



DECEMBER 2019 ISSUE NO. 16

STRATHERRICK & FOYERS NEWS

One Snowman and His Dog
Photo taken by Ken McInnes



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ALL CHANGE AT STRATHERRICK AND FOYERS COMMUNITY TRUST

SFCT had its Annual General Meeting on 30th October. It was great to see so many members of the community there and we had a very positive meeting. Three of SFCT's directors were standing down, among them the Chair, Peter Faye, who has been very active on the community's behalf in his time both as Director and most recently as Chair. Over the last couple of years, he has overseen the lease and refurbishment by the Trust of the Hub in Lower Foyers to provide a home for BCC, and the development of the Riverside Field and Foyers Bay projects. Thank you for all your hard work, Peter. Another departure was Sharon Ferguson, our Vice chair, who has given many years to being a Director and who has been working hard to get Broadband to folks in the Strath. We're sorry we could not say good-bye to Sharon in person at the AGM, but I would like to take this opportunity to say a big thank you. We also say thank you to Garry Page for his contribution to the work of the Trust - showing significant commitment when, at the same time, having to deal with the pressures of a demanding full-time job.

We were very pleased to have an election for new directors. There were 5 vacancies and 7 community minded people put themselves forward as candidates. Unfortunately we could only elect 5 but thank you to Patrick Haston and Dave Mortimer for putting yourselves forward. There will be plenty of opportunities in the future to help the Trust in its work for the community. We are delighted to welcome Russell Bain, Kirsty Balfour, Jillian Barclay, Chris Finlay and Karla Stewart as our 5 new Directors. The 4 remaining directors are Zoe Iliffe, Gillian McIntyre, Olaf Olsen and Margaret Cormack.

There are other changes afoot in the Trust. After several months of planning we have now

created a staffing structure headed by a Trust Manager. The previous role of Project Co-ordinator, held by Steven Watson, has been split into 2 part time roles with Steven as Community Liaison officer, 2 days a week, and a new part time post of Project Co-ordinator, 3 days a week. Laura Walker-Knowles remains as the Trust Administrator. Over the next couple of months, the Trust will be advertising for the new post of Trust Manager. The position of part-time Project Coordinator has already been advertised on the Trust's web site, the Community Facebook page and the Inverness Courier (the closing date was the 06 December).

One of Peter Faye's lasting legacies is the purchase of the Wildside classroom by the Trust. It has become both a Community resource and a home for the Trust. Steven is now based there on a Tuesday and, once we have our new staff, they will also be based there. While on the subject of Wildside you may have taken part in our 'Survey Monkey' poll to choose a new name for Wildside. At the Open Day in April 3 new names were proposed – Wade Bridge Centre, Fechlin Centre and Thain Centre in addition to the option of retaining the name Wildside. We were very pleased to get 184 responses and 60% of those chose to retain the name Wildside. So 'The Wildside Centre' it is.

Here's to an exciting 2020.

Margaret Cormack
Chair



BIG SCOTTISH BREAKFAST

Maggie Brings Home the Bacon

Huge congratulations to Maggie Mills for raising a whopping £2434.85 for The Children's Appeal at her Big Scottish Breakfast event in September. Well done to Maggie and all the generous people who donated produce, to her volunteer bakers and to her helpers on the day.

Maggie (second from left) and helpers Mo McPherson, Janet Hobson and Rachel Marshall.



BROADBAND UPDATE

Work Continues on the Community Broadband Project

The Broadband project has been handed over to a new team of Directors as both Sharon Ferguson and Ken Sinclair have now stepped down from the Board of the Trust. We thank Sharon and Ken for their work in getting the broadband project off the ground, especially Sharon who spent many hours tramping over the hills to help find the best locations to site equipment.

As for the broadband system itself, the infrastructure and equipment for the next phase is almost ready. By the time of publication of the News, the installation should hopefully be well

under way. This phase will spread the network through Errogie and Abersky and up to Torness. Anyone in these areas who hasn't already contacted Cromarty Firth Wireless Networks and who is interested in joining the network should contact CFWN on 01349 805040 or enquiries@cfwn.co.uk.

We also understand that the UK Government voucher scheme that gave financial assistance towards broadband installation is due to end at the end of 2019. No information is currently available as to whether a replacement scheme will be implemented.

LOCH NESS LUVVIES

November 2019 | Member of the Scottish Community Drama Association

This year's production was 'Fondly Remembered' by Gareth Armstrong; a gentle comedy with some wicked characters, directed by Holly Arnold. Huge respect to Michael White who stepped in at the last minute to play the Vicar. He took just 2 weeks to learn his role (the rest of us slogged for 3 months!). We all had good fun putting everything together along with one or two tantrums along the way – but we're all friends again now.

We hope everyone that came along enjoyed our Thespian efforts.

Huge thanks to everyone who: prompted, organised the stage and props, provided lighting and music. Also thanks to the ladies who manned the door, the kitchen and the raffle (this is beginning to sound like an acceptance speech at the Oscars).

The Luvvies would also like to thank the Hall committee and all the groups who use the hall,

they kindly let us have sole use for the entire week prior to the performance.

Vanessa at The Waterfall Cafe provided the delicious after show catering for the cast, which we all enjoyed immensely.

We would also like to send our best healing wishes to those who had to bow out on this one and hope you will all be fighting fit for our next outing.

We are always hoping to attract new 'Luvvies', so if you have ever had that little yen to 'tread the boards' please come and join us, we are a very friendly bunch. Contact Jan on 01456 486233.

Look out for news of our April show which usually entails food and some very silly skits.

Till the next time darlings.....

Jan Hargreaves.



THE WILDSIDE CENTRE REPORT

You will have read in the Chair's message elsewhere in the News that the community has chosen to retain the name Wildside. From henceforth it will be called The Wildside Centre.

Since the purchase of the property in the Spring we have done only essential repairs and made the building safe for public use. Already it is being well used by a variety of groups – Yoga, Mother and Toddlers, Singing Group, Support Group, the Luvvies – and last month it allowed all groups, who would ordinarily have been at Stratherrick Hall, to continue by decamping to Wildside, allowing the Luvvies to take over the Hall for the week. A successful Craft day was held there in November with plans to hold another in January. This month there will be an inaugural meeting of the Youth Hub.

Wildside has become a base for the Trust. Our monthly Board meeting as well as other meetings are held there. Steven, in his new role

as Community Liaison Officer is based there on a Tuesday. If any member of the Community wishes to speak to members of the board, the Chair or one of the other Directors will be there every Tuesday.

Anyone using the Wildside Centre will realise that getting a decent heating system is a priority. We intend to get an energy efficient system installed over the next couple of months. In the New Year, work will be undertaken to create a decent car-park as well as landscaping with paths and grassed seating areas.

We will be introducing a booking system in the New Year. People are asked initially to send an email to booking@sfctrust.org.uk with a proposed date and time. They will then be sent a booking form which should be completed and returned either to Wildside itself or the Trust letter box at the Hall.

BABY AND TODDLER GROUP

Thanks to Stratherrick and Foyers Community Trust we would like to welcome any parents/ carers, and their wee ones, to join our baby and toddler group at Wildside Centre, every Thursday morning from 9:30am until 11:30am.



NEW ART & CRAFT GROUP

An Open Day for local artists and crafters was held at the Wildside Centre on 9th November 2019 and had a very good turn out with more than 50 people dropping in.

Crafts demonstrated were, machine knitting, ceramic painting, sewing, watercolours, spinning and making picture mounts. The aim of the day was to determine if there was sufficient interest locally in forming a Crafting Group and to see what crafting expertise there is in the area. The activities that folk expressed interest in were knitting (hand & machine), sewing, quilting, spinning, weaving, painting, drawing, basketry, needle-felting, embroidery and rug-making.

It is hoped to establish a group of like-minded folk interested in getting together in a relaxed workspace for crafting, exchange of ideas, companionship as well as helping new crafters develop their skills. Several names were suggested for the group and "Wild Crafts" has been chosen. We have been very encouraged by the interest and support given to us by Stratherrick & Foyers Community Trust.

A second Open Day will be held at the Wildside Centre on 18th January, 2020 to provide feedback and agree how the group will move forward. Bring your craft project or come to



see what crafts are available and possibly have a try yourself!

Please come along and join us, have a cuppa and let us know what your talents and/or interests are.

Lyn Woods

THE RIVERSIDE FIELD PROJECT

The Masterplan for the Riverside Field Project has been revised by the appointed architect and is going to be discussed by the Board at its next meeting. Once the Board is happy that all the changes previously requested have been incorporated and the Board is happy

with the plan it will then go out to Community consultation again. This will be publicised in all the usual ways and the Trust Board look forward to your involvement in this next consultation and thank you for your input so far.

ALDOURIE AND FOYERS SCHOOL UPDATE

Louise Robertson,
Cluster Headteacher at Foyers and Aldourie
Primary Schools updates the News.

On returning to school after the October holidays we found the old 'creepy' school house behind the school had been knocked down by Highland Council to create more playground space. This area is not yet finished and will have further work done next Spring to hopefully extend our playground to offer a flat grassed area which will support the delivery of PE at Foyers Primary School.

Every Friday we are joining up with our cluster school Aldourie, to take part in joint lessons and start our new S.T.A.F. afternoons. (Skills Training with Aldourie and Foyers). This is where we offer the children a choice of activities to help develop the skills needed to become a productive member of the workforce of the future e.g. teamwork, problem solving, communication.

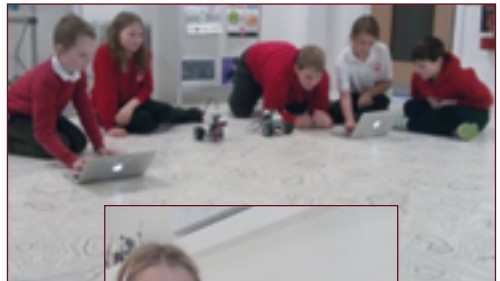
We are also grateful to Matthew Allan, our active schools co-ordinator who has helped develop a number of after schools clubs across the cluster schools including Tae Kwon Do, Tennis and Craft Clubs.

We have been on a trip to the Vue cinema to see Dumbo funded partly by Into Film. We had a gruesome Halloween party at Foyers that our P6 and P7 pupils organised and ran.

The UHI are piloting a S.T.E.M. outreach learning model across Highland – S.T.E.M. is an approach to learning and development that integrates the areas of science, technology, engineering and mathematics. UHI visited us, with Samantha Clark from the S.T.E.M. Team and ran a workshop about Space involving all pupils. This workshop involved identifying and creating galaxies and investigating how telescopes work. We have also been left a S.T.E.M. box full of lots of practical

space experiments, which are proving to be very successful and fun. Furthermore, we have visited the Skills Development Scotland centre in Inverness to take part in a S.T.E.M. Robotics and Satellites day. This was a packed day creating and programming our own robots and satellites.

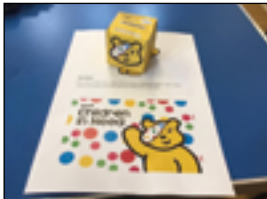
This past week has also seen Mrs Renton, who works for Emotionworks creating a short Emotionworks film with film maker Julian and some pupils. We are looking forward to seeing ourselves on film! Currently we are busy learning our school Christmas play which we plan to perform on Tues 17th Dec.at 7pm. We hope you will be able to join us!



STRATHERRICK SCHOOL UPDATE

It has been a very busy time at school. The highlight for lots of us (parents included) was the Football Tournament that we took part in at Kilchuimen Academy. Once again this was a huge success and everyone had a 'ball'.

We have been lucky enough to have had a 4 week block of Meg's Mindful Movement and Relaxation classes. Pippa (see photo) thought that it was very calming and helpful for those that are stressed. This is the second year we have had these classes and the Star Breathing strategy is very, very useful. We can't wait until our next block of sessions.



Our awesome families and Community helped us raise £59 for Children in Need. We had a 'Wear Pjs to school Day' and the Nursery sold cakes. The generosity of everyone for such a small school is really heart-warming and shows the great attitude that we all have to helping others less fortunate than ourselves. One of our

pupils, Harry, declared that, "This is brilliant and every little helps!"

We have our Christmas Show on Wednesday the 18th of December, this year we will be performing the play 'Lights, Camel, Action 2: The Sequin'. This is a fun feet-tapping, finger-clicking parody of Strictly Come Dancing. Our pupils love performing and we can't wait to put on the Greatest Show!

Finally, we are off to the Panto at Eden Court on the 12th of December. Will it be better than our School play this year? Oh, no it won't! But we're sure it'll be ace nonetheless. Trips like this couldn't happen without the help of the trust and other volunteers, so we would like to say a HUGE thank you to all that have helped us organise and fund trips out of school. Being a rural school it can be really difficult to get to places so all of these experiences are of great educational and social value.

Have a lovely Christmas full of fun, friends and family.

Alan Graham,
Headteacher



Everything you need to know about FIRA

Who we are: FIRA (Friends of the Inverness Royal Academy) are a constituted group of volunteer parents and guardians that set up FIRA to improve the lives of young people in our area that attend any High School. The group is called FIRA as the parents that set it up all had children attending the Royal Academy but we are aware that not all children attend that School and have always made our activities open to any local child attending a High School. The only activity limited to the Royal Academy pupils is help with School trips (see below).

Upcoming Activities

Youth Hub/Café: We undertook a survey of parents and young people last year and one of the requests was for a youth club. The volunteer parents have decided to give this a try but we would like to hear from the young ones as to what activities etc. they would like to see at these evenings, how would they like it run and can they help running it. The first evening planned is Christmas special on Tuesday 10th December, 5.30pm – 7pm at the Wildside Centre, Whitebridge. Although this event will probably have happened once this newsletter is published, see the poster for more information as we hope to run this night once a month to start with and will publicise more details in due course.

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 for some white stuff this year!!). For those that are new to FIRA, we book for a group at the 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 (SFCT), 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! Beginners are 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 directly 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 SFCT for funding. Please contact FIRA as soon as possible once your child decides on a trip as payments and grant applications cannot be made retrospectively.

Other News

For the Youth Hub and the skiing, we have decided to invite any Primary 7 age children in the area to help with the transition from Primary School to High School. We held a home baking stall at the recent Boleskine Community Care sale in the hall. Thank you so much to the parents and young people that helped on the day plus all the Parents that contributed baking. Not only did we help raise funds for BCC but we made a profit of £35.10 for FIRA. Membership of FIRA is open to all Parents/Guardians of local Children attending High Schools in the area. If you would like to receive updates by e-mail, please contact Paula at gpwombles35@aol.com.

Our continued thanks to the Stratherrick and Foyers Community Trust and all the Directors for the funding that makes groups like this possible.

NEW Youth Hub

@ Wildside Centre, Whitebridge

‘Christmas Special’

10th December 5.30pm – 7pm

For all P7 – S6 Students in the Stratherrick & Foyers Community

brought to you by FIRA

Come along; drop in for a wee while and enjoy some festive food, drinks and fun.

We would also like to hear your opinion - we need you to tell us what you would like to do at a Youth Hub, what activities/equipment would you like to see arranged? Do you like the name ‘Youth Hub’ or have you thought of a better one?

Do you have good skills and could lead a small group in an activity or sport? **“WHAT DO YOU WANT TO DO AT A YOUTH HUB?”**

This year FIRA are not running a Christmas Activity, instead we will be giving everyone from the Stratherrick & Foyers area that attends any local High School & comes along to the first Youth Hub meeting a choice to select a £20 Gift card from either Inverness Go Kart or a One For All voucher (for all major high street shops plus VUE cinema) as a Christmas gift from us so we hope you can make it.

If you're a parent or guardian reading this can you volunteer an hour or two once a month?

If you are a parent or guardian not on our FIRA emailing list or would like further information please email gpwombles35@aol.com

COMMUNITY COUNCIL NEWS

In December the current Community Council will dissolve and in the next SFCT News Edition we will be able to report on the newly elected Community Council members - good luck and thank you to those who put themselves forward. I'm pleased to say that, unlike some other Communities who have, sadly, seen their Community Councils now go into Abeyance we have been fortunate to have a total of 9 Candidates nominated for the Election process and we have 8 seats available

Therefore, on behalf of the Stratherrick & Foyers Community Council I would like to thank, Catriona Fraser, Martin Donnelly, Ian Bateman, Jim Cameron and Phil Crowe for having all been key members of the Community Council over the past few years and for serving and supporting our Community in these roles. I would particularly like to thank Catriona for her dedication and determination as Chairperson since 2016 and for the support she has given me as the newest member of the Community Council.

The role of a Community Councillor is a voluntary one and can be varied from assisting with Community liaison groups like SSE, Landowners/Renewable enterprises, Timber extraction, helping with decision making on Planning, dealing directly with Highland Council departments on important issues such as roads, gritting and waste management to name but a few. All aspects of the work carried out by our Community Council act as a body to give our local area a voice so thank you to all our Councillors, past and present.

On behalf of Stratherrick & Foyers Community Council I would like to wish every member of our Community, their family and friends a wonderful Christmas and a happy and healthy New Year,

Paula Page, Chair
Stratherrick and Foyers Community Council

More information and meetings dates can be found on <http://stratherrick.net/>

LOCH NESS ETAPE

Loch Ness Etape 2020 general and priority entries sold out in under 50 hours due to record levels of demand. You can still sign up by joining Team Macmillan but don't delay as demand is very high and these remaining places will disappear fast.

The Etape ask that you pledge to raise a minimum of £150 for their official charity, Macmillan Cancer Support, to help change the lives of people living with cancer.



GRANTS FROM STRATHERRICK & FOYERS COMMUNITY TRUST

The Trust is open to applications from individuals and community groups for the range of grants detailed in our schemes.

Application forms appear on the Grant System page of the Trust website <https://www.stratherrickcommunity.org.uk/grants-system>

For most application types the Trust gathers applications and processes these in rounds. There is a grant round every two months. On the dates shown below all completed applications received since the last round closed are batched together and allocated for assessment.

Satisfactory applications are put to the Trust Board for decision around six weeks after the round closing date. This means that the earliest you can expect to get a decision on a grant application is usually as shown below.

The Trust is not able to provide grants retrospectively so do not incur any expenditure until your application is decided.

Here are the 2020 Deadlines for Applications to the following schemes:-

Student Grant, Energy Saving Grant (please note that these grants will cease from April 2020), Constituted Group Grant of up to £20,000, Un-Constituted Group for Community Benefit Grant and Sporting Excellence Grant*

- **21 February 2020** – Completed applications received by this date will be assessed during March and considered by the Trust Board in April; **last chance to apply for an energy grant**
- **21 April 2020** – Completed applications received by this date will be assessed during May and considered by the Trust Board in June 2020;
- **21 June 2020** – Completed applications received by this date will be assessed during July

and considered by the Trust Board in August;

- **21 August 2020** – Completed applications received by this date will be assessed during September and considered by the Trust Board in October;
- **21 October 2020** – Completed applications received by this date will be assessed during November and considered by the Trust Board in December; and
- **21 December 2020** – Completed applications received by this date will be assessed during January 2021 and considered by the Trust Board in February 2021.

*If your Sporting Excellence grant application relates to an event or course happening shortly, please telephone 07525120966 without delay.

Hardship Grant applications should be made to the Knockie Trust which operates a Hardship Grant Scheme. Contact 07525120966 in confidence if you have an urgent need or want to refer someone who has.

Apprentice Grant applications may be submitted at any time. The Trust will prioritise these types of grant for an early action and decision. Remember you must provide full information on the proposed qualifications, finances and work arrangements. Further information can be found at <https://www.communitycompany.co.uk/apprentice/index.php>

If you want to find out more and to apply under the Trust's Medical Adaptation Grant and Loan Award Scheme – for households in medical distress – Please contact the Community Liaison Officer on 07525120966 or the Trust Administrator at any time. There are funds unallocated in the scheme (as at 28th November 2019). Email admin@sfctrust.org.uk

RECENT GRANT APPROVALS FROM STRATHERRICK & FOYERS COMMUNITY TRUST

Grants are awarded from the following funds:-

Glendoe Hydro Fund (SSE), Dunmaglass Windfarm Fund (SSE), Corriegarth Windfarm Fund (Greencoat UK Wind) Green Highland Allt Luidhe Hydro Fund and the Easter Aberchalder 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 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 June to October 2019 and offers were made as shown below.

Additional grant approvals are expected following the December meeting of the Trust Board.

You do not have to be a member of the Trust to benefit from Trust grants.

The June Board approved the following grants:-

Student Grant of £500 to Hannah Kelly-Tay

Energy Grant of £500 to Carolyn E Grant

Group Large Grant of £75,755 to Boleskine Community Care

<https://www.stratherrickcommunity.org.uk/wp-content/uploads/2019/08/Finalised-Minutes-Stratherrick-and-Foyers-Community-Trust-Board-of-5-June-2019.pdf>

The July Board approved the following grant which had been deferred from the June Board Meeting:-

Group Grant of £8,245 to the Wellbeing Group

<https://www.stratherrickcommunity.org.uk/wp-content/uploads/2019/08/Finalised-Minutes-Stratherrick-and-Foyers-Community-Trust-Board-of-3-July-2019.pdf>

The August Board approved the following grants:-

Student Grants of £500 each to Luke Burgess, Jessica Main, Isabel Slater and Amy Craven

Energy Grant of £500 to Jill Bryant

<https://www.stratherrickcommunity.org.uk/wp-content/uploads/2019/09/Finalised-Minutes-Stratherrick-and-Foyers-Community-Trust-Board-of-7-August-2019.pdf>

The October Board approved the following grants:-

Student Grants of £500 each to Anna Yeats, Davie Macpherson, Leah Graydon, Gill Gray, Lesley Robertson, Angus Macgruer, Chris Finlay, Verity Cameron, James Haston, Amy Haston, Crystal Lewis and Emily Bloodworth;

Student Grant of £100 to Alex Brown and a Student Grant of £300 to Maire Brown

Energy Saving Grant of £500 to Lesley Robertson

Non-constituted Group Grants of £820 for the Community Children's Party and £472.13 to the Baby and Toddler Group

<https://www.stratherrickcommunity.org.uk/wp-content/uploads/2019/11/Finalised-Minutes-Stratherrick-and-Foyers-Community-Trust-Board-of-2-October-2019.pdf>

New applications for all of the Trust's grant schemes are welcome.

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	2070	Drummond School	1910
Stratherrick Primary	3060	Aldourie Primary	1350
Inverness Royal Academy	1100	Farr Primary	2020
Kilchuimen Academy	2310	Bun Sgoil Ghaidhlig	3280



The Highland
Council
Comhairle na
Gàidhealtachd

Winter Watch - phone to
check if a school is closed

0800 564 2272

DIAMOND WEDDING ANNIVERSARY

Davie and Val Shand celebrated their 60th wedding anniversary on the 25th July 2019 with a wonderful family gathering and barbeque at Dell Farm, Whitebridge. Davie and Val were married in Edenvillie Church, Dunphail near Forres. On behalf of the Community the Newsletter sends congratulations to Davie and Val on reaching such a special milestone.



MAKING AIRWAVES IN THE BAY

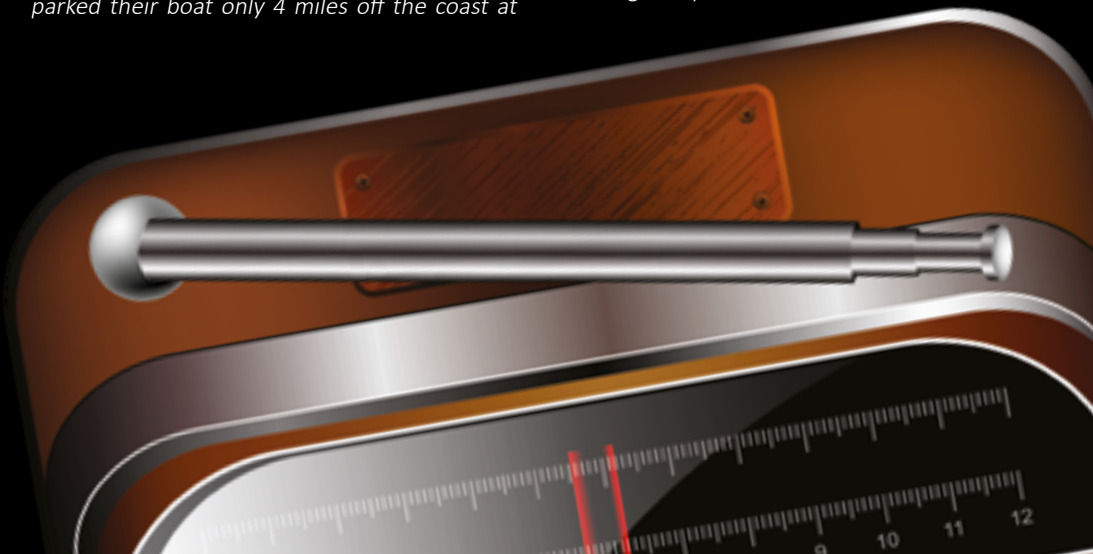
Followers of the Stratherrick and Foyers Community Facebook page will already know about Foyers Bay Radio, launched by Gary Fentiman in September this year. Of course not everyone follows Facebook so it's with pleasure we can introduce to you the Community's very own radio station – Foyers Bay Radio. It's a very contemporary affair, utilising internet technology and can be found by typing <https://www.radioking.com/radio/foyers-bay> into the search box on your computer or device. Gary streams music from his house in Lower Foyers 24 hours a day by setting up playlists and then enacting some technical wizardry which means he can leave everything to look after itself for several hours at a time. The music Gary plays, however, is anything but contemporary. It's mostly 70's and 80's popular music which Gary feels is a golden era. Gary describes the story behind his project:-

“When I was 10 it was all Big Band and then the Beatles appeared on the scene in '62. Those were the days of the BBC Light Programme which later became Radio 2 of course. There was Radio Luxembourg as well, which faded in-and-out. Then at Easter '64 Radio Caroline parked their boat only 4 miles off the coast at

Frinton-on-Sea in Essex. At that time I was living in East Ham near the docks on the Thames and Radio Caroline got me hooked. More and more radio stations appeared, like Radio London, with bigger amounts of transmission power. The Government tried to stop Caroline as it was an illegal pirate station but they reappeared in time for the golden era of the 70's and 80's. Nowadays Radio 2 tries to play everything and other stations have far too many adverts so when I arrived in Foyers I looked into how to put on a station legally so that people have more listening choice. It's been a great success and the station not only has lots of local listeners but also people tuning in from all over the world. I'm aiming to increase the music from 1300 tracks to 4000 and I hope people will listen in and enjoy a tune or two”.

In the New Year Gary plans to link up to a microphone so that he can advertise local events so stay tuned folks!

Editors note: Gary would love to hear from you if you have any CDs you think he might be interested in borrowing to upload to the station. You can contact him on 01456 486609 to arrange drop-off or collection.



THE FOYERS BAY PROJECT

The Foyers Bay project continues after a 21st September open meeting in the Stratherrick Public Hall at which was presented a summary of the possibilities of creating a small craft haven and boating facility adjacent to the former fish farm site.

The most recent action has seen the older metal pontoons being transported by truck off to Elgin for a thorough check and galvanizing to make them as new. On their return it is planned to rebuild these on their floats and prepare for 2020 launching.

Other winter aims are to cut an easier launching and recovery gradient down the already existing boat slipway, together with an effort to turn the attractive woodland area into a pleasant woodland



walk and relaxation venue. There are lots of jobs to be done and the coming spring and summer is hoped to bring this Trust project a step or two towards community benefit.

CAMERONS TEAROOM

Camerons has had a busy late November and early December with our Christmas Tree lights switch-on and Tanzania Fundraising Coffee Morning on the 30th November, our Wine Raffle Draw on the 1st December, our two charity wreath-making events on the 8th and 15th December and lots more besides.

This is such a busy time of year and we are so very grateful for the continued support that we receive for all the charity events that make such a difference to folk whose lives are not as enriched as ours or who need that little bit of extra support.

All the staff at Camerons Tearoom would like to wish our customers a very Happy Christmas and all the best for 2020. Thank you for your continued support and custom.

Morag and the Team.



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 Spin & Chatter Group, Singing Group, Gorthleck Hall Committee and to SFCC to keep the portaloos toilet facility at Foyers open and the Xmas tree lights on over the winter period. We have also supported a number of individuals in training courses.

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.

SSE SUSTAINABLE DEVELOPMENT FUND

The SSE Sustainable Development Fund is in addition to local community funds and supports strategic projects in the regions where SSE is operating. It allows the benefits of SSE renewable energy developments to be accessible to a wider area and is directed to projects that can achieve significant impact in local communities.

The fund supports projects which take a longer term view by delivering transformational social, economic and/or environmental changes in the community and develop sustainable ventures for the future.

For more information, details on eligibility and application forms contact:-

MARIANNE TOWNSLEY

Community Investment Manager

Tel: [01463 728069](tel:01463728069)

Email:

marianne.townsley@sse.com



More information can also be found at <https://sse.com/communities/sustainablefund>

The closing date for the Highlands is Noon on the 15th January 2020.

BISTRO OPENS WITH A BANG!

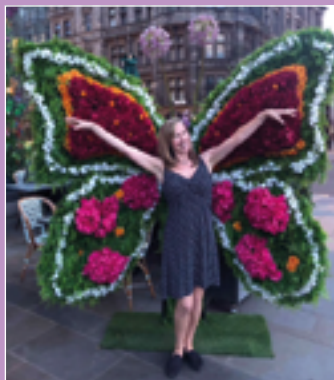
The Community firework and bonfire display on the 9th November saw the official opening of Loch Ness Shores Bistro, which is located in the original reception and shop building. The Bistro is the result of a complete makeover with a state-of-the-art kitchen and a welcoming eating area – with that panoramic vista over Loch Ness. The new building, which is now the reception and shop, has provided more space for both visitors and their twelve staff employed throughout the year. Loch Ness Shores owners, Lyn and Donald, have been operating a takeaway AirStream diner for four years, but it was always their intention to create an eatery where customers could sit indoors and enjoy a greater choice of food.

Lyn commented, ‘whilst the Airstream Diner proved very popular with locals and visitors alike, we are overjoyed to have finally fulfilled our 5-year plan; to open a more permanent restaurant. Many of our visitors are unable to walk far because they are elderly, infirm or are pushing young children around in prams. We hope local people and passers-by will appreciate the extra option for eating out locally that the Bistro offers and we will, of course, continue to direct visitors to other local eateries. Our manager Caroline and Chef Fiona are looking forward to welcoming lots of people through our doors. Opening times and menus can be found on our website www.lochnessshores.com and take-away meals are available throughout the day’. Thanks to the Community Trust funding, bonfire night attendees were treated to juicy beef burgers and toffee apples for the children and hearty stovies for the grown-ups with deserts to follow. Good luck to Lyn and Donald with their new venture.



Paul Campbell photography

MEG'S MINDFULNESS



Isn't it about time you were good to yourself? Mindfulness can be defined as the non-judgemental acceptance and “open-hearted” investigation of present experience, including body sensations, internal mental states, thoughts, emotions, impulses and memories, in order to reduce suffering or distress and to increase well-being.

Meg's Mindful Movement & Meditation Classes

Need some 'you time'?

Come unwind with Meg's Mindful Movement.

A class based on mindfulness with slow and gentle stretching to improve flexibility and release tension, followed by a 30 minute guided relaxation session to improve well-being. The stretching session can be performed standing up or sitting in a chair. Relaxation session is undertaken lying on a yoga mat or sitting in a chair. Suitable for all ages, abilities and genders. Please bring yoga mat, blanket and pillow.

Tuesdays, 10:00 - 11:00
at Stratherrick Public Hall

These classes are free to residents of Stratherrick & Foyers, funded by Stratherrick & Foyers Community Trust, who also meet the costs of providing the Hall. In the next issue of the Newsletter we will bring you a report about Meg's first 'Mindfulness Silent Day Retreat' held on the 30th November 2019.

TRUST APPLICATION

Application form can be found at [https:// www. stratherrickcommunity.org.uk/membership](https://www.stratherrickcommunity.org.uk/membership)

How you can become a member of Stratherrick and Foyers Community Trust Ltd.

If you live locally and would like to become a 'member' of the company then you are very welcome to do so. Membership is free and all you need to do is sign a form to say you would like to join as a Member. By becoming a Member your 'Liability' is limited to £1 (one pound) should the company go bust. We encourage every person living in the community to become a Member because then everyone gets to have a say in how the company is run and how the money is spent.

Types of Membership

Ordinary Member – 18 years or over and resident in the local area

Associate Member – 18 years or over and not ordinarily resident in the local area

Junior Member – 12 to 17 years old and resident in the area

Objects of Stratherrick & Foyers Community Trust Limited

Stratherrick and Foyers Community Trust Limited ("the Trust") is a company limited by guarantee incorporated under the provisions of the Companies Act. The Trust was formed to benefit the community of Stratherrick and Foyers which comprises the postcode units IV2 6 – TY, TZ, UG, UH, UJ, UL, UN, UP, UR, UW, XR, XS, XT, XU, XW, XX, XY, XZ, YA, YB, YE, YF, YG, YH, YP, YR and YS. The Trust's Memorandum and Articles of Association contain the following Objects:

1. To prevent or relieve poverty particularly among the residents of the Stratherrick and Foyers Community Council area
2. The advancement of education, training or retraining, particularly among unemployed people, and providing unemployed people with work experience
3. To advance heritage and/or preserve, for the benefit of the general public, the historical, architectural and constructional heritage that may exist in and around the Stratherrick and Foyers Community Council area in buildings (including any structure or erection, and any part of a building as so defined) of particular beauty or historical, architectural or constructional interest.
4. To advance environmental protection and improvement in the Stratherrick and Foyers Community Council area through the provision, maintenance and/or improvement of public open space and other public amenities and other environmental and regeneration projects (but subject to appropriate safeguards to ensure that the public benefits so arising clearly outweigh any private benefit thereby conferred on private landowners)
5. To advance citizenship and/or community development (including the promotion of civic responsibility and the promotion of the voluntary sector and/or the effectiveness or efficiency of charities)
6. The provision or assistance in the provision of recreational facilities for the public at large and/or those who, by reason of their youth, age, infirmity or disablement, poverty or social and economic circumstances, have need of such facilities;

but such that the company shall do so following principles of sustainable development.

The following is an extract of the Trust's Articles in respect of membership:

Criteria and Residency Qualifications for Membership

15 *The members of the company shall consist of the subscribers to the memorandum of association and such other persons as are admitted to membership under articles 16 to 23.*

16 **Ordinary Membership** shall (subject to articles 20 and 23) be open to any person aged 18 years or over who: (a) is ordinarily resident in the Community (as defined in article 4); (b) is entitled to vote at a local government election in a polling district that includes the Community or part of it; and (c) supports the objects and activities of the company.

17 **Associate Membership** shall (subject to articles 20 and 23) be open to those individuals who are not ordinarily resident in the Community and those organisations wherever located that support the objects of the Company. Associate Members are neither eligible to stand for election to the Board nor to vote at any general meeting.

18 **Junior Membership** shall (subject to articles 21 and 23) be open to those individuals who are aged between 12 and 17 and who support the objects of the Company. Junior Members are neither eligible to stand for election to the Board nor to vote at any general meeting."

19 An individual, once admitted to membership, shall cease to be a member if he/she ceases to be eligible for membership in terms of articles 16 to 18.

20 Employees of the company shall not be eligible for membership; a person who becomes an employee of the company after admission to membership shall automatically cease to be a member.

WATERFALL CAFE

FOYERS SCOTLAND

An Evening of Festive Song: "Monadhliath"

Comes to

The Waterfall Café

Sunday 22nd December

Doors open at 4:45pm

Concert starts promptly at 5:35pm

£7 Per Head:

Tickets must be purchased in advance, from The Waterfall Café

Spiced Apple Tea, hot savoury pastries and minced pies!
What's not to love?



FIREWORKS

**Thanks to
Community Trust Funding
the Stratherrick and Foyers
Community Fireworks event
was a great success again.**

**A big thank you to
off-duty Firefighters for
running the spectacular display,
to the volunteer marshals and to
Loch Ness Shores for hosting the
event and producing the food.**



FESTIVE OPENING TIMES

Foyers Stores:

Monday 23 rd December	standard hours
Tuesday 24 th December	09:00 – 15:00
Wednesday 25 th December	Closed
Thursday 26 th December	10:00 – 13:30
Monday 30 th December	standard hours
Tuesday 31 st December	09:00 – 15:00
Wednesday 1 st January	10:00 – 13:30
Thursday 2 nd January	10:00 – 13:00



Post Office: Closed on Christmas Day, Boxing Day, 1st and 2nd January, otherwise the same as the shop.

Foyers Surgery: Closed on Christmas Day, Boxing Day, New Year's Day and 2nd January.

The **NHS 24** 111 service provides urgent health advice out of hours, when your GP practice or dentist is close. People across Scotland can access the service, on landlines and mobile phones, free of charge, using a number that is short and easy to remember – 111.

Stagecoach Bus Timetable: At the time of compiling this newsletter the festive timetable had not been finalised. Check www.stagecoachbus.com.



Waterfall Café: Closed Christmas Day. Open Boxing Day 10:00 – 14:30. Open New Year's Day 10:00 – 14:30 with a reduced menu.

Note: The Café will be closed from 06 – 22nd January inclusive for Annual Holidays

Craigdarroch Inn: Normal opening hours apart from Christmas Day which is 12:00 – 15:00. 1920's themed party for Hogmanay with fireworks just after midnight.

Cameron's Tearoom: Open daily from 09:00 – 16:00. Closed on Christmas Day, Boxing Day and on 1st January.

Loch Ness Shores Bistro: Closed from Christmas Day until 2nd January otherwise Winter opening hours (1st November to Easter) are Bistro: 08:00 – 16:00 Shop: 09:00 – 18:00 daily.

Whitebridge Hotel: Christmas Eve, open as normal with cocktails and nibbles from 17:00. Open Christmas Day from 12:00 – 14:00 for drinks, serving pre-booked meals from 13:00 to 15:00 (booking essential on 01456 486226). Closed Boxing Day. Open 27th from 17:00. Curry night on the 28th December. Open as normal 31st December, Hogmanay party from 21:00. New Year's Day open as normal with a quiz at 20:00 (£2 entry).

BOLESKINE COMMUNITY CARE

An Update from Gillian Haston, Support and Development Officer



We continue to provide our weekly and monthly activities such as the hub walk, social events, stitch & save, movin' about and our music group. Our monthly foot care session is proving very popular and the next date is scheduled for 11th December. To book appointments please contact Gillian at the hub on 486 247. The cost is £27.

We continue to have a lot of interest in the "Boleskine Model" with visits arranged by Finderne Development Trust and Dail Mhor Community Development Company. We also recently had a meeting with Margaret Davidson, Council Leader and Donna Manson, Highland Council Chief Executive, who were very interested to hear how BCC is progressing and about our plans for the future.

Over the next few months we plan to extend the range of activities and services offered at the hub and always welcome suggestions or ideas from the community about things you would like see happening.

Please contact Gillian if you have any ideas you would like to discuss by e-mail sdo@boleskine-communitycare.org.uk or telephone 01456 486247

Morag's Moovin' About session



It's been a busy couple of months for BCC as we geared up for our AGM on 23 November. Campbell Mair, Managing Director of Highland Home Carers gave a short presentation at the AGM. BCC operates its 'care at home' service in partnership with Highland Home Carers. A number of Trustees have come to the end of their terms so we now have some new Trustees to take BCC forward into its next phase of development.

BCC has reached its 5th anniversary and when you consider that the carers and trustees used to work out of their homes but now have a warm and welcoming hub to operate from, it's testament to how far we've come. We couldn't have reached this milestone without the support of the community and Stratherrick and Foyers Community Trust.

We now have around 250 Friends of BCC with new applications coming in each month and it is wonderful to see how many people want to actively support BCC. We are very grateful for all the fundraising efforts made on our behalf, including the recent sale of work held in Stratherrick Hall which raised £244.25 for BCC. We continue to have an active team of volunteers without whom some of our events wouldn't take place. We recently held an afternoon tea for the volunteers to show our appreciation and to thank them for all their efforts on BCC's behalf.

THE HERITAGE GROUP

The Finest Road in the World

On Tuesday 15th October 2019 at Stratherrick Hall we had a very interesting talk, excellently illustrated, by local author Jim Miller. Jim's talk "The Great North Road" is based from his book "The Finest Road in the World: The Story of Travel and Transport in the Scottish Highlands". Jim led us on a journey from Perth to Thurso taking in the evolution of road transport, through the last three hundred years. How from drove roads taken by cattle to the markets in the south, the routes of a lot of them became the highways of today. Of how General Wade and Major Caulfield in the seventeen hundreds built the military roads for fast movement of troops to quell any uprising by unruly Highlanders. The first road being from Fort George to Fort William through our district via Drumashie,

Torness, back of Errogie, Gorthleck, Whitebridge over the Suidhe to Fort Augustus. Jim mentioned Tolls or Turnpike roads (charges for using roads).

There were two toll stations in our area - one at Scaniport and one at Drummond (Whitebridge). Jim related anecdote's of early travellers on horseback and the difficulties they faced including river crossings and accommodation, also the coming of the stagecoaches on the newly constructed roads in the early eighteen hundreds from Edinburgh to Inverness. The coming of the railways saw the demise of the stagecoach, but they were still used on minor routes till the early nineteen hundreds till the car or motorised bus replaced them.

Jim's talk was preceded by a brief AGM of the Heritage Group.

Due to lack of suitable photos there is no Heritage Calendar this year but hopefully we will be able produce one for 2021.

Alister Chisholm

WENDY MITCHELL

It is with great sadness that we report the sudden passing of Wendy Mitchell, Val and Davie Shand's eldest daughter.

Wendy passed away suddenly in the Western General Hospital, Edinburgh and is a heartbreaking loss for Val and Davie, her husband, six children and all the extended family.

Davie, Val, Stewart, Amy and family would like to thank friends and neighbours for all the cards and kind gestures they have received.



LOCH NESS MARATHON

The Baxters Loch Ness Marathon once again took place on the 4th October 2019. Everyone at the start line (runners and volunteers) had to endure a cold and rainy early morning but the rain soon subsided giving nice cool conditions for the athletes.

Here are some facts about the marathon:-

- Runners from 87 countries have, so far, taken part in the marathon.
- Total raised for charity to date is £9.95 million.
- There are 4 people in the world who have completed all 17 Loch Ness Marathons.
- The oldest participant so far was 82 years old.
- There is a common misconception that

the marathon is hilly but it is, in fact, predominantly downhill which makes it a good event for achieving a 'PB' (personal best).

Well done to all local athletes for taking part and a big thank you to volunteers for helping set up the grand finish at Bught Park and for volunteering on the day. Every volunteer gets to choose a charity to which to donate £30 paid by the marathon organisation with many local charities, such as Boleskine Community Care and Stratherrick Primary School, benefitting.

Next year, because it's a Leap Year, the marathon is on the 4th October again. Those interested in registering can find out more here: www.lochnessmarathon.com.



REMEMBRANCE SERVICE AT THE STRATHERRICK WAR MEMORIAL

A service of remembrance, with more than 65 in attendance, was held at the Stratherrick War Memorial on the 10th of November. Although not the traditional 11th hour of the 11th day of the 11th month, the service did follow the Nationally declared Sunday and took place with similar events throughout Britain. Weather and the mood of the day prevailed with the gathering taking part in that contemplative time together.

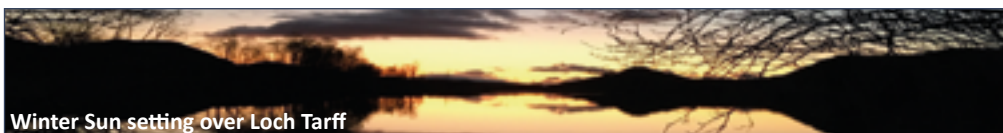


LEAP INTO 2020

2020 is a leap year, the last one being four years ago! So next year February will end on the 29th instead of the 28th. Leap days are extra days added to the calendar to help synchronize it with Earth's orbit around the sun and the actual passing of the seasons. Why do we need them? Because the Earth's orbit around the sun takes approximately 365.25 days. On non-leap years – like 2019 – the calendar doesn't take into account the extra quarter of a day actually required by the Earth to complete a single orbit around the Sun. Over time and without correction, the calendar year would drift away from the solar year and the drift would gradually add up to a significant difference. For example,

without correction the calendar year would be out by about one day after four years and out by about twenty five days after a hundred years. So without the leap year as a calendar correction, eventually February would be a summer month in the Northern Hemisphere. So that's why during leap years, an extra day is added to the calendar to bring it back in line with the solar year. Leap days were first added to the Julian Calendar in 46 B.C. by Julius Caesar at the advice of Sosigenes, an Alexandrian astronomer.

Is there anyone in Stratherrick and Foyers with a birthday on the 29th February? Let us know on strathnews@sfctrust.org.uk – preferably with some photos of your special day!



Winter Sun setting over Loch Tarff

RECYCLE

Now is the Time to Recycle

The Highland Council held their Recycle Week from the 23rd to the 29th September 2019. This is an annual awareness week coordinated by Zero Waste Scotland, aiming to get everyone recycling more by raising awareness of the benefits and promoting easy ways to do more.

With Christmas around the corner, those blue bins will be fuller than usual so here's a reminder that the 18th December is a refuse bin day and the 21st December is a Recycle Bin day (in lieu of the 25th). At the time of printing the News the Highland Council had not published a schedule beyond the end of 2019 but it can eventually be found on

<https://www.highland.gov.uk/bindays>

This year, planning permission was granted for the Council to construct a new centralised Materials Recovery Facility (MRF) on part of the former Longman landfill site in Inverness. This new facility will receive Highland refuse, recover recyclables and prepare it for use as Refuse Derived Fuel. The Refuse Derived Fuel would be exported for use elsewhere in Scotland, the UK or Europe in thermal treatment facilities (Energy From Waste plants), which use the fuel to produce electricity and heat. So perhaps it's now a case of good riddance to good rubbish!!

Here's a reminder of what you can and can't recycle:-



Blue Recycling Bin

Bliana Aith-chuariteachaidh Gorm

All items should be clean, dry and loose.

Collected every 2 weeks

Remember

You can now recycle plastic pots, tubs and trays such as yoghurt pots, fruit punnets and meat trays. Please give these a rinse to remove any food residue before recycling.



1 Collect and prepare your materials for recycling.



2 Wash and squash your cans, tins, cartons and plastic containers. Don't forget to remove the lids.



3 Flatten your cardboard and plastic bottles.



4 Place all of your materials loosely into your blue recycling bin – no bags please.



5 Place your blue bin at the kerbside on your collection day by 7am.

YES ✓

Paper

- ✓ Envelopes - remove window
- ✓ Magazines
- ✓ Newspapers
- ✓ Office paper
- ✓ Yellow pages and telephone directories
- ✓ Brochures and catalogues
- ✓ Shredded paper

Food Tins, Drink Cans, Aerosols

- ✓ Metal lids from jugs and bottles
- ✓ Soft drinks cans
- ✓ Food cans eg. baked bean tins
- ✓ Large metal tins such as empty biscuit and chocolate tins
- ✓ All aerosol cans – empty and lids removed

Cardboard and Cartons

- ✓ Cereal boxes
- ✓ Cardboard packaging
- ✓ Large brown cardboard boxes
- ✓ Cardboard tubes
- ✓ All food & drink cartons – rinsed and lids removed

Plastic Bottles, Containers

- ✓ All plastic bottles such as milk, detergent, sauce bottles
- ✓ Plastic tubs, pots, trays and punnets

Remember

Glass bottles and jars cannot be recycled in your blue recycling bin. Take them to your nearest Recycling Point or Centre.

NO ✗

- ✗ Glass
- ✗ Plastic bags & wrapping
- ✗ Black plastic trays
- ✗ Polystyrene

**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



YOUR NEWSLETTER NEEDS YOU!!!

In 2020 there will be three newsletters in April, July and November. The Stratherrick and Foyers Community Trust newsletter is all about you and your news so it relies on your input.

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

strathnews@sfctrust.org.uk

The deadlines for your contributions throughout 2020 are:

09th March

29th June

26th October

Don't be shy, if you've an idea for an article drop us an e-mail using the address above.

PETS CORNER



Here is Dixie, sent in by Sophia aged 11 months who obviously has very advanced photography and computer skills for her age!

Thank you Sophia.