



Summer Fun Day Success

Three hundred people attended the Fun Day at Dell on 11 August. Trust Chair Peter Faye, who assisted splendid chefs Paula Page and Zoe Iliffe at the “Burger Bar” all day, said ‘Thank you to everyone who volunteered and all who came along. I was so pleased to see our community come together and to meet friends old and new. I was amazed by the effort local groups and residents put into the day. We are indebted to the Macpherson family at Dell Farm for all their efforts preparing for the event and ensuring it was a success.’



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Did you guess the weight of the three sheep? Page 26



Welcome to Issue Eleven of the Stratherrick and Foyers NEWS.

The next issue is due out in December 2018 The copy deadline is 20 November 2018.

A Note from the Editor. We have had a warm dry summer as I predicted in the June Issue of the NEWS – but I'm not risking an Autumn weather forecast. I hope this issue has an interesting mix of news and reviews. Next time we hope to have a report on the Loch Ness Luvvies next performance. Have you a photo you'd like to have printed in the NEWS? Please send it in to the NEWS, especially Student Graduation Photographs for the next issue. Thanks Steven.

Stratherrick and Foyers Community Trust has moved its registered office – and the address we ask for all our post to be addressed to. The new address is shown below, and a new letterbox has been installed at Stratherrick Public Hall. The Trust would like to thank the Ambroses at Inverfarigaig for the use of their postbox for years.

NEW POSTAL ADDRESS

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



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

Maybe Elvis Presley visited Scotland just once in March 1960 when his plane touched down at Prestwick Airport, but he was in good voice on 11 August at Dell Farm, Whitebridge! The music will be different at the next concert in the area - at the Stratherrick Public Hall on 13 September 2018 with Josie Duncan and Pablo Lafuente, plus Adam Sutherland and Marc Clement. It is part of the Blas Festival. Tickets from Pam on 01456 486364 or at Foyers Stores. www.blas-festival.com



A glorious day at Foyers. £172 was raised for Alzheimer's Scotland by the 'Memory Walk' at Foyers on 8th August



Dear Strathnews



Everyone was half expecting the Gala at Dell on Saturday 11th August to be a washout as the weather forecast foretold - wrongly! It turned out to be a most enjoyable day for everyone in the local community - Hard work from the members of Stratherrick Community Trust, the local Fire Brigade, Boleskine Community Care and other willing helpers meant there were all manner of activities and stalls in the Dell field - Bouncy castle, Slides etc, to occupy the children and adults alike. "Guess the hen's name", Guess the weight of 3 sheep in the pen", pony rides, cute goats, stilt walking and a Heritage Group Tent.

Meanwhile in the huge barn delicious beef burgers were being served out free and there was a lovely stall with tea and cakes, with ample seating and tables for the crowd. Free ice creams too! A country and western singer and an Elvis Presley impersonator entertained us with music and song. The whole event meant that people of the area came together and met as a community with so much to be enjoyed!

Buddy MacDougall



Jenny's pony was popular all day long.

Care Group expands again!

After their recent advert attracted lots of interest, the Trustees of Boleskine Community Care have appointed a new officer.

Morag Cameron, Glenlia, Chair of BCC said "Thanks to funding from Stratherrick and Foyers Community Trust Gillian Haston will begin working for BCC in September for 3 days a week. Gillian lives in Gorthleck. Gillian will bring organisational skills and experience to the charity and will help the Trustees of BCC extend care services in the community."



Boleskine Community Care also wants to thank all the hardy souls that walked, ran, cried and laughed during this year's Great Wilderness Challenge to help raise funds for Boleskine Community Care. More information to follow in the next BCC news letter.

www.boleskine-communitycare.org.uk

Boleskine Community Care

AGM

Saturday 3 November 2018



BCC raised £1,320 at the recent Fun Day at Dell Farm

(The front cover shows BCC Trustees Alison and Janet brandishing their tongs and slices at the Fun Day!)





New owners start to put their stamp on 'The Whitebridge'



Lesley and Bella are the new owners of the Whitebridge Hotel, and have left Glasgow behind to embark upon a wonderful highland adventure. They leave behind careers in Arts Management and Health and Social Care after falling in love with the Whitebridge Hotel back in December 2017. With a focus on good food, a warm welcome and some improvements to the bar and bedrooms, Lesley and Bella say they are ready to take on the next phase in the 'Whitebridge's' development.

They plan to bring a range of events and entertainment to the area which they hope local people and holiday makers will enjoy. The first scheduled event is in November – a murder mystery night where you can enjoy a glass of wine, a three-course meal and an evening's entertainment. Other planned entertainment includes quiz nights, music nights and food and drinks events.

Lesley and Bella told the NEWS 'We would like to thank the local community for the warm welcome and support that has been extended to us during our first couple of months trading. We have been overwhelmed by the generosity of local people from picking up supplies from Inverness to watering our flowers to recommending us to tourists to helping problem-solve niggles with our building. We are delighted to have joined such a lovely community. We have a fantastic local staff team and we look forward to welcoming you through our doors soon.'



The website for the hotel has been upgraded www.whitebridgehotel.co.uk

The Murder Mystery Night is scheduled for 23rd November – the theme is 'Haunted Hotel'!

Remember this year's Loch Ness Marathon starts at the Suidhe at 10am on Sunday 23rd September 2018. For locals taking part, or visiting runners staying on the South side of Loch Ness, you can be picked up by bus and taken to the Start.



Buses will leave from six locations as follows: 07.30 Dores – opposite Dores Inn, 07.45 Junction of Inverfarigaig Pass/B852, 07.55 Lower Foyers Junction with B852 08.00 Foyers Stores, 08.15 Junction of B862 & B852 and 08.25 Whitebridge Hotel. **Pre-booking is essential.** If you require pick up from any of these locations, please e-mail info@lochnessmarathon.com by 10 September. Please note there is no return transport from Inverness after the race.

<http://www.lochnessmarathon.com/>

Mr Graham sends us this update from Stratherrick Primary School and Nursery

Stratherrick staff and pupils are happy to be back after a beautiful summer. We hope that everyone in the area had a lovely summer break and are ready and recharged for the fine weather that is bound to come our way during the autumn and winter months!

This year we start with 6 pupils in the nursery and 16 pupils from Primary 1 to Primary 7. Hopefully, we will have a more constant school roll this year – last session it went up and down like Landmark’s rollercoaster! Miss Harris will continue to teach in the school – for which we are ever grateful – alongside Mr Graham. This does mean we have lost a very enthusiastic and popular member of staff, Mr Webster. He wasn’t with us for very long but worked hard and helped to provide great experiences for the pupils. We wish him well in the future.

Likewise we wish Casey Burton and Gregory Narku all the best in their new adventures at the Inverness Royal Academy – we are sure they will love it and have lots of success. Between now and October we will be focussing on WW1 as our topic. It is 100 years since the end of the war and this is a great opportunity to teach the children about the War. If you have any artefacts, resources or stories etc. please feel free to contact the school to offer your ‘services’ or ‘goods’.

The Parent Council worked really hard for us last year providing opportunities for various outings, BBQ’s and Fetes, and helped us to continue to improve as a school. We very much appreciate everything that they do to help support us. This coupled with the grant award they received from the Community Trust helped us to provide quality educational experiences that are hard to provide due to our rural location and small size. Thank you all.

Some of the highlights of the year included:

- Jammin’ Fitness sessions with Andy McKechnie
- 40th Birthday Celebration in September
- The Hallowe’en Disco
- Football Tournament in Fort Augustus
- The drive back from the Panto at Eden Court in the lovely snow (a Miss Harris favourite)
- Our Scottish Country Dancing superstars
- The skiing sessions
- The 5k fun run
- The Orienteering with Inverness Orienteering Club
- Eating lunch outside in the sun
- School Sports and Summer Fete
- Summer trip to Nairn Beach

Mr Graham said ‘We look forward to some more of the same and other exciting opportunities that will come our way this session.’



Taking part in the Scarecrow competition at Lyne Mhor Croft was great fun

Foyers Primary School has started the new session with 15 pupils.

We hope to include a similar feature from Foyers in the next edition of the NEWS.

Graduation photographs of local students are also welcome.



2018
Trip to Nairn
and School Fete

BACK TO SCHOOL

WHAT AM I GOING TO FEEL ABOUT
SECONDARY

BY BRYCE TULLOCH

Bryce writes

'The struggle of moving to a new class is terrifying. The amount of change there is and revolutionary history the hard way is gonna be like when I watch the 2014 film 'Blended' but without throwing you're remote control out of the window!

I live in a grassy area in Whitebridge so getting to school is gonna be harder than you think. But I learned that change has to happen. The more I learn, the more I know about life, so I will look forward to Secondary.'

I like lots of movies.

SANDLER BARRYMORE
BLENDED



Deer near Whitebridge

The 'NEWS' asked Bryce Tulloch from Whitebridge for his thoughts as he prepared to move-up after the summer holidays.
How long ago was it since you were twelve?
Do you remember the leap you made from Primary School to Secondary School?





Loch Insh 2018

While we were at Loch Insh we did: Mountain biking, Skiing, Kayaking, games/shinty, raft building, Way finding, Sailing, boat tour, archery, Windsurfing, disco and canoeing. It was tremendous fun. My favourite things would have to be raft building, Sailing and shinty. I also really enjoyed jumping of the pier at the end of windsurfing. We went with Foyers, Aldourie and Farr but we also made new friends with people from Holm as well. Thank you for funding the trip. I will never forget the experience I had. Thank you.



Here is a letter the Community Trust received from Jersey, one of the pupils in the area who participated in the Loch Insh residential trip which takes place each Spring.

On reaching the end of Primary Seven, pupils from Aldourie, Farr, Stratherrick, Foyers and Holm Primary Schools have the opportunity to go with teachers to Loch Insh near Aviemore where they all meet up for the first time. They join a group which is heading off to study at the Inverness Royal Academy after the Summer Break. The Trust supports the cost of these trips to make them affordable for all local parents.

Zoe Iliffe, Lead Director for grants at the Trust commented 'The Loch Insh trip is a rite of passage. Loch Insh and the many activities on offer provide an excellent preparation for the big change to secondary school after the holidays.'

If you have been to Loch Insh or are wondering what it is like, there is a video taken by a drone to watch on their website.

<https://lochinsh.com>

Stratherrick and Foyers Community Trust continues to provide grant assistance for education and learning for residents of all ages.

Grants to constituted groups for school pupil groups and to individual college or university students are open for application now.



Review
Summer Exhibition



Things we used to use...

This exhibition, titled 'Things we used to use' was staged in Stratherrick Hall on Friday 1st and Saturday 2nd June 2018. Quite literally hundreds of utensils, tools and artefacts from the past were on show, filling the hall, but leaving plenty room to circulate and chat as well. All the exhibits were labelled, with photographs to show many of them in use, and committee members and friends of the Heritage Group were on hand to explain things and help everyone to wallow in nostalgia.

On the Friday, the exhibition had visits from those too young to experience nostalgia – the pupils of Foyers, Aldourie and Stratherrick Primary Schools. They particularly enjoyed demonstrations of musical instruments, a wind-up gramophone, a stirrup-pump (great chance to get wet!) dairy utensils and laundry equipment. Some of these items were outside, joining an old Ferguson tractor.

In the hall were exhibits relating to traditional activities of the area – such as farming, forestry and gamekeeping, cobblers' and blacksmiths' tools were on show too. Home and school were also well represented, with dozens of once-familiar (and quite a few still familiar) domestic items, plus school books, part of a desk (with inkwell) and the inevitable tawse! A popular feature was the mystery table, displaying twenty strange-looking objects! Most older visitors identified some of them, but only the most knowledgeable recognised the lot!

Joining the school visitors on Friday morning, and then in the afternoon and evening too, as well as on Saturday, was a steady stream of members of the public, some old friends and neighbours, but many visitors to the area too. Reactions were invariably most enthusiastic. It is clear that, after a breather of a year or two, there will be demand for another similar event. The Heritage Group now has lists of the fascinating exhibits that many locals have in their homes, sheds and barns!



The South Loch Ness Heritage Group will hold its AGM later this year. The guest speaker from Inverness will talk on the subject of Votes for Women and the role played by Highland people.



A message from FIRA Friends of the Inverness Royal Academy



WE NEED YOUR HELP! More parent volunteers are needed either to take on an Office Bearers role or to support the group in any way you can.....



FIRA - Friends of Inverness Royal Academy is a Constituted Group of Voluntary Parents established primarily to meet the needs of older children in our community who study at Academy level from S1 and above.

Our aims are

- To provide professional Tutoring near exam time that is both accessible and affordable locally to all studying for Nationals and Highers.
- To assist with funding through Stratherrick and Foyers Community Trust so that each child who attends the IRA (only) can get up to £500 paid towards a school residential trip each year.
- To bring all of the children who attend at Academy level in our community together socially at an Annual Christmas event; last year we took them all Go Karting and enjoyed a meal in town.
- FIRA also organises Skiing Days at the Nevis Range supporting and developing many skills most children in our community had learnt through the SCFT-funded Primary School Sessions.
- All of this is only made possible by the funding provided by SFCT and the support of our volunteer parent team.



If you would like to know more about FIRA, or be added to our mailing list please contact Morag Cameron, Chair Person at Alimoglenliafarm@aol.com, or Sharon Ferguson, Secretary at horseon5@aol.co.uk or Paula Page at gpwombles35@aol.com or come along to the AGM – September 4th at 7pm, Stratherrick Public Hall.



1918 – 2018 One hundred years on from the First World War Armistice.

There will be a Service of Remembrance at Stratherrick War Memorial on 11 November 2018. This is normally held in the afternoon, but the special anniversary service will be a little different this year, so please check posters nearer the time. Local volunteer efforts have ensured that the area’s Memorial will be in great condition for this anniversary. Below are some more details of two of the names inscribed on the Stratherrick War Memorial, Alick Bethune and Simon Cameron.



This stone commemorating Alick Bethune, Corriegarth stands close to Boleskine Church at Drumtemple. Alick was a Seaforth Highlander. He was only 18 when he died in a Military Hospital in Edinburgh, just three days after the Armistice was signed.



This is a Commonwealth War Cemetery in Belgium, at Dozinghem, near Ypres. There are over 3,000 graves here. The stone for Simon Cameron, Coulintyre, Whitebridge is to the left of the picture near the back. Plot IX Row A, Grave 19. He was a gunner in the Royal Field Artillery and died on 29 October 1917 during the third battle of Ypres, aged just 28.



‘Far, far from Ypres.’ with Barbara Dickson

A cast of 26 are on stage for this performance which visits Eden Court in Inverness on Sunday 21 October 2018 as part of a Scottish tour.

The multimedia presentation follows a young soldier through the trenches and features many of the iconic songs, poems and stories of WW1.



Trust Chairs 'check out' their new agreement

Joint working will benefit
the residents of Stratherrick
and Foyers.

Signing the Concordat were
Knockie Trust Chair
Alistair Colquhoun (left)
and Peter J Faye, Chair of Stratherrick
& Foyers Community Trust.

Two local community organisations have come together to ensure they can both serve their community in the best possible way in the years ahead.

The Knockie Trust and the Stratherrick and Foyers Community Trust have agreed a new Concordat. The two Trusts will work together to benefit the residents of Errogie, Gorthleck, Whitebridge and Foyers, and the areas in between.

The Knockie Trust has a long history. Set up by the Fraser family of Knockie centuries ago, the Knockie Trust manages modest investments and uses any income to help local people who find themselves in distress. On the other hand, the Stratherrick and Foyers Community Trust has only been around for fifteen years. The Community Trust manages the community benefit funds received from hydro schemes and wind farms around Stratherrick.

The Chair of the Knockie Trust Alistair Colquhoun and the Chair of the Community Trust Peter J Faye met to sign the new concordat on 1 July 2018. They both said 'This agreement will help our two Trusts fulfil their remits. In recent years falling income from investments has reduced the finance available for the Knockie Trust to award, whilst the Community Trust's resources have increased. The Concordat will ensure more funds are available for local people experiencing extreme hardship and will make use of the expertise that the Knockie Trust has built up over the years. The Knockie Trust will now be the main point of contact for residents in need of individual help.' The Community Trust will continue with its grants programme focussed on Community Group activities and infrastructure.

Grant Contacts

For the **Stratherrick and Foyers Community Trust** call 07525120966 or email pc@sfctrust.org.uk The Community Trust deals with grants for community group activities, community infrastructure, student grants, sporting excellence grants, household energy efficiency grants, medical adaptations grants and Community Trust events.

If you are a resident of Foyers and Stratherrick find yourself in immediate extreme hardship and need help from the **Knockie Trust** please contact the Secretary on 01456 486646
fionahbateman@icloud.com

For the **Joint Apprenticeship Scheme** please email contact@communitycompany.co.uk or call Sharon on 01456 486771 for a discussion about the scheme and how you might benefit as an employer or apprentice.

Drew Hendry MP's Summer Surgery Tour



Drew writes.... 'As I travelled around the constituency this summer, it was great to see more visitors than ever before enjoying all we have on offer. Our tourism sector already accounts for twenty percent of the Highland economy. For many communities around the Loch, this figure will be much higher and we all want to see this go from strength to strength.

That said, our good fortune in increased visitor numbers has not come without its issues and it is important we all recognise these challenges and work together to make improvements.

Notably, increased traffic is taking its toll on our infrastructure and as I travelled from village to village, I saw first-hand some of the effects of increased traffic on our roads. On a recent visit to Foyers, I also spoke with Les about passing places road signage and the impact it is having on local commuters. I have already taken up this matter, and will keep you all updated on progress.

I also wanted to let you all know about the Rural Tourism Infrastructure Fund, launched by the Scottish Government to support communities to make improvements to local infrastructure. Whilst applications are now closed for this year, I would encourage local groups and community councils to keep the fund in mind when discussing what improvements are needed in the area. I would be very happy to lend my support, should the local community decide to prepare a pitch ahead of next year's application process. It would be great to see Foyers and other villages around the Loch benefitting from this fund.

I couldn't be in Foyers without popping into the new look Waterfall Café for a coffee and a catch up with the team. There was certainly a warm and inviting welcome on offer, and it was great to see the place bustling with visitors and locals alike.

As I held surgeries and visited residents across the constituency over these past weeks, Brexit was the subject on countless people's lips. Be it in person or by email, a great many of you have raised your concerns about the entire situation – and rightly so – want me to convey these concerns in the strongest possible terms at Westminster. You can certainly be assured, I intend to do just that.'

As always, I am here to help you, your family and your community.

If you need my assistance with any matter, please do get in touch.

Email: drew.hendry.mp@parliament.uk, Call: 01463 611024

Meet: <http://www.drewhendrymp.scot/constituency-surgeries/>





Billy Lewis



A word or two with Billy Lewis, Grouse Counter for the Dell Estate

‘Grouse counting is about more than just counting grouse.’ Billy Lewis told me as the dogs in his Landrover jostled for position. Estates need accurate information about their grouse populations if they are to manage their ground effectively and to ensure that shooting is maintained at sustainable levels.

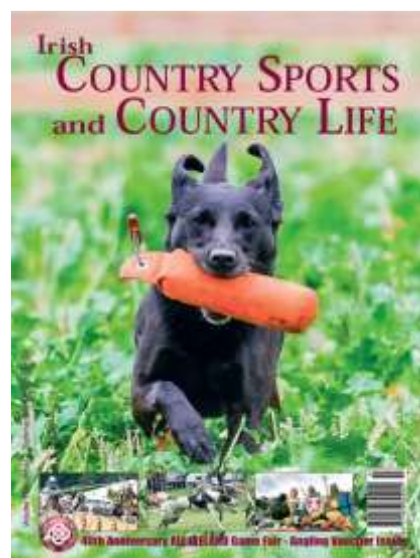
Billy is from the Downpatrick area of County Down, south of Belfast. He is a regular visitor to Whitebridge and the count at Dell Estate is one of his favourite jobs of the year. The summer count of grouse starts in July and goes on until the 11th of August. Billy always has time for a conversation and he is interested in every country subject. Billy told me about the many factors affecting grouse numbers and grouse health, and how different moors vary. A cold wet Spring or a late snow can really set back the number of birds. Insects are a crucial part of the diet for young chicks and the management of the heather also impacts on the numbers of young birds which survive in a brood. A good grouse counter will accurately determine the ratio and number of young birds to older birds. If fewer chicks are around then an estate may decide against any shooting that year.

Grouse counting is a specialist job, and whilst local keepers will know spots where the birds are plentiful, Billy will find out more about average numbers over the moor using mainly experienced pointer dogs. Grouse can be counted in plots of around 250 acres. As the counter walks along a pre-determined line, the dogs sweep to both sides out to 200 or 300 yards and ‘point’ out the birds. Data can be recorded using a hand held GPS system to record the location of each covey of grouse as the dog detects them.

Managing a grouse moor well is also beneficial for other bird species like golden plover or dunlin. Dotterel migrating from North Africa also need insects to breed on the higher areas of Highland Estates.

Billy is always happy at his work, with many early rises in the summer months, parking his trusty Landrover and walking miles with his dogs. Billy says ‘Sure it’s a great life!’

<http://www.countrysportsandcountrylife.com/>



Billy is a regular writer for this magazine. His ‘Country Chat’ feature is one of the most popular and is now available to read free on line.

Sandy Fraser remembers Inverness in his young days, seventy-five years ago. It was a market town then, and is now vastly different as the city we know today.



Sandy Fraser

Sandy says 'Tuesday was Market Day when the farmers and crofters arrived from Stratherrick and all the surrounding areas to sell and buy livestock. Macdonald & Fraser's and Hamilton's had their auction markets in Eastgate where Morrison's supermarket now stands. It was a great and important day when country folk met up for a blether and catch up over their lunch. Burnett's restaurant in Academy Street was a favourite place.

Before the days when farmers owned Land Rovers with livestock trailers the well-known local hauliers Alister Chisholm, Lochgarthside and brothers Jimmy and Donald Shaw at Croftdhu, Errogie transported the smaller loads. Robertsons of Rose Street came out to take the much larger loads, normally cattle, sheep and occasionally a pig or two. Sometimes my father would buy a young pig and carry it home in a bag on the Whitebridge bus! Can you imagine that happening today?

Going back much further my father would walk his sheep to Inverness with a midway stop meeting up with another farmer, Mr. Mackintosh of Erchite Farm and they would both drive the two flocks along the Dores Road and through the town to the stances at Eastgate. It would cause a bit of mayhem today I think, of course the traffic was much less back then. At other times when my father bought a horse he would walk it all the way home to Migovie. That's over 20 miles, they must have been hardy folk back in those days.

A Tuesday was a good day for business in town. Fraser & MacColls in Eastgate, Mitchells in Hamilton Street, Gilbert Ross the Ironmonger in Academy Street and Mactavish in Castle Street sold all kinds of agricultural equipment. There was a smiddy in Eastgate where the town horses were attended to as there were still lots of horse-drawn vehicles including milkcarts, cleansing wagons and general delivery wagons. The well-known Macdonald blacksmith family were always kept busy and people passing would stop and watch the horse shoeing with much interest. It was a more relaxed life style compared to today's rushing around! Another Macdonald was Simon a popular blacksmith in Errogie Smiddy.





Macrae and Dick in Academy Street was the only main garage then where I served my apprenticeship. Tuesday was a busy day when the farmers parked their cars and got them serviced. We were not too happy working on them because of the condition of the underside of their cars, coated with farmyard manure and layers of mud, and obviously never washed off since the car was bought new. Back then you could buy 4 gallons of petrol for £1 and still get back some change.

I mentioned Alister Chisholm, the haulage contractor so I must conclude by recalling the time when he came fortuitously to my rescue. In November 1950 I was on my way to Inverness for my Royal Air Force medical. I was driving my father's car and at Scaniport I hit a patch of black ice and rolled the car on it's side. Alister pulled up behind me and said "Aye lad I see that you've had a wee coup." In seconds with his giant effort the car was back on its wheels with only a small dent on one wing. After the scary accident I drove away for my medical and was relieved to pass.'

Sandy Fraser



There is still a history of MacRae and Dick's available to read on line at this link. The firm was taken over in 2016 by Parks of Hamilton after nearly 150 years in business.

<https://www.tiki-toki.com/timeline/entry/396368/A-History-of-Macrae-Dick/>

Macrae and Dick's premises off Strothers Lane, Inverness – about 1958.

No sign of Sandy in the photograph.

Maybe he was round at Burnett's for lunch!

The Australian branch of the Clan Association recently published an account of a ball at Dunmaglass in 1858 when Neil John MacGillivray returned to Scotland to assume the estate as the 12th Chief of the Clan. Click the link below to read the article, or text Strathnews with your name and address and we will send you a paper copy.



South Loch Ness Trail's 'Missing Link' Completed

The South Loch Ness Trail has been very popular since it opened. Now after eight years it is complete. The last main link between Fort Augustus and Loch Tarff was opened this month by the Provost of Inverness Councillor Helen Carmichael.



In his introductory speech, Graeme Ambrose, Inverfarigaig, Chief Executive Officer of Visit Inverness Loch Ness announced that walkers, especially from other European countries and the Far East were keen to complete a circular walk around Loch Ness using the Great Glen Way and the South Loch Ness Way. Graeme said 'There is great scope for attracting visitors who will walk or cycle either way, maybe in stages or all at once.' Visit Inverness Loch Ness is looking at a plan for an internationally marketed three day walking, cycling and running event around Loch Ness in 2020.



Provost Helen Carmichael wore her chain of office and cut the red ribbon with a pair of golden scissors at a section of the South Loch Ness Trail above Loch Tarff. The Provost thanked the funders which included a major contribution from energy firm SSE. Other partners and main funders in the whole project include Visit Scotland, the Highland Council, Forestry Commission, Scottish Natural Heritage and LEADER (European) Funding.

Thanks from the Trust to our great suppliers at the Fun Day. Morag Barton of MB Catering, Foyers provided a tasty range of ice creams and sauces at a reduced rate for the event. 281 ice creams were served on the day – what a feat! Heilan' Loos from Granttown on Spey also provided an exemplary service. The tasty rolls came from Maclean's Bakery' in Forres and the beer from Cromarty Brewery.





Seven new grants approved by the Community Trust

The Directors of Stratherrick and Foyers Community Trust met on 1 August 2018 and approved seven more grants in this month alone.

Four local young people will each benefit from a £500 grant to help with the costs of their studies in the academic year ahead. Abigail Kirkland, Samuel Mortimore, Hannah Kelly Tay and Christopher Tay will all be receiving offers from the Trust Administrator.

The Trust also approved £2000 for the purchase of fireworks and the annual display. £2,465 was allocated to the upgrading of the path between the roadside south of the Whitebridge Hotel and the Fechlin Bridge. Local contractor Hitrac, who have just completed the pathwork at Loch Tarff for Visit Inverness Loch Ness, have been busy already. The Trust Board also agreed to extend and improve the current Broadband Scheme serving the Whitebridge and Wester Drummond area. Plans to include homes around Errogie, Allt na Goire and Torness are in preparation.

Since the approval of funds, work on the Fechlin Wedge Path has started and was completed in a matter of days.



Before

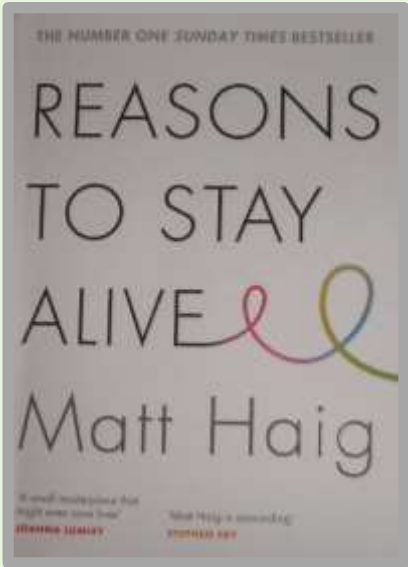


After



After

Book Review



Mrs Gibson recommends.....

Mrs Gibson has put down her usual thriller fiction this month and reviews a more serious and thought-proving book. It is 'Reasons to Stay Alive' by Matt Haig.

Mrs Gibson says 'Everyone should read this book. It's a crash course in understanding the life journey that is depression – and we all know someone who is struggling on that path. But do we truly understand what they are going through? Matt Haig takes us on his own personal journey with depression. The book is heart-breaking and sad but also funny and ultimately life-affirming. It's humanity at its very purest and you will be so thankful to Matt Haig for the insight he has brought you.'

'Reasons to stay alive' by Matt Haig, Canongate £8.99 ISBN 978-1-78211-682-0

Church News and Messages



Croachy – Scottish Episcopal Church –
www.stpaulsstrathnairn.co.uk



Golden Harvest!

This year's crop of local potatoes has arrived at Camerons' Farm Shop.

All are welcome at The Church of Scotland, Drumtemple where the Harvest Thanksgiving Service is to be held on Sunday 7th October.

Regular services are held at 10 a.m. on Sundays. Communion is on 28th October at Boleskine, when the Dores congregation travels to Drumtemple. Look out for details of a special 190-year anniversary service and music evening at Dores Church. Dates will be announced soon.

Text – 'To guide us in our everyday quest to lead the good life God made for us all and to humbly follow the example of his son Jesus Christ in all we do and say.'

Stratherrick Catholic Church - Father Andrew, the priest based in Fort Augustus produces a weekly Parish News. If you want to receive this e-mail, please contact Andrzej.harden@gmail.com There are generally eight masses a week, two of which are held in Stratherrick. Stratherrick Grotto celebrates its tenth anniversary this year.



Services at the Free Presbyterian Church, Gorthleck are every third Sunday at mid-day. Contact Mrs E Fraser 01456 486282 / 222 www.fpchurch.org.uk

'Thanks to everyone who came to visit The Neil Mackenzie Trust stand at the Fun Day, it was lovely to see some familiar faces, and also to meet some new ones! For those of you that didn't make it along, more information on what we do can be found at www.theneilmackenzietrust.wordpress.com'

Thanks again, Caroline, Croachy.

Wild Flower Meadows, by Margie Elgar-Bond

Here is a list of Scottish wild flowers which emerge in meadows at different times of the year to sustain our insect, butterfly and bee life. These little creatures are undergoing an assault on their numbers at the moment.

Wild pansy, pignut, bugle, common fumitory, heath spotted orchid, common orchid, greater stitchwort trailing St John's wort, tormentil, bell heather, ragged robin (*bottom*), bitter vetch, cuckoo flower, woodruff, mossy saxifrage, green alkanet, smooth hawk's beard, germander speedwell, red clover, sheep's sorrel, common bird's foot trefoil, meadow vetchling, white clover, ribwort plantain, meadow buttercup, fairy flax, yarrow, great lettuce, hawkweed, tufted vetch, common vetch, harebell, sneezewort (*middle*), common St John's wort, yellow rattle, angelica, common eyebright, devil's bit scabious (*top*), sea maywort, common restharrow, great willowherb, rosebay willowherb, lady's bedstraw, field forget-me-not, dog rose and thistle.

Public spaces could be great for this diversity or even a little patch of lawn. BUT, diversity cannot just occur if you leave a patch of grass with three or so species of grass or a patch of bare soil. There is no seed stock of the above plants remaining in the soil. They will be long gone. Bare land will not suddenly regenerate into a proper meadow - only drifting seeds may produce one or two species of meadow flower or even the imported ragwort may come to dominate the ground in its entirety.

Creating a meadow means human intervention on an intense level. However you can make progress in one season by turning the sod over in autumn to undermine the grass, then tilling the soil and sowing the area with a bag of seed containing the diversity of plants from the list above. Don't forget to roll in the seed to reduce the amount eaten by birds. You could then get a proper diverse meadow next year which will encourage our endangered insect life.

One supplier of Scottish wild flower seeds is based in Angus. Photographs in this article come from their website. www.scotiaseeds.co.uk Glasgow firm Kabloom also produces seed in grenade shaped wild seed containers. www.kabloom.co.uk



Handover of Carbon Monoxide Detectors – Tuesday 26 June 2018

Stratherrick and Foyers Community Trust has teamed up with Foyers Fire Crew to make homes safer. New alarms will warn residents if the killer gas, carbon monoxide, is building up in their homes.

Foyers Watch Manager Neil Kirkland said 'Carbon monoxide can build up in a room from heaters, fires and stoves, especially if they are incorrectly installed or if there is insufficient ventilation. Recently when undertaking local Home Fire Safety Visits we have seen a number of homes which should have a carbon monoxide detector present, but did not have one fitted. Anyone who has a Multifuel or Wood-burning Stove should have had a carbon monoxide Detector fitted by the installer, and should not rely on just having a smoke alarm in place.'

Neil added 'Thanks to the Trust we will be able to fit the carbon monoxide detector in the correct position where required as part of a Home Fire Safety Visit, and safeguard the residents.'

Peter Faye, Trust Chair said 'The Trust heard that there were examples of homes in our area where new stoves had been installed and no carbon monoxide alarm had been fitted. This puts lives at risk. Even if carbon monoxide doesn't kill you it can make you very unwell. The gas is very toxic to small children or people with respiratory problems. The Trust Directors agreed to purchase eleven CO Detectors to gift to the Fire Crew for them to install in local homes where needed.'

Peter Faye alerted local householders 'If you are having a new stove fitted make sure your installer complies with the regulations and supplies you with a carbon monoxide detector.'

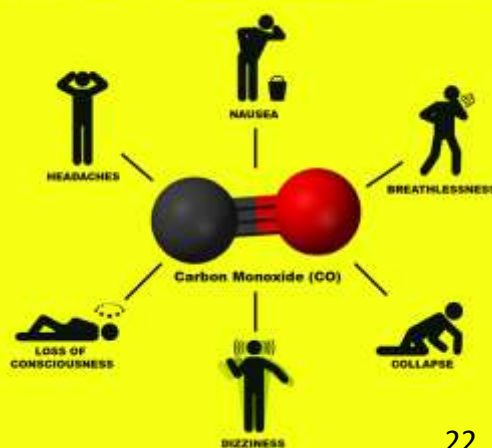
'To Arrange for A Free Home Fire Safety Visit please contact a member of the Foyers Crew.'



Photo (L-R) **Hugh Nicol**, Ault na Goire, Director, Stratherrick and Foyers Community Trust, **Peter Faye**, Whitebridge, Chair, Stratherrick and Foyers Community Trust, **Margaret Davidson**, Abriachan, Councillor, Aird and Loch Ness Ward and Leader of Highland Council, **Neil Kirkland**, Aberchalder, Foyers Fire Crew Watch Manager, **Catriona Fraser**, Gorthleck, Chair, Stratherrick and Foyers Community Council and **Ian Bateman**, Ardachy, Councillor, Stratherrick and Foyers Community Council.



SYMPTOMS OF CARBON MONOXIDE POISONING



Why not check your smoke detector is working now too?

Superfast Broadband Extension in Stratherrick and Foyers 2018

Cromarty Firth Wireless Networks Ltd and Stratherrick & Foyers Community Trust Ltd have announced that the extension of their Superfast network in the Stratherrick and Foyers area will go ahead. During their August Board meeting SFCT approved the funding and plans for Phase 2 of their Community wireless broadband scheme. CFWN will undertake all the infrastructure work for SFCT and continue to operate the network on the Trust's behalf.



The announcement of Phase 2 is the outcome of months of work and planning. While there are still some final land owner consents outstanding, CFWN and SFCT are confident work will start soon. Phase 2 also includes upgrading the main connection to the network from copper to a fibre optic cable. This upgrade will allow the network to cope with the increased demand, but the aim is also to future-proof the scheme.

Many of the nearly 100 properties likely to be covered within Phase 2 will be eligible for the Better Broadband Subsidy Scheme, which covers the majority of the installation fee.



Don't forget your bus pass!

If you remember when Foyers buses looked like this then you should be pleased to hear this! The Scottish Government's recent review of the concessionary bus travel scheme has concluded with a decision not to raise the age when older people become eligible for free bus travel. You will still get free travel from age 60 onwards.

<https://www.entitlementcard.org.uk/what-nec>



The Scottish Government has also increased eligibility for free travel for some carers and young apprentices.

Shiny New Data Projector and Silver Screen for Stratherrick Public Hall

It has arrived! The Hall has a new data projector and a large shiny new screen. A pair of speakers and an amplifier have also been purchased. The Community Trust uses the equipment for its monthly meetings of the Board of Directors, but out with that evening the equipment is available free for use by other groups using the Hall. The Epson projector links with the Hall's free wi-fi connection and can show moving pictures, Skype calls or display images from computers and DVD players. It is all very 21st Century – but check out the Technical Specification at the link below.

Epson EB-U42

<https://www.epson.co.uk/products/projectors/mobile/eb-u42#specifications>





Lymphoedema is a long-term (chronic) condition that causes swelling in the body's tissues. It can affect any part of the body, but usually develops in the arms or legs. It develops when the lymphatic system doesn't work properly.

Find out the latest information on

LYMPHOEDEMA

An update by Louise Shakespeare

Monday 10th September 2018
Spectrum Centre
INVERNESS
7.00pm

All Welcome
Raffle and Refreshments

HBCA is a small independent charity providing local non-medical support within the Highlands to Breast Cancer patients. 07501723544
www.hbca.org.uk

Highland Breast Care Association
Scottish Charity No.SC008627



Stretch and Flex
With TMS

Tripudio Movement Systems
Fun gentle exercise to music for those with or at risk of Lymphoedema – also suitable for other long term conditions such as Fibromyalgia.

Spectrum Centre
INVERNESS
Wednesdays, 200pm to 3.00pm
September, October and November
£1
ALL WELCOME

Coming soon.....Pets' Page
Please send in your photographs of pets large or small for our December issue.
No animals are excluded!
strathnews@sfctrust.org.uk





Stratherrick and Foyers Wellbeing Club is going from strength to strength. More participants are attending the Yoga Classes in the Stratherrick Public Hall. Stratherrick and Foyers Community Trust meets most of the costs of the classes, so any resident can attend. The Wellbeing Club also runs a singing group which is free to attend. Information is best found on Facebook at <https://www.facebook.com/stratherrickandfoyerswellbeingclub/>

SHOW US YOUR KNICKERS

We're having a collection for Smalls for All – a fantastic charity that collects and distributes underwear to women and children in Africa who need our help.

Underwear is a luxury some people can't afford. Giving pants and bras may seem like a small thing, but it can make a huge difference. For example, not having underwear can mean young girls miss days off school each month.

BRAVO – WE'RE SAYING PANTS TO POVERTY

If you want to show us your support, pop to the shop and pick up some new pants – or raid your bra drawer. Here's what we need:

- New ladies' pants size 8-16
- New children's pants age 3-15
- New or 'gently-worn' bras

Donate here:

Foyers Medical Centre

For further details contact:

Lesley 01456 486224

www.smallsforall.org

Smalls for All is a Registered Charity (no. 30241881)

SMALLS
FOR ALL

Scottish Charity **Smalls for All** celebrated its 8th birthday this month. Maria Macnamara who founded the charity recently said 'The support we receive is amazing. The ongoing success of Smalls for All is down to our incredible supporters. Many of you may know that I never intended to set up a charity collecting pants and bras. Well, any sort of charity really. (If I had, I might have collected toothbrushes or something easier to store and sort!)

But I'm so happy that my one-off request to family, friends and colleagues for 2000 pairs of pants in 2009 when I returned from Ethiopia has turned out this way. **812,008 pants and bras have been collected and 731,061 distributed to women and children in many African countries**, including Ethiopia, Gambia, Ghana, Kenya, Madagascar, Malawi, Sierra Leone, Somalia, Tanzania, Uganda, Zambia and Zanzibar.' Read more at www.smallsforall.org



The deadline for articles for the next issue of StrathNEWS is 18 November 2018 strathnews@sfctrust.org.uk

Foyers Fire Crew is supporting a new initiative which helps older people and especially those with mobility problems. Foyers Watch Manager Neil Kirkland recently handed over a cheque for £150 to maintain the tricycles. Recently some Stratherrick and Foyers residents have benefitted from the service. Residents of Care homes in Inverness and patients at the Highland Hospice have also had a 'hurl'.



Facebook

Mick Heath of the Inverness chapter of 'Cycling Without Age' said 'We have a great team of volunteers who've raised funds to buy electric assist trikes that we use to take elderly and frail folk for social rides in greenspace around Inverness. Our trikes were funded by Hitrans and Highland Council Common Good Fund.



If you know someone who'd benefit from a ride on these trikes - please contact cwainverness@gmail.com Mick Heath: [07712 524874](tel:07712524874), mdmheath@aol.com

There is a Facebook group where volunteers and supporters can communicate and collaborate: [Cycling Without Age - Inverness](https://www.facebook.com/CyclingWithoutAge-Inverness) and a fundraising page that accepts donations <https://mydonate.bt.com/fundraisers/cwai> Lots more information about CWA here: <http://cyclingwithoutage.scot>



Two Wheels

The Rat Race route is from Nairn to Ballachulish. Runners pick up their bikes at Cawdor Castle and come over the Calanour. This event has now raised more than £1million for Children with Cancer.

No Wheels The Loch Ness Marathon date is Sunday 23rd September.

The **Deloitte Ride Across Britain 2018** has been re-routed via Strathdon and Morayshire.

Can you guess correctly?

The Fun Day 'Weight of the Sheep and two Lambs competition' was very popular. The result appears on Page 31.



When the Knockie Trust was first established one of its primary aims was to assist with poverty and hardship within our community. As the years have passed varying types of Poverty are affecting individuals and families in different ways. Sadly, increasing numbers are being affected by FOOD Poverty. Some of this may be attributed to Welfare and Benefit cuts and reviews of social entitlement. Whilst the Knockie Trust can usually always help it is important to signpost applicants to other organisations which may be able to provide assistance. One such organisation is 'Highland Foodbank'. This may allow the Knockie Trust to give assistance in other areas, such as fuel poverty.

In order to access Foodbanks referral must come from a registered referral agency. In this area the registered agency is at the Medical Centre in Foyers. Here, they will be able to provide the relevant information and vouchers. One of the main concerns of Foodbank users is maintaining confidentiality and privacy. Clearly, in a smaller rural community this can be a greater concern. Assurance is given to all applicants that the utmost confidentiality will be given and should NOT discourage those in need from applying.

We hope this information may be helpful and if further advice is required please contact the Foyers Medical Centre on 01456 486224 in the first instance.

Information regarding Knockie Trust can be obtained by contacting Eileen Martin on 01456 486661.



Motor bikes meet at Glenliath

Pictured left is the T. Arnott Moffat Memorial Road Run organised by the Inverness & District Motor Cycle Club, which called at Foyers in July. They were a happy bunch!

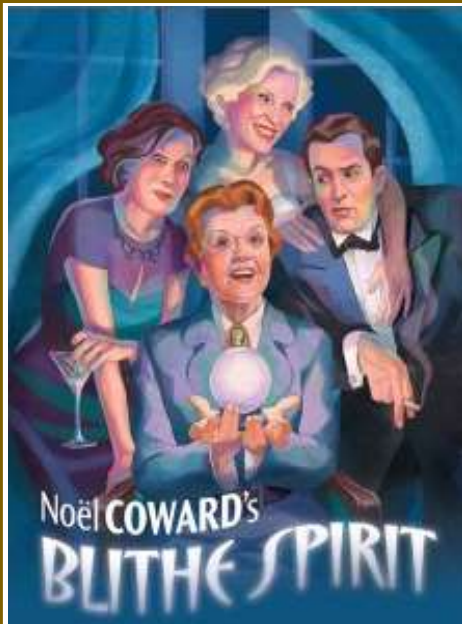


and introducing Maggie

Cameron's Tearoom is a favourite for visitors who are always taking photographs of the Highland Cattle or the geese. Blossom the Deer has a new friend – Maggie, and the pair get on so well.

All residents are welcome to become members of Stratherrick and Foyers Community Trust. Text your name and address to 07525120966 and we will mail you a membership form.

THE LOCH NESS LUVVIES



From the photo above you can see that the Loch Ness Luvvies have already begun work on their autumn show. Described by the author as an 'improbable farce', Noel Coward's *Blithe Spirit* is a play with mischievous ghosts and sparkling wit, feuding wives and the bizarre activities of the celebrated clairvoyant, Madam Arcati.

Directed by Michael White, 'Blithe Spirit' will be performed at the Stratherrick Public Hall, Gorthleck on Friday and Saturday 16th and 17th November 2018. *Make a note in your diaries now so you don't miss the chance to see this classic play.*

No action yet at Boleskine House



Boleskine House is crumbling away since the major fire on 23 December 2015. As the weather takes its toll and other detachable items are removed by visiting Crowley or Jimmy Page enthusiasts the great age of the internal walls is becoming more evident. Part of the structure is original, dating from Colonel Archibald Fraser's time in the 1760's.

Dutch millionairess Trudy Piekaar-Bakker - who has owned Boleskine House for over 15 years - was recently reported as speaking to the Daily Express. The Amsterdam businesswoman who made her fortune in a business dealing in Japanese car parts talked about restoring the burned-out shell. Until now Ms Piekaar-Bakker, who is in her 70's has kept a low profile. Ms Piekaar-Bakker said she had used Boleskine House for coming over to Scotland with friends and family. 'I enjoyed it very much and I never had any spooky experiences in it. It was a lovely house and it absolutely had a nice feeling to it.'

In 2002 the Clan MacGillivray International Association met at Boleskine when Ronald and Annette MacGillivray owned the house. The cairn commemorating the gathering still stands in Boleskine House grounds.

Clan MacGillivray has a Facebook page at

<https://www.facebook.com/groups/2229043349/>





Shinty favourite and musician Gary Innes (the new Robbie Shepherd on the BBC) was on stage for the final Runrig concert in Stirling. Gary's Scotland Shinty Captain's shirt has just raised over £4,200 in an on-line auction on E-bay. All proceeds go towards youth shinty!

The Blas Festival is well known for arranging great performances across the Highlands. The NEWS is pleased to report that the Stratherrick Public Hall is on the list of venues this year. Tickets for this concert on 13 September can be purchased locally at Foyers Stores or from Pam in Gorthleck, call 01463 486364.

The Blas Festival
in association with
Stratherrick Public Hall Committee
presents

BLAS festival 2018
blasfestival.com September 7 - 15 Sultain



Adam Sutherland & Marc Clement
and
Josie Duncan & Pablo Lafuente
in concert

Thursday 13 September | Diardaoin 13 Sultain
Stratherrick Public Hall, Gorthleck @ 7.30pm

Tickets - 01456 486364 or blas-festival.ticketline.co.uk - tiogaidean

Thoiribh suil air www.blas-festival.com for further details

Tickets - Adults £12, Concessions £10
Children u16 £5, Family Ticket
(2 adults + 2 children) £30
Local Box Office Number 01456 486364
24 hr Ticket Hotline 0844 8889991



Boleskine Camanachd Shinty Report

It is a good season so far for Boleskine Camanachd with the team firmly in the top four of North Division Two. Lovat seem likely to come out top, but there is little between the other top teams Caberfeidh and Lochcarron. Boleskine players have been finding the goal more often and their goal difference is a respectable +9. One highlight was a 9 – 1 win against Strathspey at Smith Park in July. The scoreline for the recent match away against Lewis ended Lewis 2 Boleskine 4. The next away games are against lower ranking opposition, so there is still scope for a second place finish in the league.

William MacKinnon was on international duty with the under 17 team which recently won their two matches on the annual visit to the Irish Republic.

These action photographs taken at Lochcarron in June by AIM photography (Annie MacDonald of Applecross) are amongst over 40 shots of the match available on line at her Facebook page. <https://www.facebook.com/AIMPhotog>

*The match was another win for the Wasps
Lochcarron Camanachd 1 : Boleskine Camanachd 3*



--- Recipe – Granny’s Sweet Potato Chips ---



When Granny was young, sweet potatoes or yams were still a bit exotic, but nowadays they are commonplace. This one kilo bag from Tesco costs £1. Roasting the chips using just spray oil means you get a filling meal with very little fat. Seasoning varies the flavour, but follow these simple tips and you will always get tasty sweet potato chips! Put the oven on at 190 degrees before you start. Use some baking parchment to save on the washing up!

Ingredients

One bag of Sweet Potatoes (one kilo) (£1)
Spray Oil such as 'Fry light'
Seasoning including Garlic Salt and Paprika.



Method

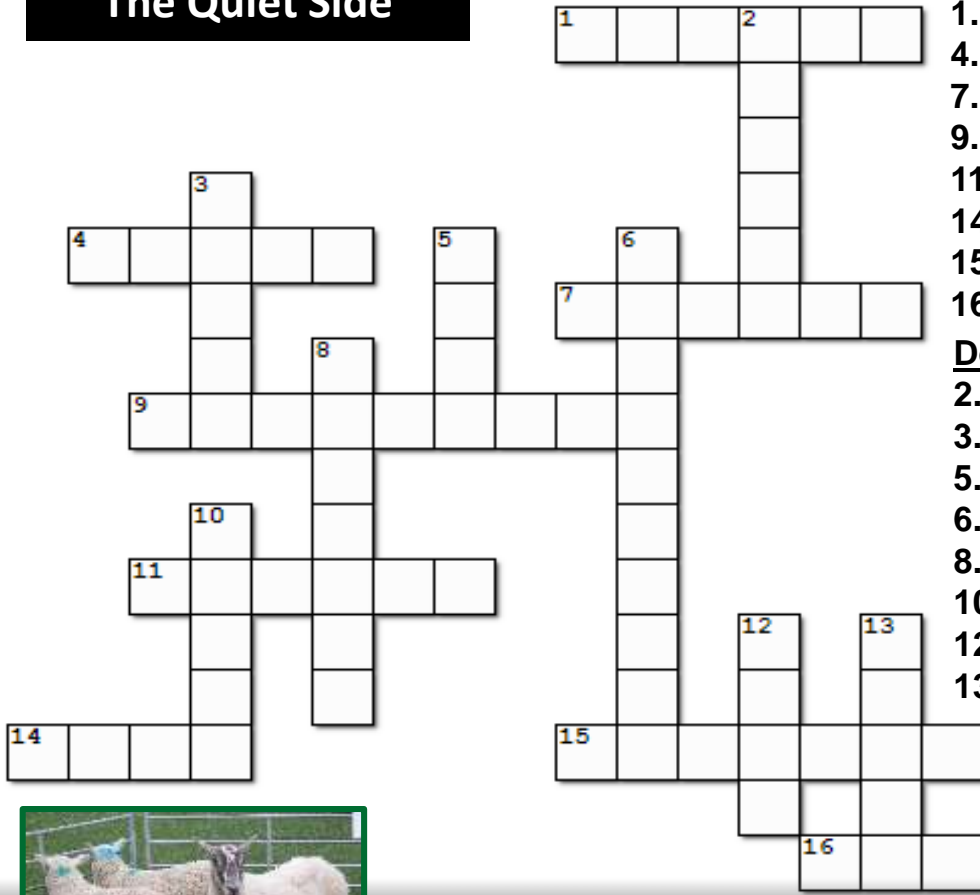
Select your sweet potato and carefully peel it, just removing the top layer of skin. Cut the peeled potatoes into wedges, so they can sit on the rounded side on the baking tray. Carefully arrange the chips angle side up and spray with oil. Shake your Garlic Salt and Paprika generously over the chips. Spray again lightly with oil. Place in a hot oven (190 degrees) for around 30 minutes until the chips look soft, with tasty charred ends.



Cameron's Tearoom will be hosting a coffee Afternoon in aid of Macmillan Cancer Support from 3.30 - 5 pm on the Friday 28th September. See you there!



The Quiet Side

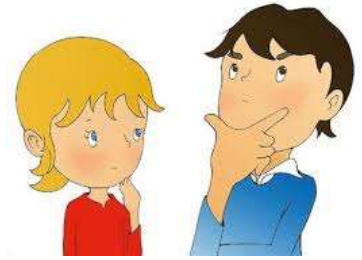


Across

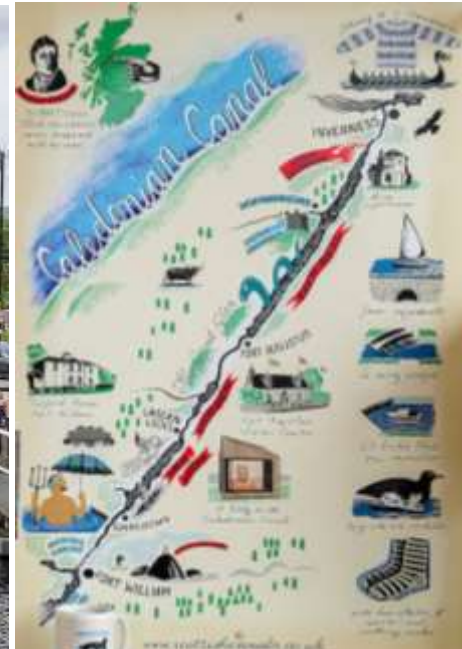
1. Outlander's Jamie (6)
4. Inverfarigaig remembers (5)
7. Downstream river (6)
9. The Camanachd (9)
11. 'Temporary' Bridge (6)
14. Bigger Loch (4)
15. Corner and Phone Box (7)
16. Camerons' sell this (3)

Down

2. Way to Fort Augustus (6)
3. Water Power (5)
5. Twisty Road, Screw (4)
6. Tie up here (6 - 4)
8. Upstream river (7)
10. of Foyers (5)
12. Big Loch (4)
13. Permanent Bridge



Answer - The weight of the ewe and two lambs was 172 kilograms.



The new Scottish Canals Centre in Fort Augustus has opened for business. There are seven letting bedrooms upstairs. A café, shop and ice cream counter are all doing a brisk trade. There are old photographs on display and some information about the canal including a wall-mounted infographic.

<https://www.scottishcanals.co.uk/destinations/fort-augustus/caledonian-canal-centre/>





ALL WE WANT FOR CHRISTMAS IS YOU



Ceilidh Volunteers Needed – this Christmas!

Last year the Trust ran a Ceilidh at Christmas at the Stratherrick Public Hall which was well received by many people who attended. This year the Trust has booked the same great band again – The Cask Strength Ceilidh Band - for Friday 21st December 2018. We are planning a short afternoon concert this time, followed by an evening ceilidh with food, very similar to last year's event.

We need to recruit volunteers to assist in the preparation and running of the concert and ceilidh.

Last year Trust Directors volunteered but this year fewer Directors are available for that date and although some will be present, we need assistance to set up seating and the kitchen, ensure order, take tickets, help with refreshments and washing up, look after the Hall and be alert should anyone take ill. Once everyone has gone home we need to leave the Hall tidy and lock up.

The Trust is appealing for volunteers from the Community who can guarantee they are available to help with any of the above tasks, attend the evening ceilidh, stay sober and ideally have access to a vehicle if required. If no volunteers come forward the event may not go ahead, so we really need your help.

The Trust is arranging for the Hall to be cleaned after the event, so the volunteers will not be expected to mop the floor etc. If you want to volunteer, please call Steven on 07525 120966 or pc@sfctrust.org.uk

Stratherrick and Foyers Community Trust is also needing to recruit additional volunteer directors. The Trust Board meets each month. Directors can stand for election at the AGM or join the board by co-option by the elected directors at any time. If you are interested in the role of Director and what it entails please look up www.stratherrickcommunity.org.uk or talk to any of the current Trust Directors whose details appear on the website.