



# Stratherrick & Foyers News

Issue 14, June 2019



## Lunch Club 'all aboard' for Inverewe Gardens

In spite of being a very wet day, in true Highland Spirit 29 members of Stratherrick and Foyers Lunch club set forth in waterproofs and umbrellas determined to see the beautiful house and gardens at Inverewe.

We were not disappointed, it was all so beautifully laid out and thriving in that lovely cocoon of a micro climate they enjoy in that wee spot. Lunch was soup with a roll plus a sandwich, cake and tea of coffee in the, very busy, cafe at the gardens.



There was time to enjoy an extra cuppa while we dried out a bit before the journey home. We are all very grateful to Stratherrick and Foyers Community Trust for making our annual outing possible by funding it. We cooks in particular enjoyed our day off! (PS)



**FOR FREE TICKETS  
RING THE HOTLINE  
07506404709  
See pages 31 and 32.**

## Boleskine Camanachd - Cup News

A confident Boleskine Camanachd has had a run of good league results recently, however their Sutherland Cup run came to an end in Oban on Saturday 1<sup>st</sup> June when the quarter final match against Lochside Rovers ended 3 – 0. Lochside Rovers now meet last year's Sutherland Cup winners Newtonmore seconds. Lochside should look out for Stratherrick's Ewen Fraser when they play Newtonmore. Ewen contributed four goals to Newtonmore's recent 7-0 win over Strathspey at the Eilean. Lovat plays Glenurquhart and Lochside plays Newtonmore in the Sutherland Cup semi-finals on 22 June. Boleskine are through to the next round of the Strathdearn Cup and will meet Kilmallie on 29 June.



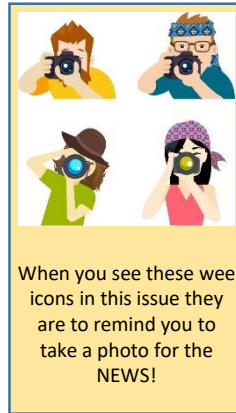
Sir William Sutherland was the original political 'spin doctor' - to Prime Minister David Lloyd-George.

Have you got news for us? Next issue September 2019

## Here is Issue 14 of the Stratherrick and Foyers NEWS.

The next issue is due out in September 2019. The copy deadline is 20 August 2019.

**A Note from the Editor.** OK folks.... Thanks for reading this part of the NEWS. I am still a bit short of current photographs so this is a request for any reader to send in a photograph for inclusion in Issue 15. The photo can be of any subject at all, but ideally will include people from Stratherrick and Foyers, or will be taken in the Stratherrick and Foyers area. If it is a funny photograph we might even run a caption competition. So, if you are about at the Barn Dance or the Heritage Group's Forestry Exhibition please send us your snaps. I will even consider selfies with visiting celebrities or Morag's Highland Coos. Draft articles and especially Graduation successes would be welcome for the September Issue, gowns and kilts! – deadline 20 August 2019. email [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk) or call me on 07525120966. Thanks, Steven



### Are you a visitor or a new resident?

Defibrillators have been provided around the district.

It is best you know where you can find these lifesaving heart restarters.

Their locations are at

- Stratherrick Public Hall, Gorthleck – outside near the steps
- Whitebridge Hotel – under the canopy
- Foyers Supply Stores / Post Office / Waterfall Café – on front of building
- Loch Ness Shores Caravan and Camping Site, Lower Foyers

A defibrillator is also available at Foyers Medical Practice when it is open.

An interactive map showing the location of many of the defibrillators in Scotland is at this link. <https://www.lucky2bhere.org/live-aed-map/>

NEW

## Boleskine Community Care

This issue of the NEWS incorporates the Boleskine Community Care Newsletter. Check out Pages 18 and 19 for all their news.



There's plenty on  
at the Hub....  
including the kettle!

Stratherrick and Foyers NEWS is published four times a year – on line and on paper. We print original material not seen anywhere else! We give information in good faith, but we can't be responsible if dates or times change. Opinions expressed are not the views of Stratherrick and Foyers Community Trust. Businesses mentioned are not endorsed by the Trust. We always print corrections and apologise when we get things wrong. If you think any information or comments are incorrect or unfair, please let us know at [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk) **We do not take paid advertising.** There is a fine line between publicity for commercial events, events which include charitable fundraising and alerting community members to other special opportunities for community get-togethers. We welcome letters, contributed items, photographs and comments about StrathNEWS.

StrathNEWS, Stratherrick and Foyers Community Trust,  
Stratherrick Public Hall, Gorthleck, INVERNESS, IV2 6YP

# Birthday Boys

special birthdays ending in '0'.

0



Moteh Parrott celebrated his birthday and also played a sell-out gig at the Whitebridge Hotel in April with his musical pals.



0



Bob Main's birthday guests danced the night away at the Hall last month to celebrate his birthday. Bob is as happy on a tractor as he is on the dancefloor. In fact, Bob can show us how most things can be done! Here's Bob with his son David and brother Neil.



Ian Macaskill had a big birthday recently with a wonderful party at Stratherrick Public Hall. Ian is always happy to share his wide knowledge and extensive memories of the Strath. Lots of the guests will remember when the party started but fewer can remember when it ended.



0

3



## Sandy Fraser remembers farming at Migovie prior to the 1939 – 1945 War.

Photo - Skye

*In the March issue of the NEWS Sandy Fraser wrote about farming in Spring time at Migovie. This time Sandy remembers the very busy time in late summer and autumn when there was “not enough hours in the day to cover all the work”.*

More hay was harvested back in those days as the weather was more suitable. There was more sunshine to ripen the hay. We even had to wear sun hats to protect us from the power of the sun. My father cut all his hay with a scythe. It was hard work and after lying for a few days to dry we children helped to turn over the hay. When ready the hay was made into small ricks or stacks about 5 feet high and 6 feet broad and later on carted to the stackyard and built into large stacks.

Much later in the year in September it was time to cut the corn (oats). The crop was also cut with a scythe then bound into sheaves afterwards built into stooks. Each stook had five sheaves on each side leaning against each other and in line with the prevailing wind to help the drying process. Often strong winds caused havoc and a lot of stooks had to be rebuilt.

The "leading" was when the stooks of corn were carted home on a horse drawn cart, to be made into stacks. It was quite a skilled job and the men always improving with experience. To complete the job, rushes were cut to be used as thatch - another skilled job - to protect the stacks from the winter weather, The thatch was held in place with stack rope criss-crossed. A more modern method was used later, large nets which were thrown over the thatch and tied down.

When it came to threshing, the sheaves were carted into the barn. Usually rats had invaded the stacks and had a great time there and caused havoc. Our collie dogs enjoyed themselves racing after the rats and killing them as they ran out as the last sheaves were lifted. We had a hand and foot powered threshing mill. At one end my father sat on a high stool feeding in the sheaves while working two pedals linked to the flailing drum while one of us children turned a handle at speed mounted on the side. We would keep this going for an hour at a time while one of us handed the sheaves to my father and another forked the straw into a heap. Later the grains of corn were bagged. It required four of us. Saturday mornings were our day off school was the usual time when we were expected to help out. We all took this work in our stride, it was great exercise (no sitting around a computer in those days). We were all fit in those days. You can imagine it was a massive change when the modern combine-harvester was invented and everything is done in one operation.



South and North Migovies in the 1880's

Another task was the turnip harvesting which was also all done by hand. Walking along slowly and bending down was hard on the back. We pulled out each turnip, then chopped off the roots and the top leaves with a turnip cutter (a blade 9 inches long with a 6 inch wooden handle). The turnips were thrown in a row about 7 feet apart to make room for the horse and cart to pass for loading then picked up by hand and loaded onto the cart to be made into a large heap and covered with rushes near the steading to be close at hand for feeding the cattle.

We must not forget the sheep sales when the wether (male) lambs were prepared for the sales to be bought by dealers for overwintering and fattening up. Old ewes were also sold off, topping the sale price on one occasion I remember my father telling us with glee "I got 48 shillings today." That's £2.40 in today's money.

Grouse beating was always enjoyed and the pay was good, 10 shillings (50 pence won't buy much today but then you could purchase 2 gallons of petrol and get some change). Sometimes wounded grouse were not retrieved as they hid themselves in the heather, so as soon as the shooting party went home we along with our collie dogs would find them and our mother made a meal of them.



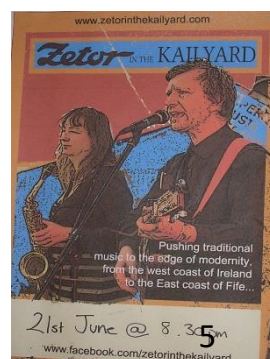
The local laird, Major Prettyman of Corriegarth estate where Migovie is, on occasions came along to my father and to tell him where a shot stag was lying and he could have it as long as he had the beast's liver. He was a kind and thoughtful proprietor. It was another task for us to help our father to drag the stag home. As you can see we had a very varied and certainly not a boring life.

Sandy Fraser



Did you notice the stooks on the banknote?

This music duo is appearing soon at the Whitebridge Hotel. What the link is with Zetor – the Czech tractor maker - is not clear yet.





Glenliath is set to reopen to traffic

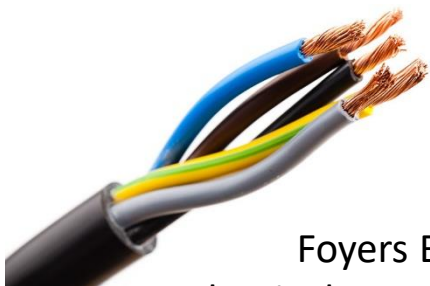


## Timber extraction will cause the Pass of Inverfarigaig to close to traffic soon.

Work has progressed well on the difficult job felling trees on the high and steep sides of Glenliath. The public road was closed to all traffic and pedestrians to ensure the safety of the public. Calum Duffy of Duffy Skylining and Tilhill Forestry have worked with haulage contractors to complete the Glenliath part of the job in good time. The Glenliath road should re-open during June 2019. The work moves on to the trees above the road between Ault na Goire and the Hen Bridge. This will result in the closure of the Pass of Inverfarigaig. Alex MacLeod of Forestry Scotland advises that residents around Ault na Goire have been sent letters about the proposed closures.



***Any queries can be directed to Duncan Manson at Inverness, Ross & Skye Forest District on 0300 067 6100***



Foyers Bay  
– so what is the wee shed for?

The new shed contains the electrical connection which will serve the lights and other loads planned for the area beside the slipway. There is nothing else in there.

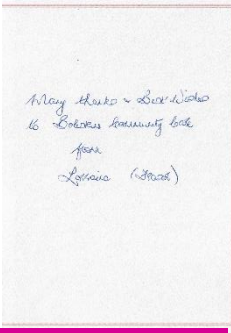


The staff at the medical centre have asked the NEWS to remind readers about the prevalence of ticks at this time of year. Always check for ticks if you have been on rough ground or under trees. NHS advice is at this link.

<https://www.nhs.uk/conditions/lyme-disease/>



Lorraine Fraser, Elmbank, Foyers wants to pass on her thanks to all at Boleskine Community Care for the Simpson’s Garden Centre Vouchers which she received on stepping down as the Coffee Club organiser. The Coffee Club which Lorraine started was the first step on the way for care and social gatherings in the area which have been so successful over many years. We hear that she has splashed out on a very large terracotta pot – which she calls her Coffee Club pot!



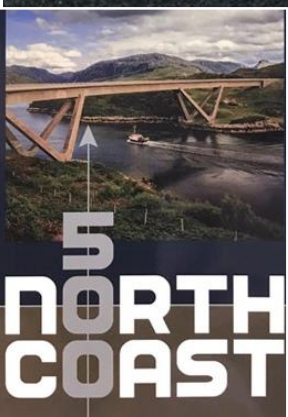
A letter has reached the NEWS from an anonymous writer in praise of the volunteers at the Coffee Club, the Broth and Blether and the Seniors’ Lunch Club. It says

*‘Many thanks to all those who prepared delicious lunches, nutritious soups and mouth-watering teas and coffees throughout 2018. You have contributed greatly to the quality of life in our community.’*



The team at John o’Groats

The South Loch Ness Motorcycle Club members would like to say a very big ‘THANK YOU’ for all the very generous donations and support received from readers and local people. Over £14,000 has now been raised. The riders battled wind, rain and even snow to raise awareness of Reynauds and Scleroderma along the North Coast 500 route. More details and photographs are on this ‘Just Giving’ page [www.justgiving.com/fundraising/south-loch-nessmotorcycle-club](http://www.justgiving.com/fundraising/south-loch-nessmotorcycle-club) The Scleroderma & Raynaud’s UK website is at [www.sruk.co.uk](http://www.sruk.co.uk)



# Beekeeping in Stratherrick

By Margaret Cormack, Tom a'Mhoid



Beehives are still made to the old Steele and Brodie designs. Click below for a Wild Bee Identification Guide

<https://scottishbeekeepers.org.uk/images/education/wildbeesidentificationguide.pdf>

When my husband retired 3 years ago we decided to move closer to Inverness. We had been living on the Isle of Skye. One of the attractions of Stratherrick was it provided a great habitat for keeping bees. There has been a lot of publicity about the problems of insecticides, mainly neonicotinoids, affecting bee colonies. It seems that these insecticides do not kill the bees outright but affect their ability to get home, so it kills the hive. We did not want to live near any fields of crops which would be treated or sprayed with insecticides. Here we have a very natural environment of woodland and grazing as well as gardens. So hopefully not too many chemicals!

We've been keeping bees since 2010. In 2009 I did a day course on beekeeping run by Inverness Beekeepers and then we spent that summer attending apiary visits run by the Skye and Lochalsh beekeepers. This was a great way of getting used to being among the bees, learn how to handle them and what to look for when opening up the hive. Then in July 2010 we obtained two colonies of bees from a beekeeper on the Isle of Muck. The bees are primarily highland black bees – though not 'pedigree' black bees. They are well suited to life in the Highlands and cope well with the wind and the rain.

Our bees are very happy here in Stratherrick. I was amazed that just three weeks of moving here in August 2016 the four hives produced 100lbs of honey – a mix of heather and general flower honey. It had been particularly glorious weather. The honey harvest is very weather dependent so that in 2017 they produced only 40lbs of honey. Last year we had a glorious May and June so again a bumper crop of flower honey.

One of a beekeeper's main concerns is to ensure the bees are healthy. Luckily our bees are not yet affected by the varroa mite which does not kill the bees but carries other viruses which weaken the colony. Our bees will only be varroa free as long as they can keep away from bees which have it. We're at least 6 miles from our nearest beekeeper, and as bees only have a range of up to 3 miles, I'm hoping they won't meet!

Over the summer the hives have to be inspected regularly, mainly to look for signs of swarming and take steps to prevent it. This can be done by making sure there is plenty of space in the hive or creating an artificial swarm i.e. splitting the hive. At the end of the summer, or before, depending on the weather, some of the honey can be removed from the hives. In September the bees are fed a sugar solution which they convert into 'honey' to provide food over the winter.

Then in the autumn and winter we can sit back and enjoy fresh honey on our toast at breakfast and look forward to the spring when the bees emerge from their hives ready for another busy year.





# Loch Ness Shores expands and signs up to the Scottish Living Wage



**Loch Ness Shores Camping and Caravanning Club Site and Leisure Park Is now an accredited Living Wage Scotland employer.**

Loch Ness Shores has come a long way over the past few years. Regularly praised for its facilities and cleanliness, the site offers Wigwams, pitches for caravans and motorhomes and tents. The new building is almost ready and will result in a change around. Reception will be relocated in the ground floor of the new building and the existing reception and shop will become a brasserie. Speaking to the NEWS Lyn Forbes said 'Increasingly our visitors are looking for breakfasts on site or an evening snack when they arrive and pitch up. If they are staying in Foyers for a few days they are also keen to try out all the other local eateries.'

Lyn added 'We need to keep up with our customers' expectations. Apart from unrivalled access to Loch Ness, the other great asset we have is our staff. Online reviews show that our team are doing well with our hospitality. Loch Ness Shores decided to go for Scottish Living Wage accreditation and guarantee our staff more than the minimum wage.' Lyn added 'With year round visitors and a good reputation we are keen to keep many of our workers on all winter. Offering a living wage to our workers means they can live and work here in Foyers. They don't need to travel to Inverness to find steady work.'



A G Barr, SSE and Scottish Canals are signed up to



## ***So, what's a brasserie then?***

**Brasserie** - a restaurant with a relaxed setting, which serves single dishes and other meals. A brasserie can be expected to have professional service and printed menus. Typically, a brasserie is open every day of the week and serves the same menu all day.

**Bistro** - a small restaurant or café in France where you can have a quick and simple meal is called a bistro.

**Café** - a restaurant where simple and usually quite cheap meals are served.

**Restaurant** - A place of business where a large selection of food and beverages can be selected from a menu.

# FOYERS CEMETERY

Please close gates

## Community Council completes upgrades to Foyers Cemetery



Stratherrick and Foyers Community Council's project to replace the deer fence and improve the gates at Foyers Cemetery is now in place. The deer fence has additional rabbit netting attached to deter the rodents from entering the graveyard. Fencing work was completed by the Community Council's chosen contractor, Davie Drummond and the gates were designed and fabricated locally by Michael Margetson, Thain Road. The project was funded by a grant from Stratherrick and Foyers Community Trust and a small contribution from Highland Council. Also included above is a contemporary photograph of the Jane Fraser monument. A new gate has been provided to give direct access from the cemetery to the monument and the Fraser burial ground in place of the old broken style.

*The story of Jane Fraser goes like this.* She was engaged to marry her cousin, whom she loved deeply. When he was killed in a fall from a fruit tree, she went into a decline and spent many hours sitting at a spot by Loch Ness side from which she could see his former home. In an attempt to stop her from pining, her parents arranged her marriage to Captain Thomas Fraser of Balnain. She married him on 20 March 1817, but continued to pine, and died on the 7 July 1817. Her parents buried her and erected the memorial on the spot on which she used to sit mourning her lost love.



NOREMACpix

A 12-0 win against Inverness in Mowi North Division 2 was just the boost Boleskine needed in May. You can see the jubilation on Donald Cameron's photo and the despondency of the Inverness players. The following week a disillusioned Inverness was unable to field a team against Boleskine in the Strathdearn Cup, so the Wasps progress to the next round. Our team will play Kilmallie at home on 29 June. A win away at Lewis in the league was another bonus for the club who crossed the Minch to clinch the points. The match at Shawbost ended 2-3. The 12-0 win against Inverness fair improved the goal difference.



## SHINTY REPORT

	Team	P	W	D	L	F	A	+ / -	Points
1	Lochcarron	7	6	0	1	26	10	16	12
2	Strathspey	6	3	2	1	25	11	14	8
3	Boleskine	6	3	2	1	24	13	11	8
4	Beauly	5	3	1	1	15	9	6	7
5	Strathglass	6	3	0	3	16	18	-2	6
6	Kilmallie	6	3	0	3	11	13	-2	6
7	Lewis	5	1	0	4	10	16	-6	2
8	Inverness	9	0	1	8	12	49	-37	1



Hilda Ogden's mural - Alps or Rockies?



**Wildside 'Muriel' divides locals!**  
Should it stay or should it go?

The mural at the Wildside Classroom is a cause of controversy. Like Marmite, some folks love it and other people want it photographed then painted over.

**What do you think?**  
[strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)



Whitebridge mural – Banksy or rankys?

# Here is the new line up of Scottish MEPs

*If you see any MEPs around Foyers or the Strath take a photo for the next NEWS!*

Foyers and Stratherrick went to the polls to elect our new batch of MEPs. 621 people were eligible to vote There are six Scottish MEPs. They all represent Scotland as a whole including Stratherrick and Foyers. Their names and party affiliations are shown below. There are no Green or Labour MEPs representing Scotland.



Highland Council Area - Party	Number of Votes
Change UK, The Independent Group	1,199
Conservative and Unionist Party	7,577
Labour Party	3,109
Liberal Democrats	13,416
Scottish Green Party	7,052
Scottish National Party (SNP)	28,681
The Brexit Party	13,854
UK Independence Party (UKIP)	1,619
Edgar, Gordon	286
Parke, Ken	124

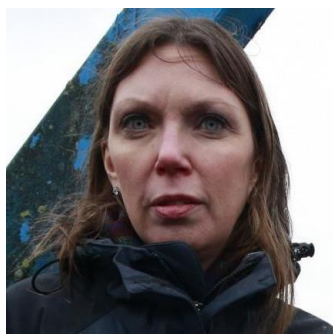


Christian Allard SNP

There were 77,206 votes cast in Highland in the European Parliamentary Elections. Turnout here was higher than in most places at 43.2 per cent. This included 22,876 postal votes.



Louis Stedman-Bryce  
The Brexit Party



Dr. Aileen McLeod  
Scottish National Party



Baroness Nosheena Mobarik CBE  
Conservative and Alyn Smith SNP



Sheila Ritchie  
Liberal Democrats



Please slow down when driving through Dores this June.  
The dopey ducks are dawdling across the road.



*Following on from last issue's article about Jim Macdonald who was from Foyers and did much to record and catalogue the birds of Australia, this note has arrived here from Brisbane.*

'Many thanks for letting us know about the Babbler story. I was near Uki just last week on a bird ring project and there were lots of Babbler about and a few in the hand. They are fascinating birds. Incidentally, I spent my childhood in Edinburgh and the Western Isles.

Cheers Robert.

Robert Bush, Secretary, Birds Queensland  
P O Box 3784, South Brisbane BC, Queensland.'



Hall's Babbler



## Stratherrick Primary School Report



**SEALIFE**  
Loch Lomond

The school trip this year is to the Sealife Sanctuary at Balloch, Loch Lomond. See photo on Page 15.

This year's exhibition includes lobsters, prawns and crayfish. Maybe we will hear about the trip in the next issue of the NEWS.

The summer is now upon us and we are looking to get out and about as much as possible – if you see us give us a wave. Especially on our way to the South Loch Ness Heritage Group's Forestry Centenary event at the Stratherrick Public Hall on Friday 14<sup>th</sup> of June. We are really looking forward to going to that! *The event also runs on Saturday 15 June and is open to all.*

The last few months have been really successful and busy. We took part in the Inverness Music Festival and sang Mhari's Wedding and a medley of WW1 songs. All pupils took part and the pieces were very complex – especially the World War One medley. We sang our hearts out and won First Prize for small 1,2 and 3 teacher schools.

Red Nose Day went swimmingly well – we baked cakes and had a collection and raised over £66. During our swimming lessons, Miss Harris found herself 'accidentally' swimming as Lewis and Isla nudged her in.



Speaking of swimming lessons – thank you to the Community Trust for helping to provide the funding for the bus. If that funding wasn't there we would struggle to go every year. Thank you so much for this!

Have you any memories of your school days? Were you allowed to push school staff into the swimming pool or would that have got you into deep trouble?

Let us know at [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

# 'Have a lovely summer.' from all at Stratherrick Primary School



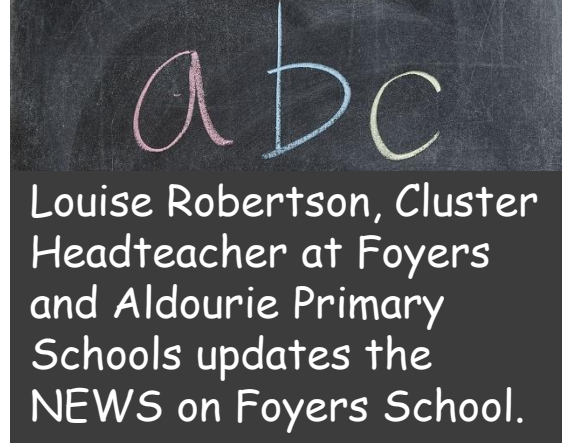
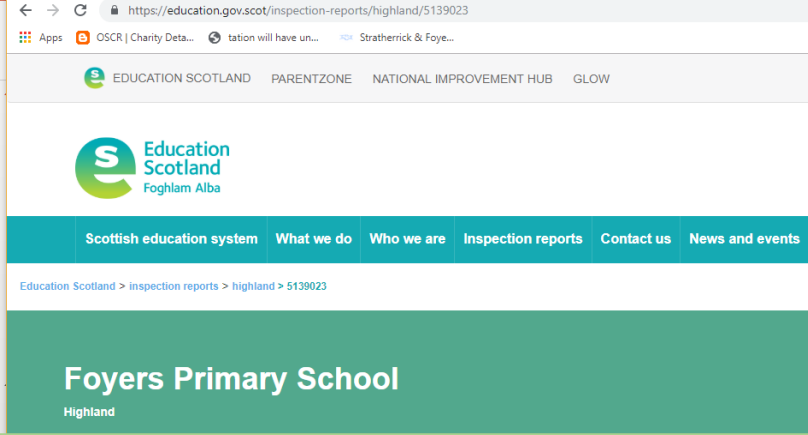
Once again some of our pupils and parents took part in the 'Inverness 5k' in March, they ran with conviction and we were super proud of their efforts in very cold and wet conditions.

Katie Moffat and Pippa Ferguson are our new Junior Road Safety Officers. They went to Eden Court recently to learn all about what that role means and find out about being safe whilst out and about. Isla Drummond and Lewis Fraser also found out about being safe at the annual Safe Highlanders event. They found the experience really interesting and both couldn't believe how some people put themselves at risk by doing things like walking across rail crossings whilst the barriers were down. We are so pleased that they are both sensible and aware of risks about them.



One Foyers resident has had a new replacement heater fitted by a local contractor. Old style storage heaters which heated up during the night have become less attractive since off-peak electricity increased in price. Old heaters also were difficult to control and as they aged their mechanical controls often became less effective.

Switching to the new style of heaters is not cheap, but Stratherrick and Foyers Community Trust may be able to help through a Energy Saving Grant. These grants are available to owner occupiers and can cover all costs up to £500. The balance must be funded by the householder. You must apply and get a decision on your grant application before you buy or install the heater. If you want to know more look up Energy Saving Grants on the Community Trust website or call 07525120966.



This past term (January – March) was a typically busy term which culminated in a notice to inspect the school by Her Majesty’s Inspectorate of Education! As I write this school update, the visit has now taken place and we are happy that the inspectors from Education Scotland will not be returning any time soon.

A full report will be published possibly by the summer holidays and a fuller picture of the school can be shared at that time. My thanks to all the staff who spent extra time in school adding a little ‘spit and polish’ to the schools work. Also thanks to the parents who were able to take time out of their busy days to talk to the inspectors giving a fuller picture of the impact of the work we do and the positive relationships that exist. Finally, thanks to all the pupils who were wonderful examples of positive, motivated learners who spoke to the inspectors with confidence and clarity about their learning.

Between January and March we saw the Primary 7s from the rural schools get together to build relationships prior to moving up to the Inverness Royal Academy. They took part in a rugby session at Highland Rugby Club, two workshops to develop confidence in Talking and Listening with Andy McKechnie (right) and visiting the Skills Development Scotland office in Inverness where they took part in two STEM (science, technology, maths and engineering) workshops.



Back at Foyers School we were also delighted to welcome the UHI Science team to do workshops; one with P1-3 and one with P4-7. P1-3 looked at being Science Investigators through a range of experiments while P4-7 investigated DNA.

Children have also had the opportunity to take part in Mindful Movement workshop at lunchtime with Meg Somerville and also after school to take part in tennis lessons. This term we welcome Eleanor Parrot and Jess Main to encourage the children in musical activities including learning the recorder.

We are all disappointed when the lack of snow prevented us travelling to the Nevis Range for our annual ski lessons but the children were delighted when they were offered the opportunity to go to the Sealife Centre at Loch Lomond to stay overnight sleeping inside the viewing tunnels instead. Many thanks to the SFCT for allowing this change in plans and to Fiona Kirkland for co-ordinating the visit across the two schools – a wonderful opportunity for the all the pupils.

**STOP PRESS!! Here is a photo of all the Stratherrick Primary and Foyers Primary pupils together at Loch Lomond.**



SOUTH LOCH NESS HERITAGE GROUP



# TREES AND FORESTS OF SOUTH LOCH NESS

(MARKING 100 YEARS OF THE FORESTRY COMMISSION)

## TWO DAY EXHIBITION AND TALK

### TALK: "THE LIFE OF A FORESTER"

by Bryce Reynard and Mick Hoban, using old FC uniforms.

Friday 14th June at 7:30pm in Stratherrick Hall

**Exhibition:** Archive documents, photographs and educational material and old hand tools, inside the hall and outdoors.

Friday 14th June - intended for local primary schools.

Saturday 15th June - 10:00 am to 4:00pm, open to public.



Back in 1965 Jock Thompson, No7 Hillhead, Inverfarigaig fells a large Scots Pine in what is thought to be Hazel Grove on the Foyers side of Inverfarigaig.

Pic [www.forest-memories.co.uk](http://www.forest-memories.co.uk)  
Moira Mackay Collection

Scots Pine - Guibhas - Pinus sylvestris



## 100 years of Forestry in South Loch Ness

After last year's very well attended heritage exhibition at Stratherrick Public Hall the South Loch Ness Heritage Group is planning an ambitious commemoration of the founding of the Forestry Commission after the First World War. Please see the poster to the left. Admission is free and donations are welcome.



Forestry and Land Scotland  
Coilltearachd agus Fearann Alba

Since April, there are two public bodies looking after Scotland's woods.

**Forestry and Land Scotland** is responsible for managing the Scottish Ministers' land known as the National Forest Estate.

**Scottish Forestry (SF)**, an Executive Agency of the Scottish Government, replaces Forestry Commission Scotland, and is responsible for forestry policy, regulation, support and the awarding and payment of all types of forestry grants.

<https://forestry.gov.scot/about>



Scottish Forestry  
Coilltearachd na h-Alba





A poem from Ala MacGruer,  
The Bard of Loch Ness

In this land of whisky and honey  
The tourists come to spend their money  
The Falls of Foyers they come to see  
Only to find no place to pee

At last they've found a remedy  
Porta Loo's I do see  
The only thing I don't understand  
Is where do the people wash their hands?

And so one day, we hope and pray  
That smart new toilets will come our way.

Ala MacGruer gives a dram to the river. Ala was born and bred in Foyers and is an angler of great repute. Ala's 18lb. salmon caught in 2005 won him the Orrock Shield.

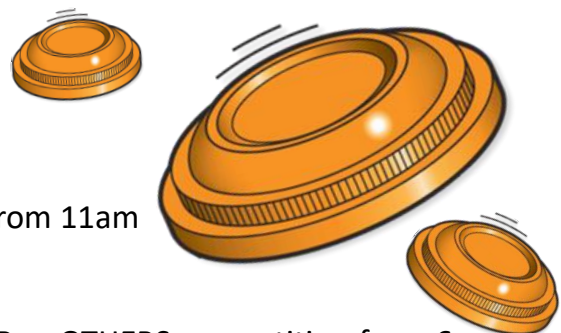


The MacGuers have been around Foyers since before history was written down. Cill Chuimein Heritage Group's website states 'The MacGuers owned the lands of Boleskine and Foyers, which they took from the Grants by force during the 15th century. The MacGuers descend from or were followers of a Gruer Mor Fraser, and Gruer Mor and his heirs were hereditary standard bearers to the Chiefs of the Highland Clan Fraser. The MacGuers were almost annihilated during the battle of Blar na Leine, where they fought bravely with their Fraser kinsman against the MacDonalds and Camerons.' The photo from Alex Sutherland's collection appears on the South Loch Ness Heritage Group's website and shows Elizabeth (Betsy) MacGruer.



**Stratherrick Clay Target Club – here are the dates for the months ahead.**

- Thursday 13<sup>th</sup> June – LOCAL Shoot Competition after practice from 6.30pm
- Saturday 15<sup>th</sup> June – OPEN Competition from 11am
- Thursday 27<sup>th</sup> June - practice from 6.30pm
- Thursday 11<sup>th</sup> July - practice from 6.30pm
- Thursday 25<sup>th</sup> July - practice from 6.30pm
- Thursday 8<sup>th</sup> August - practice from 6.30pm
- Saturday 10<sup>th</sup> August - ALL ROUNDER (Open Competition) from 11am
- Thursday 22<sup>nd</sup> August - practice from 6.30pm
- Thursday 5<sup>th</sup> September - practice from 6.30pm
- Thursday 12<sup>th</sup> September - practice and KEEPERS vs FARMER vs OTHERS competition from 6pm
- Friday 27<sup>th</sup> December - FESTIVE (Open Competition) from 11am



# Boleskine Community Care Newsletter

Written by Gillian Haston, Support and Development Officer at BCC.

A lot has been happening at the Hub since the last newsletter as we make growing use of the lovely new extended space.

**Hub Events** - We have added to our regular events and activities and now have things on most days of the week. New people are always welcome to any of the activities so why not come along and try something new?

**Movin' Aboot** has proved to be a popular session on a Monday afternoon. If you haven't tried it before it's a form of exercise to music while seated, so is open to a broad range of people. It stretches those muscles and gets the blood flowing but is also fun.

The **Music Group** on Tuesdays is for anyone who either plays an instrument and wants to play along with other people, or for those who want to come along to enjoy the music. It's hard not to let your feet tap along to the music and we even have some singing and dancing occasionally!

A **Stitch and Save Group** has just started on Wednesday afternoons which is for anyone who would like clothes mended but either doesn't know how to or is no longer able to.

And our **Art Therapy Group** on Thursdays is for any and all abilities including beginners. (photo below)

The **Hub Walk** continues on a monthly basis on a Tuesday afternoon. The monthly **Broth and Blether** continues on a Monday at Stratherrick Hall.

The Hub is also open for you to drop in on Tuesdays and Thursdays, so pop down for a cup of tea or coffee and chat to other people. Or if conversation isn't what you're looking for, we have a selection of books, magazines, jigsaws and a chess set available to use.

If you have ideas for other groups and activities please get in touch.



## 30 Years of Coffee Mornings

The ever-popular monthly coffee morning continues on a Wednesday and deserves special mention in this newsletter as this year sees the group's 30<sup>th</sup> anniversary!

Coffee mornings were started in 1989 by the District Nurse Lesley Caskie, and Mary Campbell, and were held in the Tea Room. Lorraine Fraser soon joined them and she carried on for many years and is still a regular face at the coffee mornings. It became a monthly event, moving this year to the hub.

We would like to say a big thank you to everyone who volunteers and provides home baking, and to all those who come along to enjoy the company and continue to make the coffee mornings such a big success.



**Other Services** - We are looking into providing other services at the Hub such as massage, hairdressing, foot care and alternative therapies and will give out more information as soon as we are able to.

**Eggs Galore!** - BCC is kindly receiving donations of eggs from a local resident who rehomes ex-battery hens. If you would like some eggs in return for a donation, please come down to the hub and help yourself. The proceeds from donations will be split between BCC and Wing and A Prayer, which is a hen rescue charity. Empty egg boxes should be returned to the hub and if you have any other boxes to donate, that would be very much appreciated!

**Volunteer Drivers** - As we head into summer (hopefully!), winter seems very far off, but we like to plan ahead. During the winter months it is occasionally difficult for our carers to reach some service users if the weather is bad. We are looking to hear from anyone who has a vehicle that is suitable for snowy conditions who would be prepared to volunteer their time to drive carers to essential appointments. Please get in touch with me if you are interested. Contact details below.

**Trustees and Friends** - We continue to look for new Trustees. No previous care experience is necessary, all we ask for is an interest in helping to take BCC through the next phase of its development. It's an exciting time, with lots planned and a bright future. If you would like to have an informal chat please contact me on 01456 486247 or [sdo@boleskine-communitycare.org.uk](mailto:sdo@boleskine-communitycare.org.uk) or speak to any of the current Trustees. We are also always keen to hear from people who would like to become Friends of BCC, to help support us.

	Time	Event	Frequency
Monday	11.00	Movin' About	1 <sup>st</sup> Monday of every month
Tuesday	10.00 – 15.00	Drop-in day	Every week
	10.00	Music Group	Every week
	14.00	Hub Walk	Monthly (Next date 4 June 2019)
Wednesday	10.00	Coffee Morning	Monthly (Next date 12 June 2019)
	14.00	Stitch and Save	Weekly
Thursday	10.00 – 15.00	Drop-in day	Weekly
	14.00	Art Therapy Group	Weekly
Friday			



# Trust Project Updates

## 1. Riverside Field

STRATHERRICK & FOYERS COMMUNITY MASTERPLAN

### RIVERSIDE FIELD PROJECT MASTERPLAN



In March and April the Trust held two very well attended consultations days to give residents the opportunity of having a say on the draft masterplan for the field at Riverside, Foyers.

A steady stream of residents made their way to the Stratherrick Public Hall on Saturday 23 March and then to our newly opened Wildside Centre in Whitebridge on 27 April to see the draft plans which had been prepared for the Riverside Field by Stratherrick and Foyers Community Trust’s architects.

The Trust’s lead director for the Riverside Field project is Zoe Iliffe. Zoe said ‘They were very successful days with lots of people coming to view the plans and give us their opinions, particularly around the time of the architect’s presentation in March.’

‘Comments ranged from loving the draft plans and hoping to see it all developed to wanting the field to be left as it was with no development whatsoever.’

Several feedback forms were handed-in on the two day with others being returned in the post. All comments will be collated and considered by the Board. Any changes to the Masterplan will then be discussed with the Trust’s architect.

The Board requested that all feedback be received by 22 May to allow all comments to be collated and considered. Zoe added ‘Now that this draft Masterplan has been published, we want to try and keep the ball rolling to be able to have further discussions with our architect. That’s why the deadline was set.’



# Trust Project Updates

## 2. Foyers Bay

### WORK PROGRESSING AT THE BAY SITE

- Design considerations regarding the refurbishment of the existing slipway continue and are expected to come to decision this summer. This should allow the launching and recovery of small craft up to 7 metres length with a maximum water draft of 0.5 metres.
- Future design may allow slightly larger craft, however shallow water depth may govern this possibility.
- The approach gradient from land down to the waterside is also being considered to aim at a maximum of a 1 in 10 descent/ascent over a 4 metre height difference.
- Pedestrian pontoon floats are already on site awaiting refurbishment and rebuild prior to deployment on water.
- Likewise a supply of polyethylene floating pipe is on site awaiting end capping and return to water as a wave attenuator boom to shelter small craft activities and to protect against boat drift in the power station tail race. This boom will also add to environmental protection against flotsam drifting into Loch Ness.
- Discussions have and continue to take place with authority stakeholders in building an acceptable facility and composing a code of conduct for water and landward interests.
- An electricity supply is at this time becoming active towards power demand at the landward section of the project.
- A fencing contractor has commenced the erection of a boundary fence around the SFCT leased land area containing the Foyers Bay site, with gated entrances included.
- Ongoing rubbish and litter removal has and will continue with constant assistance from all who visit. This effort will vary to a greater or lesser degree as development of the site takes place. It will always be in everyone's interest to maintain this high standard.
- The community is requested to contact any member of the Board of SFCT should comment or question arise in regards to the success of our Foyers Bay facility.





# Trust Project Updates

## 3. Wildside Classroom

### Amazed Public Response to ‘Doors Open Day’ at Wildside Classroom.

Many residents have now visited and indeed made use of the former Classroom building at Wildside. Stratherrick and Foyers Community Trust owns the building and the site outright. There is no limit to what can be done, apart from the usual statutory consents.

Trust Chair Peter Faye said ‘When we got the keys we immediately saw there was so much more potential in the building. Everyone who has visited has been amazed at the great condition the building is in. There seems to have been almost no deterioration over the decades when the place was left abandoned. Peter added ‘The Trust has attended to the fire safety of the building and local contractors have cleared the car park area, erected new fences and painted the external woodwork grey. Internally the Trust has begun to provide basic kit to allow the place to be opened up. The new building was a godsend to many groups when the Stratherrick Public Hall was recently out of action for much needed repairs. Yoga and the Broth and Blether group both came to the Wildside Classroom instead of missing their regular sessions.



The Car Park was overflowing as interested locals came to look and give their opinions at the recent Doors Open Day. Feedback is being collated into a report to the Trust Board.





# Trust Project Updates

## 4. Broadband

Stratherrick and Foyers Community Trust has continued to fund additional infrastructure costs to allow local residents to access a strong signal at a fixed rate through Cromarty Firth Wireless Networks. Without contributing to the cost of the equipment it would not be commercially viable for CFWN to connect the remoter parts of the district, far from BT's exchange in Gorthleck or cabinet at Foyers. Householders who currently get a signal through the Trust's network are generally very pleased indeed. Costs are competitive and the service is a phenomenal improvement compared to a long length of soggy copper wire or as some folk call it 'wet string'!

The current action points are designed to make the system work better and reach further. Firstly, BT has now surveyed the installation of two fibre lines which will run from the Gorthleck Exchange to the Trust's broadband hub at the Stratherrick Public Hall. This will increase capacity for current users and allow additional users to join the network. In addition to this, now the Trust owns the Wildside Classroom building there is the potential to install aerials or other equipment at the site. Currently the Whitebridge Hotel's connection is used to supply a signal by line of sight for local subscribers.



The Trust is also in discussion with landowners and householders to use masts and homes to reach up to the Torness area. Cromarty Firth Wireless Networks wants to design a system which has a high degree of resilience, so that each property served is not reliant on a single string of connections. This would mean if one link was knocked out a second link would still provide a service.

It would be difficult to underestimate the value to our community of the Trust's network. Residents can now work from home and running businesses and supporting children's education is now possible.



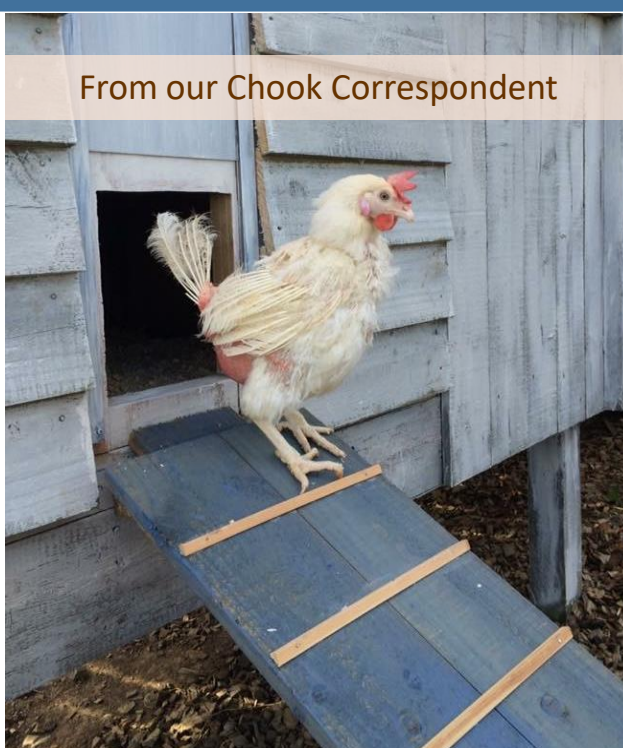
Hunting for the best signals at vantage points is an important part of Cromarty Firth Wireless Network's regular activities.





## Wing and a Prayer Hen Rescue

Wing and a Prayer Hen Rescue has been a registered Scottish charity since 2014 and are the first hen rescue charity in Scotland. They rescue hens from commercial farms when flocks are replaced and rehome them as pets, saving them from slaughter and ensuring they get the retirement homes they deserve. The charity is run entirely by volunteers. All funds are used to ensure more hens find their retirement homes. There are rehoming points all across Scotland including Tarvie, near Garve and rescues are planned as often as possible, usually every 4-6 weeks.



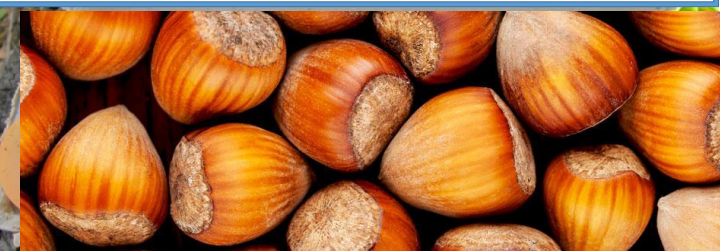
Kirsty Broens has written to the Stratherrick and Foyers NEWS.  
She is selling eggs from Gorthleck in support of 'Wing and a Prayer Hen Rescue'.

Kirsty says 'I would like to try and sell our ex-battery feathered friends' eggs to local people if possible, in return for donations to Wing And A Prayer, where I adopted our feathered friends, and also Big Red Rooster, which I also found on Facebook, and where I adopted 'Fluffy' our cockerel. This is virtually a one-woman charity and I think Helen is amazing, and so are the volunteers who are involved with WAAP!'

My husband has been taking the eggs to work, but unfortunately it was becoming apparent a little difficult to obtain donations, and so would like to try a different tack.

Kirsty would be happy to deliver eggs (via walking) to the Gorthleck community.

Kirsty's email address is [k.a.hufton@gmail.com](mailto:k.a.hufton@gmail.com)



**Go Nuts!**  
The Highland Hospice Squirrel Trail this summer.  
[www.highlandhospice.org](http://www.highlandhospice.org)

There will be 23 (not just 20) five foot high differently themed and decorated squirrel sculptures positioned around the Highlands this summer. The Squirrel Art Trail will include one at Loch Ness Shores, Foyers which was sponsored by Mr and Mrs Forbes. The Foyers squirrel will be decorated with a countryside theme and will be unique. Lisa Long, Corporate Fundraiser at Highland Hospice told the NEWS that there would be a 'selfie' completion and that the artworks would be auctioned at the end of the season.

Highland Hospice will also benefit from the Great Glen Canoe Challenge.

Look out for the flotilla rowing up the Loch from Fort William to Inverness between 21 and 25 June.



# 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

You can book this  
course now!

Course funded and  
supported by

Stratherrick + Foyers



Community Trust

## 8 week Mindfulness Based Stress Reduction (MBSR) Course

Funding has been secured through the Stratherrick and Foyers Wellbeing Club from the Stratherrick and Foyers Trust for the above course. Places are limited.

This course is normally priced at approximately £200 and is available only to residents of the Stratherrick and Foyers area. It is based on the programme of MBSR developed in the USA by Jon Kabat Zinn. The aims of the course are to help you to develop an in-depth personal experience of mindfulness and to build the foundations of a sustained personal practice, with a view to applying this to your life.

The course is primarily experiential and invites you to immerse yourself the best you can in the process, adopting an attitude of curiosity to your experience in the moment and suspending judgment as to whether or not you think these approaches will work for you. It means letting go of opinions and ideas and putting aside for a while any plans you may hold about applying these skills until you complete the course.

To express an interest or further information please contact Meg @ [Meg.Somerville@gmail.com](mailto:Meg.Somerville@gmail.com) or see Facebook/Instagram – Meg's Mindful Movement.

## 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, 11.15am 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.

Meg also runs these classes at Dores Village Hall on Tuesday evenings from 7pm to 8pm. A charge is made to all participants at Dores. On Fridays Meg runs a class at DW Fitness, Inverness at 11.15 which is included in DW membership or available to those on a day pass (£10).

The classes are outwith the Trust's area are **not** supported financially by Stratherrick & Foyers Community Trust.



Meg's Mindful Movement

Classes funded and  
supported by

Stratherrick + Foyers



Community Trust



Here is a two page information section with information organisations supporting individuals with grants in times of hardship. These organisations exist to help people from different places or occupations when they need it most.

## The KNOCKIE Trust

The Stratherrick and Foyers area has its own organisation to help residents who fall on hard times. The Knockie Trust has been in operation for over 200 years. In the past it provided help by way of coal to help keep older people warm in winter. Nowadays the Knockie Trust has two main functions. Firstly it provides winter comfort in the form of Marks and Spencer Vouchers for the elderly each Christmas-tide and secondly the Knockie Trust is able to assist residents of Stratherrick and Foyers with hardship grants. If you or anyone you know encounters hardship or finds themselves in need of help, please enquire by contacting the Knockie Trust's secretary Fiona Bateman on 01456 486646 07707 611742 [fionahbateman@icloud.com](mailto:fionahbateman@icloud.com). Anyone interested in joining the Trust as a Trustee is welcome to contact the Knockie Trust's Chairman, Alistair Colquhoun, via the secretary.



RSABI is a rural charity that supports those who have worked or are working in the farming, crofting or growing industries. We help emotionally, practically and financially.

The charity was founded in 1897 to help tenant farmers who were leaving their farms. These were the days before state pensions so once the farming income had gone there was very little to live on. As you might imagine the organisation has changed rather a lot in 120 years but our role is still to try to help folk in the agricultural industry who are experiencing difficult times.

Emotional, practical and financial support in times of need.

RSABI has a helpline (0300 111 4166) which is open from 7am to 11pm every day of the year. It is staffed by people who are happy to listen and to offer support or signposting to whoever calls. The helpline can also organise regular calls to those in the agricultural community who are isolated and lonely.

There are a team of case officers who cover all of Scotland and will visit people at home to assess what support would be most appropriate, whether that is financial help from the charity itself or other forms of support or signposting. Financial support is dependent on individual circumstances but can be help with one off items such as white goods or heating oil or perhaps longer term assistance.

The case worker covering Stratherrick and Foyers is Nadine Morrison – contact 07384 814780 or [Nadine.morrison@rsabi.org.uk](mailto:Nadine.morrison@rsabi.org.uk). RSABI Rural Centre, West Mains, Ingliston, Newbridge, EH28 8NZ  
Tel: 0300 111 4166 Web: [www.rsabi.org.uk](http://www.rsabi.org.uk)

Here are some organisations which help people who are or have worked in particular types of job. There are many more of these which exist to help people who have worked in specific industries or professions.

Care Workers -

<https://www.thecareworkerscharity.org.uk/>

The Timber Trade (not foresters) -

<http://www.ttbs.org.uk/>

Grocery Trade -

[www.groceryaid.org.uk](http://www.groceryaid.org.uk)

Merchant Navy –

[www.tsmtrust.com](http://www.tsmtrust.com)

Fishermen and Merchant Navy -

<https://shipwreckedmariners.org.uk/>





# SCOTTISH WAR BLINDED

## FOR ALL VETERANS WITH SIGHT LOSS

Scottish War Blinded is a charity which helps support ex-servicemen and women with any kind of sight loss. You do not need to be blind. You must have served in the Forces or undertaken National Service. Your sight loss can be due to any cause including old age. A large proportion of the veterans we help have developed age-related sight loss, such as macular degeneration or glaucoma.

Support can include:

- Rehabilitation and training to adapt to sight loss
- Grants for equipment to assist with independent living
- Funded respite care
- Home modifications
- Sports, recreation and social activities.

For more information or to refer a veteran, please call 0800 035 6409 or visit [www.scottishwarblinded.org](http://www.scottishwarblinded.org)

Rebecca Barr, Director of Scottish War Blinded told the Stratherrick and Foyers News ‘As well as our day centres, the Linburn Centre near Edinburgh and the Hawkhead Centre in Paisley – we have an excellent outreach service which covers the whole of Scotland. We pride ourselves in our ability to reach and support our members whether they live in the Central Belt, the Isles, or here in Stratherrick and Foyers!

Our outreach workers will visit you at home and offer advice and support. This could involve the provision of specialist equipment to help make daily tasks easier, inviting you to one of our lunch clubs, arranging a home visit from our expert rehabilitation team for further support such as cane training and assessments or equipment, or putting you in touch with other appropriate agencies or local clubs that can help. “We’ve welcomed many veterans into our community so far, helping them to regain their independence through the various branches of support we offer free of charge.

“We have the knowledge and skills to help each individual cope with the impact of their sight loss.

So, whether you’re a veteran yourself with sight loss, or if you have a friend or member of your family who you think could be eligible for support from us, please give us call. We’re very keen to grow our community in the area even further, and would love to hear from you.”



Centre Officer James Gregson and SWB Member Bill Chalmers enjoy a side-by-side tandem ride at the Linburn Centre.

### The Royal Society for the Support of Women of Scotland

Founded in 1847 as the Indigent Gentlewoman's Fund  
T: 0131 229 2308 E: [info@igf.org](mailto:info@igf.org)

The Royal Society for the Support of Women of Scotland is a national charity operating throughout Scotland with the purpose of providing financial support to single women over the age of 50 who struggle to live on low income and limited savings. The charity was founded in 1847 as the Society for the Relief of Indigent Gentlewomen of Scotland. Initially applicants had to be spinster ladies of 50 years and over, of professional parentage and impoverished through no fault of their own.

The Charitable Object of the Society is now “To provide support and aid to women who are resident in Scotland and are of good character and are single and require assistance by reason of financial hardship, age or ill health in the interest of the general public benefit”. Since 2015 applications have been considered from any single, widowed, divorced or formally separated woman, of 50 years or older, and who has been resident in Scotland for at least two years. Applicants must have income and capital beneath limits set by the society and show that they have lived a decent, responsible and respectable life.

# Recent Grant Approvals from Stratherrick and Foyers Community Trust Total £1,500



## 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 [www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)**

The following grants were approved by the Board Meetings held in the period March, April and May 2019. Offers were made as shown below. Additional grant approvals are expected following the June meeting of the Trust Board. *You do not have to be a member of the Trust to benefit from Trust grants.*

Student Grants. Each £500, Hannah Slater, Glebe and Roxanna Elgar-Bond, Allt na Goire Constituted Group. £500, Glenurquhart High School Parent Council.

Payments were made during this period for the purchase of the Wildside Classroom and site, for initial maintenance at Wildside Classroom, for electricity connection and other improvements at Foyers Bay and for the ongoing apprenticeship places for local people through the Trust's joint apprenticeship scheme. The Trust also increased the sum available to Stratherrick Public Hall Committee for the unexpected costs of the increased repairs to the Hall including the functional new kitchen units. Please refer to the Trust website minutes for additional information. New applications for all of the Trust's grant schemes are welcome.

## Contracts for Works: Stratherrick and Foyers Community Trust

### **A message from the Trust's Chair, Peter J. Faye**

As you may be aware, Stratherrick and Foyers Community Trust have recently acquired the building currently known as the Wildside Centre, Whitebridge, for the benefit of our Community. This property adds to those we now own or lease at Foyers. Having consulted with the Community about potential uses for these lands and buildings we will, in the future, be looking to place various contracts, both large and small, for a range of works.



Peter J. Faye

The Trust has always striven to award such contracts to local businesses and trades, where they are competitive, and wishes to make all aware of such contracts.

In order to ensure businesses and tradesmen are aware of available work the Trust will shortly introduce a new page on our web-site, where brief details of the contracts available will be posted. Businesses will be requested to register their interest in particular contracts and contact details will be supplied. Therefore, we would ask you look out for this page and check it regularly. [www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)

## **Local Church of Scotland Congregations to meet up in June**

Rev. Scott McRoberts (left) is interim moderator at Dores and Boleskine Church of Scotland and also minister at the new St. Columba Church which currently meets at Drummond School in Inverness. Rev. McRoberts told the NEWS that the three congregations will be meeting up for a Church Away Day at the Stratherrick Public Hall on Saturday 22 June 2019. If you would like to learn more about this event please contact Rev. McRoberts direct on 01463 230308. [www.stcolumbainverness.org](http://www.stcolumbainverness.org)



Father Andrew is based at the Catholic Church at Fort Augustus produces a weekly bulletin. If you would like Fr. Andrew to bless your house, please contact him on 01320 366 451



# Stratherrick Public Hall

For all Hall bookings please call Pam on  
**01456 486364**

When it became clear that the kitchen floor and the entrance porch at Stratherrick Public Hall was really very rotten the problem was turned into an opportunity. The tired kitchen units have been replaced and a smart new floor and floor covering fitted. The floor is as blue as the Mediterranean! The taps have been replaced too. Local contractor Ollie Pugh is also attending to the drains as part of the ongoing work to spruce up the hall. The treads on the access steps were in a poor state and have been resurfaced. The fencing around the hall has been repaired. Stratherrick and Foyers Community Trust is funding all the work needed. The new dishwasher has also proved popular with recent hall hires for private parties.



**Parlez-vous  
français?**



A party of French students is due to stay over at the Hall this summer. If you see them please say 'bonjour'!

The Loch Ness 360° Trail

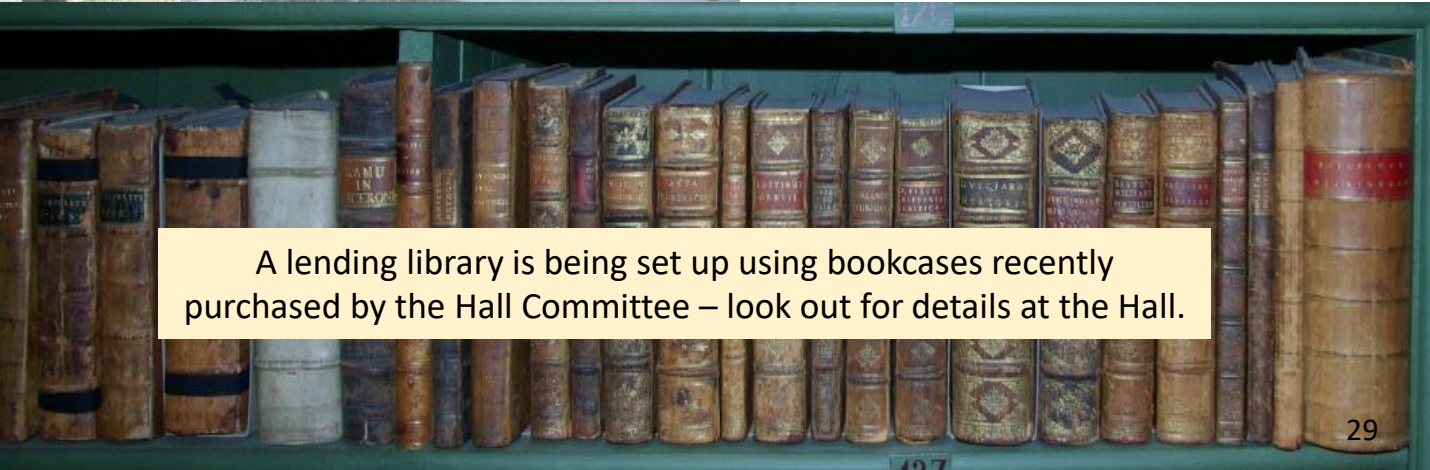
A group of young cyclists will also be staying overnight at the Hall soon. They are cycling round Loch Ness from Inverness.

### Local Community Groups Using the Hall

Remember, thanks to funding from Stratherrick and Foyers Community Trust hiring the Hall for local community groups is free of charge. Stratherrick Public Hall Committee will raise a charge for other hires including private parties, commercial events and visiting groups. All Hall Users must agree to the conditions of hire available from Pam, who handles all bookings.



A lending library is being set up using bookcases recently purchased by the Hall Committee – look out for details at the Hall.



## Grants from Stratherrick and 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. Applicants wishing paper application forms can request these be sent in the mail by calling Steven on 07525120966.

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 2019 Deadlines For Applications to the following schemes.**

**Student Grant, Energy Saving Grant, Constituted Group Grant of up to £20,000, Un-Constituted Group for Community Benefit Grant and Sporting Excellence Grant\***

- 21 June 2019 Completed applications received by this date will be assessed during July 2019 and considered by the Trust Board in August 2019.
- 21 August 2019 Completed applications received by this date will be assessed during September 2019 and considered by the Trust Board in October 2019.
- 21 September 2019 Completed applications received by this date will be assessed during October 2019 and considered by the Trust Board in November 2019.

**Hardship Grant applications** may be shared or actioned by 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.

\*If your Sporting Excellence grant application relates to an event or course happening shortly, please telephone 07525120966. Do not delay.

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. These are best started off by a discussion with the Apprenticeship Scheme Administrator, Sharon Ferguson. [sharon@sfctrust.org.uk](mailto:sharon@sfctrust.org.uk) Applications for large grants for community groups (over £20k – a two part process) have a different timescale as they may be subject to additional assessment by the Trust and our funders including SSE. Grants using funds from certain funders may require the Trust to provide the funder with basic information to allow them to run an identity check.

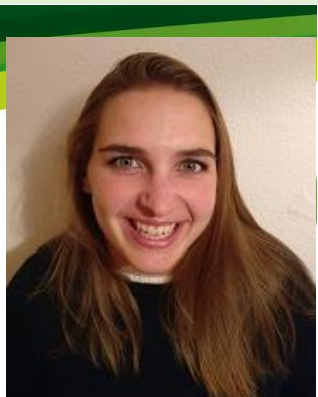
**If you want to find out more and to apply under the Trust's Medical Adaptation Grant and Loan Award Scheme** – for households in medical distress – Please contact the Project Coordinator on 07525120966 or the Trust Administrator at any time. There are funds unallocated in the scheme (as at 27 May 2019) e Mail - [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk) and [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk)



Dr Anderson

Dr Zoe Anderson has taken over from Dr Michelle Mehers at Foyers Medical Centre. Dr Anderson studied in Cardiff, Wales and has worked at Elgin and Fort William. She has also volunteered for work in Africa including a stint at a hospital in Kambia, in the north of Sierra Leone. Dr Mehers is moving surgery. After four years at Foyers and Riverside, she is now a partner at the North Kessock and Munloch Medical Practice on the Black Isle.

## SSE and Community Council funding from Stronelaig Windfarm



**Main Grant Funding** – For applications from £501-£10,000. This is administered by SSE, with the decisions made by a panel of local people.

**Micro Grant Funding** – For applications up to £500. This is administered by Community Councils in each area.

If you have any questions about Stronelaig Community Funding, get in contact at [Eilidh.todd@sse.com](mailto:Eilidh.todd@sse.com), or visit [www.sse.com/communities/fundlocations/stronelaig/](http://www.sse.com/communities/fundlocations/stronelaig/)

Application Forms are available on the website link above.



## BARN DANCE AT DELL - IMPORTANT INFORMATION TICKET HOTLINE 07506 404709

This year's summer event, which is being hosted jointly by Stratherrick & Foyers Community Trust and the Macpherson Family from Dell, will be a Barn Dance to be held in Dell Farm, Whitebridge on Saturday 17th August from 7:30pm – 11:30pm. Music will be provided by the Cask Strength Ceilidh Band; a hog roast and BBQ (with vegan and vegetarian options) will be provided by Hog Roast Highlands and there will be a cash bar provided by Bars R Us from Inverness.

Due to licensing laws, tickets for this event will be available free of charge to anyone living in the community and their guests. Each ticket will entitle the bearer to one free drink and either a hog roast bun or something from the BBQ. **Please note that you will not be able to bring your own alcohol with you or entry will be denied.**

There will also be an auction and raffle in aid of Scottish Fire and Rescue Service Family Support Trust. This Trust exists to provide financial and other support services to serving and retired Scottish Fire Service personnel and their families, who may require assistance in times of need. <https://sfrs-familysupport.org.uk/>

Tickets (maximum of four per person) are available by telephoning 07506 404709 and these will be posted out at the beginning of August. Leave your details after the answering machine message. Tickets will not be available at the door on the night so make sure you telephone for your tickets!

Special thanks goes to the Macpherson Family from Dell Farm for providing the venue to the community free of charge. Thanks to Mr and Mrs J Finnis of Dell Estate for their kind permission.



# Stratherrick and Foyers Community Trust

# BARN DANCE

**At Dell Farm, Whitebridge**

**Saturday 17<sup>th</sup> August 2019**

**7.30pm to 11.30pm**  
**Free Hog Roast and BBQ**  
**Cash Bar**

Music from the  
**C A S K S T R E N G T H**  
C E I L I D H B A N D

Due to licensing conditions please do not bring alcohol to this event or you will be denied access.

Call the Trust's Ticketline for your free dance tickets now.

**TICKETLINE 07506 404 709**

Tickets will be sent out by mail at the beginning of August.



**Auction and Raffle in aid of the  
Scottish Fire and Rescue Service  
Family Support Trust**



With thanks to the Macpherson family and to Dell Estate; right of admission reserved.