

APRIL 2020 ISSUE NO. 17

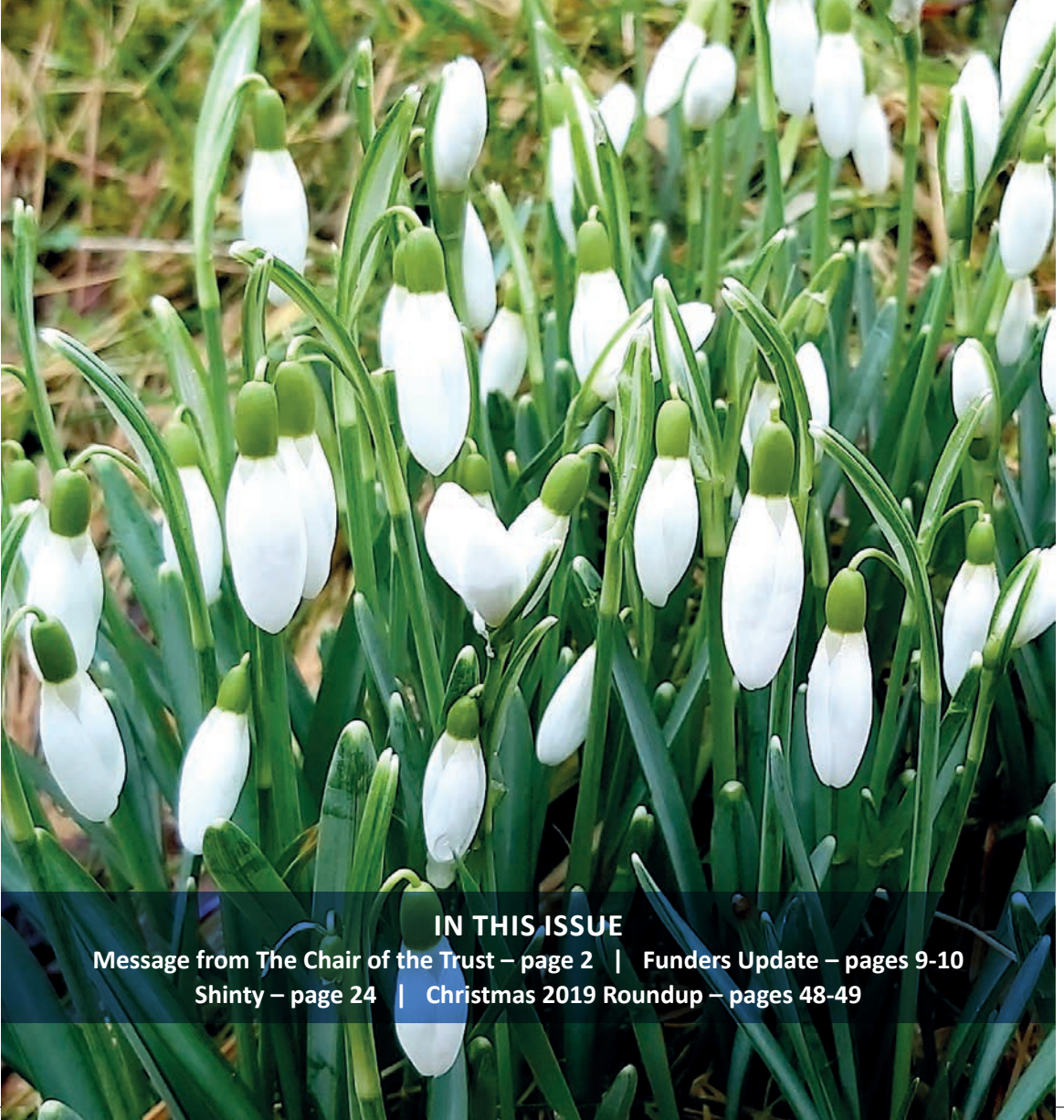
Stratherrick + Foyers



Community Trust

STRATHERRICK & FOYERS NEWS

Springtime Snowdrops In The Strath
Photo taken by Morag MacDonald Pickthall



IN THIS ISSUE

Message from The Chair of the Trust – page 2 | Funders Update – pages 9-10
Shinty – page 24 | Christmas 2019 Roundup – pages 48-49

MESSAGE FROM THE CHAIR OF THE TRUST



The new Board of the Trust is up and running and the new board members have brought considerable energy and enthusiasm to the task of being a Director.

This bumper edition of the News is the result of the hard work of the Communications Team. In February the Transport Group organised the first meeting of what we hope will become an independent Transport group developing Community Transport with financial support from the Trust. The Energy team has been busy researching the best way to heat The Wildside Centre efficiently and is also investigating the installation of electric charging points.

People visiting Foyers Bay will see the shiny pontoons lying in the fenced area ready to be installed on the water this summer. Another public consultation on the Riverside Field held in February has helped to finalise plans for the Field so that the project can move forward into the formal planning stage.

At present all the work of the Trust is being done by volunteer Directors in their spare time and I would like to thank all of them for

the considerable efforts they have put in over the last six months. We were unfortunately not able to appoint anyone to the post of part-time Project Co-ordinator advertised last December.

We have, therefore, decided to delay re-advertising the post until there is a Trust Manager in place, which we hope will be by the end of the summer, at the latest. The post of Trust Manager has been advertised nationally during the month of March and interviews will be held at the end of April.

Please note that the Trust has moved its Registered Office from Gorthleck Hall to The Wildside Centre so all communications should now be sent to, or handed in at, The Wildside Centre, Whitebridge.

We intend to hold a general public consultation day at The Wildside Centre in May for all of the community. Look out for posters later this month (April) and do come along to meet the Trust Directors and discuss with them what you would like the Trust to be doing for the community.

Margaret Cormack, Chair

TRUST PROJECT UPDATES – BROADBAND

The following is an update on the progress made with the Broadband Project:

1.1. CUSTOMER CONNECTIONS

As at 8 March 2020 there are 56 customer connections.

1.2. EXPANSION & UPGRADE SOUTH (CORRIEGARTH ESTATE & WILDSIDE)

Following the expansion of the network to include base-stations at the Corriegarth Estate & Bailebeag completed in late December 2019, a further 7 customers have been connected all of which benefited from the BDUK voucher scheme.

1.3. EXPANSION NORTH (DUNMAGLASS, TORNESS & INVERFARIGAIG)

Expansion of the network north has been delayed while the necessary documentation is put in place with landowners to allow civil works can commence. The structures and equipment has been purchased and configured ready for deployment.

2. SERVICE PROVISION

2.1. MAJOR OUTAGES

Over the last two-month period the broadband service provision has been consistent with no significant outages.

2.2. SERVICE DISRUPTION

The extreme weather did impact on the major wireless link between Gorthleck and Wester Drummond which did reduce the level of service provision at peak times. However, once this was identified, CFWN engineers were dispatched on site to realign the equipment antenna and resolve the issue.

2.3 SEVERE WEATHER CONDITIONS

The severe weather conditions over February did impact on the expansion of the network south due to the need for a reallocation of resources to perform emergency maintenance across the network. This expansion will however now be resumed.

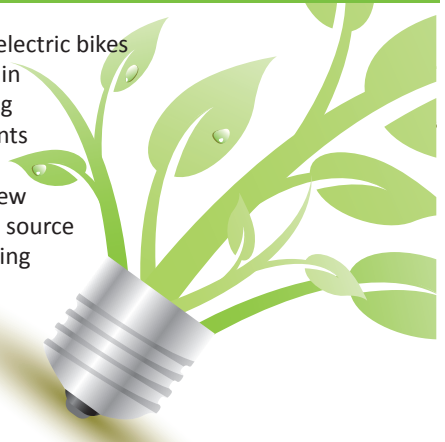
Zoe Iliffe, Broadband Project Lead Director



TRUST PROJECT UPDATES – RENEWABLES

Research has begun into the possibility of obtaining a fleet of electric bikes for the residents of the community to use. We have also been in contact with various companies to have an electric car charging point installed in the area. We hope this will encourage residents to move towards more renewable options when travelling. The Trust is also eagerly awaiting heating installation for the new Wildside Centre. This heating system will be from a renewable source by moving away from fossil fuels the Trust is consistently working towards the reduction of carbon emissions in our community.

Chris Finlay
Renewables Project Lead Director



TRUST PROJECT UPDATE – FOYERS BAY

Spring 2020 open meeting in Stratherrick Public Hall

INTRODUCTORY POSSIBILITIES AT FOYERS BAY

Following on from last year's September open meeting in the hall, arrangements are made to have a Spring 2020 update meeting and to repeat the invitation to all boating people, sailing, motoring, fishing, rowing, kayaking, canoeing, newbys, shellbacks and gongoozlers, old and young to come to the Stratherrick Public Hall on **Saturday 28th March at 1400 (four bells)** when we will pick up where we left off last September with community ideas, both possible and debateable.

The winter weather having set back some preparation, we view a clearer horizon of the future in meetings with immediate interests. **Land side**, the ground works, woodland walkways and shoreline tidy are much to the fore in our thoughts and we may have some progress in these by the date of our get together. **Water side**, the preparation of the metal pontoon equipment for rebuild and a look at what is next in line for these is a point to address as is use of existing material that is ready on land waiting to be used.

Into the year we can add our ideas of getting wet, wet, wet and hope to hear the dry, dry, dry plans of those building towards pushing their boat out. So, please pencil in your diary, come along and watch the Notice Boards and Website should there be a sudden wind shift to the Wildside Centre, **or a postponement due to the unknown COVID-19 restrictions at the time of writing this article.**

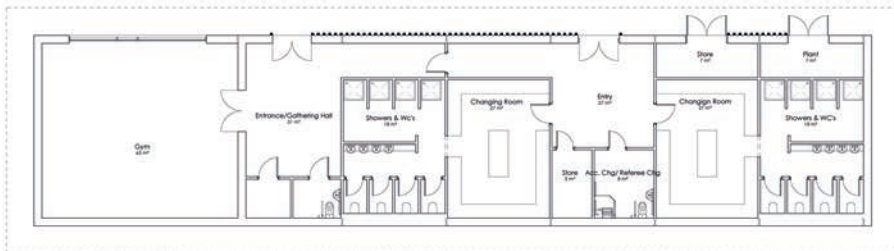
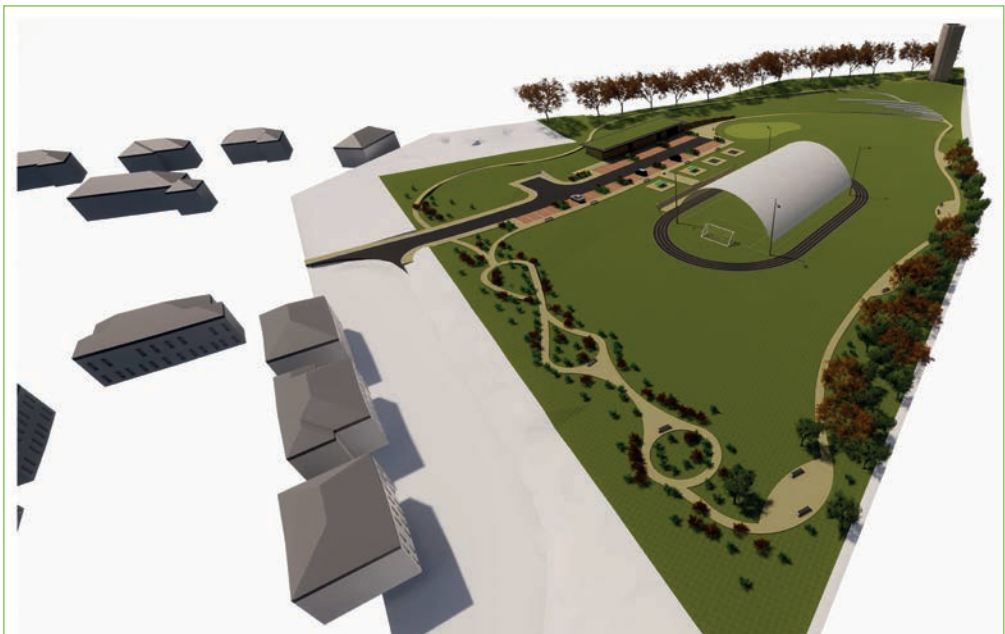
Olaf Olsen, Foyers Bay Project Lead Director



TRUST PROJECT UPDATES – RIVERSIDE FIELD

The Trust invited the community to attend an open Consultation Day at Stratherrick Public Hall on Saturday 22 February in order to present the revised Masterplan proposal for the Riverside Field Project. Despite the bad weather a great number of residents turned out to view the plans, speak to Directors and other members of our community and gave feedback on the proposals to the Trust.

I gave a short recap on how the Trust had reached the history of the project, what consultation had been undertaken over the last few years, both with the community as a whole and representatives of active groups within our community. I explained how those consultations had influenced the



Ground Floor Plan
Scale - 1 : 100

TRUST PROJECT UPDATES – RIVERSIDE FIELD

design and evolution of the presented Masterplan. I further advised those present that, subject to the community confirming general support of the proposals, this Masterplan will represent the basis for the development of the field. The Trust will then be able to move into the next phase of the project – organising planning applications, building warrant approvals and putting in place funding. I introduced Mike Lawson, Architect, of Colin Armstrong Associates, Inverness who had worked with the Trust to produce the Masterplan. Mike ran through the process of how a masterplan for a project of this nature is created and what elements and influences are considered. He followed with an explanation of what had changed about the plan – what elements had been removed and what was new, following previous community consultations. An interesting and encouraging Question & Answer Session then followed.

Community members were also invited to take away copies of the Masterplan (these can be viewed on the Trust's website – www.stratherrickcommunity.org.uk) and to complete a short questionnaire, so that the Trust could measure community opinion on the revised Masterplan. At the time of publication the questionnaire results were being collated however the results will be provided in the next issue update and will be available on the web. The Trust really needs to know what our community thinks of the Masterplan. A lot of hard work has gone into putting the plan together and we sincerely hope the community supports the proposal.

Zoe Iliffe, Riverside Field Project Lead Director



TRUST PROJECT UPDATES – THE WILDSIDE CENTRE

Hopefully by the time the News is published The Wildside Centre will have an enlarged carpark with a good surface and we hope to have lights installed in the carpark before next winter. The awful weather we have had in January and February has meant that the groundworks had to be delayed until mid-March. As well as creating a decent carpark the groundworks involve levelling the ground between the building and the river and creating an accessible path round the building and down to a lovely grassy spot by the river. It will take a while for the grass to grow, but with time we hope to have an extensive area for sitting out. We have already purchased 2 wooden benches in anticipation of the summer sunshine (a bit difficult to imagine as I write this with snow on the ground outside!)

Anyone visiting the building will see the transformed Board Room. This was the room whose walls were covered with an extensive mural. It made for a very dark room and we are extremely grateful for the considerable efforts of our past Chair who spent a week painting the walls white – 4 coats in all. It is now a lovely room – thank you very much Peter Faye.

Again, hopefully by the time this is printed we will have some new tables and chairs – or will soon have them. If anyone wants any of the old desks please come and ask?

The building is being well used. We are pleased that the Youth Hub has been having monthly meetings, with more frequent meetings planned for the spring and summer. Wild Crafts, now hold monthly Craft days there. As new groups use the building we are happy for suggestions for improvements to the facilities. All groups will be glad to hear that we hope to get an efficient heating system installed over the summer, though this may cause a bit of disruption.

Anyone wishing to book The Wildside Centre can email the Trust at bookings@sfctrust.org.uk. The use of the Centre is free to Stratherrick and Foyers community groups but there is a fee for individual hire or for groups from further afield.

Margaret Cormack, The Wildside Centre Lead Director



The poster features a blue background with white clouds at the top. The title 'Wildside Centre' is in blue, and 'Play Park' is in large, bold, orange letters. Below the title, a white banner contains the text 'Stratherrick and Foyers Community Trust' and 'We're planning a play park for the children in our community, your ideas are welcomed!'. At the bottom left is the Stratherrick & Foyers Community Trust logo, and at the bottom right are two circular photos of children playing. Contact information is provided at the bottom center.

Wildside Centre
Play Park

Stratherrick and Foyers Community Trust

We're planning a play park for the children in our community, your ideas are welcomed!

Stratherrick & Foyers Community Trust

E-mail - admin@sfctrust.org.uk
phone - 07363 394276

GRANTS AWARDED

Recent Grant Approvals from Stratherrick & Foyers Community Trust



GRANTS ARE AWARDED FROM THE FOLLOWING FUNDS:



Glendoe Hydro Fund (SSE), Dunmaglass Windfarm Fund (SSE), Stronelairg Community Fund (SSE) Corriegarth Windfarm Fund (Greencoat UK Wind) Green Highland Allt Luidhe Hydro

Fund and the Easter Abercharder Partnership Fund. For details of which fund was used for each grant offer please refer to the Trust's Board Minutes which are posted on the Trust Documents page of the Trust website <https://www.stratherrickcommunity.org.uk/documents>. The following grants were approved by the Trust Board at Meetings held from December 2019 to February 2020 and offers were made as shown below. You do not have to be a member of the Trust to benefit from Trust grants.

THE DECEMBER BOARD APPROVED THE FOLLOWING GRANTS:

Student Grants of £500 each to Millie Ferguson, Jane Brown, Ruari Tweedlie, Samuel Mortimore, Roma Yeats and Heather MacDonald

Stratherrick Lunch Club - £2,200

Stratherrick Primary School Parent Council - £5,041.50

Strathgorfoybridge Outdoor Sporting Association - £1,000

THE FEBRUARY BOARD APPROVED THE FOLLOWING GRANTS:

£560 to the Wellbeing Club previously withheld pending a three month review of the attendance at the Sunday Yoga

Student Grants of £500 each to Lisa Haston and Abigail Kirkland

Sporting Grant of £250 to William Taylor

Energy Grant of £500 to Craig Lightbody

Energy Grants have now ceased but new applications for all other of the Trust's grant schemes are welcome. The deadlines for the next grant applications are 21 April and 21 June 2020.

Stratherrick + Foyers Community Trust

Membership

Join us and keep up to date on what we do, our projects & events

contact us for a membership form
www.stratherrickcommunity.org.uk Tel. 07525120966
E-mail - pc@sfcftrust.org.uk

admin@sfcftrust.org.uk', 'Phone - 07363 394276', and 'www.stratherrickcommunity.org.uk'."/>

STRATHERRICK & FOYERS COMMUNITY TRUST

We've got a seat for you!

Our team are working towards providing community transport that we can all benefit from.....we'll keep you updated.

Your ideas matter, please contact us!

Become a Trust member for updates
Email - admin@sfcftrust.org.uk
Phone - 07363 394276 www.stratherrickcommunity.org.uk

FUNDERS UPDATE

SSE RENEWABLES UPDATE

I'd like to take the opportunity to introduce myself as the Stakeholder Engagement Manager for SSE Renewables in the Stratherrick and Foyers area. It is my job to work and engage with you, the local community, while we build our onshore wind farms. If you have any questions on any SSE Renewables projects in the area, please don't hesitate to get in touch with me on: Eilidh.todd@sse.com



CLOICHE WIND FARM

In February we held some public exhibitions for Cloiche wind farm, showing visuals of what the proposed project could look like and updating on project timelines. We had lots of people visiting Gorthleck Hall to meet the project team and take a look at proposed wirelines (as well as having some delicious Camerons Tearooms cake!). If you missed the event, more information can be found on the project website. www.sse.com/cloiche

GENERATING BENEFITS IN THE GREAT GLEN

In case you missed it, we've recently published an economic review of our work across the whole Great Glen. We take great pride in our rich industrial heritage in the area, and have been able to show the significant benefits from our work, which is expected to generate over £1.2billion of value for the Scottish economy, and hundreds of jobs in construction and operation. The report is not just about numbers though, impressive as they are, it's about the people behind the figures, from apprentices to hoteliers to caretakers, that really help bring the positive impacts to life. <https://sse.com/sustainability/reporting-and-policy/>

FUNDERS UPDATE

LOCH MHOR WEIR WORKS

We are currently developing a project to carry out remedial works to the spillweir at our Loch Mhor Dam. Loch Mhor reservoir was originally formed in 1895 to supply the aluminium smelter at Foyers (now SSE Renewables' hydropower station at Foyers Falls) but since 1968 has served as the upper storage reservoir for the Foyers pumped storage hydropower scheme. Under the requirements of the Reservoirs (Scotland) Act 2011, SSE Renewables' fleet of storage reservoirs is subject to regular inspection by independent, specialist engineers to ensure compliance with all current reservoir safety legislation. Due to the age of the structure at Loch Mhor, the latest Inspecting Engineer's report contains requirements for remedial works to be carried out to the masonry weir section to prevent unacceptable deterioration as the level in the reservoir rises towards the spill weir crest level.



LOCH NESS 360° CHALLENGE

Coming up soon we have the Loch Ness 360° Challenge, which we are the key sponsor of. The Loch Ness 360° Challenge is a new three-day running or cycling event happening between Friday 29th – Sunday 31st May 2020. It's 129 km and over 3000 m of ascent, with breathtaking views – what more could you ask for? This is the inaugural year for the challenge around Loch Ness, and if you'd like to help out, they are looking for volunteers! Organised by Visit Inverness Loch Ness, and the locally familiar face of Graeme Ambrose, it looks to be an exciting weekend in the local area. www.lochness-360.com See page 27 for further information on this event and message from Michael Golding, Chief Executive.

COMMUNITY BENEFIT FUNDING

In terms of the Community Benefit funds we provide for the Stratherrick and Foyers community, mostly through the Stratherrick and Foyers Trust, it has been a busy old time. Keep an eye out for our press for grants awarded from the latest round of the Stronelairg Community Fund, and the Highland Sustainable Development Fund.

In the past year, the Stronelairg Community Benefit fund, which is managed by SSE Renewables on behalf of the owners Stronelairg Wind Farm Ltd, has funded a variety of projects. Most visible is probably enabling the purchase of The Wildside Centre, providing a base for community activities and SFCT itself.



The next deadline for the Stronelairg Community Benefit Fund is 3rd September. If you have any questions, feel free to get in contact with Marianne Townsley, Marianne.townsley@sse.com

WHO'S WHO AT THE COMMUNITY COUNCIL

"Who is Who?" Welcome to your new Stratherrick & Foyers Community Council

Paula Page, Glenlia

Chair of SFCC." I volunteered for the Community Council as I am very keen to see our Community continue to thrive and be one that I am proud of living in. It is very important that we act as a voice for local residents with Highland Council Budgets and Polices and work alongside other Agencies and Companies in our community."



Gill Gray, Upper Cultie

"I live at Upper Cultie, Gorthleck and hope that by being a member of the Community Council I will be getting together with local people to promote the wellbeing of our community and protect and promote its identity".



Patrick Haston, Errogie.

"I moved to Errogie in 2015 with no intention of moving again. I put myself forward for the Community Council because I believe that having a strong local voice can help ensure we get our fair share of Highland Council resources, for road maintenance and improvements, for our schools and other services. The Community Trust does a lot for our community, but there are some things that only a Community Council can do."



Lorraine Lewis, Errogie

Treasurer of SFCC and Co-opted Community Liason Director of SFCT. " I volunteered for these posts as I feel passionate about our community and our way of life. I am very grateful for being given this opportunity and feel it is my duty to fairly represent the views of our community on matters that impact us regardless of my own views. I look forward to making a positive impact within our community"



WHO'S WHO AT THE COMMUNITY COUNCIL

Abi Kirkland, Wester Aberchalder

"I am 18 years old and I have grown up in the area. I am currently studying at the University of the Highlands and Islands and am also working locally. I volunteered to be on the council to let the views of the younger generation be heard and to ensure relevant issues are addressed."



Alannah Graydon, Wester Aberchalder.

"I am 22 years of age and, I, along with my family of 3 younger siblings and mum, moved into this beautiful area from Scaniport in July and this community couldn't have been more welcoming to us so I decided to give back and volunteer for the community council. I was also interested in getting to know more about our new community and I wanted to be involved in making it even better than what it already is. I've never had the chance to do anything like this before and thought

it was about time that the younger generation became involved in what happens in the place we love to live in."



Caroline Mortimore, Gorthleck.

Vice Chair of SFCC "I work in Gorthleck and didn't want to see the community council go into abeyance. It would have been a shame for the community to have lost its say in local matters which I feel is very important."



Simon Hargreaves, Foyers

"Having moved to Foyers from the South Coast in January 2010, I am very aware of the important work that is undertaken on our behalf by members of our community while serving on the Community Council. My wish is to continue with these valuable efforts."



To contact your Community Council please contact our SFCC Administrator
Sharon Ferguson
email@sfcc

Visit our website @ <http://stratherrick.net/>

SSE STRONELAIRG MICRO GRANTS



Since its launch in early 2019, Stratherrick & Foyers Community Council (SFCC) have been delighted by the response from the community to access funds from the Micro-Grant Scheme. Local individuals and community groups can apply for up to £500 to help fund their interests. Our annual budget is £5000 so at least 10 awards can be made in a year. Over the year grants have been awarded to the SFCC (£300) to pay Highland Council for putting the village Christmas Trees up; South Loch Ness Heritage Group (£500) for urgent repairs to their website; Friends of Inverness Royal Academy to pay for insurance, membership of Youth Scotland and equipment for a Youth Café they have just started running; Stratherrick Primary School Parent Council (£250) to cover the costs for relocating one of the shelters from the play park in Gorthleck to Stratherrick Primary School. The best attribute of the scheme is that awards can be made very quickly – sometimes able to turn round in less than a week. Although the form states there are only three opportunities to apply, we hope to remove this clause as SFCC is happy to receive applications at any time. SFCC hope that groups and individuals continue to make use of this funding opportunity and we look forward to more applications in 2020. Applications are available on our website – www.stratherrick.net or by email from our administrator Sharon Ferguson email.sfcc@aol.com

Paula Page, Chair, SFCC

COMMUNITY POST OFFICE AWARD

Foyers Stores and Post Office were surprised and pleased to receive an award for 10 years of service from the Post Office Community Team. Sub Postmaster Simon and assistants Caren and Jan are the team who have served the local community for the last 10 years. The Post Office is open Monday to Saturday, 9am - 4.30pm.



ALDOURIE & FOYERS SCHOOL UPDATE

At the time of writing for the last Strathnews we were in the middle of rehearsals for our Christmas play, and that seems so long ago!! We had a lovely evening where we performed 'C-H-R-I-S-T-M-A-S spells Christmas'. Many thanks to the parents and members of the community who attended our performance and bought some raffle tickets. We also visited Eden Court to see the panto Beauty and the Beast which was thoroughly enjoyed by all – Oh yes it was!



Coming back to school in January saw Rosalynd from Kodaly Singing and Calum from Feis Rois visit the school on a weekly basis bringing some singing, games and instruments. Calum had the P5-7s in a band last week with guitars, drums and percussion echoing around the school.

P7s have also started their transition to the IRA with fortnightly visits over Friday lunchtimes and some IRA teachers coming to visit us.

Our cluster days at Aldourie have continued on Fridays. Our Friday STAF (Skills Training with Aldourie and Foyers) afternoons where the children opt to learn a particular skill e.g. baking, football, cake decorating, First Aid have been a great success.

Shortly we will be skiing again and we are hopeful that the snow will stick around for a couple more weeks so we can build up our skills again.

With Easter fast approaching and hopefully some warmer weather we look forward to seeing you out and about in the community perhaps on one of our Thursday walks up The Crag.

Louise Robertson, Cluster Headteacher at Foyers and Aldourie Primary Schools



STRATHERRICK PRIMARY SCHOOL



Since returning from the Christmas break we have been working hard on our Jacobite topic in the school and are now making the nursery into a Police Station, the staff

are regularly in prison!!! As you can see from the photo the pupils have been hard at work making some traditional Targes as part of their homework task. We are astounded at the quality and workmanship that they show. Well done to the kids (and their parents).

We have been lucky enough to find ourselves hosting a teaching student from the UHI. She has brought a lot of ideas and energy to school, including developing our debating skills. The pupils researched various topics and had mini competitions. This was followed up with The Big Debate about: Should home schooling be allowed? This really peaked everyone's interest and led to a very well organised and 'fought out' discussion.

The nursery have been making and selling snacks for the rest of the school to buy on a Friday morning. The money raised will be going to the SSPCA. All pupils in school had the chance to vote on which charity would be the beneficiary of the snack money and the overwhelming winner was the SSPCA. Hopefully by the end of the year we will have raised a good amount of cash for them and their worthy cause.

This term also sees us going Skiing at Nevis Range! Something we couldn't do without the grant money from the Trust. Thank you so much for this and to the parent council for working through the application.

Finally, we have been practicing hard on our music festival songs. Last year we won our category at the music festival and this year we are hoping to defend it. Although it will be

tough as there is some stiff competition. We are singing the songs 'It's a Hard Knock Life' from Annie, and 'Touch The Sky' from the film Brave. Two very challenging songs but we will do the best we can! Thank you from everyone at Stratherrick Primary.

*Alan Graham, Head Teacher,
Stratherrick Primary School*



STRATHERRICK PRIMARY PARENT COUNCIL

New Outdoor Learning/Playground Shelter at Stratherrick Primary School

Stratherrick Primary Parent Council was very proud to finally get the outdoor learning/playground shelter up as this is a plan they have been trying to fulfil for the Children for some time!! Originally, the children themselves, with help from parents pitched for funding at the Highland Council's 'Your Ward, your cash, your choice' event but sadly despite an excellent effort from the youngsters, they were unsuccessful. The parent council, wanting to keep up their dream of having an outdoor shelter & classroom, applied to the Stratherrick and Foyers Community Trust late 2018 and after many hiccups with various matters, finally got the shelter installed last year. The children are delighted with it and the picture shows that almost all of the school pupils (a couple were missing that day!) and some of the nursery can fit in it at the same time!!! We hope this will give the current and future pupils of the primary and nursery lots of fun (and shelter!!) and thank the Community Trust and the hard working Directors for their ongoing support for this and the many other activities like busses to swimming lessons and skiing that would not be possible without their help.



SCHOOLS INFORMATION SERVICE

School closures can occur for many reasons such as bad weather, fires, faulty sprinklers and broken heating systems.

For the latest information on your child's school, call 0800 564 2272.

Have your school's PIN ready when you call. PINs are listed below.

You will then hear the latest pre-recorded message from the head teacher of your child's school.

Foyers Primary	042070	Drummond School	041910
Stratherrick Primary	043060	Aldourie Primary	041350
Inverness Royal Academy	041100	Farr Primary	042020
Kilchuimen Academy	042310	Bun Sgoil Ghaidhlig	043280



**The Highland
Council**
**Comhairle na
Gàidhealtachd**

**Weather Watch – phone to
check if a school is closed**

0800 564 2272

FRIENDS OF INVERNESS ROYAL ACADEMY (FIRA) YOUTH HUB/CAFÉ

YOUTH HUB/CAFÉ

In December we opened the doors at Wildside Centre to the first Community Youth Hub session. We were delighted to see 20 of the Teens from our area and their parents. The Hub is for those in P7 to S6. FIRA was able to give each child that attended a £20 One for All voucher for Christmas funded by our own fundraising initiatives. The first session was really a trial to see who would attend and what activities / equipment that the children would like provided. It was decided in January that we applied to the Community Council for a £500 Stronelairg SSE Micro Grant to enable us to cover Insurance expenses, join Youth Highland and Youth Scotland to provide us with further resources, support and guidance on running a successful Youth Hub. We were successful in our application and are now members of Youth Highland and Youth Scotland and we have also purchased additional equipment like a collapsible 6ft pool table and some board games. Some of the resources we can offer at the moment are arts and crafts, a Wii, a Nintendo DS, Table Tennis, Pool / Snooker, board and card games and refreshments to name just a few things! We are now also officially called the Youth Café.

At the next session on 10th March 5.30 – 7pm we will be offering free CPR training to those who wish to participate which will be delivered by Neil Kirkland and the Fire Service.

We aim to offer one Youth Café session a month during the winter months and build this up to once every fortnight come the lighter evenings. The Wildside Centre is a great base and we can extend activities on offer as the Youth Café develops, hopefully it won't be long until we can utilise the outside area too. Ideally, once the Youth Café has become more established the Teens will become self-governing and the volunteer parents will only be there in a supportive / supervisory role if and when needed. The Youth Café is free and open to all P7 – S6's in our area for funding purposes and those children out with the area are welcome to attend for free but might be asked to contribute to any additional activities that may be funded by the Trust or other bodies for those only residing in Stratherrick & Foyers.

FIRA would like to thank all those who have agreed to volunteer at the Youth Café and also for the very generous donation of equipment from a few members of our community.



TUTORING

Tutoring sessions started in February and will be running for several weeks for those studying National 5 Maths and English. There are 4 students who are currently attending. FIRA has been able to reduce the cost as funding from the Trust was awarded. The tutoring sessions are an invaluable part of our children's learning and helps to prep them for their Exams after Easter.

FRIENDS OF INVERNESS ROYAL ACADEMY (FIRA) YOUTH HUB/CAFÉ

SKIING

We will continue to run skiing days but they will be at short notice as we have to wait and see when conditions are right, fingers crossed by the time this goes to print we have had some favourable weather conditions! For those that are new to FIRA, we book for a group at Nevis range and this includes a lesson in the morning suitable to the young person's skiing ability, skiing pass for the afternoon, gondola pass and equipment hire. Thanks to funds we have received from the Stratherrick and Foyers Community Trust, this will cost parents £10 per child. We do rely on parents to transport kids though but pay £5 per child to cover costs. Please look out for emails and posts on Facebook to advertise dates! All abilities and first timers welcome.



SCHOOL TRIPS

If your child attends the Inverness Royal Academy and would like to go on one of their School trips, we have up to £500 per pupil per year available to help with the costs. Deposits cannot be included for funding. Any payments awarded are paid direct to the school. If your child attends any other High School in the area, please ask the School or the Parent Council to apply to Stratherrick & Foyers Community Trust for funding. Please contact FIRA as soon as possible once your child decides on a trip. Payments and grant applications cannot be made retrospectively.

OTHER NEWS

Membership of FIRA is open to all Parents/Guardians of local Children attending High Schools in the area. If you are not receiving emails and would like to, please email Paula at: gpwombles35@aol.com

Paula Page

USEFUL NUMBERS

Foyers Medical Centre: 01456 486224

NHS 24: Phone 111

Police: Non-emergency or to report a crime: Phone 101

Medical, Police, Fire, Loch or other Emergency: Phone 999

SSE Power Cut Helpline: Phone 105

Foyers Fire Station (Non-Emergency): 01463 240999

ISHIE'S TANZANIA TRIP

Thank you very much for all the community support I received on my recent trip to Tanzania with The Vine Trust. The Vine Trust is an international development charity which enables volunteers to provide medical, home-building and care support to communities living in severe poverty in Tanzania and Peru. They aim to empower communities; connecting enthusiastic volunteers with in-country partners and local people to create significant, sustainable development for vulnerable children and families.

I had the most amazing experience meeting the lovely families we were building houses for. In one family were brothers Simon (14) and Wilson (8) who are cared for by their single father Aviti. They do not have a home at the moment, and are dependent on the support of the community for food and shelter. Inverness Royal Academy headed out to Tanzania to help support the local team and builders in the construction of a new house for this family!

It was harder work than I had thought, although I'm used to hard work helping on the farm it was tough in the intense heat.

I would really like to return one day to see the difference it had made to the two families we helped.

Thank you again

Ishie Cameron



Vine Trust

FOYERS MEDICAL CENTRE I'M LEAVING! – FAIRWELL TO DR AKASH DEVENDRA

It has been 5 years since I started working as a GP in Foyers trying to fill the enormous boots of Drs. Mackintosh and Mackintosh. Alas, my wife and I have decided to relocate to Lesotho, “the Kingdom in the Skies”, in Southern Africa. I previously worked in Africa for 6 years, 2 of which were in Lesotho and will be returning to working in HIV Medicine. It is a beautiful place and remarkably like the Scottish Highlands - remote, stark, captivatingly beautiful and with a population who are rugged, stoic, warm and welcoming. We leave in April 2020.

I have loved working in Foyers. What a privilege to work somewhere that is the postcard of other people's holidays. Many of you will know that I am often running late into work because I have had to stop and take photos of yet another stunning Loch reflection or sunrise sky. I shall miss the wonderful team I work with at Foyers who always go that extra mile for folk. I shall miss the sense of community that is so strong here, and which is a rarity in the city. This newsletter, the work of the Trust, Boleskine Community Care and the acts of neighbourly kindness I see every day are all examples of this. I shall miss the conversations I have with folk in the surgery and experiences of Highland Medicine (“There's a tick in each of your ears?” “The bull gored you where?”). The last 5 years have been the most fulfilling of my career thus far.

Dr Anna Mills, GP partner at Riverside & Foyers, will be taking my place in March and there will not be any change to the service provision at the medical centre. I am sure you will welcome her warmly.

Thank you all for your patience and support.

Dr Akash Devendra

Andrew Thomas, Dr Akash Devendra, Julie Craven, Louise Lightbody and Jan Bain.



FOYERS MEDICAL CENTRE MEET KATIE ETHERINGTON

Katie Etherington, Advanced Nurse Practitioner, MSc, BA Hons – As an Advanced Nurse Practitioner for Riverside and Foyers Medical Practice my qualifications allow me to clinically assess, treat (i.e. prescribe and/or refer) and diagnose patients presenting themselves to the medical practice.

My 24 years of experience include qualifying with a BA Honours degree in Adult Nursing in 2000 before specialising in intensive care for 8 years at the John Radcliffe Hospital in Oxford. I then spent the next 4 years with a large GP practice in Swindon whilst completing my Masters in Advanced Practice.

In 2014 I moved to the south coast where I met my husband, Ian. We got married in Oban in 2017 and decided we'd like to settle in the highlands. After the birth of our daughter Poppy we moved to Inverness where I worked as an ANP at Raigmore Hospital. I joined Riverside and Foyers Medical Practice in August 2019 and am enjoying living and working as part of the local community and hope to continue in my role for many years to come.



Katie Etherington



Loch Knockie by Tina Rowles

BOLESKINE COMMUNITY CARE



The big news for BCC since the last edition of the Strath News is YPI! YPI stands for Youth and Philanthropy Initiative and is a programme for school pupils, managed by the Wood Group in Scotland. It's an international programme that aims to develop community leaders by giving them hands-on experience of philanthropy to make a positive difference in their community. Students who take part in the programme work in small teams to research the needs of their local community and identify the local social services charity they believe is best placed to make a positive contribution. They learn how to study the charity's management, budget, strategy and overall aims.

The students then prepare a presentation outlining the reasons why they believe their chosen charity is most deserving of support. This is done on a school by school basis and there is a school final in front of judges. The team judged to have made the most compelling and thorough presentation in each school wins a £3,000 grant to award to their chosen charity. We were contacted by Kilchuimen Academy towards the end of 2019 as a group of students wished to use BCC as their case study. We met with the students and their teacher, and answered questions from them at the meeting and later by email to help them put their presentation together. This included how we would use the grant.

Kit Cameron, Chair of the BCC Trustees and I were invited to the Kilchuimen Academy final on 6th February and listened to presentations about BCC, Leonard Cheshire, Newstart Highland and Barnardo's. All were excellent and it was clear that the students had done a lot of research about their chosen charity and were enthusiastic about the charity's aims. The team representing BCC gave a really engaging presentation including an interactive session involving the audience and judges taken part in a mini Movin' About session! We were absolutely delighted when our team was announced as the winner. Here's a photograph of Kit and me with the students and our cheque!

In other news, The Trustees held their annual strategy day on February 22nd and it proved to be a very positive and forward-thinking meeting.

BCC was originally set up to fill an identified gap for provision of care at home in Stratherrick and Foyers. We believe that BCC has been very successful in this aim. We have always sought to widen this out, however, because the stated mission of BCC is:



- To improve the quality of life, health, well-being and independence and to reduce social isolation of people in need by reason of age, ill-health, disability or social circumstances.
- To provide recreational facilities and/or organise recreational activities with the object of improving the conditions of life for the persons for whom these facilities or activities are primarily intended.

BOLESKINE COMMUNITY CARE

Moving forward over the next period, BCC wants to continue to build on the successful care at home service but also move towards creating an organisation and associated activities that 'connect with the community' and focus on building intergenerational services and events. We believe this is a very exciting time for BCC and will be seeking feedback on ideas for moving forward. We also plan to hold an event to celebrate our success and to launch our next steps. Watch this space!

We are looking to become a charity partner for the Loch Ness marathon in October. What this means is that BCC would have a number of places allocated to it and runners choosing to run on behalf of BCC would raise a minimum level of sponsorship which would be donated to BCC. If you're interested in running on behalf of BCC please get in touch.

We are also looking for people to take part in the Great Wilderness Challenge on 15th August this year. This is an event set in stunning scenery which can be walked or run. There are different routes to suit all abilities. If you'd like to know more, we are holding an open evening at the hub on Tuesday 21st April at 7pm or you can message us on the BCC Facebook page or speak to Heather at the hub on 486247. Here's a link for further information: www.greatwildernesschallenge.info

We are also in the process of working in partnership with Highland Hospice to set up a befriending service for the area. We continue to have a busy schedule. Our new Strength and Balance class is now up and running every Thursday afternoon and it's wonderful to see the positive changes in people attending. Computer sessions are now available by appointment with Michael White. Foot care sessions with Eva Craig continue to be popular and the next date is Wednesday 20 May 2020. The cost is £27. To book a foot care or computer appointment, please call the hub on 468247.

Gillian Haston, Support and Development Officer
sdo@boleskine-communitycare.org.uk, 01456 486247

Events for April and May are listed below.

Day	Event	Date and Time
Monday	Movin' Aboot	6th April at 11am Not on in May
Tuesday	Music Group	Every Tuesday at 2pm
	Great Wilderness Challenge Open Evening	21 st April at 7pm
Wednesday	Coffee Morning	8th April at 10am 13 th May at 10am
	Hub Walk	15 th April at 2pm 6th May at 2pm
	Foot Care	20 th May – By Appointment
	Stitch and Save	Every Wednesday at 2pm
Thursday	Strength and Balance	Every Thursday at 2pm
	Computer Sessions	By Appointment

BOLESKINE SHINTY

Boleskine are looking forward to another exciting season. Unfortunately the weather played havoc with the pre-season friendlies but we did manage a nice 1-0 win over our Inverness rivals – Neil Hope scoring our goal.

Our new season began on Saturday 7th March with a home tie against Lewis at Smith Park. It was a very blustery day and Boleskine took advantage of the wind in the first half leading 4-0 at the break. The second half was a tough battle against the wind and although Lewis scored twice we were never in danger of losing this game. We have a number of new players who have definitely boosted our team's strength.

In our cup competitions, Boleskine have been drawn away to Kingussie Colts in the Strathdearn Cup scheduled for 18th April. Hopefully we can record another victory against this team after our dramatic win on penalties in 2019. In the Sutherland Cup we have a bye in the 1st round and will face either Strathspey or Fort William in the 2nd round scheduled for 23rd May.

The club would like to thank all in the community for helping us to raise just under £1300 at our annual Shinty Sale at the end of November. All money raised through this, and from sponsorship, is much needed as our running costs come to almost £4000 per annum. We now have sponsorship deals on offer ranging from £5 to £15 per month so if any local businesses would like to know more please contact Catriona Fraser on 01456486287 or catrionافرaser@tinyworld.co.uk

Catriona Fraser



ETAPE LOCH NESS 26TH APRIL 2020 POSTPONED UNTIL 13TH SEPTEMBER

The Etape Loch Ness cycle sportive returns on 26 April 2020 with 5600 cyclists signed up to take on this year's epic challenge around Loch Ness. The event brings a significant boost to the local area attracting cyclists from across Scotland and the UK and has raised thousands of pounds for charity. Since 2014, £1.28m has been raised for the official charity Macmillan Cancer Support. If you live along



the route or are visiting the area, why not come out and give riders a cheer as they go past, it can make all the difference to their ride. Malcolm Sutherland, event director said: "All the money raised for charity and all the cyclists meeting personal challenges – it's all made possible by the support and commitment of our volunteers. If you would like to join our team, experience the event and raise money for a local charity of your choice, or your community group, please get in touch." He continued: "We are delighted to be using the area outside the Wildside Centre in Whitebridge for one of the feed stations; it's a fantastic location and will be a great space for riders to refuel during their ride. We are very grateful to the Stratherrick & Foyers Community Trust for their support and would like to thank the local community and all residents and businesses along the route." Further information visit www.etapelochness.com. If you would like to volunteer at the event, please email volunteers@etapelochness.com



ETAPE LOCH NESS 26TH APRIL 2020

Temporary Traffic Restrictions – Etape Loch Ness - Sunday 26 April

Road	Closure Times <i>All 26 April unless otherwise noted</i>	Direction
Inverness - Bishop's Road from Ardross Terrace to Ness Walk	Sat 25 April 18:00 – 15:30 Sun 26 April	Full closure
Inverness - Bught Road / Ness Walk from Bught Avenue Junction to Ballifeary Lane	Sat 25 April 18:00 – 08:00 Sun 26 April	Full Closure
Inverness - Bught Road from Bught Avenue to Whin Park	Sat 25 April 21:00 – 08:00 Sun 26 April	Full Closure
Inverness - Bught Avenue from its junction with Bught Road to its junction with Bught Lane	Sat 25 April 18:00 – 07:30 Sun 26 April	Full Closure
Inverness - Bught Drive between its junction with Bught Avenue and A82 Glen Urquhart Road	05:30 – 07:10	Full Closure
Inverness - Ness Walk from Bishop's Road to Ballifeary Lane	05:30 – 08:00	Full Closure
A82 from General Booth Road to A831 junction in Drumnadrochit	05:35 – 08:05	Full closure
A82 from Bught Drive to General Booth Road	06:00 – 07:15	Full closure
A82 from A831 junction in Drumnadrochit to Urquhart Castle entrance	06:35 – 08:15	Full closure
A82 from Urquhart Castle entrance to Dalcataig Road in Invermoriston	06:20 – 09:05	Full closure
A82 from Dalcataig junction in Invermoriston to B862 junction in Fort Augustus	07:00 – 09:35	Full closure
B862 from Fort Augustus to B852 Junction	07:10 – 10:55	Full closure
B852 from B862 junction to Lower Foyers Road	07:45 – 11:20	Full closure
B852 from Lower Foyers Road to B862 junction in Dores	07:45 – 12:20	Full closure
B862 from Dores to Holm Roundabout	08:15 – 12:45	Full closure
B862 (Dores Road / Island Bank Road) from Holm Roundabout to Ness Bridge	08:35 – 13:00	Inverness bound closure
Inverness - Ness Walk / Ardross Terrace from Young Street Junction to Bishop's Road	08:15 – 13:00	Full Closure
Inverness Southern Distributor Road between Ness Side Roundabout and Holm Roundabout	08:35 – 13:00	Southbound
Infirmity Bridge (pedestrian only)	08:30 – 14:00	CLOSED

LOCH NESS 360° CHALLENGE

Visit Inverness Loch Ness (VILN) has always enjoyed and benefitted from a strong relationship with Stratherrick and Foyers Community Trust. In the first five years VILN finished ground works on sections of the South Loch Ness Trail, allowing for the completion of the Loch Ness 360° Trail. The trail has brought widespread publicity to the area and early data has shown significant usage of the newly built sections. Local businesses will receive the benefit of the increased number of visitors, both local and tourist, throughout the year. The completion of the trail has allowed VILN to create and announce the first Loch Ness 360° Challenge – a three day 80 mile fitness event including an ultra-marathon, mountain bike race and three marathons. The event takes place between the 29th and 31st of May 2020 and will bring economic benefit to the area with a significant number of entries already received from fitness enthusiasts worldwide. The trail and the event both have great potential; we must support the sustainable development of our destination by considerately managing, marketing and maintaining the trail to make the most of the great opportunity. I look forward to working closely with Stratherrick and Foyers Community Trust and continuing our strong relationship in the coming years.

Michael Golding, CEO



SOUTH LOCH NESS SHORES TRAIL UPDATE

As many people will be aware, the South Loch Ness Shores Trail was closed for some time to accommodate logging activities. Walkers, cyclists and horse-riders were not allowed on the closed section for several months during the work - the section was from near the Fair Headed Lads Pass for approximately a mile in the direction of Inverness. The good news is that the trail is now all fully open and has been re-done so that it's once again a fully accessible part of not only the South Loch Ness Shores Trail but also the relatively newly-formed Loch Ness 360. Lots more information can be found at: <https://www.visitinvernesslochness.com/explore-the-scottish-highlands/south-loch-ness-trail-faqs/> or contact Visit Inverness Loch Ness on 01463 219219. The photograph shows the Fair Headed Lad's Pass near the start of the closed section.



CALENDAR 2020

APR - 18TH

Dores Community Market - Dores Community Hall - Other dates to be confirmed

APR - 26TH

ETAPE LOCH NESS - www.etapelochness.com - Cycling event



MAY
29TH-31ST

LOCH NESS 360 CHALLENGE - www.lochness-360.com
- running & cycling event

Lochness360

JUNE 7TH

LYNE MHOR CROFT - Open Farm Sunday - Family event, 11am, Gorthleck



JUNE 13TH

TRUCK NESS - Clune Farm, Dores - Truck Show



AUG
21ST - 23RD

DUBNESS, GATHERING OF THE VANS - www.dubness.co.uk
VW Gathering, Clune Farm, Dores



AUG 29TH

BEAST RACE - 10k obstacle race - Aldourie - www.beastrace.co.uk



SEPT
12TH-13TH

RAT RACE, COAST TO COAST - Run, Ride, Kayak
www.ratracecoasttocoast.co.uk



SEPT 19TH

SPIN & CHATTER GROUP - SAFARI SPIN IN PUBLIC DAY
- Various locations around Stratherrick and Foyers

OCT 4TH

BAXTERS LOCH NESS MARATHON - various running challenges
www.lochnessmarathon.com



FORT AUGUSTUS MONTHLY MARKET

Last Sunday of the month from 11am - 3pm at The Lovat, Fort Augustus
April 26th, May 31st, June 28th, July 26th, August 30th, Sept 27th

Every year locals and visitors enjoy these events in our area. Organisers are always keen to involve people as marshals and helpers. Contact the event coordinators or check the Stratherrick & Foyers Facebook page for more information.

June 5th,
6th & 7th



Gorthleck House, Stratherrick

Their 20 acre woodland garden will be open to the public for 3 days
June - 10am to 8pm. Admission £5 per adult, children are free.
60% of proceeds will go to Maggie's.



TRUST WANTS TO HELP NEW COMMUNITY GROUPS TO FORM



Stratherrick & Foyers Community Trust has pledged all the help possible for members of the local community who want to start up a constituted group. Trust Chair Margaret Cormack said, 'The Trust Directors want to support new local initiatives which will be eligible for cash help from the Trust. The best way forward for is for individuals with a specific common interest to form a constituted group.'

Margaret added 'Practical and financial support is available for additional clubs, societies and organisations that aim to undertake projects for the benefit of the community. The Trust can help by providing information on simple constitutions and also on the minimum necessary requirements needed for accounting for any money the group handles.' With many thousands of pounds available each year for the next two decades and beyond, there is ample scope for new clubs or societies to get off the ground now, or for existing informal groups to adopt a constitution and keep a basic book of account. A bank account can be opened with a number of banks in Inverness.

Margaret added, 'Groups with a particular interest could form and apply for Trust grants for special equipment or coaching, for example. Perhaps there would be sufficient interest in the area to allow a group to form to permit extra help for children with special needs. Maybe there is local support for a Field Club, a chess club, stock judging or even an astronomical group. Perhaps a Men's Shed group or a photography group could constitute and ask the Trust for a grant to purchase equipment or pay for visiting tutors.

For example constitutions and account books, for help with finding out information on specific ideas or to sound out the Trust on the likelihood of funding for an idea you may have please contact clo@sfctrust.org.uk or call 07525120966.

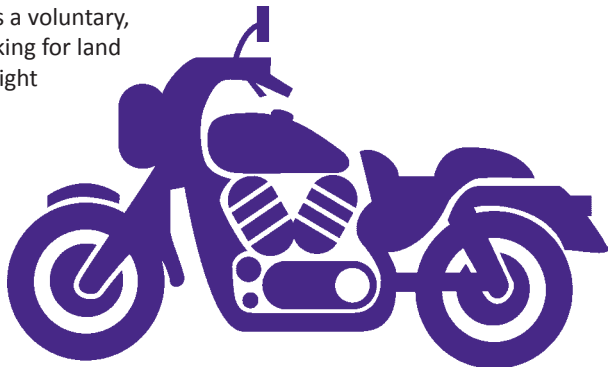
STRATHERRICK AND FOYERS COMMUNITY MOTORCYCLE CLUB

Following on from a successful public meeting in February we are now a newly established group set up by local residents for the benefit of all those living in our community. Our objectives are to encourage legal and safe off road motorcycling.

All ages and abilities are welcome but you need to have your own Motorbike and equipment.

We are currently setting the Club up as a voluntary, constituted group and we are also looking for land away from residential areas that we might be able to use.

For more information on joining or any offers of land please contact us at Sandfcommunitymcc@gmail.com





Yoga

All ages and abilities, men and women welcome.

Come and join us and increase your fitness and mental well-being.
Great for muscle strength, posture, weight loss, increasing energy and lowering blood pressure. The gentle exercises are also good for increasing blood flow, boosting your immunity and helping you relax and sleep.

You don't have to be super fit or flexible to join in and enjoy the benefits at your own pace and capabilities!!

Teacher - Christiane Morley

Wednesday - 10am - Wildside Centre
- 7pm - Stratherrick Hall
classes - £1 for residents
£5 for non-residents
sessions are for 90 mins

Mindfulness

Come along to our Mindfulness classes to unwind, improve flexibility and release tension.

A 60 minute guided relaxation session to improve well-being. Stretching session can be performed from a mat or chair. Relaxation session is undertaken lying on a yoga mat or sitting in a chair.

8 week Mindfulness courses are also available, please contact us for details. Suitable for all ages, abilities and genders.

Teacher - Meg Somerville

Tuesday - 10am - Stratherrick Hall
£1 per session to residents of Stratherrick & Foyers.
£3 for non-residents.



For more information please call Gill Gray on 01456 486419
Funded by the Stratherrick & Foyers Community Trust



MEG'S MINDFUL MOVEMENTS

MINDFUL SILENT DAY RETREAT NOVEMBER 2019



Meg's Mindful Movement

Silent days are accessible to those who have undertaken the 8 week Mindfulness Based Stress Reduction Course (which gives insight into mindfulness). Alongside monthly follow-on meetings, silent days help to deepen and consolidate mindfulness practices.

So, what is it all about?

The atmosphere is set, warm and friendly with candles burning. You choose – come for the whole day or a half day. Yoga mats, cushions, blankets whatever it takes to be comfortable. Some people dread the thought of silence – some welcome it – what's interesting is to see where the mind wanders off too!

On a silent day, participants are in silence but are lead through the meditations, deeply relaxing meditations, breathing meditations, mindful walking and movement (based on Hatha Yoga), mindfully eating lunch (in silence), visualisation (mountain) meditations, finishing with a loving kindness meditation. A totally refreshing and revitalising day.

A couple of silent days are planned for this year subject to funding. The course in Stratherrick is free for residents of the area as funding has been secured through the Stratherrick & Foyers Wellbeing Club from the Stratherrick & Foyers Community Trust.

Please contact Meg for further details –
meg.somerville@gmail.com – www.megsmindfulmovement.co.uk



Lochs Knockie & Mhor by Russell Bain

COMMUNITY SINGING – WHY WE LIKE TO SING

Anyone who loves to sing will probably tell you how good it makes them feel. It's no secret that singing reduces stress, improves your mood and generally brings more fun into your day, but there are many different physical, emotional, social, and psychological benefits associated with singing that you may not realise.

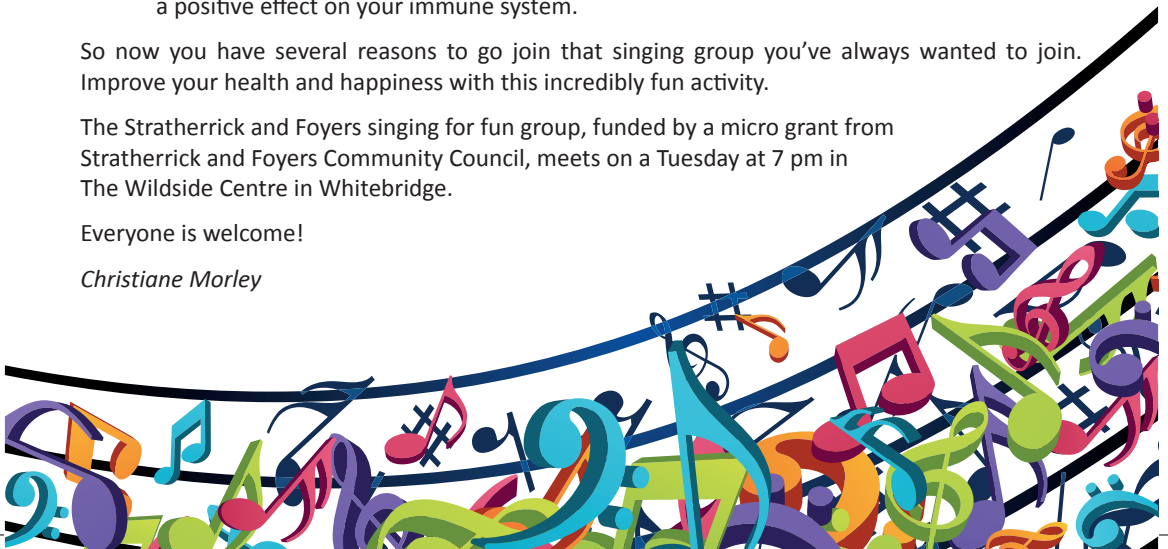
1. Singing releases endorphins. Endorphins are hormones that increase feelings of euphoria and pleasure.
2. Singing lowers your blood pressure. There have been several case studies that have revealed that singing can decrease blood pressure due to its calming and relaxing effect.
3. Singing increases empathy and understanding between cultures. Music can help us to feel connected to all of humanity, even across cultural divides. Singing songs that originated from other cultures can give us a new appreciation for those cultures and help us empathise with others.
4. Singing develops the lungs and gives you better posture. When you sing, you naturally sit or stand up straighter to get a better sound. Singing also improves your lung capacity and helps you to breathe a little easier.
5. Singing brings people together and creates a sense of community. Singing in a group environment with other people can be a fun, bonding activity. It gives you an opportunity to share an experience with a group of people. There have been several studies that have shown singing in a choir decreased depression in many adults.
6. Singing improves your memory. Even if you can't always remember all of the lyrics to your favourite songs, there is no question that singing requires you to use your memory in ways that you don't normally. This is one excellent way to keep your brain functioning well as you get older.
7. Singing can boost your immunity. Because singing can lower your blood pressure, can cause you to have lower cortisol levels and decrease your stress and anxiety, it will certainly have a positive effect on your immune system.

So now you have several reasons to go join that singing group you've always wanted to join. Improve your health and happiness with this incredibly fun activity.

The Stratherrick and Foyers singing for fun group, funded by a micro grant from Stratherrick and Foyers Community Council, meets on a Tuesday at 7 pm in The Wildside Centre in Whitebridge.

Everyone is welcome!

Christiane Morley



FORT AUGUSTUS MONTHLY MARKET

Come along to find local
produce including, meat,
dairy, chocolate, cake,
bread and plants.

As well as locally
handmade gifts including
jewellery, crochet, wood
turning, tweed accessories
and much more..

FORT AUGUSTUS MONTHLY MARKET

Held on the lawn at The Lovat, Loch Ness

The last Sunday of the month :

April 26th

May 31st

June 28th

July 26th

August 30th

September 27th

11am - 3pm

For a pitch please contact Chantelle on
07979046332 or email charnie-g@hotmail.co.uk

WHAT A LOAD OF RUBBISH!

At the time of putting together the Newsletter the annual litter pick hadn't yet happened. However, it will have taken place on Sunday the 15th March and, once again, with the help of our lovely local volunteers, it will have covered the Dores area and roads around Foyers. This year we hope to extend the litter pick and encompass other areas within Stratherrick and Foyers. The Council has praised our community input to the ongoing war on litter and thanked us very much for our continued efforts. Mick Haymer, Waste Management Officer (Operations) at the Highland Council said, 'we are extremely grateful when local teams on the ground help us keep on top of our litter problem. The Council always follows up any special events, such as the Loch Ness Marathon, with a litter-pick but having people help us in between times is fantastic. We are happy to uplift litter collected by organised community groups provided we are informed beforehand and given the locations'. A big thank you to all the volunteers and also to Morag at Camerons Tea Room for supplying the well-earned refreshments afterwards. Pictures from this event will appear in the next edition of the News.



WILD CRAFTING

Despite the winter weather the monthly Drop-in days for local artists and crafters, held at the Wildside Centre, Whitebridge goes from strength to strength.

The January meeting saw the group of 14 gathering to working on their various craft projects, knitting, crocheting, painting and spinning. A great day of crafting and blethering was had by all. Not to mention tea and cakes!

Our February Drop-in was on a very wild windy, wet day but this didn't deter our hardy crafters. We held the first of our programme of workshops – a Sewing Workshop. 7 people signed up for this workshop and under the excellent tutelage of Alison Randell all produced beautiful project tote bags that were fully lined with an internal pocket. We also had several crafts working on painting, jewellery making, knitting and spinning.

We have been working on a programme of workshops and are in the process of finalising exactly what we will do and when.

Since the Drop-in day several folk have said they would have liked to attend the sewing workshop and asked if it will be repeated. The answer is yes we will definitely include another Sewing workshop.

Some of these workshops will be free and you will be asked to bring materials and equipment, as with the Sewing workshop where folks were asked to bring their sewing machines if they had them, material (good chance to recycle clothes or curtains etc.), threads, scissors etc. Other workshops that require more specific materials or tools will incur a small charge to cover costs.

We also plan to hold a few Children's workshops during the year. These will be for 4 to 12 year olds and children will have to be accompanied by an adult (who can participate in the general crafting or the adult workshop).

Our next Drop-in day is on 21st March when we will be holding 2 workshops

- Needle Felting Workshop
- Children's Workshop

Please lookout for further information on the usual noticeboards and our crafters Facebook page Wild Crafts – South Loch Ness or the Stratherrick & Foyers Community Facebook page.

Lyn Woods



STRATHGORFOYBRIDGE OUTDOOR SPORTING ASSOCIATION (2019)

WHAT'S WITH THE NAME?

It was an attempt (following a lengthy Sunday lunch) to incorporate the enclaves of our community (with apologies to Errogie, Inverfarigaig and many others – we really just couldn't fit them in!)

WHO ARE THEY?

Well, they're not under 18 and they're not generally in their dotage (although some of them are pushing it and kidding themselves!) That aside, SOSA2019, which is easier to say, is a group with two main aims. Firstly, to get adults in our community outdoors and active and, secondly, to meet new people and have fun!

Why? It had come to our attention that school children, teenagers and students and the more mature, wiser folks were well catered for by active organisations in our community, but there was a huge gap for us middle-aged folk! We accept that this is our own fault! Therefore, a group of likeminded, frustrated, overly busy souls decided to do something about it.

WHAT DID WE DO?

We called a meeting to see if there was any interest in forming an outdoor sporting group. Incredibly, 14 people turned up and SOSA2019 was born!

Both the Community Trust and the Community Council have generously supported and funded us. Our sincere thanks to them. Since October 2019 our membership has risen to 40 and we have become a constituted group.

WHY ARE WE DOING THIS?

We live in a fabulous place that offers endless opportunities to get outdoors, get some exercise, some fresh air and, most definitely, improve our health and wellbeing and maybe make some new friends! It just takes a tiny effort to get some interesting activities organised. We all like to sit and talk and make plans or we watch TV thinking *"that looks good fun"*, *"that looks interesting"*, *"that looks like something I'd like to try"* - but let's be honest, it's not very often we actually get out there and do something about it.

Well, now there's no excuse! SOSA2019 is a group created with the aim of encouraging all adults to try out new activities and perhaps find a lifelong passion or interest, or even just have a good time in the company of likeminded folk. So, do you enjoy, or would you like to try, skiing? Snowboarding? Kayaking? Skiff rowing? Archery? Petanque? Hillwalking? Sailing? Orienteering? Or maybe just a gentle ramble or bike ride through the woods? It doesn't matter if you've never done it before, that's the whole point. We aim to put those who would like to try something new together so you can all feel equally embarrassed – but laughing about it is compulsory!

If you want more details contact us at sosapiste19@gmail.com and watch out for posters on the notice boards and the Facebook. We don't talk - we do!

Peter Faye



STRATHGORFOYBRIDGE OUTDOOR SPORTING ASSOCIATION (2019)

Was I supposed to do that?



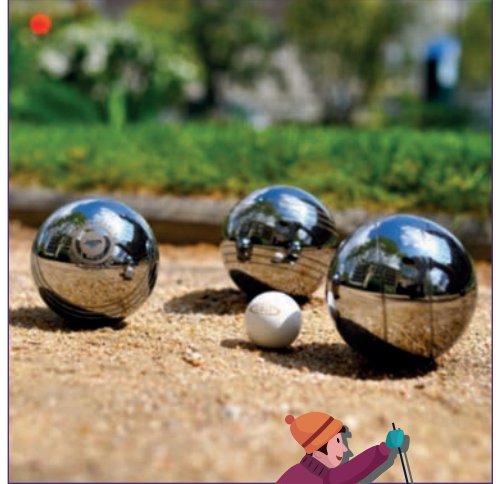
Hands up all those who want to just sit here



That looks a long way down



It's a load of boules!



STRATHERRICK SPIN & CHATTER GROUP

AUTUMN/WINTER 2019

WORLD WIDE SPIN IN PUBLIC DAY

Stratherrick Spin and Chatter Group (SSC) autumn/winter programme kicked off with World Wide Spin in Public Day on the third Saturday in September. We were blessed with glorious sunshine and members of SSC visited four different venues to spin outdoors. A huge thank you to our generous hosts at Loch Ness Shores Campsite, Foyers Post Office, the Waterfall Cafe, Cameron's Tea Room and Stratherrick Hall Committee. We ended the day all meeting up for an afternoon tea outside at the Hall in the evening sunshine.



Picture of members taking part in World Wide Spin in Public Day

We spoke and demonstrated our spinning to a lot of lovely interested folk, mostly tourists but some locals as well and one local lady who was a lapsed spinner now has a wheel again and has joined us!

HIGHLAND GUILD OF WEAVERS, SPINNERS AND DYERS (HGWSO)

Two more members of SSC have joined the Highland Guild and are looking forward to taking up dyeing and weaving this summer.

BOLESKINE COMMUNITY CARE CRAFT DAY

Caroline Mortimore kindly gave up her afternoon to demonstrate at the BCC Craft Sale.

BUNLOIT WOOLERY COLOURFUL BATTS WORKSHOP

Alison kindly came along one evening and gave the group an informative demonstration and opportunity to have a go at making colourful batts of fleece for spinning or felting, so we have been seeing some interesting and colourful yarns being designed over the winter.

As a group we like to keep learning new techniques and one benefit from some of us being members of HGWSO is that we can bring skills learnt from Guild workshops back to SCC and pass them on.

CHRISTMAS SPIN PARTY

We held our second Christmas party spin evening and this year Lyn Woods went into Santa's Workshop and made up seventeen party bags for our members, filled with lovely brightly coloured and soft white Texel fleece, reclaimed sari silk, sparkling Angelina and a little bit of silk along with a few seasonal knitting and crochet patterns and a surprise spinning gift. Thank you to all the members that brought along such delicious treats for the evening and it was a lovely opportunity to catch up with one or two members that hadn't made it to meetings for a while.

If anyone would like to join us and have a go at hand spinning or find out more about making the most of your fleeces if you are a Crofter and how to prepare them for selling to crafters, please do come along to Stratherrick Hall on a Thursday evening at 7.00pm, where our members will be really happy to get you started.

STRATHERRICK SPIN & CHATTER GROUP

AUTUMN/WINTER 2019 (CONTINUED)

The spring schedule will be posted up on the Community FB group and the Stratherrick.net website on the Groups page as a reminder along with updated posters on the noticeboards locally shortly. We are hoping to start experimenting with natural dyeing this summer and our first weaver is about to get underway so there will be much more to learn as we are always keen to share our skills. Some of us have been busy over the winter helping to get the new Wild Crafts club launched and we plan to include the opportunity to try some fleece related crafts in the future programme. It is totally FREE to join SS&C and learn to spin (not much else is these days), we have a range of modern equipment available for beginners to learn on and a cupboard full of fibre (mostly alpaca) and an excellent small library of spinning books. We also always have a cuppa and chat during the evening and occasionally biscuits or cake.

Glenda Baily

Funded and supported by Stratherrick & Foyers Community Trust Limited and Stratherrick Community Council Micro-Grants Scheme



Christmas Spin Party, Stratherrick Spin & Chatter's very own Elf!

BABY & TODDLER GROUP – WILDSIDE CENTRE



Parents, Grandparents, Aunts, Uncles and Child-minders are all very welcome to pop along with their wee ones to the Baby & Toddler group on Thursday mornings at The Wildside Centre, Whitebridge.

We meet every Thursday between 9.30am and 11.30am for an informal get together.

There are toys, soft play, tea, coffee and biscuits provided and sometimes there is even cake!

What's more, thanks to the group being entirely funded by the Stratherrick & Foyers Community Trust, it's FREE, FUN and a GREAT WAY TO MEET LIKEMINDED PEOPLE.

Come along on any Thursday from 9.30am. We hope to see you soon!

Ian Etherington

LOCH NESS LUVVIES



The Luvvies hosted its annual Burns Supper at Stratherrick Hall in January. A traditional supper was interspersed with toasts, poems and songs. Huge thanks to Alan Bieth for his help with the decorations and his brilliant piping. Jim Cameron was magnificent in his role as Master of Ceremonies and his 'address' to the haggis was wonderful. Michael White entertained everyone with his rendition of Burns poetic songs. There was an audience participation skit that had everyone tongue tied (The pheasant plucker song) (second picture). A good evening was enjoyed by all. Thanks to all the Luvvies for all their hard work.

We are planning a light entertainment evening on Saturday 2 May at Stratherrick Hall and plans

are afoot as I write. We will post on Facebook as soon as we have more details. Thank you all for your continued support of our entertainment efforts.

Jan Hargreaves



STRATHERRICK & FOYERS LUNCH CLUB

Could you spare a few hours a month to help?

The Lunch Club continues to be a great success - enjoyed by many. The lunch takes place in the Stratherrick Hall in Gorthleck on the last Friday of every month and continues thanks to the friendly team of volunteers and the funding received from Stratherrick & Foyers Community Trust. A lot of the volunteers have been with the Lunch Club since it started and it would be lovely to welcome a few

Pam, Alison and Tammy cooking up a storm for the lunch club members



new faces. The current team includes ladies in the kitchen who like to cook and others who even like to do the washing up!; and of course we also have some who are happy to socialise with the members whilst "waitressing". We all just muck in and do what we can really. Would you like to join us? – It involves about 5 hours on the last Friday of the month (from 10am to about 3pm).

Everyone is so busy these days but if you think you could offer just 5 hours of your time it would be lovely to hear from you. If you are new to the area it is a good way to meet people, or if you have lived here for ages but the kids are now at school or you have retired and have a few hours spare please ring Pam Simpson on 01456 486364 or pop along to see us at the Hall on a lunch day.

We would like this chance to say a huge thank you to Jane O'Donovan who has been the Chair of this very successful local club since its inception 8 years ago. Jane recently resigned her post and Janet Hobson is now the new Chair.

Pam Simpson

STRATHERRICK & FOYERS LUNCH CLUB OUTING

Blair Atholl Castle & Gardens | Friday 29th May 2020

Blair Atholl Castle and Gardens is this year's venue for the Lunch Club outing which was to take place on 29th May. However, due to the unfolding Coronavirus situation, this will be postponed until later in the year. Whilst this is disappointing, it is felt that the health and safety of the Lunch Club Members is paramount. When the event does take place

we certainly hope that the weather will be kind to us, unlike last year at Inverewe Gardens, near Gairloch. Pictures from the event, which will be funded entirely by the Stratherrick & Foyers Community Trust, will be in a later issue of the News. The Lunch Club thanks the Trust for this financial contribution without which this event would almost certainly not take place.

DOG TRAINING

Stratherrick Dog Training Club



We are a small friendly club that welcomes dogs and owners of all abilities, no breeds are excluded. I teach basic obedience and socialisation exercises to help you train your dog to behave in a calm and controlled manner around other dogs and people. A more advanced class is sometimes held for more experienced dogs.

We meet every Monday at 7pm
Stratherrick Hall, Gorthleck
For more info please call Gill Gray -
01456 486419



SOUTH LOCH NESS HERITAGE GROUP

Since last October we have had problems with our website, though viewing online the site appeared to function normally. However, the administration side of the website had gone, resulting in our not being able to update the site. The group were worried that the site would crash and all the content would be lost. With funding received from a Stratherrick and Foyers Community Council micro grant, we sought professional help to repair the website.

Since mid-December we have been working towards getting the site able to be updated behind the scenes and also updating picture galleries and Library articles. Since mid-February the updated site is now back functioning properly again and can be accessed at: <https://southlochnessheritage.co.uk/>

Last year we resumed recording all gravestones in Boleskine cemetery. This project had been started over ten years ago but never completed. The newest part of the cemetery was recorded but as for the older part, only a few stones were done. We intend to resume this work in the springtime. If anyone fancies volunteering to help, please contact the group.

Whilst in the Boleskine cemetery we noted the poor state of the roof of the Mort house (the building on the loch side wall). A Mort house was where corpses were stored till they were of no use to body snatchers. The one in Boleskine is the only one in the Highlands, the nearest other one being in Elgin. All the other buildings you see in cemeteries in the Highlands are Watch houses - locally there are ones in Dore and Dunlichity. We are currently investigating the possibility of getting repairs done to this listed Mort house as it would be a shame to lose a noted building in the area.

By the time this issue is published we should have had our first talk of the year: Maps, map makers and map making - stories from the Lovat Estate, by Roland Spencer-Jones. Our talk in October, preceded by our AGM will be by Norman Newton: "Inverness Klondikers in the Yukon, 1898: Four explorers and an eccentric Free Church minister."

For our Summer event this year we will have two trips, one to Invergarry Railway Station on the afternoon of 18th July to see the work done by the Invergarry Railway Preservation Society and then in August we hope to visit the restored Kirkmichael Church in the Black Isle to look at the restoration work inside the church and adjoining graveyard. Further details on these two trips will be posted on our website and Facebook page when known.

Alister Chisholm



CHURCH SERVICES

DORES AND BOLESKINE CHURCH OF SCOTLAND

Sunday Services at Drumtemple are at 10.00am with last Sunday of each month at 11.00am

Communion service on Sunday 29th March and Easter Sunday service on 12th April.

All are warmly welcome to worship and enjoy tea or coffee and a get together after Service.

STRATHERRICK FREE PRESBYTERIAN CHURCH, GORTHECK

Sunday Services held on the following Sundays from 12 noon: 19 Apr, 10 May, 31 May, 21 June.

STRATHERRICK CATHOLIC CHURCH, WHITEBRIDGE

Vigil Mass every Saturday at 5pm

Lenten Station Mass Friday March 13th at 7pm

Easter Vigil Saturday April 11th at 5pm

ST PAUL'S CHURCH, CROACHY

ALL WELCOME AT THE
WEEKLY COMMUNION SERVICE AT
11.00AM EVERY SUNDAY

5th April Palm Sunday Holy Communion
11.00am followed by
Parish Lunch in the hall

9th April Maundy Thursday
Holy Communion 7.30 pm

10th April Good Friday
Morning Prayer 10.00 am

10th April Good Friday Compline 4.00 pm

12 April Easter Sunday
Holy Communion 11.00 am

31 May Pentecost Holy Communion 11.00 am

7 June Trinity Sunday

27 June Saints Peter & Paul
Holy Communion 11.00 am

MESSAGE FROM FATHER ANDRZEJ HARDEN



In December 2013, I came to Fort Augustus and Stratherrick. A simple Polish priest in the Scottish Highlands. I remember my first morning in Fort Augustus and Stratherrick. I was full of excitement, full of fear and overwhelmed by the beauty of this wonderful part of the world. I was very nervous when I first met the wonderful people of Fort Augustus and Stratherrick. So different in culture yet so pure in spirit. It took me some time to adjust. So now I am leaving and I am very sad. The wonderful people of Fort Augustus and Stratherrick have made me so welcome and I am so grateful for that. When you devote your life in the service of God you never know where your life journey will go. God has been good to me for placing me in your hands. So as I leave you. I want to thank you. You will always be in my thoughts and prayers. You have shown me such kindness and I will never forget it. Thank you. I plan to move to Aviemore on Thursday 5th of March. From this day spiritual care for Fort Augustus will be taken by Father Maximilian Nwosu and Father James Anyaegbu from Beaulieu. Stratherrick will be cared for from St Mary's Inverness by Father James Bell and his team.

Father Andrzej Harden

The picture of Father Harden was taken on Ash Wednesday in Mumbai. He is pictured here with Cardinal Oswald Gracias, Archbishop of Mumbai, Member of The Council of Cardinals.

Dores Communiy Market

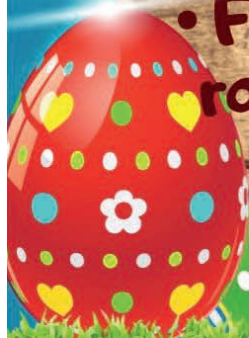
Easter Market

Kids Mini Easter Egg Hunt - £3

Saturday 18th April - 11am to 2pm

Other dates throughout the year!

- Craft Stalls, veg, local produce
- Food, hot drinks, bacon rolls, home baking & lots more!





Made with PosterMyWalls.com
Garry Shaw

Admissions FREE

Dores Village Hall

SCOTLAND'S GARDEN SCHEME



Gorthleck House is opening its gates once again to the public on the 5th, 6th and 7th of June 2020! It is a large woodland garden with many different winding paths and ponds, with Japanese influences. In full bloom it is a must see garden where you can spend a lot of time taking in the breath-taking views of Loch Mhor and beyond.

Gorthleck House Garden is open on Friday 5th, Saturday 6th and Sunday 7th of June 2020 from 10am - 8pm

Admission is £5.00, (children free) with 60% of the raised funds going to Maggie's.

CAMERONS TEAROOM

Camerons is open every day
from 9am – 4pm

Here are the forthcoming events that we
currently have planned:

MOTHER'S DAY – 22nd March

Sunday afternoon Tea (Booking essential)

EASTER WEEKEND – Come along and join
us for some fun Easter activities including an
Easter Egg Hunt. These are free for customers

Do you like to Knit and Natter?

THE KNIT & NATTER GROUP meets every
Tuesday morning from 10.30am-12pm.

Come along for a Knit & Natter
and a Coffee and Cake!



OPEN FARM DAY



www.farmsunday.org

CUTTING YOUR FOOD MILES
YOU ARE ALL INVITED TO THIS YEARS

**OPEN FARM SUNDAY
HERE AT LYNE MHOR CROFT,
GORTHLECK**

**A DATE FOR YOUR DIARY
SUNDAY 7TH JUNE**

This event is nationwide and there are many Crofts and Farms opening their doors to everyone. We find that this one day a year brings the locals together and teaches some of

them a small part of our way of life. Our aim is to make everyone aware of high welfare crofting/farming whilst offering everyone a great selection of born, reared and sold meets, straight from our Croft – cutting out those food miles and reassuring you know where your meat comes from. There will be demonstrations; activities for the children, refreshments throughout the day along with meet the pigs, goats, sheep, ducks and hens.

We now have a Pop Up Shop that is open every Monday however our Croft is always open to customers/visitors and we are also looking to start a monthly delivery service in Lower Foyers, Upper Foyers, Errogie and Whitebridge from April to help those of you that would like to taste our meat regularly but just can't get along to us. It's all go here as we have now started a new venture in making goat milk soap and the cosmetic regulator has been very helpful advising us in this.

If you would like more information then follow the links below or call us on 01456 685738.

Jane and Adam Mason

WEB: lynemhorcroft.co.uk EMAIL: lynemhorcroft@gmail.com FACEBOOK: [facebook.com/page](https://www.facebook.com/page)

HAPPY ANIMALS EQUALS TASTY MEAT . . .



THE WHITEBRIDGE HOTEL



The Whitebridge Hotel celebrated our national bard this year by hosting a burns supper. The night proved to be one to remember; many local people and guests contributed to the night through music, song, recitals and poetry. Thanks to our dedicated chefs, our food offering was hugely appreciated by all in attendance. Having local people and guests alike working together to make a Burns night to remember was very rewarding! We look forward to hosting this wonderful night again in 2021 . . . that's if we catch the haggis! We are excited for our up and coming events and hope you can join them for fun and frolics. More information can be found on the Whitebridge hotel's facebook page or pop in to the hotel for more information.

- **MOTHER'S DAY – 22ND MARCH**
- **PUB QUIZ – 27TH MARCH**
- **WINE TASTING NIGHT – 3RD APRIL**
- **EASTER SUNDAY – 12TH APRIL**
- **POKER NIGHT – 2ND MAY**
- **WHITEBRIDGE HOTEL
2ND BIRTHDAY CELEBRATION
– 20TH JUNE**
- **PUB QUIZ – 27TH JUNE**



We are keen to hear fresh ideas from the local community on what you would like to attend at the hotel, whether that's a ladies night, regular darts nights and pool leagues or maybe you would like to see more music and theatrical based events? We won't know until you tell us!

Bella and Lesley, Whitebridge Hotel



CHRISTMAS ROUND UP 2019

STRATHERRICK & FOYERS LUNCH CLUB

Our annual Christmas Dinner was held on the 29th of December in Stratherrick Hall. We had 39 guests and 2 carers sitting down to enjoy warm mulled wine followed by canapés, roast Turkey with all the trimmings, then clementine compote with Parmierre bouche on the side. All this was then followed by mini mince pies and tablet with coffee or tea.

Everyone enjoyed pulling a large cracker with some interesting contents, and everyone received a small gift of delicious chocolates. A special thanks and gift were given to Cathy Stoddart for taking the bookings throughout the year and always phoning up the more forgetful ones to ensure they didn't miss out. The eight willing, tired!, but happy volunteers sat down to the leftovers but sadly all the mulled wine, chocolates and crackers had gone!

The hall looked lovely, ready for all the December events. Thanks to Dunmaglass Estate for donating the fine tree once again and to Adam Mason for cutting it down, delivering and erecting it. The hall and tree were beautifully dressed by Kirsty Balfour and Jillian Barclay - they can have the job again next time!

Pam Simpson



CHRISTMAS ROUND UP 2019 CHILDREN'S CHRISTMAS PARTY



The children's annual community Christmas party held at Stratherrick Public Hall on the 14th December 2019 was a massive success. We would like to thank Stratherrick & Foyers Community Trust for providing the funding for the party. Without it, it couldn't have happened. Also, a huge thank you to Neil and Sharon Ferguson for gifting the entertainment and music. There was lots of fun, laughter, games and Santa even stopped by. Finally, thank you to everyone who helped organise and helped on the day.

If anyone would like to help with this year, please contact Jan Bain in Gorthleck

CHRISTMAS ROUND UP 2019 CHRISTMAS CEILIDH

Another fabulous Ceilidh took place on Friday 13th December in the Hall where 80 members of the Community were entertained by the wonderful Cask Strength Ceilidh Band pictured below. Delicious stovies prepared by Graham Bain were served by Peter Faye and Zoe Iliffe and a raffle in aid of Hall Funds raised a fantastic sum of £243. The raffle prize of a delicious Christmas cake donated by Caroline Mortimore was won by Lexi who can be seen in the picture cutting this helped by Nana Louise and Peter before she generously shared it with the Hall. The entire event was fully funded by Stratherrick & Foyers Community Trust. Date for your diary – the Christmas Ceilidh this year will be held on Friday 11th December.



LIFE EVENTS | BIRTHDAYS

**HAPPY 75TH
BIRTHDAY
MARGARET!**



COLIN IS 60!! Wishing Colin a very happy 60th, you don't look a day over 58! We love you very much; you're a fantastic Husband, Dad, Granddad and always the life and soul of the party. You drive us mad but we wouldn't have you any other way. Lots of love, Angie, Jenny, Robbie, Scott, Jillian, Robert, Sophia and all the dogs xxx



**HAPPY 21ST
BIRTHDAY
LEAH!**



HOLLY MARGETSON
who celebrated her
1st Birthday on the
7th of March



HAPPY 10TH BIRTHDAY AMELIA!
Amelia celebrated her 10th Birthday on 22nd January. A pupil of Stratherrick Primary School, Amelia has a love of horses. We hope you had a lovely birthday Amelia!



THE PASS ROAD

Even a flat tyre can have it's benefits!

Last summer was great but not quite so great one Saturday after a full day's grocery shopping in town. The disconcerting sound of "galump, galump" came from the front of the vehicle as I just entered the Pass Road. The sound of a flat tyre...

Parking up at the bottom of the Pass Road was an easy solution, but the thought of changing it, unfreezing solid nuts and heaving a tyre was beyond me at that moment. Nearly home anyway. Trailing the shopping in a strong wheelie shopping bag up the hill of the Pass Road to Ault-na-Goire on such a beautiful evening was a delightful solution. Leave the pesky tyre to tomorrow!

And so it was. To pass the time on the slow heave up the hill I resorted to a childhood game of spot and identify the trees - and since some time had passed since I had actually walked The Pass Road between Inverfarigaig and Errogie, it was a lovely reminder. The Grey Birch, the Silver Birch and groves of Hazel plump with nuts forming. The Oak, {Sessile, can't quite see?}, an Ash and Hawthorn. Now I'm struggling, a Wych Elm, yes I think so, and the Alder. Hornbeam, Rowan, yes.

It was a bit of a struggle up the steep brae with a week's shopping but the excuse to rest, listen to the creek and identify those trees on our Pass Road was an absolute pleasure.

Margie Elgar-Bond, (Ault-na-Goire)

A BOOK REVIEW

The Man Who Planted Trees



This is a little gem of a short tale. An uplifting salutary parable of the good effect of one man's effort to reverse land desertification by planting trees. He restores and enriches the natural forest in his little way, which in turn enriches the local economies and raises the human spirit in its good effects. The illustrations are a beautiful rendition of this little tale's positive eco sentiments.

Marie Elgar-Bond, (Ault-na-Goire)

"In 1910, while hiking through the wild lavender in a wind-swept, desolate valley in Provence, a man comes across a shepherd called Elzéard Bouffier. Staying with him, he watches Elzéard sorting and then planting hundreds of acorns as he walks through the wilderness. Ten years later, after surviving the First World War, he visits the shepherd again and sees the young forest he has created spreading slowly over the valley. Elzéard's solitary, silent work continues and the narrator returns year after year to see the miracle he is gradually creating: a verdant, green landscape that is a testament to one man's creative instinct."

NOTE FROM THE EDITOR

have you read a book recently and would like to submit a review? Send any book reviews to:

strathnews@sfctrust.org.uk

Picture of trees by Phil Talbot



THE SURGEON'S PHOTO

Jinty from Gorthleck recalls a story from her Grandmother...

Janet, a well educated pharmacist, having returned from her studies in Edinburgh found work in Ogstons Chemists on Union Street.

Following the upgrade of the B82 along Loch Ness in 1933, giving greater views of the water and an accompanying rise of sightings of the Loch Ness Monster the subject of the mythical beast was widespread. The Daily Mail even hired a big game hunter of the time, Marmaduke Wetherill, to investigate the mysterious creature and the sighting – unfortunately this only led to finding a fake footprint trail.

The subject of what lurked within the Loch was of huge interest but Jinty “Janet” would never have guessed that on a day in 1934 she would be developing a film that would turn out to be the famous “Surgeon Photo”!

Initially she was unaware of what she was processing but what was revealed from the respected British surgeon, Colonel Robert Wilson’s film is a photograph that is still talked about today – and I’m sure for evermore.

Jinty and her colleagues believed that what they were looking at was a real photo of The Loch Ness Monster, reportedly, the day it was developed a representative of a local postcard company Valentine’s was in the Chemists and obtained a copy of the negative but Dr Wilson contacted the Daily Mail and the story ran!

On April 21st 1934 the Daily Mail writes:

“LONDON SURGEON’S PHOTO OF THE MONSTER, Monster Yards from Lochside”

“Does Monster Really Exist?”

Jinty’s Grandmother is sadly no longer with us to tell her story in person, but thank you for sharing this with us all. Unfortunately the famous picture was a hoax and in 1994 a statement from Christopher Spurling stated his involvement with it, he was in fact the stepson of the aforementioned Marmaduke Wetherill.

The image and story will forever be part of the history of the Loch and the monster and the inspiration to hunt for Nessie still goes on!



FAREWELL MAGGIE & JIMMY

A poem written by Iona Macpherson

Maggie and Jimmy Mills left the Strath recently after 20 years living and working in the area. This poem was written by Iona Macpherson to mark Jimmy's departure from Dumaglass. We wish them both a long and happy retirement. In the next issue Maggie will be reflecting on her time here and the changes that have taken place over the last 20 years.



Well Mr Mills, what can I say?

Here to celebrate your last Dumaglass day,
You're a character and a half to say the least,
And you've got an eye for the four legged beasts.
Now there's plenty things I could go on to say,
With stories and laughs I could be here all day!!

20 years you have been farming at Dumaglass,
Taking pride in what you produced is really first class,
With Maggie alongside to keep you right,
I'm sure she has seen you in a fair few sights.

Coming into your home after a gather was always a fine treat,
Knowing that Maggie has been baking something nice and sweet.

Not only a friend but good neighbour to Mam and Dad,
Always at hand when they might need an extra person to help calve.

That's what farming is all about,

If in need of a hand you just give a shout.

You and Maggie are both pals we are lucky to know,
Wouldn't see anybody stuck and always plenty of laughs on the go.

Now Jimmy you have hit retirement age,

It's time for you and Maggie to turn a page,

We always seem to know when you are in a room,

There's always hilarity and never any gloom.

You are a wind up merchant in every way,

Always something comical to say.

Whether you wind up Mam about Davie's antics at college,

Or Angus on buying machinery for Dell Farm's haulage.

Although I'm thinking I'll be seeing the benefits of this,

As you're now going to be MY neighbour, the free labour sounds like bliss!!

Now don't worry about travel to come and visit me,

Make use of that bus pass that you now get free.

So we wish you both all the best on your new path,

We will all be sad to see you leaving the strath.

We all have many memories that we share with you,

But the time has come for you to move somewhere new.

All the best Jimmy and Maggie we will see you there is no doubt,

Just mind if you ever need a hand just give me a shout.

FIRE SERVICE EVENTS/RETIRALS



Watch Commander **NEIL KIRKLAND** recently received his Long Service and Good Conduct Medal for 20 years' service pictured with Firefighter Fiona Kirkland and daughter Abigail.



Here we see the **FOYERS FIRE CREW** levelling the very uneven Vennel to allow a Carer to get through to one of their clients – they don't just put out fires!!



Firefighter **FIONA KIRKLAND** – On 16th November, some of the Foyers and Fort Augustus Fire Crews were at the Whitebridge Hotel to wish Fiona all the best and to thank her for many years of loyal service. Here she is pictured receiving her retirement certificate from Area Commander Rab Middlemas after almost 13 years' service.



Firefighter **WILLIAM FRASER** receiving his Retirement Tally from Area Commander Rab Middlemas



Firefighter **WILLIAM FRASER** receiving his 20 year service gift from Watch Commander Kirkland

**Working together
for a safer Scotland**



WE'RE RECRUITING

Retained Firefighters for Foyers Community Fire Station

- Do you want to have a challenging role doing something different?
- Do you want to learn new skills that can be used in a variety of jobs?
- Are you over 18 years of age?
- Are you physically fit and in good health?
- Do you have good unaided vision and colour perception?
- Are you interested in helping to provide an important emergency service for your local community?
- Are you available to respond to Foyers Community Fire Station within five - Eight minutes to emergency call-outs?

If you can answer YES to all of these questions,
we want to hear from you.

The Scottish Fire and Rescue Service
seeks to attract talented candidates from
across Scotland's diverse communities.

To find out more go to
www.myjobscotland.gov.uk



Follow us



firescotland.gov.uk



OPEN DAY AT GLENDOE ESTATE, FORT AUGUSTUS

Saturday 13th June 2020

Loch Ness Rural Communities are excited to announce a Family Open Day by kind permission of the Vernon family and in association with Highlife Highland Green Events Programme.

Displays and demonstrations of livestock, machinery, a mini moor, tick control, conservation projects, gun dogs, sheep dogs, forestry, fishing, lots of hands on and have a go activities. Hill to plate sustainable healthy food production, taster sessions, crafts, foraging walks, loch side activities and the most amazing picnic field in the whole of the Highlands.

Look out for posters and flyers with more details nearer the time.

Jenny McCallum, Loch Ness Rural Communities



MOBILE LIBRARY

WEDNESDAYS (ROUTE 3)

**Aldourie – Torness – Errogie – Foyers –
Inverfarigaig – Dores**

Dates:

*15 April, 06 May, 27 May, 17 June, 17 July,
08 July, 29 July, 19 August, 09 September,
30 September, 21 October, 11 November,
02 December and 23 December 2020*

09.30 – 10.10 Aldourie Primary School
10.30 – 10.40 Torness, Artists Studio
11.00 – 11.15 Errogie Church
11.40 – 12.20 Lower Foyers Riverside
13.00 – 13:30 Lunch
13.35 – 13.55 Foyers, Glenlia Road
14.05 – 14.40 Foyers Primary School
14.50 – 15.05 Foyers Coach House
15.15 – 15.40 Inverfarigaig Forestry Houses /
Hillhead
16.00 – 16.40 Dores by Dores Inn

THURSDAYS (ROUTE 12)

**Daviot Primary School – Gorthleck –
Stratherrick Primary School – Whitebridge –
Errogie – Farr**

Dates:

*09 April, 30 April, 21 May, 11 June, 02 July,
23 July, 13 August, 03 September,
24 September, 15 October, 05 November,
26 November and 17 December 2020*

09.25 – 10.05 Daviot Primary School
10.35 – 11.25 Inverarnie, Farr Hall
12.00 – 12.15 Gorthleck Public Hall
13.15 – 13.30 Stratherrick Primary School
14.00 – 14.25 Whitebridge Old Post Office
15.00 – 15.35 Errogie Bridge before “Ark”
15.00 – 15.30 Dunlichity
16.00 – 16.20 Farr Croft Croy
16.25 – 16.50 Farr Community Hall

OUTDOOR ACTIVITIES AT LOCH NESS SHORES OPEN TO ALL

Did you know that the outdoors activities at Loch Ness Shores Campsite are not just available for customers staying at the site but are also open to anyone who would like to participate? The activities are held during the longer school holidays, therefore Easter and the summer months. Our activities are run by a qualified and experienced member of our team and the last couple of years they have proved extremely popular with both children and adults alike. Here's a taster of what we will have to offer this Easter:

ARCHERY

These lessons are ideal both for beginners who want to try their hand at the sport and for those who have done archery before and want to enjoy a morning's shooting. We first warm up and get our eye in before playing some games and having some friendly competition.

DAYTIME NATURE WALKS

On this walk we will explore the wildlife to be found swimming in the water, running through the forest and growing in the ground. We will look for the tracks and signs that animals leave behind and the interesting or useful plants to be found around us. We also offer walks of varying distances, suitable for families and for those looking for a longer days walking.

EVENING NATURE WALKS

Walking later in the day improves the chances of seeing species whose tracks we can find during the day but which are more likely to emerge once it starts getting dark. This has proved to be a very popular event.

DEN BUILDING

Survival fun for the family. Learn to build a shelter to keep you warm when you're out in the wild and discover the basics of finding food and water. This is particular popular with younger audiences. So if any of these events take your fancy why not come along, bring your friends and family and take part. And don't forget refreshments in our Bistro either before or after. At the time of going to press we were still finalising our dates, times and prices so please take a look at the Loch Ness Shores Activities pages on Facebook or give us a call on 01456 486333 or pop into reception if you are passing by. We look forward to seeing you.

Lyn and Donald, Loch Ness Shores



CAMPING & CARAVANNING
CLUB SITE & BISTRO

OPEN DAY – Saturday 2nd May
1000 to 1600

1000-1200 FREE drop-in Archery
1300-1500 FREE drop-in Den Building

INNOVATIVE ECO CAMPSITE, BISTRO & SHOP
iKNOW (Information Centre for
Inverness, Nairn Loch Ness) VisitScotland
ALL WELCOME



Please phone 01456 486333
for more information

Jamie Neil giving archery instruction





Morag's Crafty Bothy

EASTER EGG HUNT

FIND BUNNIES TAIL, DECORATE AN EGG
PAINT A BUNNY OR CHICK

Saturday 11th April
2PM - 4PM

LOTS OF FUN FOR ALL THE FAMILY
£5 PER CHILD

THE BOTHY, FOYER BAY LODGES, LOWER
FOYERS IV26YB
TEL : 07592604249



STRATHERRICK & FOYERS NEWS

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NEXT ISSUE DEADLINE

Please send your news, articles, letters, photographs and information about upcoming events to:

strathnews@sfctrust.org.uk and the deadlines for your contributions throughout 2020 are: 1st June and 1st October

PETS CORNER



ATHELSTAN the (Scottish) Peacock

Leah Graydon of Aberchalder hatched and hand reared Athel, an Indiana Blue Peacock in the summer of 2018 to keep a female peacock, Cilla, company. Cilla was rescued after being abandoned on the grounds of Aldourie Castle the previous year. Athel who is now nearing maturity enjoys the company of Cilla, his girlfriend, and is very good at showing off all his new colours!!