



CLYDESIDER

OUR COMMUNITY'S POPULAR PRESS

Issue 3, Spring 2017

Free

 **SUMMIT
SERIES**
**FROM
DARK
DESPAIR
TO THE
DIRECTOR'S
CHAIR**

A WRITER'S JOURNEY



LIFE AS A ROSEBUSH

The eternal love between mother and child;

The union of friendship;

The power of women;

Does not fade through time, through life, through death.

Come autumn, through dark winter

We tend to our roses, with their fallen petals

Warm in the knowledge

That after spring, in summer

The petals will bloom once again

The women, we do not give up during times of hardship and pain.

We share our strength with our daughters, our sisters, our friends. We pass it
down through generations-

Telling stories of how beautiful the rose bush can be to bring hope when all we
can feel are the thorns.

Hayley Corcoran

Written for the West Dunbartonshire International Women's Day Celebration

March 2017



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Clydesider is designed by

KEVIN MONAGHAN
DIGITAL DESIGN

WELCOME TO **CLYDESIDER**

The roller-coaster ride that is the *Clydesider* journey continued apace as we worked on Issue 3 with more people joining us and some interesting stories coming to light.

This issue we have a mix of traditional, well-loved pathways which bring a sense of joy and comfort to many people and the alternative routes which life sometimes takes, which can offer a real sense of excitement and achievement when we unexpectedly head down one of these.

Music, writing, art, photography, poetry - each offers an escape route from the stresses and strains of every day life and a chance to disappear into a world that is limited only by our imagination.

Several of our stories are about people who have found that their creative side has not only helped them struggle through difficult times but actually offers a whole new window of opportunities when they take the plunge and embrace it wholeheartedly.

And this issue is the beginning of what I hope will be an enjoyable journey for some of our younger contributors who completed our first Youth Citizen Journalism training which we ran in partnership with local charity Y Sort It.

It was a real pleasure to work with them and we have three pieces celebrating the achievements of young people in our communities which are written by the young people who completed the training.

There are so many talented and inspiring people of all ages in our communities and it is a privilege to showcase some of their work and tell their stories. If you or anyone you know has a story which you think deserves to be shared please drop us an email at theclydesider@gmail.com or call 07913029234, we'd love to hear from you.

**Amanda
Eleftheriades**
Editor



COMMUNITY NEWS

QE2 50TH ANNIVERSARY CONFERENCE

The jewel in the crown of Clydebank's shipbuilding heritage will be celebrated at a conference marking the 50th anniversary of the launch of the QE2.

Tickets are now on sale for The QE2 Story Conference on 22 September. The former Cunard liner enjoyed nearly 40 years in service sailing around the world, and this Golden Anniversary event will honour her and the men and women who built and served on her.

The conference will be held at Clydebank Town Hall on the edge of the former John Brown's Shipyard, the birthplace of the QE2.

Those presenting at the conference will include historians, designers, captains, officers, and passengers.

And delegates will have the opportunity to hear first hand experiences, technical presentations, share nostalgia and be transported back to the time of, arguably, the most famous ship in the world.

More information about the conference is available on the

website, www.qe2event.com. Tickets can be purchased through a link on the site and reservation and accommodation options are also available.

The QE2 Story, a non-profit organisation with international membership, established in 2009 by Robert Lightbody is organising the conference. For more information about The QE2 Story, visit www.theqe2story.com

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HAIRCUT FUNDRAISER



A kind-hearted Clydebank school boy donated his hair and raised £1,500 for the Little Princess Trust children's cancer charity.

Dylan Reed, 12, decided to start growing his hair when he was 10 to help youngsters who lose their hair while undergoing cancer treatment.

He explained: "I had seen adverts about the charity and thought I could do that for children with cancer.

"One of my friend's mum got cancer so it made me want to do it as well.

"I've enjoyed having long hair but it does get a bit annoying at times and it's quite hot in the summer so I had to wear it tied back last year so I am glad it will be cut off before this summer."

Dylan grew his hair to over 7" in length before going to Beeches Hair Studio in Duntocher to have it chopped for the charity.

Proud mum Emma Reed said: "We looked into what the Little Princess Trust did and it costs them a lot of money to make a wig so Dylan decided to raise money as well as donate his hair.

"We're all really proud of what he is doing and how much money he has raised."

His original fundraising goal was £350 but he smashed this target and on the day of the haircut he raised extra cash by offering friends and family a chance to cut off one of his plaits for a fiver.

His friend Josh, dad Phil, granddad Steve and big brother Rhys all paid their money to help cut his hair.

To find out more about Dylan's fundraising visit:-

<https://www.facebook.com/Hair-raiser2016-1687687431464602/>

TAKE A WALK DOWN MEMORY LANE

Memories of Old Kilpatrick are wanted for an exciting new project to celebrate the village's history and heritage.

Volunteers from Action Old Kilpatrick (AOK) have received Heritage Lottery funding to create two new audio walks, a website and an illustrated publication based on the history and heritage of Old Kilpatrick.

'A Walk Through the Past: Memories of Old Kilpatrick, 1940s to the Present Day' aims to capture the village's evocative past in various formats.

And the AOK volunteers want the local community to join them to research that heritage. They will use traditional research methods and there will also be opportunities to learn and develop new skills in digital recording and editing.

Susanne Hall, Co-ordinator of the AOK History & Heritage Group said: "The group are absolutely delighted with this grant award. We love where we live and know that there's so much more to discover about our past. If you would like to find out more or would like to take part please contact us at info@actionoldkilpatrick.org.uk; or speak to any of the committee."

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The leamy foundation

If you fancy cooking some tasty and healthy meals using fresh ingredients the Leamy Foundation's 'Love Food, Hate Waste' group has a seat at their table with your name on it.

The community cooking group meets every Friday at 1pm in the Armed Veterans Hall in Alexander Street, Alexandria. It is free and open to anyone interested in reducing food waste and saving money.

Whenever possible the group use ingredients grown locally from the Leamy Foundation's community growing spaces and if these aren't available they use seasonal vegetables.

Some of the dishes cooked up include vegetable curry, veggie lasagna, fresh fruit salad, omelette and colcannon. All the dishes are quick and easy to make and are ideal if cooking on a budget.

Kevin Mason, Leamy Foundation director, said: "The Love Food, Hate Waste community cooking group is part of our Carbon Sprouts programme. As well as enjoying cooking together and trying out new recipes everyone is learning from each other how to cut their food waste which really helps our environment.

"When people hear the phrase 'reducing your carbon footprint' they tend to think about reducing car travel

or getting better insulation and for many people in our communities who don't drive or who rent their homes these simply aren't options.

"What most people don't realise is that one of the best ways to reduce your carbon footprint is to cut down on food waste which is really easy to control.

"So by checking use by dates, freezing food, using your recycling bins and buying fruit and veg that is in season and hasn't travelled half the way round the world to end up on your plate, makes a huge difference to the environment – and, best of all, it saves you money."

Plus the group is good fun. One participant said: "It was a chance to get out of the house, meet people, cook good food and leave the computer games alone."

To find out more or join in the community cooking sessions call 07765034707 or email alan@theleamyfoundation.com



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SPONSORED COMMUNITY EDITORIAL



Knowes Housing Association is committed to helping tenants make the most of each pound in their pocket.

As more changes to the welfare system are rolled out, housing association tenants can get some extra help and advice thanks to the Supporting Change in West Dunbartonshire project set up by Knowes Housing Association in partnership with six local housing associations, the Independent Resource Centre and West Dunbartonshire Citizens Advice Bureau.

The project provides free, confidential welfare rights advice to 5000+ households in the area with specialist advisors delivering surgeries in local housing association offices and advice services.

Project Co-ordinator, Kevin Smith, said: "As Universal Credit is rolled out more people will find themselves in rent arrears because housing benefit will be paid as a direct monthly lump sum 5 weeks after they sign for it.

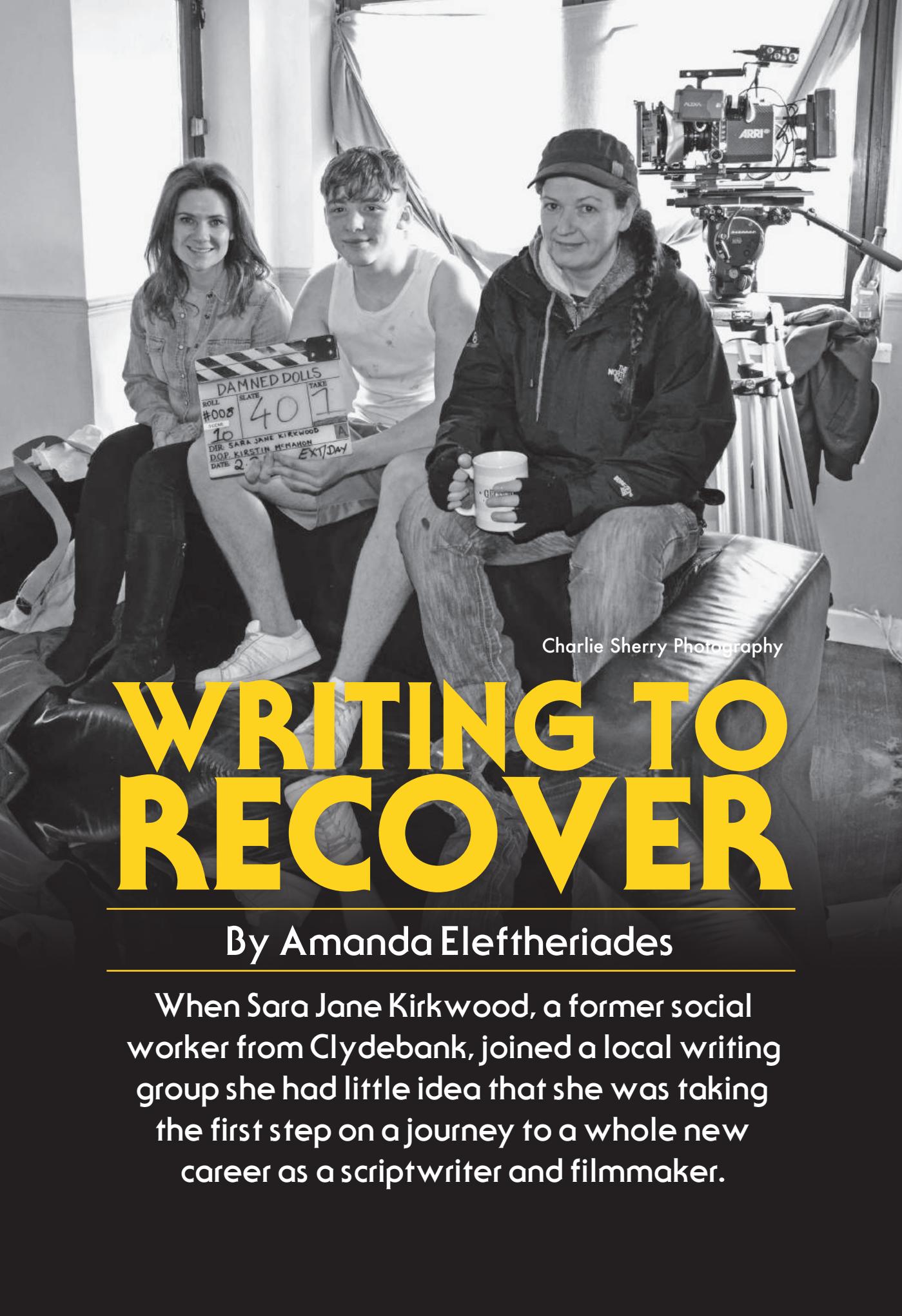
"We are here to help people claim the credits and benefits they are entitled to plus get them thinking about budgeting, so as the changes come in they don't fall into debt - not just with their rent but with all their bills and payments."

In the past year the project has reached over 850 people. One 61-year-old gentleman was helped after losing nearly £30 per week and his mobility car. He said: "The loss of my car left me housebound. I'm grateful for the help I received from the advisors at the IRC for their time, patience, encouragement and most of all their diligence to detail, getting my car back has enhanced my life significantly."

Call your housing association or the advice services direct for an appointment.



Mon	Knowes Housing Association 01389 877752	10am-2pm
Tues	Clydebank Housing Association 0141 9411044 Faifley Housing Association 01389 877924 Bellsmyre Housing Association 01389 765179	10am-12 noon 10am-12 noon 10am-12 noon
Wed	Knowes Housing Association 01389 877752 Dunbritton Housing Association 01389 761486	10am-2pm 10am-12 noon
Thurs	Clydebank Housing Association 0141 9411044 Faifley Housing Association 01389 877924 Cordale Housing Association 01389 721216	10am-1pm 10am-1pm 10am-12 noon
	Independent Resource Centre 0141 9514040 Dumbarton Citizens Advice Bureau 01389 744690	



Charlie Sherry Photography

WRITING TO RECOVER

By Amanda Eleftheriades

When Sara Jane Kirkwood, a former social worker from Clydebank, joined a local writing group she had little idea that she was taking the first step on a journey to a whole new career as a scriptwriter and filmmaker.

Instead she hoped it was it would help in her own recovery following occupational burnout and a bad car accident which led to a diagnosis of post-traumatic stress disorder, what she now describes as her "meltdown".

"I was trying to get myself focused and grounded as I hadn't been going out the house much so I decided to join a writing group – I hadn't realised it was a pensioners' writing group, I just thought everyone else was at work - fortunately they didn't have the heart to tell me," she explained.

"I wrote one of my Grandad's stories, it was set in Carbeth and I borrowed the money from my Dad to get it published. Then I was approached by Fran Higson who is a film producer to have a look at a script and I helped get it into order and that got me into writing scripts."

But instead of turning her back on the occupational stress that led to her breakdown, Sara Jane drew inspiration and material from it to write her first film, '*Damned Dolls*', which highlights the experiences of young people leaving care.

Her ability to sensitively share the stories of some of the most vulnerable people in society proved to be a winning combination and, working in partnership with Fran and Twisted Sister Productions, she secured a bursary from the Scottish Film Talent Network to take her script from the page to the big screen.

In March she took her seat in the director's chair for the first time to lead a team of creative volunteers recruited to make the five-minute short film of *Damned Dolls*.

"This is a snapshot of the bigger story," she explained. "As part of the Five@5 for Women programme we had just five minutes to tell our story.

"*Damned Dolls* is about a young man who had been abused in care and about how he tries to settle into a community after leaving care and the support he gets from that community.

"The focus is on a survivor, a damaged survivor leaving care."

"The focus is on a survivor, a damaged survivor leaving care and I wanted to show what our young people are being expected to cope with and how they are not prepared for it.

"I saw this every day in my work – young care leavers being bounced between B&B, addiction services, hostels and sleeping rough. I was responsible for setting up a community-based project to provide 24-hour care for these young people because there is a real gap there.

"The majority of them are survivors, most have survived childhood trauma and they have just been left to get on with it when they leave care. They are no longer children but though they look like men and women

they have not had a chance to grow up in the same way and learn the basics, this makes them vulnerable and they don't even realise it.

"I remember one young person asking me where do you buy toast, it was all new to them."

But taking her knowledge of the care system and turning it into a film was a huge leap for Sara Jane, who enjoys working in the peace and quiet of her flat in Faifley or her family's hut in Carbeth.

With a tight budget to work from Sara Jane and Twisted Sister Productions put out a call for help to friends, neighbours and the wider creative community and was pleasantly surprised at the support that was offered.

And going that extra mile for her art Sara Jane gave up her flat for a week and watched as her cosy, book-filled living room with her own handpainted mural centrepiece was transformed into a care leaver's dingy bedsit for the film set.

She said: "It was a huge learning curve for me. I had never even been on a film set before, I can't even use my phone half the time and I don't much like going out, then suddenly my flat was full of make-up artists, lighting

crew, an assistant director, a cinematographer, actors - it was like Sauchiehall Street in here, a real baptism of fire.

"It was like Sauchiehall Street in here, a real baptism of fire."

"It was a real surprise to me how many really creative and talented folk who stepped forward to help make the project come to fruition, that has been a real eye opener.



"Everyone was here from 7.30 in the morning and stayed on set until it got dark when they were running around with torches and lights so we could keep filming as long as possible.

"I had a director mentor who had been doing it for years and she was

great, showing me the ropes. Local businesses helped out as well – Roll In One provided everyone on set with breakfast and Central Properties turned my place into the film set, putting in a kitchen and everything – and then taking it back out again – and Knowes Housing Association let us use their boardroom. Everyone was great."

Even her neighbours got in on the act with children and adults in the close volunteering to play walk on parts in the film.

The next step for Sara Jane and *Damned Dolls* short film is to get it ready to do a tour of the film festival circuit and from there try and get the backing to produce the full feature-length film from her script.

And despite the upheaval Sara Jane was pleasantly surprised to find the process really did help her own recovery. She added: "It has been frantic but really good for me, this past week on set was the best I had slept in years.

"I still see everything as a day at a time."

"I still see everything as a day at a time but that is one thing that has been really powerful is that the people involved with Twisted Sister know

about my meltdown and they have helped me all the way along, they have held me and walked me through the process and that has been a total learning curve as well - how we can work together and help each other."

Once the editing of *Damned Dolls* is out of the way Sara Jane is looking forward to returning to her writing. She has a comedy about a young woman coming of age in the schemes to get back to which makes her laugh as she writes – and, after 22 years of supporting people when they are at their most vulnerable, finding humour in the darkest of places is a powerful antidote for her own demons.



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MEMORIES

In the quiet solitude of night
Memories of your love, take flight
Images of you flood my mind
You were so lovely, adorable and kind.

My heart and thoughts combine
Remembering that you were mine
Knowing that we were meant to be
Thank you my darling for loving me

Life and love with twists and turns
Love so deep in my heart burns
Secrets shared we only knew
My darling I'm still in love with you

Words from her like a torrent flow
To tell the world I love you so
Pulsating like a raging flood
Coursing through veins, you're in my blood
Two loving people become one being
In my thoughts it is you I'm seeing.

Stuart McWilliam, Dumbarton

MUSICAL GRAFFITI

BY STEPHANIE JO, AGE 15, RENTON AND JULIE COLEMAN, CLYDEBANK

Ryan Gilhooly is a 21 year old graffiti artist from West Dunbartonshire. He has done some graffiti artwork for Y-Sort It.

Ryan started his graffiti at the age of 12 when he became friends with people in the hip-hop scene, in Ryan's words, "hip-hop and graffiti come as one."

Q. Where do you do your graffiti art?

A. I travel all over to different places across the country.

Q. Why do you like graffiti art?

A. It helps me deal with my problems and express my feelings. The stuff I can't express through graffiti I write songs on my phone.

Q. Who inspires you?

A. My friend and different places about Glasgow and the world.

Q. What is your favourite piece of artwork you have done?

A. The ones I got into trouble for, on the sides of trains, but that was a long time ago.

Q. You're a new addition to the crayon box, what colour are you and why?

A. I would have to be two, light blue and yellow because they're my favourite and they go so well together.

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TECHNO COLOUR DREAMS

Photo by Jack Dyer

By Amanda Eleftheriades

'If you're dreams don't scare you they aren't big enough,' reads the motivating placard above the computer stations where best friends Stephen Kirkwood and Steven Galloni manage what is rapidly becoming one of the biggest independent music studios in Scotland.

It could be the anthem that drives the pair and has propelled their fledgling social enterprise SKapade Studios from a leaky-roofed office to the former Your Radio studios in Dumbarton East and online to international audiences and customers.

For Stephen Kirkwood making a living out of his passion for music seemed little more than a pipe dream as he pushed himself through a gruelling five year joinery apprenticeship by day

while DJing at weekends. "I'd been DJing on the local music scene since 2010 but growing up in the area I knew I had to work as well. So I was getting paid on and paid off building sites as and when they had work, hating it and all the while dreaming of having my own studio and working for myself.

"I had a few friends who were into music and I started doing production lessons. The first sessions were from my bedroom but after a few months I thought it didn't look too professional. I had just started working with Ecosave and knew they had an empty office space."

From the small office Stephen started building SKapade, making his own music and giving production lessons to a gradually growing clientele. His close friend Steven Galloni started helping in his spare time and using his

experience working in a call centre to drum up sales for SKapade.

But in the summer of 2014 a couple of torrential rainstorms poured through the roof leaving the tiny studio ankle-deep in water and forcing Stephen to go in search of new premises.

After looking in various industrial estates and not finding the right place within his budget he decided to try his luck with the old Your Radio station premises in Castlegreen Street which had been lying empty for six months.

"It looked more like a garage than a recording studio"

"It was an empty shell, this room was full of old boilers and looked more like a garage than a recording studio, but the potential was there," he recalls.

"All I had was a month's rent and I was giving up a well paid full-time job, it was a huge risk but I reckoned if I worked hard I could make it happen."

It was the move to the new studio space which proved pivotal for both Kirkwood and Galloni as Steven G decided to follow in his friend's footsteps and ditch his call centre job to put all his energy into building SKapade.

"I was working for a window company at the time and learning a lot about sales but I would last in a job about 9 -

10 months then look for something else and I hated all of it," he explained.

"So I started helping Stephen in my spare time and we ran our first community project in music production with Y Sort It and I loved it and thought, this is something we could build so I decided to just go for it and I've been here now nearly two years – and still loving it"

SKapade has grown rapidly with both Stephen and Steven working full-time on the venture, knowing that their futures depended on the level of effort and energy they put into the enterprise.

While Stephen K concentrated on building the music side of the business Steven G – who also began making a name for himself on the stand-up comedy circuit – focused his efforts on building SKapade's community training arm, as the pair are both passionate about improving opportunities for young people in West Dunbartonshire.

Steven explained: "I remember going to the Job Centre when I was 16 and when the advisor asked what I wanted to do, I said I wanted to be a TV producer or a comedian – she just laughed at me.

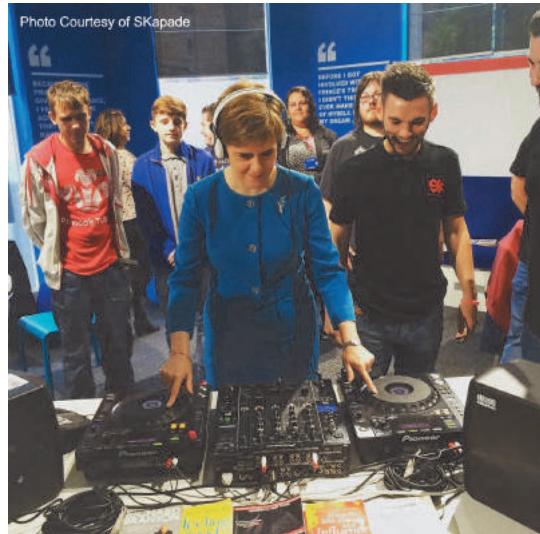
"Fortunately I am quite a confident person because that could have put me off all together, but I don't want other young people to go through that. We want to show them that if music is your thing you can make a go of it – Stephen is a great example of that.

"But it does take a lot of hard work, it's not just a case of posting a couple of songs up on Instagram and becoming an overnight success, but if you put the work in it is worth it in the end."

To help young people take their first steps in the music industry the pair have developed partnerships with the Princes Trust, Young Enterprise Scotland, local youth charities Y Sort It and the Tullochan Trust and West Dunbartonshire Council's education department.

As well as delivering training in DJing and music production the guys are keen to teach young people about the reality of life in the music industry. Steven explained: "We cover topics such as self-employment in the creative industries, events management, employability skills and loads of social media training such as online training and growing a brand.

"For young people interested in dance and techno it's a great opportunity to work with well-established talents on the dance scene such as Stephen Kirkwood and 2nd Phase."



Since 2014 both the SKapade team and the music production side of the business have also grown quickly with clients from across the world travelling to Dumbarton to use the SKapade studio services.

And through their work with the Princes Trust Stephen has got to share his decks with some rather unusual 'DJs'.

"Last year we got to meet Nicola Sturgeon and a photo with her on the mixing decks went viral, we were also one of only three businesses in Scotland to meet with Prince Charles as part of our work with the Trust," he said.

But mixing with the A-list hasn't gone to the guys' heads and while they are still very much grounded in their community they are keen to encourage others around them to follow their dreams.

Stephen added: "We are a group of friends who have come together because we want something better for our community. This wasn't here for me when I was growing up so I want to let the local area know we are here for them - whether it is teachers, community leaders, businesses interested in finding out about building a social media presence or music producers and artists - we are here to help."

SPONSORED COMMUNITY EDITORIAL



The Marie Waugh Project is a local equality of access project based in Alexandria, West Dunbartonshire reaching Central Alexandria, Old Bonhill, Rosshead, Jamestown, and Levenvale.

The project was created in 2014 when Clyde Shopmobility received funding from HealthShine and The Peoples Health Trust to help reduce social isolation and build confidence.

The idea for the project came from Clyde Shopmobility members who found it difficult to access parks and local walks, and attend activities in their communities due to reduced mobility, low confidence and self-esteem, and lack of knowledge of activities in the local and wider areas.

After some research in the local communities it was found it was not just Clyde Shopmobility members that felt that way.

The project name is in honour of Marie Waugh who was a Clyde Shopmobility

Director. Marie was a strong and determined advocate of equality of access. Unfortunately, she passed away before she could see the project come to life.

Jenny Watson, the project coordinator, said: "We are a small project but we have a lot of fun and our activities are free and open to anyone living in our target areas.

"Our members have enjoyed our many guided 'scoots', which is like a walking group but on mobility scooters. We provide these afternoons to allow people with reduced mobility to access local parks, nature walks and canal walkways. They are always fun, especially when the sun shines but we do have all weather clothing just in case!"

There are many other activities on offer. Like craft classes, Imaginative workshops, photography, social cooking, stress management and health and fitness classes. The classes, like the scoots, are free and open to all ages living in our target areas.

Jenny added: "We are always looking for ideas from our members and communities. We aim to have a positive effect on the health and well-being of all those that take part in our activities."

To find out more or take part contact Jenny on 07525 121717 or jennifer.clydeshopmobility@gmail.com

More details on www.facebook.com/MarieWaughProject and Instagram @the_marie_waugh_project



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SPRING PHOTO COMPETITION

The winning entry for the photo competition this issue is Linda Morrison's misty morning shot of Overtoun Golf Club in Dalmuir. The shot was inspired by memories of her Dad who was the course green keeper for over 40 years.

Local photographer Brian McGougan picked the photo because of the moody skyline.

And his second choice, David Crawford's picture of the old Allied Distiller's building in Dumbarton, is also a moody image. Brian said the "converging verticals here make it a strong shot, showing the stark and bleak building which is iconic within the Clydeside area and symbolises the end of a very prosperous period in Dumbarton's history."

On a totally different note is the fast-paced action shot taken by Martin Keeley of a jet ski rider speeding in front of the Maid of the Loch.

All three photographers won a prize print courtesy of Iain Wilson in Dumbarton High Street's Photo Ecosse.



Photo by Biffy Stewart



There were three runners-up images which Brian also recommended for their unique angles – these were Gail Russell's bird's eye view of Loch Lomond taken with her drone, Claire Love's unusual shot of the Titan Crane next to an Irn Bru can and another shot of Allied Distiller's naturally framed from Levengrove Park taken by Kevin Murney.

Congratulations to all our winners and runners-up you definitely captured some alternative views of West Dunbartonshire.

Clydesider would like to thank Brian McGougan Photography for judging our competition and Iain Wilson from Photo Ecosse for putting up some great prizes for our winners - a 20x30" canvas print of Linda Morrison's winning entry and two framed prints for runners up Martin Keeley and David Crawford.

Issue Four Photo Competition 'Summer Fun' - We are looking for photos that capture fun in the sun (or whatever Scotland's summer throws at us this year) in West Dunbartonshire for the next issue. Please either email your photos to theclydesider@gmail.com putting Summer Photo Competition in the subject box or add them to the competition post when we put it on our Facebook page.

Competition closes Sunday July 23 2017, one entry per person and you must live or work in West Dunbartonshire to enter.

Good luck!

INSPIRING SOUNDS & WORDS

BY GAIL RUSSELL

From blasting pop songs out of our open car windows in the summertime to shedding a tear over a weepy ballad when we're feeling down, music can have a transformative effect on us.

Pauline Bradley, of Sound Inspirations, takes advantage of the influential nature of music to bring a little bit of joy to the community through her music therapy sessions. From singing and dancing to a cup of tea and a chat, Pauline, who has played guitar since she was just nine years old and is now proficient in several instruments, has something for everyone.

Finding herself in the unfortunate position of having lost her job, Pauline spent her newly found free time further exploring her music. She attended open mic nights and got in touch with other musicians. Then, keen to connect more people through music, she reached out to Stepping Stones, the mental health organisation.

"I spoke to the manager about doing song writing with people there. He agreed and helped me with the paperwork. The song writing classes were a great success and allowed people the space to talk about themselves, their feelings and their problems," Pauline explained.

"Then the Musical Theatre group at Community Arts Open Space (CAOS) had their funding cut and my friend suggested that we meet CAOS with a view to their group being handed over to me. CAOS were happy to oblige, so this began my work with adults with physical and learning disabilities.'

And so Pauline's musical therapy sessions began. Here, she tells us what those attending can expect from her classes:

What is music therapy?

"It's a term used to describe a transformative, healing experience where music plays a part. I have found music to be incredibly helpful in many situations - it touches the parts other therapies cannot heal."

What is a typical music therapy session like?

"It all depends who attends. The work with adults with physical and learning disabilities is very lively with lots of singing, dancing, playing percussion, listening to CDs, drinking tea and socialising.

"I try to get them to choose what to do as much as possible, because they don't get to choose too much in their lives.

"Each group will be very different with different people in attendance and will be tuned to their needs."

What is one of your favourite music therapy activities?

"That's difficult! It's such great fun I enjoy it all. It's particularly nice when you see the attendees excelling, doing something they've not done much before, dancing, making up poetry, songs or playing an instrument. When they say "I love coming here" or "It's exciting" I feel validated."

Who can benefit from music therapy?

"There is evidence that music therapy is very effective for people with dementia and I have seen this in my work. It's wonderful to see people suddenly remembering a song from years ago.

"Anybody can benefit from music therapy though - individuals or groups, children or adults, people from different cultures, people with physical or learning disabilities, people who have suffered abuse or trauma or people who just enjoy music. Whatever the group or individual needs are, I tailor the sessions to meet them."

What do you hope for the future of your project?

"It would be nice if Sound Inspirations grew and so benefitted more people. I'd like to be able to raise enough money to have a car or a van because at the moment transporting musical instruments on the bus can be a problem.

If Sound Inspirations grew, there are many possibilities."

Pauline's group for adults with physical and learning disabilities is on a Thursday, from 10.30am to 12.30pm at Dalmuir CE Centre.

More information can be found at:
www.soundinspirations.co.uk

www.Facebook.com/soundinspirations

[www.reverbnation/
 PaulineBradleyandSoundInspirations](http://www.reverbnation.com/PaulineBradleyandSoundInspirations)

Or you can contact Pauline at:
soundinspirations@yahoo.co.uk

Telephone: 0141 952 1533
 07910650311

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DUMBARTON FOLK DUO'S FESTIVAL PLANS

BY TOMMY CROCKET



Photo by Tommy Crocket

With a name like Inis Fada, Irish for 'Long Island' or 'told a long time ago', it might seem reasonable to expect a repertoire consisting entirely of jigs and reels designed to get the feet tapping at ceilidhs or in the back room of pubs and clubs.

However, in recent times, the talented duo who make up this Dumbarton-based band have expanded their set to include a wider variety of folk music from cultures such as American and Gypsy music.

"We both love Appalachian music and Gypsy guitar", said David, "We're working on these styles a lot right now."

Now breaking into their thirties, Ralph Thomson and David Currie have been in bands together since their teens, then with Paul Shearer and Jim O'Neil, in One Poplar Road, named after the

Broadmeadow studio where they practised rock tunes and gigged around the pubs.

The boys took different musical paths when Ralph followed an academic route and went to London to study guitar. As well as being half of Inis Fada, Ralph does solo performances of classical guitar, being particularly adept at interpreting Johann Sebastian Bach. Now teaching guitar in schools in East Dunbartonshire, he also provides private tuition and runs a guitar school in Dumbarton's Benview centre.

Whilst playing mandolin with Inis Fada, David also plays guitar with Sleeping Giants, the Dumbarton funk band. He also plays banjo and dobro and engineers the sound for both bands.

Having played at the Eden Festival last year with Sleeping Giants David is delighted to be returning to Moffat for this year's event in June, this time with Inis Fada.

And the talented duo hope to release a CD later in the year and are working on a website. They are keen to work with other musicians on specific projects and would love to hear from local musicians who play fiddle, whistle/flute and bodhran.

To see and hear Inis Fada visit:

You tube: <https://www.youtube.com/channel/UC4LvdPg34H8AaN4K7tOM8nA>

Vid - <https://www.facebook.com/InisFada1/videos/1610767095881715>

<https://soundcloud.com/inisfada/irish-set>

WEST DUNBARTONSHIRE COMMUNITY PLANNING PARTNERSHIP

SPONSORED COMMUNITY EDITORIAL



Are you interested in getting more involved in what happens in your local area? There are so many opportunities to get involved through Your Community. The aim of Your Community is to ensure that residents and public services work together to make a difference in each local community.

Your Community is the name we've given this approach – which does lots of different things for residents and services all across West Dunbartonshire. The key aims of Your Community are to better work with residents to make sure they have a say in decisions which affect them and to get better at coordinating local delivery of services in a joined up way to meet the needs of local communities.

There are 17 distinct communities defined in this approach – which mirror the Community Council areas. However the work is not carried out only with Community Councils – it's an approach to engaging all residents in ways which suit them.

As a local resident you can make your voice heard in a range of ways, depending on how much time you want to commit. As we roll out Your Community we are carrying out local resident surveys to gather your views on your local area; we are also carrying out local community walk rounds with residents, services and community organisations, giving us the chance to identify issues and opportunities together.

If you have a bit more time available and are keen to get involved in what's going on locally we'd love to hear from you. Each area will be developing a Community-Led action plan – managed through a community steering group. There are also options to get involved in existing groups in your area – like tenants and residents organisations or community councils. The more people involved in decision making in their local community, the better services and outcomes will be.

A key project within Your Community is the use of Community Budgeting. Local groups have the chance to pitch for funding specifically for projects in their local area and local residents decide on what gets funded. The next round of voting events will be held in May – please look out for dates and get involved.

If you are interested in learning more about Your Community in general or any of the specific activities within your area please contact the Communities team. yourcommunity@west-dunbarton.gov.uk



THE ART OF IRONING

BY HOLLY MUNNS,
PHOTOS BY CHARLIE SHERRY

With its abundance of green hills and mountains, Scotland has been the inspiration to many artists looking to capture the natural beauty, at her best.

And local artist, John Hayes, adds a unique spin to his artwork with the help of a travel iron and box of coloured wax.

By using this unusual technique, John expertly captures the sweeping landscapes and rugged terrain, as well as more intricate details, such as hills, clouds, flowers and birds.

The consistency of the wax and the heat of the iron allow the colours to seamlessly blend into one another, creating an almost otherworldly, fantastical finish. The soft pastel colours of the sky give way to the strikingly deeper hues of the sky and sea, with an unexpectedly textured finish on the little and large card canvases that John uses.

"It's a 'more you do, the better you become' sort of thing."

Considering how much effort he puts in, and the quality of the finished product, John doesn't necessarily consider it to be artistic, and cites inspiration as one of the hardest parts of the job. Having picked up the skills over 30 years ago, it is something that he is continually working on to this day.



He states: "It's practice. Just practice. I don't even think it's artistic. It's a 'more you do, the better you become' sort of thing. Inspiration is the hardest thing, if I see wee things in magazines, if I think it is simple enough, you don't want anything too complicated. A lot of the time you have got to wait to see what appears on the card, because what you've got in your mind and what comes out on the card can be totally different."

John's artwork started off small as a hobby at home then, while working as a jannie for the old Strathclyde Council, he turned his attention to the bare walls of the community centres he was working in and transformed them with large bright murals.

Catching the eye of the Council's education department he was recruited to teach art and did this in community centres and schools across West Dunbartonshire.

Now retired he still sells his work at craft fairs and at the twice-monthly Craft Market in Balloch. The nature of his paintings and his live 'wax-ironing' demonstrations, help them stand out from the crowd.

He also continues to support what is possibly the longest-running art group in Clydebank which has been meeting at the Hub on a Friday afternoon for over 30 years. It was here that I caught up with John and he insisted I try my hand at his unusual painting technique.

As a complete beginner trying it for the first time, it couldn't have been easier. The materials and utensils are very simple to use and the blocks of

wax melt together nicely to give soft streaks of colour which swoop delicately across the page helping to achieve perfect orange sunsets that blend into pink and overlook serene pools of blue and green.

Practice makes perfect and after a few attempts at sweeping the iron across the page you soon pick up on the required technique. As someone who has often been described as clumsy the simple motions and consistency of the wax made it a lot easier to navigate than I had expected.

Any reservations I had before trying my hand at it soon disappeared as I flung myself in at the deep end using not only the travel iron but a soldering iron too. A first time for everything!

As well as running the weekly class, John is keen to get art out into the community and, working with other artists attending the Hub's art group, his latest project is to raise enough funds to cover the costs of canvases and frames for pieces that will be displayed for residents in local care homes in Clydebank, Dalmuir and Old Kilpatrick to enjoy.

He explained: "We're going to do our own pieces in here and frame them and we're hopefully going to supply each centre with about 15-20 paintings each. It's going to be viewed in the recreation area, where the visitors come in."

The plan is to switch around the paintings and rotate them every three or four months so residents and visitors can enjoy new artwork on a regular basis.

In the meantime the class continues to meet on Friday afternoons and its informal set up means artists can come and go, choose to work on their own pieces, or work alongside the others on class group projects.

One of the artists, Dorothy Weir, had previously been part of another class but has since joined the rest of John's group, at The Hub.



You can come and just relax for a couple of hours.

She said: "I come on a Friday afternoon. It's a nice past time. You can come and just relax for a couple of hours. It's good and it's really nice and friendly."

Working alongside so many other artists, one might think there would perhaps be a clash of culture however Dorothy maintains that is definitely not the case.

"We all do different things, so you kind of learn little bits off of each other".

The social aspect of the group seems to be what keeps many of the members coming each week.

Fellow artist, Isabelle Simeon, enjoys working with others who are at a similar level, she said: "We're more or less at the same level. It's a friendly

bunch. It's amazing how much information you can pick up in a place like this. Socially, it's quite good as well."

One thing they all agree on is, that their tutor has a natural talent for art, which helps to bring and keep them together.

Isabelle added: "John has done some quite large paintings, and they look very futuristic, like from another planet.

"He has a terrific imagination, and can turn his hand to anything."



YOUTH CHOIR PUTS THE POP INTO MUSIC

BY HANNAH FULLER, AGE 15



Youngsters interested in performing arts and music can show off their talents at the Bankie Beats Youth Choir.

Choir founder, Sarah Jamnejad, started the club to give the youngsters a chance to grow as performers and encourage them to start singing together.

She has always had a love for theatre and arts and it was while singing with the popular Clydebank Music Society she noticed there weren't many musical activities for younger kids so she created the Bankie Beats Youth Choir.

The group is aimed at children aged 8 – 12 and they enjoy singing pop music by their favourite artists such as Little Mix, Jessie J, Pharrell Williams and Taylor Swift.

The children have performed at Braehead Shopping Centre raising money for the Ronald McDonald Heart Charity and also sung carols on the local Your Radio station.

Sarah is extremely proud of her young singers. She said: "They enjoyed it, I think some of them were nervous and for a lot it was their first time performing, but they did so well, they were real little stars."

Keen performers and budding artists Eva Fleming, 10 and nine-year-old Cara Halkett said they really enjoy taking part in the group and it has inspired them to be singers when they're older. "If I'm having an off day I sing, my friends think I'm a good singer," said Eva.

Sarah said she is delighted with the popularity of the choir, which has trebled in size since it first started and she enjoys seeing her pupils grow. She said: "Their confidence has grown so much since they started, some were really shy and are now so confident in performing solo."

She hopes in the future the choir will be doing more performances and start competing in musical competitions.

Bankie Beats meet every Monday evening at the Hub in Clydebank and are always open to budding young performers. There is an entry fee of £3 per week. To find out more contact Sarah on bankiebeatsyouthchoir@gmail.com

SNOWDROPS

A spear of green above the snow,

signifying life below

The snowdrops emerge one by one

raising their heads to search for sun

Their petals so white, delicate and pale

built to withstand the strongest gale

Under the trees they glow with light

so charismatic, fresh and bright

I see them there, year after year

spreading their beauty bringing cheer

until they wither and die away

to bloom again another day.

Dora Wright, Alexandria

THE ALTERNATIVE

by Marie-Therese Kiely, Clydebank

The late snow had stopped

“I’ve been shut up in this house for four days. Another day in – (with you she said under her breath) – and I’ll go crazy!” said Millie.

Tony had retired some months previously. Instead of the envisaged “together time” it was either the TV or PC. “True Murders” had been displaced by back-to-back “Air Craft Investigations” and when she wanted to go out somewhere, he would give an excuse and slope off to his computer to fly his planes.

Such was the case again today.

Sometimes she could just murder him.

“Please yourself, Tony, but I’m going out.”

He settled himself down at his laptop.

She wrapped herself up and out she went.

She walked gingerly. Snow could be deceptive.

How nimble she had once been on the playground slides in her youth. Run, slide, and turn even. Almost like a ballerina. She had wanted to be a glamorous skating star, and had gone with her friends to the local skating rink, but never got further than skating round the rink without falling.

Film star she would never be.

Was skating like riding a bike - you never forget? She and her friend Freda had hopped on bikes at Millport last summer. True you never forget how to ride, but Freda had forgotten how to stop. She had to deliberately fall off – laddering stockings and skinning knees.

Skiing... Millie had tried it. But like Freda on her bike, it had been the stopping that got her. She shot past terrified fellow skiers, right over the skis of some, shouting apologies in her wake as she headed down the slope “at fifty miles and hour, at least!” Freda had estimated.

That had been in their student days.

That’s how she had met Tony.

“Fall!” he had yelled, and she had heard and obeyed. Just before the gentle slope had changed to a one-in-one. Thankfully.

And where were they all now? Freda with rheumatics in her

skint knees; husband Derek in bed nursing flu' from building a snowman for the grand weans; Tony the flyboy, at home, and she, yes she alone, stepping out, defiantly, braving the weather -

“Aaaargh!”

Her own voice rose in a screech, as the world turned topsy-turvy. She lay flat on her back, staring at new-falling snowflakes, waiting for - surely - some handsome Prince Charming on a white charger, to come and rescue her and take her away from all this. Or at least whisk her to Asda for a reviving cup of coffee and a Belgian Bun.

Not too much to ask of life, surely?

Five minutes later, no reply from Tony on her phone, she decided no Prince Charming of any intelligence whatsoever was available. Nothing for it but to heave herself to her feet.

“Ouch!”

A screaming pain in her - what was it called - coccyx? She didn't care. It was SO sore.

She limped home. The door was locked. She knocked, she rang, in tears with the pain.

No-one answered. She knew exactly why.

Tony would have his ear-phones on, doing his Biggles bit.

Tony would be lost to this world.

Tony wouldn't even be checking his phone.

Retirement had brought its own routine, and this was it!

Millie hobbled round to the back window. An eternity of five minutes, then Tony noticed her.

She waited for him to let her in at the kitchen door.

“Let him say I told you so – well, just let him dare, that's all!”

The kitchen was much too handy for weapons of opportunity, broken coccyx or not.

For Issue 4 we are going to have a poetry competition for a change and the subject for the competition is 'people' so feel free to interpret this in whatever way you wish.

There will be a prize for the winning entry which will be published in the next issue of Clydesider. All entries should be sent to theclydesider@gmail.com and marked 'Summer Poetry Competition' in the subject box. Closing date for entries is Sunday July 23, one entry per person and you must live or work in West Dunbartonshire to enter. Good Luck!

WHAT'S BEHIND THE NOISE?

BY ELLIS YOUNG, AGE 17

The music industry is big business, contributing over £4 billion to the UK economy and employing 119,000 people according to recent figures.

So, while CD sales may be down to say that the music industry is no longer a valuable part of Britain's economy is like saying that the police are no longer needed to fight crime. It's just not true. Even more so now, as artists and groups such as Ed Sheeran or Little Mix have helped pave the way for a new British revolution, the young talents of the nation now have an industry which is back on its feet, and now just needs some help to teach it to run again.

To help encourage and advise this new wave of musicians are groups and programmes whose aim is to help budding musicians get the skills and practice to jump into the industry head on.

One such example of these groups is Behind the Noise. Founded in 2011, BTN is a programme set up to help local artists in schools across Central Scotland get the skills they need by showing them just what the industry holds in store. Everything from recording songs to creating bands and playing gigs and concerts.

One such band to be formed out of BTN is *Lost in Translation*, consisting of Weronika Opalka a pupil at Our Lady & St. Patrick in Dumbarton and Louis Page from Lomond School in Helensburgh.

The programme has allowed the two to release their first single, 'Time Machine' which debuted on the online music platform Soundcloud on March 4th.

Just before this I met with one half of the band, Weronika, to learn more.

So, what is *Behind the Noise* all about? "The programme is run during school time from September to April and mainly consists of workshops in which bands can work together to write, record or practice their skills," explained Weronika.

The main end goal of the programme is to record a song in Doghouse Studios in Glasgow along with performing a live gig which this year was held at the Classic Grand in Glasgow at the end of the programme's run in April.

Although BTN is based around schools in Glasgow, *Lost in Translation*, along with several others, were able to partner with them through Clydebank-based youth charity Y Sort It and their Fresh Creations team.

And what of the band itself? "I play the piano, but this year we've brought in a sampling pad so I can record and add a drum beat to our music. Louis is the lead singer and he plays the guitar (electric and bass)."

However, there's more to BTN than just performing. Participants also manage their bands and are responsible for selling tickets and promoting themselves through social media.

How to join? "It's advertised online but there's also an open day in Glasgow every year where you can sign up and

register on their website," said Weronika.

"I would encourage anyone to get involved, even if you are not into performing as there are so many different opportunities such as promotion and managing."

To find out more about the BTN programme visit <http://behindthenoise.co.uk/education/> and to hear Lost In Translation visit <https://soundcloud.com/behindthenoise>



Photo by Hannah Fuller, 15

IN LOVE WITH LIBRARIES

BY LINDA-JANE PATERSON

Some of us are 'in love with libraries,' we have been since we were handed our first book. Originally the fount of all knowledge, the paper - or hardback - was fondly stroked and scanned by everyone from six to 96.

Nowadays we surf the net instead and new generation babes seem to have been born into the computer age with a USB stick where a dummy used to be.

From Clydebank to Dalmuir to Dumbarton, Alexandria and Balloch the back-to-back walls of books are making a comeback but take a little time to peruse further and you find today's libraries are different to the ones of childhood memories. Today they are fully equipped to meet the needs of silver surfers, job searchers and book lovers alike - a hub of activity for everyone.

In the Backdoor Gallery at Dalmuir Library you will find a collection of fine artwork, much by local talented artists.

Or why not ask the librarian where the 'Rough Guides' are stored and feel the exhilaration of travel as you take a trip to Budapest, Paris, Cuba, Rome or even the Big Apple without leaving the comfort of your local library.

If you saunter down to Dumbarton Library and pop into the basement

you'll find young 'Bookbugs' aged from two to five - some still just crawling - but all enjoying being read to by mothers, fathers and grandparents.

Up one level the teenage area has hundreds of teen-speak novels ranging from Darren Shand to Romeo and Juliet plus CDs, DVDs, Who's Who and What's What. It's all there and if you can't find something just ask the librarian, they seem to know something about everything on this planet.

The Reading Room at the front of the building offers a refuge of peace and tranquility which can be so hard to find in today's busy world.

Clydebank Library has just had an injection of funding and the basement is home to the Clydebank Blitz archives, well documented and full of pride in those who survived those terrible times. Up a flight of stairs there is coffee, people meeting up with friends, printing and photocopying facilities and stacks and stacks of marvelous, meaningful novels.

And you'll find Macmillan Cancer have soft green sofas and someone who really understands cancer on duty in all local libraries to give life-changing support and advice when needed most.

So try and make time to pop into your local library, a marvelous learning adventure awaits and these buildings need to be used and used regularly, as they're endangered species these days - lets use it so we don't lose it.

SCOTLAND FOREVER COMPETITION

Local musician, Jim Smart, the brains and voice behind the Singing Hypnotist and Freddie Mercury tribute act, is branching out into a new field of music with his latest stage show 'The Flying Scotsman'.

He has also produced an uplifting, feel good album, 'Scotland Forever' which features a mix of Scottish songs and anthems written by Jim, plus some quirky new versions of a variety of Scottish traditional, pop and rock songs.

The Balloch musician has toured Scotland with his stage shows and tribute act, and his new album captures some of his passion for the places he has visited and people he has met on his travels.

Jim teamed up with guitarist Gregor McPhie, formerly of the Red Hot Chilli Pipers, to produce his new album and the single 'Whit's Fur Ye'll No Go By Ye' both of which are available from iTunes and Amazon.

And Clydesider has a copy of the album to give away to one lucky reader. Just answer the following question:

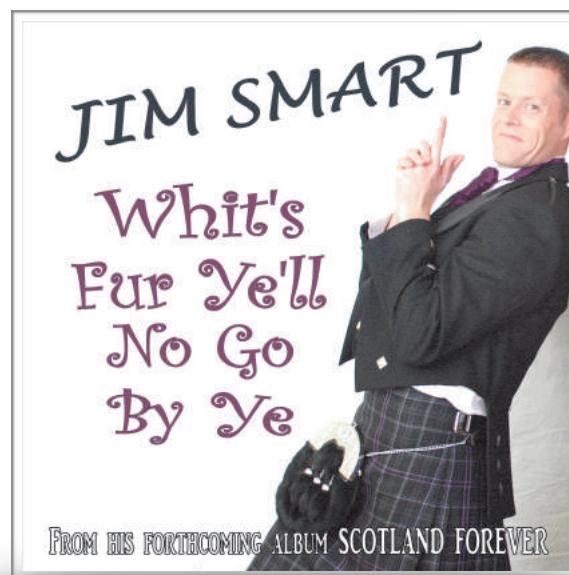
Which show has Jim been performing longest?

- A) Freddie Mercury Tribute
- B) Hypnotist Show
- C) Scottish Show

The answer can be found on Jim's facebook page: @scottishentertainer www.facebook.com/scottishentertainer

The first entry to email the correct answer to theclydesider@gmail.com will win the CD.

Good Luck!



CLYDESIDER MISSION STATEMENT

Clydesider Creative Ltd is a social enterprise based in West Dunbartonshire. Our community magazine, *Clydesider*, will promote the positives that the area has to offer in terms of people, place, scenery and history and will showcase the creative skills, ideas and experiences of local people.

There are some amazingly talented folk in our communities however many lack the opportunity to make a living from their creativity so *Clydesider* aims to provide a home for professional and amateur alike - it will be a community magazine that truly is for our community and by our community.

Support and Contribute to Clydesider

As a social enterprise we need to make the publication sustainable so we need the support of our community. If you are interested in advertising in *Clydesider* please contact us by emailing clydesideradvertising@gmail.com

While the magazine is free we plan to build a base of supporting subscribers and sponsored community editorial to ensure we keep a good balance between creative content and advertising. We have a Paypal link on our website where you can choose to make a monthly, quarterly or annual supporting subscription or if you wish to make a contribution by cheque please make it payable to *Clydesider* Creative Ltd and send to Ben View Resource Centre, Strathleven Place, Dumbarton G82 1BA.

We are keen to hear from creative contributors in West Dunbartonshire so if you would like to get involved please email theclydesider@gmail.com. We also have regular meetings in different venues across the area which are advertised on our *Clydesiders* Facebook page.

Clydesider Credits

A big thank you goes out to our fantastic team of *Clydesider* contributors - these include published and novice poets, authors, journalists, photographers plus local artists, designers, cartoonists, web designers and advertising executives – you have all been wonderful and a real joy to work with.

We would also like to thank the businesses and organisations that have advertised in our first three issues.

And finally we would like to thank West Dunbartonshire Libraries, West Dunbartonshire Leisure Trust, West Dunbartonshire Community Planning Partnership, the Independent Resource Centre and Ben View Resource Centre as well as all the *Clydesider* volunteers who have helped with the magazine's storage and distribution – we definitely couldn't have done it without you.

TO YOU

I saw you today and you smiled at me,

I wish you wouldn't.

I thought of you a lot and I tingled today,

I wish I couldn't.

I wish I wasn't me,

And I wish you weren't you,

Because maybe then there wouldn't be

This 'thing' between us two...

by Zee McCartney, Clydebank



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OUR COMMUNITY'S POPULAR PRESS

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