

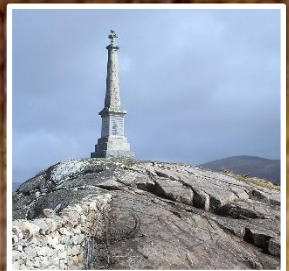


# Stratherrick & Foyers News

Issue 12,  
December  
2018



Sowing wildflower seeds at Foyers



In this  
issue

New faces on the Trust Board  
New Fire Engine arrives  
Christmas Events







A very happy Christmas from StrathNEWS to everyone. Special thanks to our many contributors in the last year, to our printers A4 Inverness, distribution agents and every reader at home and abroad.



**Well, we have now reached Issue 12 of the Stratherrick and Foyers NEWS. The next issue is due out in March 2019. The copy deadline is 20 February 2019.**

A Note from the Editor. Thanks for browsing this copy of the NEWS. With 12 issues under our belt we might just make up a boxed set for Christmas! If you have an article, photograph or letter you want to be included in the next issue then please send it in. If you get a really useful gadget for Christmas and want to let others know all about it please email [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk). If you are short of Christmas ideas a recent search turned up these 'must have gifts'. Thanks Steven.



Scottish and Southern Electricity Networks are recruiting tree cutters. A large advert appeared recently in 'The Oban Times' for permanent full-time posts for holders of NTPC chainsaw certificates. The work includes trimming trees beneath power lines across the Highlands. For more information visit [www.sse.com/careers](http://www.sse.com/careers) and enter job reference 517326. Closing Date is 7 January 2019.

**Tree Cutters**



**Wanted**

Stratherrick and Foyers NEWS is published four times a year – on line and on paper. We are proud to 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. In this issue we include two job adverts as these posts may be of interest to local people seeking work.

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

# CHRISTMAS FAIR

Foyers Primary School



# Happy Christmas!

1<sup>st</sup> Prize - Christmas Hamper

And many other great prizes.....

## £1.00 a strip

Raffle will be drawn at School Christmas Fair  
On Saturday 8<sup>th</sup> December 10-12 Noon

Proceeds to Foyers Primary School



December  
@Camerons' Tearoom

\* Boleskine Community Care's  
Afternoon Tea Friday 7th 2.30PM

Christmas Evening Meal 15th from 6PM

Wreath Making 16th From 3.30PM \*  
\*Profits to Foyers Primary School

Community Christmas Fun Run  
27th Dec 11AM

Hogmanay from 10PM  
More information closer to the Events  
Booking Essential  
01456 486572



Stratherrick + Foyers



Community Trust



To all parents  
of children from birth - P7  
in the Stratherrick & Foyers Community

Did you know your child is invited to the Annual  
Community Christmas Party at Gorthleck Hall?

Sunday 16<sup>th</sup> December 2pm - 4:30pm

Invites will be sent out within the next few weeks

*This is a community event funded by the Stratherrick & Foyers Community Trust  
organised by volunteers with the help of First Stratherrick Girl Guides Unit*

Lots of fun, party games, music, and food and...  
Santa might stop for a visit too!



Season's Greetings  
from all at  
StrathNEWS







# Armistice Day 2018



A short and very moving service of Remembrance was held at the Stratherrick War Memorial on 11 November 2018 at 3pm.

Almost 100 local people gathered in the mist and the rain to remember the 48 men who have their names inscribed on the memorial. There were 34 local casualties in the First World War and a further 14 servicemen who died in the Second World War. Two civilian workers, Murdo MacLeod and Archibald MacDonald also died when the Foyers Aluminium Smelter was bombed in 1941.

Inverness St Columba Minister Rev Scott MacRoberts (who is now Interim Moderator at Boleskine Church of Scotland) officiated with contributions from many local people. Community Council Chair Catriona Fraser, Glebe made reference to the evident hard work of the South Loch Ness Heritage Group volunteers who had renovated the War Memorial and the area around it over the past year. This included masonry work, a new plaque and repaired walls and fences.

Two residents read out each of the names on the War Memorial in turn. These servicemen died in many different places. In the First World War for example Duncan Cameron from Inverfarigaig died in Mombasa, East Africa aged 25. He is one of the 51 Commonwealth War burials at Mbaraki Cemetery. In the Second World War William Redmond, a Cameron Highlander from Foyers, died on active service in North Africa around El Alamein. Cameron Highlander Sgt. James D Stewart DCM died at St. Valery in Normandy along with many Highland soldiers in the retreat of June 1940.

[https://www.cwgc.org/find-a-cemetery/cemetery/12204/Mombasa%20\(Mbaraki\)%20Cemetery](https://www.cwgc.org/find-a-cemetery/cemetery/12204/Mombasa%20(Mbaraki)%20Cemetery)

Wreaths were laid by the Stratherrick and Foyers Community Council, the First Stratherrick Girl Guides, the South Loch Ness Heritage Group, Foyers Fire and Rescue Service, Stratherrick and Foyers Community Trust and on behalf of the Merchant Marine.







## SouthLoch Ness Heritage Group AGM

A successful AGM for the Heritage Group has resulted in new office bearers for the year ahead. The group is now under the Chairmanship of Bob Main, Foyers, with Chris Gehrke, Inverfarigaig acting as Secretary. John Townshend, Glenlia has a hold of the purse strings as the new Treasurer. The previous chair and treasurer Alan Findlay and Heather MacLeod remain on the Committee.

Alan welcomed Maureen Kenyon to the meeting. Maureen gave an illustrated talk to over 20 people in attendance. Her subject was **Local Women and the Great War** and included fascinating information on the part played by Inverness women in the Suffragette movement. There is no doubt that these women were influential in the wider movement to bring votes for women. Suffragette and hunger striker Marion Wallace Dunlop spent her early days at Leys Castle Inverness, but many local women with surnames such as Munro and Fraser, and some men were very active around 1910 in agitating for votes for women. Maureen widened her talk to include many examples of ways in which local women gave their effort and support in the Great War. Alister Chisholm gave the vote of thanks.

The South Loch Ness Heritage Group was responsible for the considerable volunteer work on the Stratherrick War Memorial over the last year. The site was looking in great order for the Armistice Service on 11 November. The new lectern and information board was very well received. Alister Chisholm, Lochgarthside laid a wreath at the Memorial on behalf of the Heritage Group.

More about SLNHG is available at [www.southlochnessheritage.co.uk](http://www.southlochnessheritage.co.uk)



The Waterfall Café at Foyers has asked the NEWS to let readers know they will be closed for ten days from the 2<sup>nd</sup> of December 2018 whilst a wood burning stove is installed. We hope you don't miss your Friday fish suppers too much. The café will also be closed for Christmas Day and Ne'er Day.





## Boleskine Community Care

Stratherrick and Foyers Community Trust bought The Hub building in the summer and work has been progressing well over the last few weeks in Unit 1 to get the building ready for BCC to occupy the whole space. At the time of writing, the wall between Unit 1 and Unit 2 is about to be knocked down to make an internal connection between the two units. This will more than double the space available for Boleskine Community Care.

An update from

Gillian Haston,  
Support and Development Officer



It is an exciting time for Boleskine Community Care!

Our Annual General Meeting took place on 3 November and was well attended. As some Trustees were standing down at this meeting, it was a time for reflection on the great progress that BCC has made since its inception.

We heard talks from Morag Cameron about 5 years in the life of a Trustee, from me about my impressions since joining BCC, and from Heather MacDonald and Morag MacDonald Pickthall about 'a day in the life of a carer'.

Morag Cameron (Chair), Lyn Woods (Treasurer), Alison Seago and Jennie Devlin stood down having reached the end of their terms. All have shown tremendous determination, perseverance and commitment over the last few years and will be greatly missed.

We are pleased to say that new Trustees have been elected in their place – Kit Cameron from Whitebridge, Christopher Gehrke from Inverfarigaig and Alison Randall from Whitebridge. Kit Cameron is now Chair, Jane O'Donovan is Treasurer and will also hold the office of Secretary until January 2019, when Julie Russell will take over.

As BCC marks the beginning of a new phase, we have a wonderful opportunity opening for us to develop services that best meet the expanding needs of our community. This is very much work in progress and we will keep you updated.

The monthly Morning Coffee meet-up now takes place at The Hub, at the usual time. Longer-term, we plan to move the Broth & Blether to The Hub but in the short-term it has moved to Stratherrick Public Hall (time unchanged).

Thanks go to everyone who took part in the Sale of Work on 20 October which raised £274 for BCC.





Julie Russell has done a wonderful job at Boleskine Community Care. She's decided to move on in January, so a new recruit is needed. If you know of a suitable candidate please make sure they apply by 9<sup>th</sup> December 2018.



It was a beautiful day for the Broth & Blether walk. A dozen folk enjoyed a trip to the south side of Loch Mhor. Hopefully the next Sole Mates Walk on the 30th December will have the same warming sunshine.

**BCC Walking dates coming up are:**

**Hub walks:** Tuesdays Dec 4th, Jan 8th and Feb 5th all starting at 2.30 from the Hub.

**Broth & Blether walks:** Mondays Dec 17th, Jan 21st, Feb 18th all starting after a bowl of soup at about 1. Give Gillian a phone to check the venue.

**Sole Mates Walk:** Sundays Dec 30th, Jan 27th, Feb 24th meet at the hub. 10.30 am. Stout shoes and a packed lunch required. Bring the sun with you.

**JOB ADVERT - HIGHLAND HOME CARERS  
Community Care Coordinator (Part-time)  
Boleskine Community Care, Stratherrick and Foyers**

If you have experience of working in the health & social care sector this could be the perfect role for you! Highland Home Carers is looking for a Community Care Coordinator for Boleskine Community Care, to be based at the BCC Hub in Lower Foyers.

Boleskine Community Care, in partnership with Highland Home Carers Ltd, provides professionally trained home care workers from the local area to support local people, enabling them to remain in their own community.

As Community Care Coordinator, you will be responsible for leading and supervising the care team to provide a high standard of personal care to service users in the local community. On occasions, you will deliver care yourself.

You will have proven experience of working in a social care role, with or willing to work towards at least an SVQ Level 3 in Social Services & Health Care and a PDA in Supervision. You will have experience of carrying out person-centred assessments and compiling outcome-focused care plans. You will also have experience of liaising with NHS and other professionals and outside agencies about referrals for people who need care. Key in this role will be strong communication skills, with an ability to build rapport and develop effective relationships.

The role is part-time, working 3 days per week, with some flexibility about the working pattern.

To request a copy of the full job description and person specification please email [HR@highlandhomecarers.co.uk](mailto:HR@highlandhomecarers.co.uk)

To apply, please email your CV and a short covering letter, for the attention of Laura Dobinson, HR Officer at the email address above.

**The closing date for applications is Sunday 9th December 2018. Interviews are scheduled for week commencing 17th December 2018.**

**Highland Council's  
Winter Payments from  
the Common Good Fund**



These small grants are on the go again this year. If you have had a payment before (£81) you should get it again without applying. If you have turned 90 years of age in the past year, you should make application. Younger people - especially those with children under 5 - can also apply if they are in receipt of other benefits.

If you have any questions contact **Inverness Town House on 01463 785100 or Fort Augustus Service Point**





## Megs Mindful Movement and Relaxation First Birthday Celebrations at the Stratherrick Hall

Megs Mindful Movement and Relaxation Class has been running at the Stratherrick Hall for a year now. The class is free and kindly funded by Stratherrick and Foyers Community Trust. Come along and try the class if you fancy - we are a friendly bunch, Tuesday 10-11 am followed by tea or coffee.



For more information just get in touch with Meg.  
email [Meg.Somerville@gmail.com](mailto:Meg.Somerville@gmail.com)  
or Facebook / Instagram Megs Mindful Movement.



Meg and  
Jessie the dog

## New eight-week Mindfulness Based Stress Reduction (MBSR) Course for 2019

Funding has been secured through the Stratherrick and Foyers Wellbeing Club from the Stratherrick and Foyers Community Trust to run the above course twice. The first course ran from October – December 2018, on Tuesday afternoons at Stratherrick Hall. I intent to run the next course sometime in 2019 ( its 2 hours per week over 8 weeks.) If you are interested please get in touch by email and let me know what times and dates would suit you best as I am restricted with availability at the Hall but the possibility of another venue (for evening sessions) might become available. Places are limited.

This course is normally priced at approximately £200 and is available free of charge 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





Loch Ness East and Strathnairn Medical Practice  
 The Medical Centre, FOYERS, Inverness, IV2 6YB  
 01456 486224 [www.foyersmedicalcentre.co.uk](http://www.foyersmedicalcentre.co.uk)



**Important Changes to ordering  
 REPEAT PRESCRIPTIONS  
 from the Medical Centre's website**

From 1<sup>st</sup> January 2019 we will no longer be able to accept requests for repeat prescriptions by telephone. Please help the Practice by registering asap and ordering your repeat prescriptions by our preferred option, online via our website [www.foyersmedicalcentre.co.uk](http://www.foyersmedicalcentre.co.uk) or by handing in or posting your repeat prescription slip to the surgery. **These are the only ways we will be taking any orders for medication after the 1<sup>st</sup> January 2019**

If you are having problems registering with the online service, please contact the surgery and we can offer you a time and date to pop in, and one of the Practice team can talk you through the straight-forward process.  
 Many thanks



POLICE SCOTLAND

The Police Scotland website recently reported that in a one week period in November, ten motorists were arrested in connection with drink or drug driving offences in the Highlands and Islands. 'Eight drivers - six men and two women - have been or will be reported in connection with alleged drink driving. A further two men will face similar action for alleged drug driving related offences. Offences were detected across the region, with incidents in Aird and Loch Ness area, Inverness, Easter Ross, Orkney and Shetland.'

P.C. Ryan McGill said 'Everyone knows that with Christmas approaching alcohol consumption increases for many drivers. If you value your driving licence and need it for work then make sure you do not risk losing it, injuring yourself or any other road user.'



*Midori, Chambord, Malibu or Pasa  
 ... many exotic liqueurs come out  
 from the back of the drinks cupboard  
 at Christmas and are around 20%  
 alcohol by volume. Other spirits can  
 be 40% by volume.*

**drinkaware**

More information on  
 alcohol is available at  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)





The Loch Ness Luvvies conjured up the most entertaining of evenings recently at the Stratherrick Hall. Their latest show, Noel Coward's Blithe Spirit, was a tour-de-force by our local troupe, directed by Michael White.

As the curtain opened the very impressive set of a posh 1940's living room drew the audience in to period and set up the action. The "Back-stage" crew did a marvellous job, not only with the set, but showed real talent for costumes and some amazing special effects!

Charles Condomine, (played by Simon Hargreaves) had not long married his second wife Ruth (Janet Sutherland). Charles had invited zany Medium Madame Arcati (Holly Arnold) to a séance, and his recently deceased first wife Elvira (Jan Hargreaves) makes a ghostly appearance as a consequence. Faced with the option of being dead or wreaking havoc with the household, Elvira chooses to return to the house.

Edith, the ditsy Maid with a secret (Heather MacDonald) pleased the audience with her performance whilst Dr Bradman (Jim Cameron/Michael White) and Mrs Bradman (Morag Pickthall) showed Charles what a happier marriage might look like.

Noel Coward's script was written over 80 years ago but was brought to life by the Luvvies. Coward's play is more than just comedic and makes us ponder on life and relationships – and what will happen to Charles.

Over 100 people enjoyed the Luvvies production over the two nights. Lots of rehearsal paid off, The cast had memorised an amazing amount of dialogue and Prompt 'Whispering' Fiona Ambrose was always ready with a line from the side of the stage. Dramatic exchanges and comic timing were often spot on. Simon Hargreaves' wig will take a long time to fade in the memory of all who attended. The Friday and Saturday night audiences both responded with laughs and well-deserved applause for the company at the curtain calls. Look out for the next Luvvies' performance!

*The Loch Ness Luvvies welcome new recruits. If you crave the smell of the greasepaint and the roar of the crowd, please contact one of the Luvvies.*



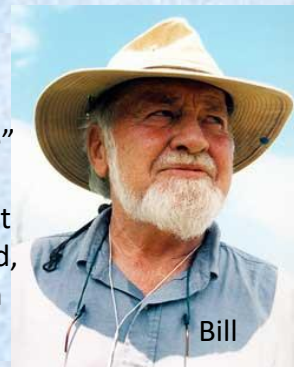
# Water, water, everywhere, Now, Nor any in my pond this Summer.

*For those familiar with the poem "The Ancient Mariner" by Samuel Taylor Coleridge, this can only be seen as murdering those famous lines "Water, water, everywhere, Nor any drop to drink."*

I recalled this poem when I lived in Australia and strangely have found that the change in our recent climate makes me recall it again. I never thought that I would see a parallel between the extremes I experienced in Australia with the extremes of wet and dry, though lesser, in Inverness. But they are now quite obvious as I looked at a dried out pond near Errogie this summer and now see my car windscreen wipers going ten to the dozen to combat the intensity of rain! Once in Australia it was so hard to see I had to stop driving altogether - but that was a time when the creek rose 40 feet and spread 100 feet after two weeks of intensive rain. Australians have found ideas to live in these extremes and in an attempt to share what I learnt I see relevance now with our area and our climate shift.

"Permaculture" was a cultural and land concept that Bill Mollison used to tackle the problem of extremes. Permaculture identifies the principles needed to tackle it. Firstly it is the idea of sustainable approaches to land which is the only way to prevent loss of soil, massive CO2 emissions, run off and huge floods and reduced yields. Our Culture need to shift to include permanence.

Bill then identifies ways to do this. The beauty of "Permaculture" as an idea is that it can apply to the smallest situation, starting at our back door and be scaled up to large agricultural enterprises and wilderness regeneration. We are all part of "Permaculture" in our own ways and the aim is to identify the ways to achieve it in this huge range of circumstances. Culture means sustainability and as a culture Bill was aiming to make it an integral part of a community's thought. "Permaculture" is now consciously applied, with a vast range of solutions, in many countries and it started in Northern New South Wales, Australia.



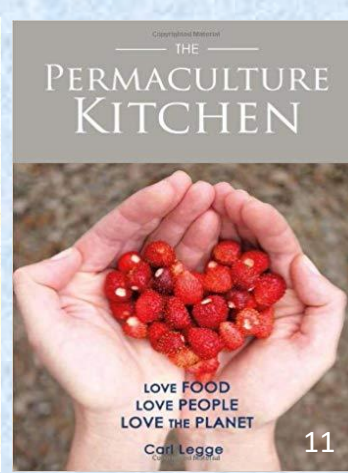
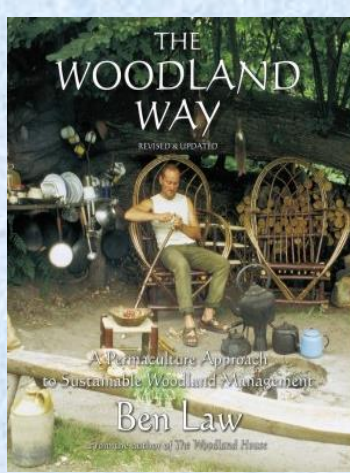
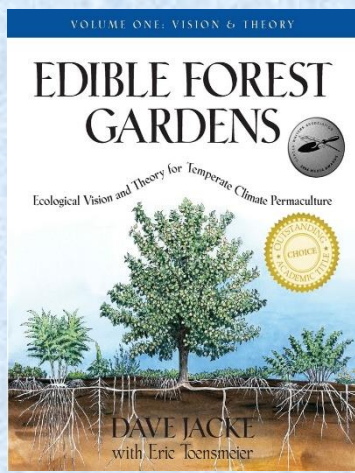
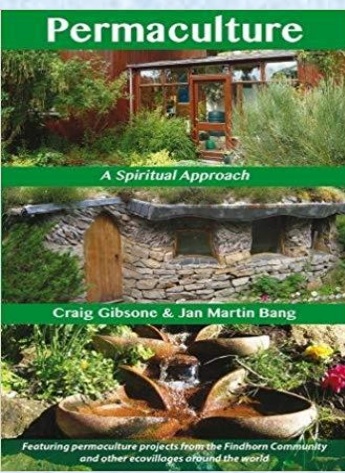
Starting at my own back door: The dryness of summer and wetness of winter is now a threat to our soil, baking it to a hardness plants can't grow in, washing away nutrients and the top soil itself into rivers and silting them up.

There is one simple solution. Mulch! Mulch can be sea shells in pot plants to retain moisture beneath them, or on surrounding bare soil with a coverage of leaf litter and bark to preserve moisture. This can apply to veggie gardens. Trees shed leaves in larger areas that mulch and improve the soil. Plants can be grown in the different micro climates of bushed or treed areas with greater success because of the soil nutrient and improved shelter. On agricultural farms some choose to harvest a crop but leave the stalks to cover the soil as mulch and enrich the soil as it breaks down with a 'no bare soil' policy.

Another solution to achieve "Permaculture" is "Diversity" as opposed to monoculture. This principle applies to companion planting in veggie gardens to companion planting on farms and is applied to achieving a diversity of tree species in woodlands. All this combatted extreme climate change and improved yield and plant healthiness. It was a great and successful idea I wanted to share.

**Margie Elgar-Bond**

All these titles below about Permaculture are available to borrow from Highland Libraries and can be ordered on the Library Van.





**Sandy Fraser remembers a few 'makes and models' from his early days in the Strath.**



The first car that I remember was a Humber owned by my Uncle James of Campbell the Builders. He came to visit us when I was a 5 year-old at Oldtown Farm, Errogie in 1935. The farm is now sadly lying in ruins. My cousin Kate MacGillivray, when she was not in Inverness, stayed with her sister at the School House, Errogie. She owned a baby Austin 7. It was a cute wee popular car at the time. On one occasion she rolled it on an icy road without resulting in harm to herself or much damage to her car.

Another different car used for school transport belonged to the Shaw Brothers who were Road Contractors, Croftdhu, Errogie. It was a Rover with a free wheel, it operated like a bicycle and you could free wheel for miles and save petrol, there was an inch round knob on the dashboard which you turned for off and on. It was later discontinued on safety grounds.

All the large estates including Corriegarth, Farraline, Knockie and Dumnaglass had big Ford V8 Shooting Brakes. These vehicles were fitted with a 30 horse power side valve engine, a 3 speed gearbox and 6 volt electrics. They had a top speed of 80 miles per hour which was good then considering the road conditions. Also they had wooden framed doors and side windows. They were very suitable for transporting shooting parties around the estates. I remember very well as an apprentice 1945-1950 working on them in Macrae and Dick's garage in Inverness. One of the tasks I had to do was removing the masks from the headlamps that had been put in place during the War to hide them from enemy planes flying overhead.

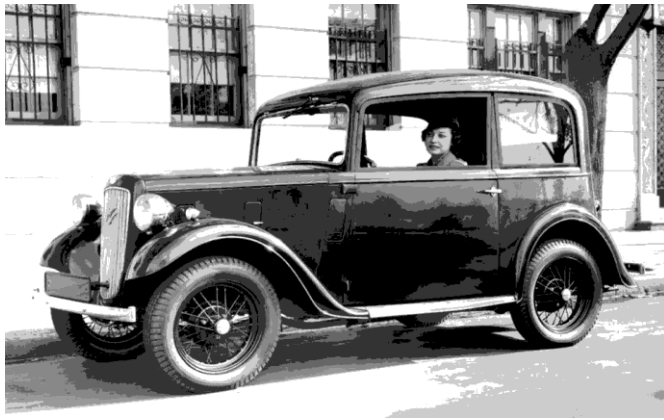
Back in those early days of motoring there were no inside or windscreen heaters and so on a frosty day it was a problem trying to see out and in fact highly dangerous. One solution was to slice a potato in half and rub it on the windscreen, the juice from it kept the glass from freezing. The first windscreen defroster was a hard plastic type strip 15" long with an electric element attached by two rubber suckers to the bottom of the windscreen and it worked very well. Also radios were not fitted as standard. Seat belts were never thought of. In winter you had to be well wrapped up with coats and gloves, not the comfort and luxury we enjoy today. Even the farm tractors now have heated cabs and radios. Can you imagine what it was like ploughing in the rain in an open cab all day? I suppose better than walking behind a plough all day pulled by horses.

We bought our first car at Migovie Farm around 1947. It was a Standard 2-door with a 3 speed forward gearbox (now you get cars with up to 6 forward gears). My brother Ewen was the proud driver, our father never bothered to learn to drive but I would be given a shot by Ewen "often on-edge" at driving on the two mile farm road. This was the car that I turned over at Scaniport on my way for my National Service Medical.

Other popular cars around that time were the Ford Popular and Prefect. These were very cheap cars which used the suction from the engine to drive the wipers. One drawback was when pulling hard uphill the wipers died off as the engine used up all the air so you had to slow down to get the wipers going again!



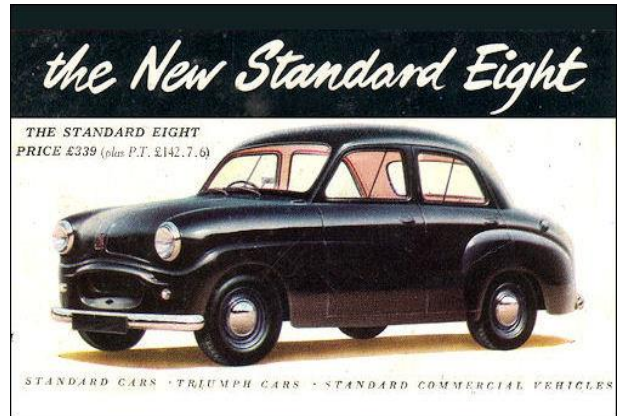
**Our first ever car at Migovie.  
*We felt like royalty!***



Jack Hall farmer in Garthbeg owned an MG sports car and would frighten the life of my father when given lifts. At the same time I remember my father saying, "Ah but he could handle it." At the outbreak of the War Jack volunteered as a fighter pilot in the Royal Air Force and later on was sadly posted missing.

My first car was a black Standard 8 saloon, 'HST140'. It was a joint venture with my brother Donald. We bought it in September 1954 from James Ferries & Coy, Motor and Agriculture Engineers, Inverness who were the agents for Standard cars. The car cost £339, plus Purchase Tax £142, plus oils used and a wiper blade for the passenger side and four hub cover plates, delivery and road license for a year less than £5. The total price was £508 which was a lot of money in those days, so we had to get a loan from a Hire Purchase Firm.

A car with an unusual gearbox was the Riley. You had to know how to drive it as I know because of a scare I got in Macrae and Dicks. I was detailed to repair a rear lamp but my colleague said "Hold-on while I check the charging system." Sitting in the car with one leg out, he started the car. It raced back, gaining speed and crashed into two other cars 20 feet behind. Had I been working at the rear I would have almost certainly have been crushed between the bumpers. This car had pre-select gears and until the clutch was pressed once, the drive was still engaged in the previous position - in this case reverse, although the gear lever was in the neutral position.



**HST 140**



Prior to owning a car a Triumph motor cycle was my transport and I once give my mother a pillion ride on it which she enjoyed but I think somehow was happier when she got off safely at the end of our journey which was only 3 miles to my Granny's home in Errogie. Another form of transport from Migovie to Wester Abercharder to connect to the school transport was in the back of our father's horse and cart when the road was flooded.

**Sandy Fraser**

Have you a story of days gone by? Please email [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

## Buses expected to change colour in January 2019



The school buses and service buses running between Inverness and Foyers and Inverness and Whitebridge have been operated by D&E Coaches for a while now. The firm is handing over these services to Stagecoach and some of their buses too.

Existing drivers are expected to transfer to Stagecoach. Some minor changes to the timetable are expected.

D&E Coaches told the NEWS that they will continue to operate tours, some school services in Inverness and private hires.

<https://www.stagecoachbus.com/about/north-scotland>







[www.firescotland.gov.uk](http://www.firescotland.gov.uk)



# RRU OK!

The new fire appliance for Foyers Fire Crew is an impressive vehicle packed with the latest tools to help tackle fires, road traffic accidents and other emergencies. The new fire engine is described as an RRU – a rapid response unit. It is designed for use in rural areas and is part of a £7.6 million investment in front-line firefighting. You may have heard the crew testing the sirens or seen the blue lights around Glenliath and Stratherrick during September – the vehicle has three different sirens for use at depending on the situation and the road being traversed. It has now seen active service at an industrial silo fire in Invergordon where the new lance worked very well indeed.

Local Retained Firefighter Stewart Macpherson from Dell was at Stonehaven for the RRU launch. Stewart appeared on STV television news.



## Emergency one

The RRUs are being built specially for the Scottish Fire and Rescue Service by **Emergency One** – a firm based in Cumnock in Ayrshire. A special vehicle body is fitted to an Iveco chassis cab. Equipment is then added including a water pump, grapples, ladders, hoses, trauma packs, e-draulic cutting gear and an UHPL – an ultra-high pressure cold cut lance. This tool is a great improvement on older water jets and can tackle the base of a fire.



Where will the previous Foyers Fire Engines end up now they are retired? The LDV Convoy 'SY04BXA' and 'SY03BNN' which both served at Foyers wait in the frost at Scottish Fire and Rescue's Inverness Store.



*Community volunteers installed 17 new grit bins on 24 November.*



Stratherrick and Foyers Community Council applied for a winter resilience grant from Scottish and Southern Energy Networks back in the springtime. Last month the Council heard that they had been successful. Their bid has resulted in 17 (yes 17) new grit bins now sited around our area. Highland Council has agreed to fill the bins with grit. Community Council Secretary Kim Burton successfully appealed on Facebook for volunteers to help install the new bins and for suggestions where some of the bins would be most useful. The idea was to address problem junctions with minor roads and accesses which are often the most treacherous when temperatures fall below zero on wet roads.

Did you know that most of the red road salt used in Scotland is mined in Northern Ireland and arrives here by ship? Irish Salt Mining and Exploration Co. Ltd. has vast underground salt caverns at Carrickfergus, County Antrim. They use the 'room and pillar' mining method. The company has underground machinery to grind up the material and conveyors to take the product to their own jetty at Kilroot to load coastal ships.

JOHN WAYNE GLEN CAMPBELL KIM DARBY  
**TRUE GRIT**  
HENRY HATHAWAY MARGUERITE ROBERTS

John Wayne says..... Keep 'an eye' out for the locations of the new grit bins. Then you will know where they are when the snow and ice come.

The size of these boats carrying road de-icing rock salt has increased over the years. The newest ship to deliver our road salt is the Inverness-based Scot Navigator which joined the Scotline fleet last year. The ship carries 3,500 tonnes of salt from Kilroot to Inverness and has completed two voyages in recent months.



The new grit bins were funded by



Powering our community





## Stratherrick Public Hall

Stratherrick Public Hall is set to get some TLC over the coming months. The work will take some time to complete but will be worthwhile. External work to the walls and roof will be undertaken and outside paintwork will be attended to. The spongy areas of floor in the current entrance porch will be renewed, and the kitchen floor will also receive much-needed attention.

In order that the joiner can undertake the work at the entrance, the Hall Committee plan to re-open the old entrance (closer to the bus shelter). The Hall will revert to the current entrance once all the work is completed.

Hugh Nicol, Chair of the Hall Committee said 'The leak in the roof has been stopped and we will reinstate the ceiling in the Committee Room. We are planning a small library and book swap area, and there is already a printer which can take photocopies. The shredder donated by the Medical Practice is also available if hall users have any documents to dispose of securely.'

Hugh added 'The Hall is expecting to host a wedding reception in January and we hope to have a new 'Hobart' dishwasher installed before then. This machine will be a great benefit to many users. We have chosen a commercial model which cleans and dries dishes very rapidly indeed and will improve hygiene and reduce manual effort.'

Hugh added 'The new data projector and screen are now working and are a marked improvement on the old screen which has been retired after more than forty years. Anyone visiting the hall can use our free WiFi and connect to the internet on their mobile phones and tablets when visiting the hall.'

All the work is funded by Stratherrick and Foyers Community Trust from money received from renewable energy companies operating in Stratherrick. Local tradesmen are being used wherever possible to maximise the benefit to our community.' Hugh concluded 'Please bear with us during this important work. In the interest of safety I'd also ask all Hall Users be vigilant whilst improvements are underway.'

### **Booking the Hall is easy.**

All bookings are handled by Pam Simpson, Gorthleck who holds the diary. Pam has recently listed all forthcoming hires on sheets in the Hall for reference and the contact details for the volunteer-run groups which use the Hall regularly. Hall hires by local community groups are free of charge because the Hall Committee has reached an agreement with the Community Trust for funding the expenses. Bookings must be made with Pam Simpson.

The Hall Committee still raises charges when the facility is used by private hirers or commercial organisations. All people hiring the Hall must abide by the terms and conditions of hire as set down by the Hall Committee.

**Contact Pam on 01456 486 364**

Stratherrick and Foyers Community Trust



# Afternoon Christmas CONCERT



## Cask Strength Ceilidh Band At Stratherrick Public Hall

Friday 21 December 2018 from 3.30pm to 4.30pm  
Doors open 3pm.



**No tickets required**

**Tea, Coffee and Scones provided.**

**R.O.A.R. Right of Admission Reserved**

Funded from community benefit payments from  
windfarm and hydro electric schemes in Stratherrick.





Stratherrick + Foyers



Community Trust

## Stratherrick and Foyers Community Trust Evening Christmas Ceilidh

# Cask Strength Ceilidh Band At Stratherrick Public Hall

Traditional Family Ceilidh and Dance  
Friday 21 December 2018 from 7.30pm to 11pm  
BYOB, Stovies provided.

Evening Ceilidh - Admission strictly by ticket only to avoid disappointment.

Tickets (£2) on sale from 11a.m. on 15 December 2018 at  
Foyers Stores, Camerons' Tearoom and Whitebridge Hotel.

R.O.A.R. Right of Admission Reserved

Only 110 tickets are available  
Any questions? [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk)

07525120966

All proceeds to  
Stratherrick  
Public Hall funds



For All Stratherrick Public Hall  
Bookings  
Contact Pam on  
**01456 486 364**

**Regular users of the Hall include**

Stratherrick and Foyers Well Being Group including  
Yoga.  
Mindfulness Group and Courses  
Stratherrick and Foyers Seniors' Lunch Club  
Boleskine Community Care  
Ballroom Dancing Group  
First Stratherrick Girl Guides, Brownies and Rainbows  
The Loch Ness Luvvies Amateur Dramatic Troupe.  
Stratherrick Spinning Club  
Stratherrick and Foyers Community Trust events  
Stratherrick and Foyers Community Council meetings  
South Loch Ness Heritage Group  
Stratherrick Dog Training Club  
Boleskine Camanachd (Annual Sale)  
Stratherrick Primary School



**Better than the Bught!**

Stratherrick and Foyers Community  
Fireworks was a success again this year.  
Thanks to off-duty Fire-fighters for  
running the intense and spectacular  
display and other members of the  
Foyers Fire Crew for preparing and  
serving the tasty soup and burgers.  
All together = pretty special!



The Loch Ness Luvvies  
curtain call at the recent  
production of Noel Coward's  
'Blithe Spirit'.

Have you an idea for a new community project  
or do you need help with a Grant Form?  
Contact Steven using the details on the card.  
Please leave a voicemail if he is out of range.

**Stratherrick and Foyers Community Trust**

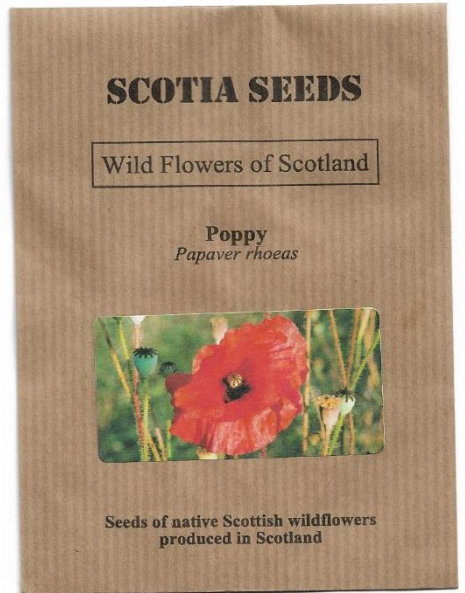


Steven Watson  
Project Coordinator  
pc@sfctrust.org.uk  
Mobile 07525120966

Stratherrick Public Hall, Gorthleck, Inverness, IV2 6YP  
[www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)



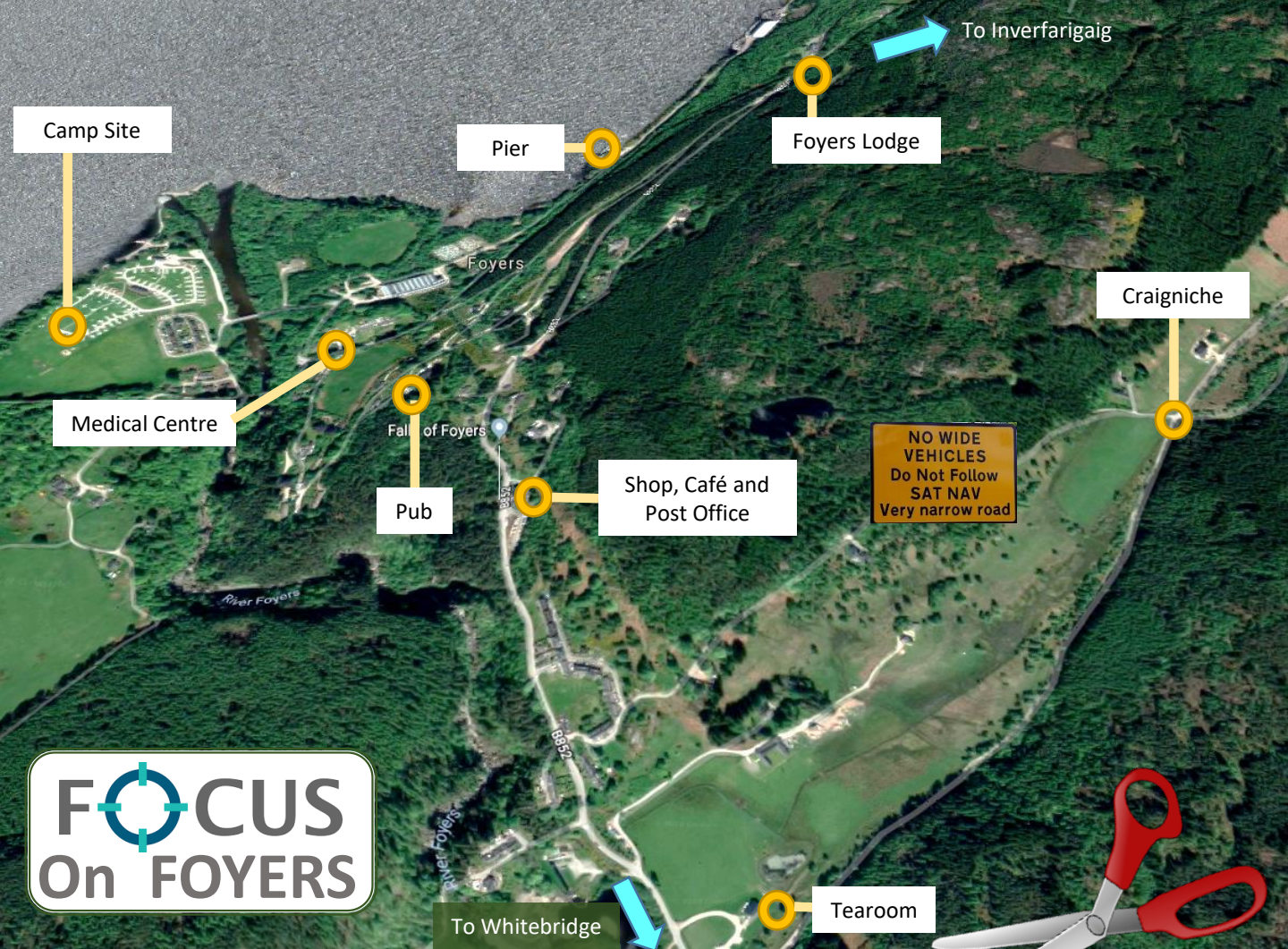
# FOCUS On FOYERS



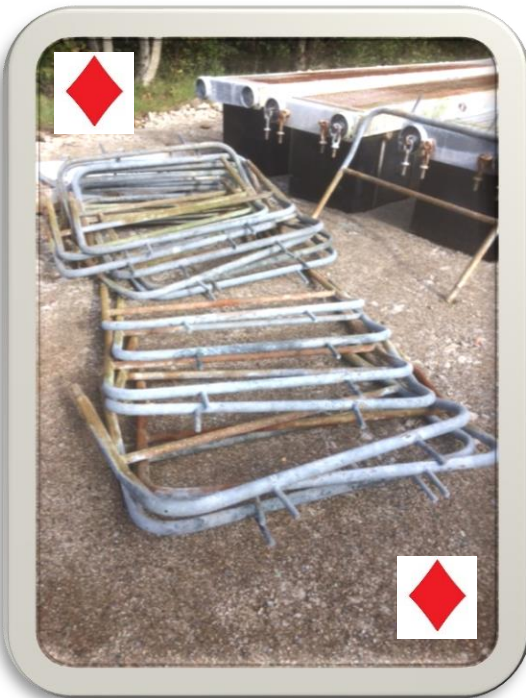
The new access to the Community's Riverside Field at Foyers was in use for the first time on 7<sup>th</sup> November when the pupils from Foyers Primary came down to sow wild flower seeds along the new bund. Fiona Morrison, SSE, Peter Faye, Chair of Stratherrick and Foyers Community Trust, Julie Murphy, Director of the Trust and Eilidh Todd, newly-appointed Community Funds Manager (r) with SSE in Inverness also attended.







So how many visitors will you meet in 2019 who are slightly lost?  
Thanks to Google, here is a paper map which might just help.



**Foyers pontoons**

Two consignments of pontoons have arrived at Foyers Bay. The sections have been donated to the Community Trust by a Drumnadrochit beneficiary and include bands, walkway sections, floats and safety rails. The Trust is making an inventory of the items to see which can be used at the site.



The Trust expects to test and re-galvanise the sections to be used at Foyers in conjunction with the proposed improved small boat slipway.











The South Loch Ness Motorcycle Club is planning to ride the North Coast 500 route in March / April 2019. The aim is to raise money for Scleroderma and Raynaud's UK charity. To make the journey more interesting and difficult the group will be riding a selection of old, recycled or cheap motorbikes. There are three choices for the 12 or so bikers taking part in the challenge. They can use a 'shed-built' bike, a bike under 125cc or a motorbike that costs less than £300. Just look what Ebay has to offer!

**Bettyhill or Bust!**



**£180**

James Motorcycle Spares or Repairs

Condition Used  
Time left: 3d 06h (02 Dec 2018 - 10:00:34 GMT)

**£180.00** 0 bids

Enter your max. bid

**Submit bid**

[Add to Watch list](#)

Posts from United Kingdom

Postage: Free collection in person | See details  
Item location: Stouper-on-Severn, United Kingdom  
Posts to: Collection in person only

Delivery: Buyer is responsible for vehicle collection or delivery.

Payments: Cash on collection. Other - See seller's payment instructions

Returns: No returns accepted

Raynaud's Phenomenon is a health condition which affects the circulation of many people especially in the small blood vessels in fingers and toes. Scleroderma is a rarer condition which affects the body's connective tissues and autoimmune system. The charity SRUK has been operating since 1984. [www.sruk.co.uk](http://www.sruk.co.uk)



Look out for collecting tins in local businesses around the area over the coming weeks and months. Every penny makes a difference as 'pennies make pounds'! Leaflets about the health conditions and the charity will be available wherever there are collecting tins.

You don't need a road map for the North Coast – just sing along with Calum Kennedy to the Waters of Kylesku or follow the lyrics of Jackie Craig's great song Bonnie Naver Bay.

<https://www.youtube.com/watch?v=PIOYWIIICupc>  
<https://www.youtube.com/watch?v=IFLsnEOBDB4>

*Voices from the straths*  
*guthan bho na srathain*

**AN EVENING OF ARCHIVE RECORDINGS FROM STRATHNAIRN, STRATHERRICK & STRATHDEARN WITH MUSC & TEAS**

**TOBAIR AN DUALCHAIS & FARR CONVERSATIONS**

**FARR HALL MEETING ROOM  
 7PM WED 5TH DEC**

This Issue of the NEWS includes an Application Form to join Stratherrick and Foyers Community Trust. If you live in the area and would like to join, please fill it in. If the Application Form is missing from your copy call 07525120966 and we will post you out a copy.



If you are having difficulty getting a paper copy of the NEWS we can mail future issues to you or drop them off. Next Issue March 2018.







## Sian and Phil are enjoying their new home above Foyers.

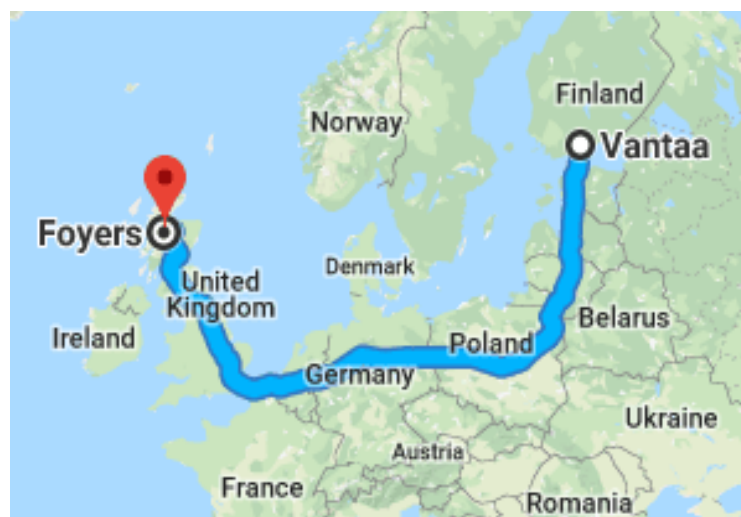
Sian writes 'Driving along the A82 a few days ago and looking back across Loch Ness towards Foyers, Phil and I felt very proud of the new structure on the hillside that, a year ago, didn't exist. Nestling nicely amongst the trees is 'Log Ness', the log house that we started to plan a long 3 years ago as soon as we had fallen in love with our plot of land and its surroundings.

The reason we were driving along the A82 is that we had walked up Meall Fuar Mhoniadh, something we feel inclined to do now and again as it features in the view from our sitting room, perfectly framed by the huge glass windows in the front of our building. The dramatic view changes by the hour and we particularly enjoy the Winter sunsets. In due course the first pleasure-craft to reappear on the Loch will signify the end of Winter turning into another busy Springtime.

We believe this newest addition to Foyers is the first building with traditional permanent foundations to be built for quite some years within the village itself. Constructed from 100-year old pine, the log kit, including its triple-glazed windows, comes from Finland with everything else sourced locally. The project itself was not without its problems, some of them significant. However, with the expert help and guidance of a local construction project manager (you know who you are) and the craftsmanship of local trades we finally finished construction exactly three years after finding our plot. We also had moral support and encouragement from many folk in the village for which we will always remain grateful.

During construction we lived first in a vintage caravan and then on a motorhome so moving into our spacious, comfortable, centrally heated (run by an Air Source Heat Pump) house in time for our fourth Foyers winter was a huge relief.

If you look up from the old shinty pitch or down from the B852 you will see our new-build with its contemporary lines and grey metal roof. We hope you like it. Meanwhile, the deer that leave their tracks across our still rather bald expanse of topsoil are probably willing our lawn to grow as much as we are. Roll on Spring!



# Boleskine Camanachd at Sgoil Shiaboist, Eilean Leodhais. 25 August 2018.



Boleskine crossed the Minch to win 4 – 2 against Lewis. Fulfilling the Lewis fixture is a challenge for some mainland clubs and Lewis was delighted to welcome Boleskine to Shawbost. It was an exciting game with the score at 2 – 2 for a while. Thanks to Camanachd Leodhais for the photo.

## Camanachd Association

Marine Harvest North Division 2, 2018

It has been a good season for Boleskine ending in a strong third place in North Division 2. You can see from the league table that it would not have taken much to see the Wasps finish even higher.

With sixty goals this season the team was certainly on target.

|  | P  | W  | D | L  | F  | A  | +/- | Pts |
|--|----|----|---|----|----|----|-----|-----|
| Lovat                                      | 20 | 15 | 0 | 4  | 84 | 22 | 62  | 32* |
| Caberfeidh                                 | 20 | 13 | 4 | 3  | 73 | 33 | 40  | 30  |
| Boleskine <span style="color:red">★</span> | 20 | 11 | 4 | 4  | 60 | 42 | 18  | 28* |
| Lochcarron                                 | 20 | 10 | 3 | 5  | 44 | 30 | 14  | 24* |
| Strathspey                                 | 20 | 7  | 4 | 8  | 47 | 51 | -4  | 20* |
| Lochaber                                   | 20 | 8  | 2 | 8  | 60 | 53 | 7   | 19* |
| Kilmallie                                  | 20 | 6  | 3 | 8  | 31 | 39 | -8  | 18* |
| Lewis                                      | 20 | 4  | 4 | 11 | 34 | 63 | -29 | 14* |
| Strathglass                                | 20 | 4  | 3 | 12 | 35 | 61 | -26 | 13* |
| Beauly                                     | 20 | 5  | 4 | 7  | 32 | 35 | -3  | 10* |
| Inverness                                  | 20 | 2  | 1 | 15 | 15 | 86 | -71 | 3*  |

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

Stratherrick Primary 3060

Inverness Royal Academy 1100

Kilchuimen Academy 2310

Drummond School 1910

Aldourie Primary 1350

Farr Primary 2020

Bun Sgoil Ghaidhlig 3280



Winter Watch - phone to check if a school is closed

**0800 564 2272**





## Oven Baked Risotto

Try this simple risotto and you'll be hooked!

Put the frying pan away. Did you know you don't have to stand stirring a big pot for hours to make a tasty risotto?

### Leek Risotto

This recipe is best eaten as soon as it is cooked, so time it well. Put the oven on at 180 degrees before you start mixing your ingredients.

#### Ingredients

- 1 tablespoon Oil
- 1 Onion
- 2 Leeks
- 250g Risotto Rice
- 175g Frozen Peas
- 3 tablespoons of Soft Cheese (Philadelphia or similar)
- Fresh zest from one Lemon.
- 700ml of hot Vegetable Stock made up using cubes or stock pots.



#### Method

Oil a casserole dish - a Pyrex one with a lid is best. Chop the onion and leeks and fry them in the rest of the oil until they are soft. Tip in the rice and keep on the hob for a further minute to allow the rice to take up the flavour. Stir well and put the mixture into your Pyrex dish and pour the hot stock over it.

Mix again and put the lid on. Cook for 30 minutes. Meanwhile boil the peas. When the risotto comes out the oven all the liquid should have been absorbed by the rice. Drain the peas and stir them in along with the lemon zest and cream cheese. Best serve immediately with grated Parmesan and garlic bread.



*All recipes are produced in the StrathNEWS kitchen. If you have a recipe to send in, please email us!*

#### Granny's Tips

1. Use spray oil and fat-free quark for a slimming version of this recipe.
2. Experiment with different flavours such as mushroom, sweetcorn or a jar of red peppers.
3. Try using a flavoured cream cheese or quark.
4. The top dish shown is a red pepper and sweetcorn version with onion and chive soft cheese.
5. A little flaked Smoked Salmon and cress on top makes the dish really special.





# The Boleskine Bookworm



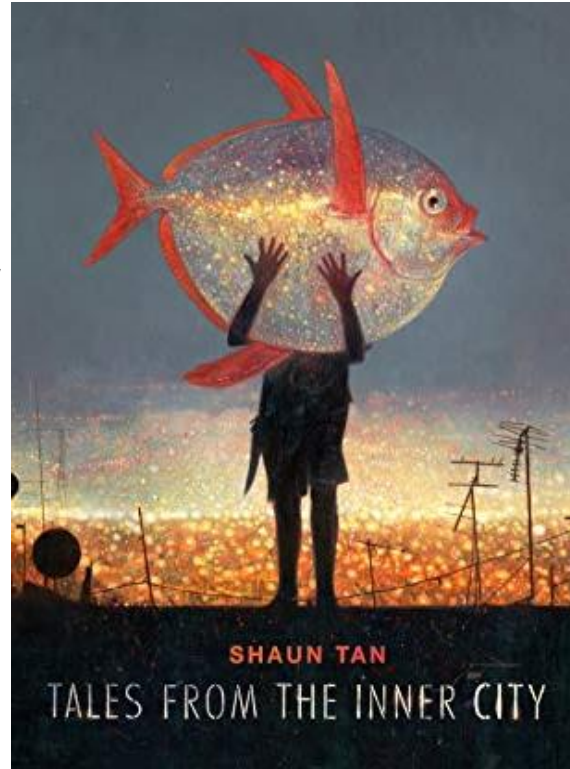
*For this issue Scott Russell our Mobile Librarian has a rather unusual choice. He wants to bring a book to your attention which you might not otherwise look at.*

## **Scott writes**

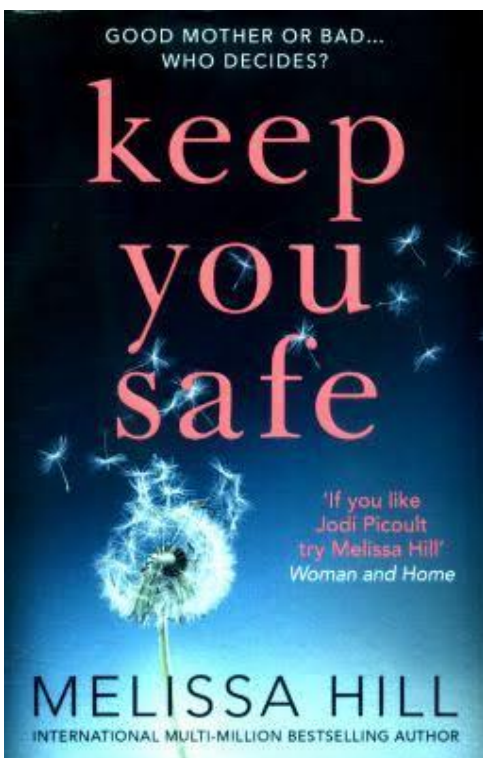
'Tales From the Inner City', by Shaun Tan. This book has been categorised as a 'junior book' but in my opinion is more suited to older teenagers and adults. Somewhere between an art book and a graphic novel, the book is a beautiful work, allegorical in intent and simply poetical in delivery.'

*Shaun Tan's book uses the relationships between humans and animals to make the reader think about life and living well. The book is available through the Mobile Library and can be bought elsewhere in different formats from £9.95.*

High Life Highland - Moray Firth Mobile Library Support Unit,  
01463 251269 or 07867 623490



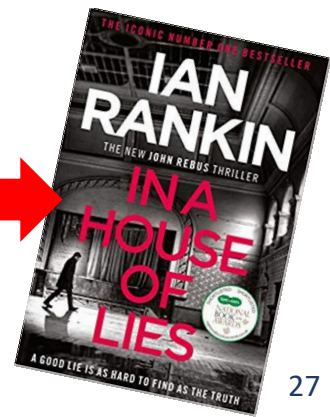
## **Mrs Gibson Recommends .....**



This book by Irish author Melissa Hill is gripping from the start. It is set near Dublin in the present. Two mothers, two different parenting styles, one fateful decision.... This is one of those books that makes the reader think. The issue is not clear-cut, black and white, and you swap back and forward as which character deserves your sympathy. Who is 'right' and who is 'wrong'? Who decides the answer?

This book will touch your heart with believable characters and emotive issues. If you like authors such as Jodi Picoult you'll love this book.

Ian Rankin was at Waterstone's in Inverness recently. Have you read his new Rebus book? 'In a House of Lies' If so, please send your short review to [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)







Community Trust gets four new directors

Peter Faye is Chair of the Trust for a second year and Sharon Ferguson, (pictured left) Wester Drummond is Vice Chair.

Over forty members of the Trust attended the AGM at Stratherrick Public Hall. Three new directors were elected by ballot on 28<sup>th</sup> November. The new elected Directors are

- Gillian MacIntyre from Gorthleck,
- Olaf Olsen, Tom a Mhoid and
- Margaret Cormack, Tom a Mhoid.

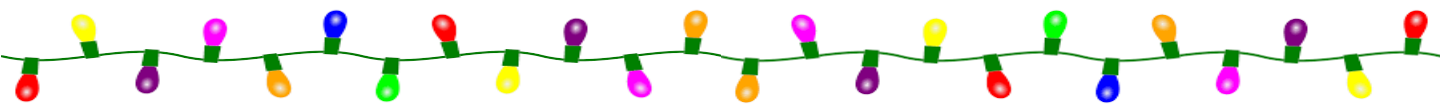


The meeting was also attended by Morven Smith from SSE and the ballot scrutineer was Charles Stephen, Ward Manager from Highland Council. Margaret Cormack was a Medical Physicist at Raigmore Hospital for many years prior to her recent retirement. Gillian McIntyre has had a career in Local Government in Falkirk which included the management of elections and Olaf Olsen was a Merchant Navy Officer for many years before moving to Gorthleck.

The AGM was also an opportunity to thank the Directors who were leaving the board for their contributions to the work of the Trust. Stewart Macpherson, Dell has been a stalwart of the Trust Board and stands down this year after a very successful Summer Community Fun Day at his farm. Caroline Mortimore, Gorthleck was a fresh face on the Trust Board last year and leaves after giving an insight from new arrivals to the district. The third director to depart is Hugh Nicol who has been a valuable member of the Board for some years providing sage guidance and contributing decades local knowledge at Trust meetings.

Ian Bateman, Ardachy also now joins the Trust Board as the Community Council's Liaison Director. Minutes of Community Trust meetings are posted on the Trust website's Documents Page every month. Directors Garry Page, Ken Sinclair Julie Murphy and Zoe Iliffe complete the line up of elected Directors. The AGM included a full report from the Chair and a detailed explanation of the unpurgated accounts of the Trust from Frank Ellam, Finance Director. Additional information is available on the Trust Website and Companies House website.





## Recent Grant Approvals from Stratherrick and 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
- 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 ten grants were approved by the Board Meeting held on 3rd October 2018.**

**Offers were made as follows -**

- Stratherrick Public Hall £12,446.51 (Constituted Group) Repairs and Maintenance / upgrading the Hall
- Stratherrick and Foyers Wellbeing Group – Mindfulness Courses etc. £1,970 (Constituted Group)
- Childrens Christmas Party £961.11 (Non Constituted Group / Kim Burton)
- Margaret Cormack, Windows £500 Energy Saving Grant
- Student Grants of £500 were offered to the following. Ewen Fraser, Ruari Tweedlie, Ciaran Jake MacMillan, Isabel Slater, Meg Somerville, and Verity Cameron.

**The following grant was approved by the Board Meeting held on 5th September 2018.**

**An offer was made as follows -**

- Inverfarigaig Residents' Association £7,345.20 (Constituted Group) for work on community fields.

The Board Meeting held on 7 November 2018 approved a grant for additional costs to Stratherrick and Foyers Wellbeing Club and an amendment of the grant to Boleskine Camanachd Club permitting the club to use the residue of funds previously awarded on a forthcoming event.

The Trust Board will consider a further 15 grant applications at their December meeting. Decisions will appear on the Trust website and the next issue of the NEWS. The next deadline for submitting completed grant applications is 21 December 2018. Applications received by this date will be assessed during January 2019 and decided in early February 2019. There are deadlines every two months. Deadlines for the start of 2019 are as follows –

- Applications received by 21 February will be assessed during March and a decision made in early April.
- Applications received by 21 April will be assessed during May and a decision made in early June.



When Highland Council announced that 15 villages would no longer get a Christmas Tree this year the 'Scottish Sun' newspaper carried a news item branding the Council as 'Scrooge'. There would be no trees for Drumnadrochit, Arderseir and Dores along with Foyers and Gorthleck. Communities were told they could 'buy their own'.

The *Scottish Sun* sprung into action and sent a van around the villages delivering a Christmas Tree paid for by the newspaper. One Foyers local said 'The tree *The Sun* has supplied is really lovely. The bloke in the van from Glasgow dropped it off at 9.30pm. He couldn't believe how dark it got up here!' Highland Council has now dressed the trees at Dores, Gorthleck and Foyers. Highland Council continues to spend vast sums on events in Inverness. This year Councillors approved the use of £340,000 of Common Good money for seven events in Inverness in 2019. This year's Inverness Hogmanay Celebration at the again features comedian Craig Hill from East Kilbride. No admission charge.

It was  
*The Sun*  
that did it!



**Thanks are due to the Scottish Sun for our lovely trees.**



## 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.*

**APPLICATION  
FORM ENCLOSED  
WITH THIS ISSUE**





## Open or Closed? – Yuletide Hours

- Craigdarroch Inn** - Festive hours – Pub open daily 2pm to 11pm, Closed on Christmas Day.
- Whitebridge Hotel** - Bella and Lesley are open on Christmas Day for two sittings of dinner. The pub will also be busy with special events on 15 December 2018 when Adam Sutherland entertains.
- Camerons' Tearoom** is open daily from 9am to 4pm Closed on Christmas Day, Boxing Day and on 1<sup>st</sup> January.
- Waterfall Café** Vanessa advises that the café will reopen after it has fitted the new stove and will close for Christmas Day and Ne'er Day.
- Foyers Surgery** will be closed for Christmas Day and Boxing Day. The Doctors will reopen Thursday 27<sup>th</sup> December and close again for New Year's Day and 1<sup>st</sup> January 2019, re-opening on Thursday 3<sup>rd</sup> January 2019.

The NHS 24 111 service provides urgent health advice out of hours, when your GP practice or dentist is closed. 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.

**D&E Coaches** Check D&E's tweets at <https://twitter.com/decoaches1> or call 01463222444

### This Christmas Remember to Recycle!

Please use your blue bin to recycle all of your:

|                           |                             |
|---------------------------|-----------------------------|
| mixed paper & card        | cartons                     |
| household metal packaging | household plastic packaging |

Items must be clean, dry & loose!

Refuse & recycling collection dates may change over the festive season

| YOUR NORMAL COLLECTION:                | WILL BE COLLECTED ON:                   |
|--|---|
| Tuesday 25 <sup>th</sup> December 2018 | Saturday 22 <sup>nd</sup> December 2018 |
| Tuesday 1 <sup>st</sup> January 2019   | Saturday 29 <sup>th</sup> December 2018 |
| Wednesday 2 <sup>nd</sup> January 2019 | Saturday 5 <sup>th</sup> January 2019   |

Wednesday 26<sup>th</sup> December (Boxing Day) collections will be as normal!

www.highland.gov.uk/recycle ☎ 01349 886603 ✉ recycle@highland.gov.uk

### Foyers Stores

|                                     |                 |
|-------------------------------------|-----------------|
| Sunday 23 <sup>rd</sup> December    | 10 am – 1:30 pm |
| Monday 24 <sup>th</sup> December    | 9 am – 3:00 pm  |
| Tuesday 25 <sup>th</sup> December   | Closed          |
| Wednesday 26 <sup>th</sup> December | 10 am – 1:30 pm |
| Sunday 30 <sup>th</sup> December    | 10 am – 1:30 pm |
| Monday 31 <sup>st</sup> December    | 9 am – 3:00 pm  |
| Tuesday 1 <sup>st</sup> January     | Closed          |
| Wednesday 2 <sup>nd</sup> January   | 10 am – 1:30 pm |

### Loch Ness Etape 28 April 2019

General entry places are now sold out, but MacMillan Cancer places are still available – you must guarantee £100 donation to MacMillan and pay an entry fee.

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





Find the sheep in the fank!



|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| U | V | A | T | E | X | E | L | O | S | J | K |
| B | L | L | E | Y | N | T | M | E | M | C | T |
| L | J | M | C | O | T | G | L | L | I | O | B |
| A | A | F | R | P | E | B | Z | W | I | H | R |
| C | C | Y | L | V | T | R | D | V | W | J | O |
| K | O | Y | G | R | Z | R | E | I | T | P | M |
| F | B | G | A | Y | E | H | F | Z | X | Q | Z |
| A | K | W | U | H | C | X | O | C | J | G | O |
| C | Z | H | E | B | R | I | D | E | A | N | K |
| E | X | Z | S | W | A | L | E | D | A | L | E |
| X | B | E | L | T | E | X | D | S | O | A | Y |
| T | R | M | E | R | I | N | O | D | X | D | C |

JACOB  
LLEYN  
SOAY  
HERDWICK  
BLACKFACE  
TEXEL  
ZWARTBLES  
CHEVIOT  
BELTEX  
MERINO  
SWALEDALE  
HEBRIDEAN



The latest local sale report for many of these breeds is at this link

<http://www.dingwallmart.co.uk/wwwroot/PDF/Sale-reports/2018/Nov/D101118rb.pdf>

### Pets' Corner

Here is Vespa, a black Labrador from Glenliath. She is 11 years old.

Photo by Charlotte Page

Please send your pet photographs to [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

