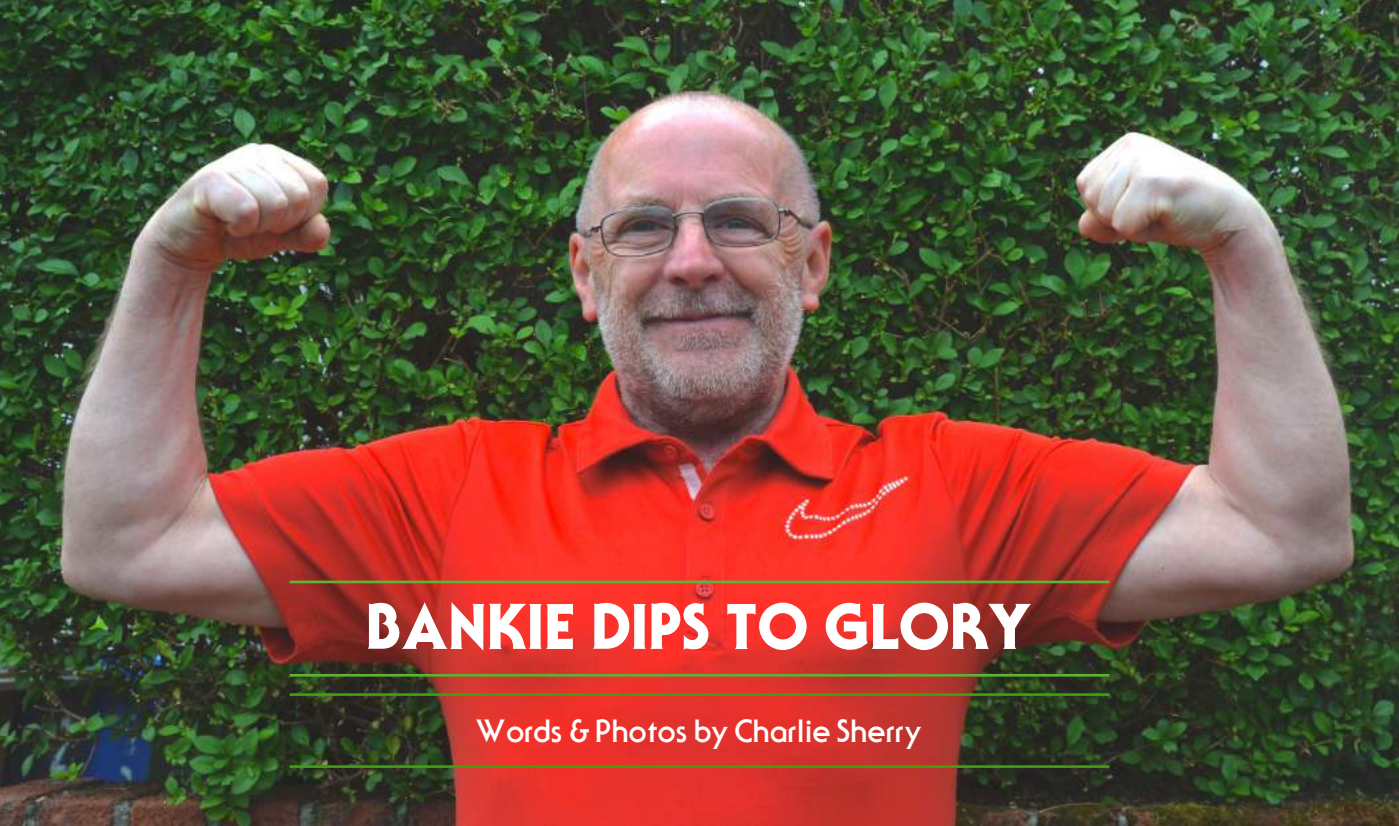
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BANKIE DIPS TO GLORY

Words & Photos by Charlie Sherry

To most folk Finnbarr Peoples is the wee happy-go-lucky guy they meet walking up and down Kilbowie Road but to many Bankies of a certain age Finnbarr, or Wee Finny as he is more affectionately known, is a sporting legend.

There was a time in Clydebank when Wee Finny was a regular on the winning podiums for weightlifting competitions, local fun runs and half marathons. However it is not for these that the title 'Sporting Legend' applies to Finnbarr. For this accolade we need to go back to 1982 and an exercise Wee Finny began as part of his training regime for his weightlifting; his first sporting love.

Anyone who frequented the Hub CE Centre in the late 1970s and 80s would have been totally accustomed to the sight of Finnbarr going through his various exercises as part of his weightlifting, however around the end

of 1981 they would have noticed Wee Finny performing a new, very unconventional routine.

He could be seen hanging from the basketball frame on the back wall performing pull-ups to build up his muscle stamina. At the time they could not have helped noticing the Wee Man was getting very fast at the old dips.

Finny explains: "I used the basketball frame as the Hub didn't have any parallel bars at the time, so I just improvised, it was great fun."

Whether the management of the Hub CE were worried about Wee Finny either damaging the basketball frame or injuring himself, we shall never know but they did acquire a set of parallel bars. When Finnbarr set his eyes on them his journey to 'Sporting Legend' had begun.

Within a few months he was performing dips on the bars at a speed

on par with the top athletes of the time, in particular, Brian Jacks who held the world record of the most dips on the bars in one minute.

And people started paying closer attention to what the Wee Man was doing, none more so than his weightlifting coach, Al Cameron.

Unknown to Finnbarr, Al had been monitoring his progress and realised Wee Finny was getting very close to the pace needed to break Brian Jacks' world record.

To Finnbarr the bars were just another one of his exercises. "I just liked going on the bars, it was a great way of building up stamina, I really enjoyed it but that was it," he remembers.

But after a wee bit of persuasion from Al, Finnbarr decided to have a crack at Brian Jacks' world record of 102 dips in a minute.

On a cold winter's night in 1982 in Clydebank's Hub CE centre, Finnbarr Peoples took up the challenge of attempting to break Jacks' record and succeeded by completing 106 dips in a minute!

Clydebank and Scotland had a new hero, Wee Finnbarr had beaten England's Brian Jacks' world record. However, while everyone else was cheering for joy, the new world record holder took it in his stride, neither up nor down.

"Everybody was cheering and going crazy, people were hugging me and shaking my hand, telling me how great I had done. To be honest though, I never really thought it was any big

deal, to me it was just training and I treated that as a bit of fun," he recalls. And that just about sums up Wee Finny, totally modest to a fault.

However it seems to be the destiny of Scotland and the Scots that we either snatch defeat from the jaws of victory or we are valiant losers. There's always a twist to any of our sporting achievements and in the case of Finnbarr Peoples, his took a particularly cruel turn.

Guinness refused to recognise the new record. It is with no resentment or bitterness Wee Finny explains: "Even though we had followed all the guidelines to a tee for the requirements for a world record to be legitimised by the Guinness people, they refused to recognise it."

Whether Guinness recognised it or not was of no concern to all those who witnessed Finnbarr smashing Brian Jacks' long standing record. They knew the truth and did not need it written in some book to legitimise it.

The Wee man was, and still is, the holder of the world record and that is official with those who really matter.

Now 38 years on from that glorious night Finnbarr still takes a philosophical view of events. When asked what his advice would be to young ones today pursuing their sporting dreams, Wee Finny looks contemplative for a moment and says: "Stay away from steroids and drugs, they will just ruin you. When you feel it's getting too much, that's good, push harder, stay focussed and above all, keep smiling, it has to be fun otherwise it's not worth doing."

CLYDESIDER COMPETITIONS

Poetry Competition - the theme is 'People', please feel free to interpret how you wish, whether focusing on one special person or the role of people and community, the choice is yours.

Photography Competition - the theme is 'Natural World'. This could be animals, birds, plants, sealife and we're throwing our photographic net wider than West Dunbartonshire for this one as we thought there might be some interesting entries captured on holiday at home and abroad.

Short Story Competition - following the suggestion of one of our readers we are leaving this without a theme for the next issue and welcome short stories on any topic. The only stipulation is they must be no more than 650 words.

Usual rules apply for all competitions:-

- One entry per person and you must live, work or be part of a group based in West Dunbartonshire to enter
- All entries must be your own work
- By entering you give Clydesider Creative

Ltd permission to publish your work in print, digital and social media outlets - this in no way infringes your copyright.

All competition entries email to clydesidercomp@gmail.com or send to Clydesider, 48a Erskine View, Old Kilpatrick G60 5JG by Friday September 14 2018.

Good Luck!

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JASPER THE SIX INCH HERO

By Linda Morrison

Photos by Gail Russell

How many of you reading this have contemplated writing a book? It could have been your life story, a gripping crime novel or a child's fairytale. I know I have, but like many, I put it down and forgot about it. A whimsical fancy, discarded. Maybe because I thought I couldn't do it.

Well, let me inspire all would be novelists by introducing a lady who had the idea and is now following her dream. She has created characters who never existed before bringing them to life within the pages of a book and with a little sprinkling of magic will transport readers to another world.

Gail Russell is a 31 year old mum from Bonhill. Whilst playing with her 9 year old son, Dexter, they started to create a story about a six inch tall boy called Jasper.

Each would add to the story and together they created a magical adventure for this unlikely hero. It was a game at first but Gail found she couldn't stop thinking about Jasper and started to add to the story in her head.

It was then she decided to put pen to paper and write a children's novel, so was born the story of 'Jasper and the Tiffikins'.



Her hero, 12-year-old Jasper stays with his cruel father in the 'human world'.

By night Jasper cleans the coffee machines in his father's coffee shop. By day he is hidden away in his room. Jasper longs to play with the children he sees outside but he is different from them. They are human children and much bigger than Jasper who is just 6 inches tall.

One night Jasper spies a solitary star in the sky and wishes upon this star that his life be different. To his amazement a fairy appears. She will grant him his wish if he completes three tasks for her and so Jasper's adventures begin.

I really wanted to get inside the head of such a talented young lady to find

out more and feel her answers will inspire any would be authors out there.

Q: Does writing come naturally? Did you have any specialist training?

Gail: Writing definitely takes a lot of hard work and concentration. My hope is people will enjoy reading my stories. I have not had any training other than what I learned at school.

Q: What advice would you give aspiring authors?

Gail: I would tell people never to give up. It's very easy to compare yourself to famous authors and think I'll never be that good, but remember JK Rowling was once an aspiring author. You are just as capable of creating an amazing book as any of the big names on your bookshelf.

Q: Did you experience writers block and when are you most creative?

Gail: Writers block is definitely something all writers dread. My advice is sit down and write anyway. You may not produce much but it could give you material to build on. Getting the bare bones of the story down is always my priority because I can go back anytime and change what doesn't feel right. The right time for me to sit down and

write is when I have a coffee in my hand.

Q. What do people who have read the book say about it?

Gail: Dexter, my son, loves the book and likes to take credit for it. Feedback from friends and family has been great. I would advise choosing people who will give you constructive criticism to read your work. This always helps in the editing process to know what works and what doesn't.



Gail is planning to have proof copies ready before the end of 2018 with the hope that 'Jasper and the Tiffkins' will be available to buy in early 2019.

The good news is, this is just the first in a series and Gail is already working on a follow-up while her sister Shannon Logan, a talented artist, is doing the illustrations.

While I may not be quite Gail's target age audience of 6 to 10 years old, although sometimes I feel I am, I definitely can't wait to get my copy when they go on sale.

Any publishers interested in finding out more about Jasper can contact Gail on gail.c.russell@outlook.com

REWILD THE CHILD

If you went down to Auchnacraig Woods this summer you may have heard the sound of children's laughter as they joined in weekly outdoor play sessions.

From bug hunts to den building and fire lighting to pond dipping and natural arts and crafts, The Conservation Volunteers' (TCV) Rewild the Child fun-filled summer programme proved a hit with Faifley youngsters and their responsible adults.

We met up with them for their woodland Summer Olympics.

Caroline MacDonald was there with her nieces Ellis and Kayla. She said: "It's good to come up here as a group, they get to mix with other kids.

"We came before and did painting using berries and leaves to make the paint – I didn't know you could do that. Rebecca is great with the kids and it gives you ideas of things to do with them."

And Paula MacDonald and her four-year-old daughter Jessica are also back

for more after enjoying TCV's Easter programme.

Paula told us: "When I heard it was on over the summer I thought, brilliant, as we had such a good time at Easter.

"It's a great way to do outdoors things with the kids and it gives you ideas of different things to do which don't cost much money and are good fun.

"At Easter they made clay pictures and had water guns filled with paint. My wee one still talks about it, she loved it.



"It's great that it's free but I would pay to bring Jessica to something like this, they do something different every week."

For Margaret Kelly the Rewild the Child sessions were a great chance to enjoy her retirement spending time with grandson Vincent.

She said: "This is the first time we've been here together.

"The school holidays are long and it's good to have something a bit different to do. A lot of mums are working these days and it is us grannies who need to entertain them so it's great to have something like this."

A WRITER RECOMMENDS

By Evelyn Lawrie

Born and grew up in Bonhill. Education Vale of Leven Academy and West of Scotland Commercial College, Glasgow. Working life, secretarial positions within the area of West Dunbartonshire. Now living in Alexandria.

Q: *Your Life as a Writer in 50 Words?*

A: On retiring, I joined a Creative Writing Group, 'Leven Litts'. A member for sixteen years, I write short stories, articles and poetry.

Mainly started as a hobby but there have been publications in newspapers, magazines, a short story recording for branches of the 'Association for the Blind' and over a dozen entries in anthologies.

Q: *Your Favourite Novel?*

A: 'The Gathering Night' by Margaret Elphinstone, a well-researched book, giving her interpretation of how West of Scotland Mesolithic hunter gatherers lived 8000 years ago. This book appealed to me as an escape from the world we live in today. An enjoyable, believable read of their customs and survival.

Q: *Your Favourite Work of Non-fiction?*

A: 'The Argonauts of the Western Isles' written by Robin Lloyd-Jones. This is more than a read. It is an easy chair travel experience. A book to read

many times, to savour the freedom of the great outdoors. A tale of skilful navigation and dealing with the elements.

Q: *Your Favourite Author?*

A: Robin Lloyd-Jones. I have taken to his style of writing mainly because he is an expert at carrying his reader through the experience with him. His spirit of adventure in his non-fiction books about kayaking and mountaineering, although a bit daring at times, makes interesting reading.

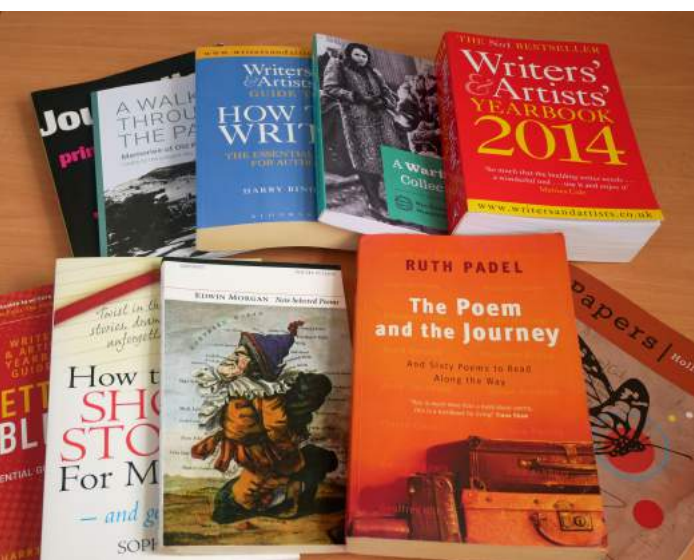
Q: *What books Are Lying By Your Bed Right Now?*

A: Studying poetry just now, two poetry books beside my bed are 'The Rattle Bag' and 'The School Bag' both edited by Seamus Heaney and Ted Hughes. Plus Robin-Lloyd Jones' latest book 'Autumn Voices' with Scottish Writers over seventy talking about creativity in later life.



HOW AUTHORS RELAX OR DO THEY?

By Mary Irvine



When I started asking fellow writers what sport and leisure activities they found useful to help them relax the replies I received didn't bring many great surprises.

Mostly physical activities (presumably to counteract the effects of sitting when writing) though many seemed to offer plenty of food for the brain and writing material.

So in no particular order these were the activities offered:- reading - more sitting so must be the brain relaxing; cooking - possibly a cook-book bubbling up here; gardening - a 'how to' book on the way; going to the gym, jogging or walking (sometimes with a dog) - definitely a weight loss guide here; listening to music - maybe a spot

of song-writing next; visiting historic sites - great for research; painting - another 'how to' guide or a book on one of the great masters.

No mention of meditation although yoga, pilates and tai chi were recorded. I added sword form - not very good but I do forget about writing as I try not to inflict injury on fellow practitioners.

I also write to relax - stops me worrying about the state of the world, apart from when I'm writing about it.

A writer is never not a writer - ideas and inspiration are all around us. Ideas come at night, notebooks next to the bed are essential so that great ideas, even rubbish ones, are not lost.

We take full advantage of everything and everyone about us. We are observers! We carry notebooks to jot down anything spotted whilst out and about that might come in useful.

I get some of my better ideas during a shower and, yes I do immediately get out to jot them down.

So, what physical activity helps the creative process?

I would answer 'living' and remember living isn't just breathing - it's making the most of every day and, if there's time, writing about it.

Real writers will always find time for writing, even if sometimes they neglect the physical. Advice? Maintain a balance but do what works for you.

CLYDESIDER COMMUNITY CALENDAR

AUGUST

Dumbarton Acoustic Night

Local artists performing jazz, rock, blues and pop music at Dumbarton Acoustic Music Night on the second Friday of the month. Next events on 10 August, 14 September and 12 October, St Augustine's Church, Dumbarton. Doors open 7pm - 10.30pm, £5 entry. BYOB and glass and enjoy a wonderful night of varied music.

Tickets available from Discography Records, Bell Arcade Market, 143-145 High St, Dumbarton or pay at door on the night. Money raised is donated to a local charity.

Photography for Fun

Inclusive Images offer fun for all the family with free Photography for Fun workshops at 11am, 1pm and 3pm on August 11. Loch Lomond and Trossachs National Park Building, 20 Carrochan Rd, Balloch G83 8EG inclusiveimages@outlook.com Tel 07502460273

Summer Fayre

West of Scotland Autism and Asperger's Centre host a Summer Fayre on Sunday August 19, 12 - 4pm. Stalls, face-painting, bouncy castle, games, home baking. Station Street, Renton, G82 4NB.

Zero Waste

Rag & Bone Project's Zero Waste stall at Lomond Shores market on August 18 and 19. Also workshops – see Rag and Bone's Facebook page for details.

Reiki Share

Free Reiki all levels welcome. A relaxing evening working in groups giving and receiving treatments. Practice new ideas, develop your practice and confidence. August 24 6.30pm – 8pm. Strathleven House, Alexandria G82 3DP. Hosted by Greentree Remedies, see Facebook for details.

SEPTEMBER

Gala Day

Celebrating 70 Years of NHS Scotland

Golden Jubilee Conference Hotel and grounds Saturday 2 Sept 1 – 5pm. Children's games and activities, sports day, stalls, BBQ, music and entertainment, parade

Community Cinema – Concord C.E Centre, Dumbarton

Concord Feature Film Club - Friday 7 Sept 7.30pm – Murder on the Orient Express

Concord Classic Film Club – Friday 21 Sept 7.30pm – Cat on a Hot Tin Roof

Concord Musical Film Club – Wednesday 26 Sept 1.30pm – The Greatest Showman

WEEKLY

DACA Open Social Drop-in

Worried about your drinking? Looking for some advice and information? Why not pop in to DACA's Open Social Drop-In for a chat – no appointment needed. Open Social Drop-ins at Westbridgend Lodge, Dumbarton G82 4AD are on Mondays 9am - 12.30pm and Wednesdays 6.30pm – 9.30pm. All welcome.

About **CLYDESIDER**

Clydesider Creative Ltd is a not-for-profit social enterprise based in West Dunbartonshire. The *Clydesider* community magazine promotes the positives our area has to offer in terms of people, place, scenery and history and showcases the creative talents, ideas and experiences of local people.

Clydesider Credits

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HAPPINESS

Happiness is being 365 days
drugs free
looking at yourself in the mirror
and liking what you see

Happiness is holding down a job
with prospects
and making plans for the future

Happiness is seeing a smile
on your Mother's face
and hearing her say
I'm proud of you son.

By Dora Wright

PLAYIN HAVOC

The Scottish rocks of Ardoch shore
A well worn path that is no more
Russells' parks are barren noo
Wae scarce a bull or an Ayrshire coo

Long years ago these totty parks
Were harvested wae weans sore backs
We humped the spuds up yon cliff stairs
Oor legs like lead we didnae care

The bath wis filled wae fine Kerrs Pinks
Ma Mither peeled them in the sink
Fur weeks on end oor dinner came
Mashed totties wae some different names

The auld coos' park weans burned in Spring
The reek o' smoke a wondrous thing
About July in the sun's warm glow
The pram wis packed tae the shore we'd go

We'd get a place and a fire goin
Pit up oor tent ,shore tea wis flowin
Oor pots were filled frae the River Clyde
Kerrs Pinks were biled till saft inside

We'd eat them wae best Co-op ham
If that wis scarce we jist ate spam
The men wid drink the Clyde cooled beer
Then start tae sing awe full o' cheer

We awe wid swim and splash in fun
Oor pure white skin soon burnt wi sun
Awe too soon it wis time tae go
The pram repacked the weans aglow

The pram wis hurled along the cliff stair road
We took in turns tae hurl the load
We struggled up the steep cliff stairs
The pram in turn we'd lift in pairs

At last we'd get tae the tap o' the brae
And turn aroon, whit a sight tae see
Lookin west we smiled wi thanks
That God had made the tail o' the bank

By John Coleman