

Get fit and support your local group

IF it's good enough for the men, it's good enough for the ladies!

That was the view of Maybole women when they decided to get in shape and start their own health forum.

The Women's Health Forum started up nearly two years ago, and the group has been able to continue due to the support they've had from South Ayrshire Council. However, they are desperate for more members as a good turnout will ensure the group will be able to continue.

Founder member Senga Fergusson said: "The group is for women of any age and fitness. It's not high powered athletics we do here, but gentle workouts, and the classes are overseen by fully qualified trainers." Senga added: "We all feel much healthier for coming here every week, and there's also a good social side to the group."

The ladies take part in circuit training, aerobics, and some have even had important health checks.

The ladies meet from 7.30pm until 8.30pm every Monday at Gardenrose primary school. Entry is £2 for people who work and £1 for non-earners.

If they don't get more members, the group could fold, so make a decision to get fit and support a local group at the same time.



The ladies would urge other females of any age and fitness to join them on a Monday night.



South Ayrshire provide a fully qualified trainer.

Serendipity for Sara and Briggs at their Culzean wedding

CULZEAN Castle has a rich and varied history, drawing visitors from all over the world.

For American couple Sara and Briggs Cunningham from Washington DC the castle proved to be a poignant venue for their wedding in more ways than one.

Sara takes up the tale: "Two years ago, my fiancé and I decided that we wanted to elope to Scotland (we're Americans). We had both always wanted to go to Scotland and we also knew that somewhere back in our ancestry our families were from there. We streamlined our criteria to include being married in a castle, along the sea, and at sunset. That's a tall order, and I immediately began the internet search and ultimately found Culzean Castle...Perfect! We both agreed."

"So, last September 25th, eleven months after his proposal, Briggs and I were mar-

ried by Reverend Arrick Wilkinson of Kirksowald Parish at Culzean Castle overlooking the sea. And just as we hoped it would be; it was perfect. The sun made a last minute appearance after raining all day, just in time for our outside ceremony.

"While having our pics taken in the castle, we noticed a framed portrait on the wall of William Cunningham, the

9th Earl of Glencairn. Jokingly we asked Robert our photographer to take a pic of 'Uncle Bill' for us. He did, and included it in our wedding picture disks.

"Shortly after our return to the USA following our honeymoon in France, Briggs' Mom gave us a document which had been packed away among her things for years and she only discovered it because of a recent move. In any event, the document was their family history which had been researched for Briggs great-grandfather many years ago. And it revealed that not only was Briggs family from that immediate area, but that William Cunningham, the 9th Earl of Glencairn, was in fact a direct ancestor! We were both floored. It was serendipity! Briggs and I will return to Maybole and Culzean Castle this year for our first wedding anniversary and will look forward to finding out more about our Scottish history!"



Wartime photos sought

FROM August onwards there has been a series of events in Maybole and at Culzean Castle to celebrate the 60th anniversary of the end of World War II.

The idea was to mark this with veterans of the war and to specially remember the efforts of those unsung heroes of the home front whose contribution was equally as important, and to give modern day children some inkling of what life was like during the war years. This was made possible thanks to successful bids to the Big Lottery Home Front Recall Fund.

The first event was the Royal British Legion Scotland parade from the Greenside to Memorial Park for a Drumhead Service on Sunday 21st August; and a reception at the Town Hall followed by a social time at the Welltrees Inn.

Then there was Maybole on the Home Front at the Castle on Saturday/Sunday 27th/28th August with military vehicles from WWII on

display.

Shona Law of Gardenrose Path won a competition for the best recipe using war time rations and she received her prize at the 1945 day at Culzean on Sunday 18th September.

That was a great day out with 1940s vehicles including jeeps & ambulances, Pathe news-reels, a fairground, a British Army Field Kitchen, jiving, George Formby and Max Miller impersonators, "It Ain't Half Hot Mum" style concert parties and, of course, Maybole Pipe Band.

Still to come are special concerts which will be held in the Town Hall and a book of WWII Maybole Memories.

If you have any photographs of Maybole or its people which capture the war time era of 1939-1945 please hand them in to the Resource Centre, 48/50 High Street. If you have any memories of what life was like then please write them down and hand them in as well.

Scroll nominations invited

ONCE again, Maybole Community Council is inviting nominations for 'Scrolls of Appreciation.'

The community council presented scrolls in 1999 and in 2000 and previous recipients were:

1999
Mary Anderson, Shaun Anderson, Pearl Barton, Leonard Boughen, William Boyce, Jean Boyd, Gavin Campbell, Graeme Campbell, John Campbell, Jack Conkie, Murray Cook, Maureen Craig, Margaret Davidson, James Drennan Snr, William J Grant, Cooper Hay, Alex Kelly, Jean Laidlaw, Ria McCulloch, John McDowall, Margaret McGawn, Alex Meek, William Paterson, Rich Pettit, Nell Samson. Frances Strachan, Jim Sym, Anne Walker, and Derek Walker

2000
Jacqueline Boughen, Sam Coulter, Rosemary Eccles, Senga Fergusson, Anne Findlay, Janet Graham, Ellen Hawkes, Deborah Hearton, James Hearton, Christopher Jackson, Margaret Kenny, William Kenny, Roger Martin, Agnes McCreadie, Janetta Rodger, Isobel Seymour, and

Denis Ward.

Everyone who has been presented with a Scroll of Appreciation has been nominated by organisations or other people in the community.

David Kiltie, chairman of the community council, said: "We were delighted to acknowledge the contribution they have made to the quality of life in Maybole. Some are very well-known locally and others perhaps not so well known; others are known further afield; all have helped make Maybole a better place or better known."

In the past the awards were split into three categories: people who had brought recognition to Maybole through their achievements; service to the Community; people nominated by local organisations.

Mr Kiltie said that the community council was very happy to accept nominations for the same categories which would be looked at by three independent members of a panel.

Local groups are being written to and the last date for nominations is October 28.

News from Maybole Access Point

(more fondly known as MAP)

Over the three and a half years we have been in 76 High Street we have been able to help with over 10,000 enquiries.

If you come in and see us we can tell you more about how we can provide and help you to access information and guide you to the right organisation, help with form filling, free internet, free phone calls to Jobcentre, DSS and Social Work and much more, but as every single person is different then so too is everybody's needs, so please feel free to come in and chat to us.

This service could be available in the North Carrick Villages after the New Year if a funding bid that is being discussed at this present time is successful. So fingers crossed.

MAP's four computers now have Broadband

Colour Photocopying available

Please feel free to drop in and speak with Christine or Cathie

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