



Jennie and Derek



Bernie and Alan



Congratulations! Jennie Devlin from Riverside, Foyers and Mr Alan Graham, Headteacher at Stratherrick Primary School were winners at Strictly Inverness on 19th May. Strictly Inverness was a glittering and glamorous dance extravaganza. The final night was a tense affair but Jennie, Alan and their partners were the clear winners with the roaring audience and judges alike. The event has raised well over £100,000 for Highland Hospice and the Ice Centre. Jennie's business sponsor was Loch Ness Shores, Foyers.

Farewell to the Tilbrooks at the Whitebridge Hotel.

Gail and Andy are leaving 'The Whitebridge' after two years in charge. They want to thank all the locals that helped them so much and have enjoyed their time here. Gail and Andy were great supporters to local fundraising events and are looking to settle around Inverness and want to keep up with the many friends they've made around Stratherrick and Foyers.

The Hotel has been sold to a couple from Glasgow.



Good News! Last Issue's cover story had a hitch, but all the red tape has now been dealt with. Stratherrick and Foyers Community Trust has finally taken ownership of both of the Lower Foyers Units and holds the lease of the site on which they stand from energy firm SSE.

Welcome to the Stratherrick and Foyers NEWS, Issue Ten

The next issue due out on 1 September 2018

The copy deadline is 20 August 2018

A Note from the Editor.

So here is Issue 10 – our colourful ‘Strictly’ cover surely caught your eye. Didn’t Jennie and Alan do well... as Bruce Forsyth would have said. I always thank the many local contributors for their photographs and stories, and I mean it. Keep the good stuff coming in – the next issue of the NEWS will be in preparation in just 10 weeks time. I hope to include items we are missing by a few days in the September issue, such the Heritage Exhibition at the Stratherrick Hall on 1st and 2nd June and the Gorthleck Garden Open Day the same weekend. Meantime, enjoy the summer, the visitors and the continuous warm sunshine we can expect for the next few months. Steven

You can write for the NEWS !

Do you like a Boxed-Set Marathon? Which series has gripped you recently?

Or are you a gamer? Do you play Minecraft, Legend of Zelda, or Fortnite?

What’s your favourite game or series and why do you like it?

We need an article on computer games and one on boxed-sets for our next Issue.

300 words please – strathnews@sfctrust.org.uk



Stratherrick and Foyers Community Trust Grant Application Deadlines for 2018 are as follows

21 June 2018 – Completed grant applications received by this date will be assessed during July and considered by the Trust Board in early August 2018.

21 August 2018 – Completed grant applications received by this date will be assessed during September and considered by the Trust Board in early October 2018.

21 October 2018 – Completed grant applications received by this date will be assessed during November and considered by the Trust Board in early December 2018.

Foyers Noticeboard gets some TLC....

Summer is here! The noticeboard near Foyers Stores was needing some maintenance work, so the Trust asked Luke Flanagan, the carpenter and cabinet maker who has recently moved in to Elmbank, Foyers to fix it up after he painted the new six new oak community noticeboards around the district with their first coat of specialist preservative.

Paper copies of the NEWS are available to pick up around Foyers and the Strath at the following places - Foyers Surgery, Foyers Stores, Cameron’s Tearoom, Whitebridge Hotel Public Bar, Stratherrick Public Hall Servery Hatch, Whitebridge Bus Shelter, Errogie Phone Box, the Mobile Library and Inverfarigaig Toilets. If these places have run out of copies, please call 07525120966. We can deliver copies on request locally and post free of charge to Forces addresses. Inverness readers can collect a copy at the Riverside Gallery, Bank Street.

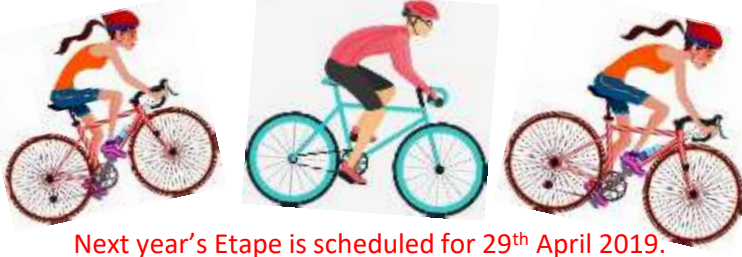


Stratherrick and Foyers NEWS is published on line and on paper four times a year. We print original material. We give information in good faith, but cannot be responsible if dates or times of events change. Opinions expressed are not the views of Stratherrick and Foyers Community Trust. Businesses mentioned 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

So that was the



for this year then.....



Next year's Etape is scheduled for 29th April 2019.

Thousands of cyclists completed the 66 mile Etape Loch Ness on Sunday 29th April 2018, and the event was yet again a great success. Speaking to the NEWS, the Etape's Event Director Malcolm Sutherland said 'Spectator and volunteer support has become one of the hallmarks of the Etape Loch Ness, which has for five years now been welcoming riders to the Highlands for the thrill of cycling on traffic-free roads. The spectators who line the route and our amazing team of volunteer marshals – including residents and businesses in Stratherrick and Foyers - have helped to make our Etape one of the biggest and best-loved events of its kind in Scotland. We simply couldn't stage the Etape without the support of the local community, whether that's volunteering over the weekend or cheering on the riders.'

Macmillan Cancer Support has been the official charity partner since 2014. This year the charity celebrated a milestone – riders fundraising on their behalf over the last five years have now raised over one million pounds. Finishers get a medal *and* a Harry Gow Dream Ring.



Congratulations to local rider Kim Burton who completed the gruelling course in 4 hours 22 minutes and 59 seconds. Well done Kim.

LETTERS – we are happy to publish readers' letters here...

Letters to the NEWS
can be sent to
strathnews@sfctrust.org.uk
or mailed to Strathnews,
Evergreen, Inverfarigaig,
IV2 6XR

We three B's (Bridget, Bette and Buddy) would like to voice our appreciation of the Boleskine Community Care's Car Scheme and its volunteer drivers. We are able - (being no longer car drivers), to go to all the events laid on by Boleskine Community Care. Many thanks to Janet Hobson and others for arranging lifts for us.

Our favourite outing is to the Roman Catholic Chapel Hall for the delicious soups and home-baked bread provided and the pleasant walk afterwards every month.

We are very fortunate to have this service and we want to encourage others to use it! (Or lose it!)

We hope this is in time for the next magazine!

Buddy MacDougall, Foyers.

For more info on the Community Transport Scheme operated by Boleskine Community Care visit <http://www.boleskine-communitycare.org.uk/index.asp?pageid=626996>

or call Janet on 01456 486688



Amazing! Community Trust awards exceed £100,000 this year ... and its still only May!!!

Trust Chair Peter Faye announced that the Board of Stratherrick and Foyers Community Trust has awarded over £100,000 to local projects since January 2018. Peter said 'This record-breaking sum will have a significant impact in our community. I am delighted that the Trust allows local people to decide on local priorities, and that we are able then to assist a wide range of projects using the community benefit we receive from the renewable energy companies operating here.'

The following grants were awarded at the Board Meetings held in February and April 2018

Messrs M. MacDonald and L Morrison £500 Energy Saving Grant – towards the costs of installation of solar panels. Funded from the Green Highland Knockie Hydro Fund

Stratherrick Primary School Parent Council (Constituted Group) – £1,400 to meet the cost of the hiring buses to swimming lessons in Inverness for this session. The funds have come from the SSE Glendoe Community Benefit Fund.

Stratherrick and Foyers Community Council (Constituted Group) to meet the costs of their Minute Secretary for the year ahead. **£1,215** was approved, which comes from the SSE Dunmaglass Windfarm Community Benefit Fund.

Student Grant for Iona Macpherson – £500. The money to fund this grant came from the Easter Aberchalder Partnership's Community Benefit Fund.

Foyers Primary School £489 towards the costs of the annual joint activity break for pupils 'moving up' to secondary school. Funded by SSE's Glendoe Hydro Community Benefit Fund.

Stratherrick Guides and Brownies £562.63 towards the costs of their train trip to Edinburgh and the Scottish parliament. Funded by SSE's Glendoe Hydro Community Benefit Fund.

Stratherrick and Foyers Wellbeing Group £4150 towards the costs of a wide programme of activities at the Stratherrick Public Hall. Funded by the Corriegarth Windfarm Community Fund.

Total above (7 grants) £8,816.63, plus grant to Boleskine Community Care (see page 5) of between £59,800 (low) and £69,940 (high) plus Medical Adaptations Loan of 23,277.18

Total awarded £102,033.81

More grants are expected to be awarded in June, August, October and December.

Miss Tilbrook Entertains.....

The Whitebridge Hotel is an unlikely venue for a piano recital and concert, but locals had a rare treat when professional pianist Anna Tilbrook visited to entertain locals and guests in recent months. Anna has been used to much grander venues such as the Wigmore Hall and is scheduled to play a concert at the Queen's Hall this August as part of the Edinburgh International Festival. She has worked with many well-known names including James Gilchrist (Tenor) and produced several CD's accompanying James singing songs by Schubert and Britten. Anna's versatility and entertaining style was very evident and in her most recent evening was joined by local singers Iona Macpherson, Dell and Neil M Ferguson, Wester Drummond. Let's hope Anna will be still returning when the hotel passes to new owners in June.



<http://www.annatilbrook.co.uk/>



Biggest Grant yet approved by Community Trust!

Stratherrick and Foyers Community Trust has approved a grant of between £59,800 and £69,940 to Boleskine Community Care. This grant will pay 100% of the costs for the recruitment and salary for a new member of staff for a period of three years. The post of Support and Development Officer will be advertised locally soon. In a note to supporters and Friends of Boleskine Community Care, Secretary Jane O'Donovan said 'Over the next month we hope to advertise the post. Details will be on the web site and advertisements will be placed in various locations. BCC hopes to be able to recruit someone from the area'. Boleskine Community Care's website is at www.boleskine-communitycare.org.uk



Sharon Ferguson Depute Chair of Stratherrick and Foyers Community Trust said 'The area will now start to see some substantial benefits from the windfarm and hydro community payments. The Trust is backing Boleskine Community Care in a number of ways. We have now purchased the two Units at Foyers for their base, we support their running costs and now we are funding their first employee too. We know the services BCC provides through its carers and volunteers is highly valued by members of our community and by SFCT.'

Boleskine Community Care's Chair Morag Cameron commented ' We look forward to taking this grant forward and hope that our community will be able to benefit in full.'

Trust makes its first Medical Adaptations Award.

The Trust Directors and one of our funders, Greencoat UK Wind (Corriegarth) has approved a loan of over £23,000 for the adaptation on medical grounds of a home in Stratherrick. The work will improve the resident's living conditions. The Trust has contributed funds because amounts available from Highland Council were not sufficient for the work to go ahead. The project has also had the support of the Knockie Trust. Building work is expected to commence shortly. The Trust's Medical Adaptations Support Scheme is open to new applicants. For more details on the Scheme please refer to the website or contact the Project Coordinator pc@sfctrust.org.uk.

Trust Grant Recipient Survey

Thanks to all previous grant recipients who took time to complete our recent survey. There was a high level of satisfaction with the way the Trust is operating its schemes. There were some valuable suggestions too for improvement. It is likely that more grants will be paid by Bank Transfer rather than cheque, and some simplification of the grant forms is underway. Communications are always important and the NEWS, noticeboards and the Trust website were all considered to be important channels to retain and improve.





Davie and Val Shand, Dell, and his accordion cake too.

A great night was had at Stratherrick Hall recently to celebrate Davie Shand's 90th birthday. His family and friends travelled from near and far to help celebrate the occasion. A lovely buffet meal was followed by dancing which continued into the wee small hours with music by the Dunphail Dance Band from Moray.

A collection was held in-lieu of gifts and £910 was raised, £610 for Alzheimer's Scotland and £300 to Boleskine Community Care. Davie and Val would like to thank everyone for all the lovely cards and generous donations received, "just amazing".

Davie was born in Burnieknowes in the South of Scotland in 1928. He worked for Cuthbertson's of Biggar, the firm which still makes snowploughs and gritting equipment. Davie was then an agricultural contractor and travelled widely across Scotland, when chemical spraying and upland drainage schemes were just starting out. He covered many miles with his Fordson to get to Invergordon Mart to meet his customers. Davie settled down from travelling and farmed at Ardoch Farm, Dallas, Moray for 46 years.



Strathnairn Farmers Vintage Rally, Daviot is scheduled for Saturday the 29th of September 2018. This year there is expected to be a focus on Fordson Tractors, so you still have time to get the paint out and spruce up the old workhorse.



Mark your diary for the Stratherrick and Foyers Community Trust Summer Fun Event – provisional date Saturday 11th August 2018 – look for details in July.....

Lunch Club Outing – May 2018



“Where to next folks?”



Thirty-two members of the Stratherrick and Foyers Seniors Lunch Club enjoyed a lovely day out at the Highland Wildlife Park. Everyone loved watching Hamish the baby Polar Bear, now five months old, playing in the water with his mother Victoria. We had a very knowledgeable guide on board the coach as we drove through the reserve. We saw a variety of animals and their young including camels, bison and, of course Arkoss and Walker the two big male Polar Bears. It was a lovely time of year to go and the weather was glorious. We had two of our local carers with us helping two of our members. The Wildlife Staff were very helpful providing another couple of wheelchairs to ensure all of us managed to get to see Hamish as it was a 20 minute walk! The trip was assisted in part by a grant from the Trust.



Crowning of Our Lady of the Highlands, Stratherrick Catholic Church, 26 May 2018



Broadband Update May 2018, by Sharon Ferguson

Can I start this by saying there has been a disappointing lack of progress recently with the rolling-out of the Trust’s broadband project but there has also been a lot of technical and survey work going on in the background. We are hopeful that we are very close to expanding to Errogie, Torness and Inverfarigaig. We are also aware of everyone else in smaller pockets too and we won’t forget you. The engineers at Cromarty Firth Wireless Networks have been meeting with key householders and we look forward to bringing you the news soon that we are ready to go. We are still getting new sign-ups in the phase one area. I think we can expect that each area we get into, we can expect more households to sign-up when the service is closer to them.

STRATHERRICK GUIDES EXPLORE EDINBURGH

On Saturday 12th May, a group of ten Stratherrick Girl Guides and four volunteer adults went to Edinburgh on a day trip. It was an incredibly long day, meeting at Inverness train station at 6.30am and returning at 9pm, but they all had so much fun. Here is what they had to say about their day in the Capital.

We went on an open-top City Sight-Seeing Bus whilst listening to the Horrible Histories tour which at times was quite gruesome. Then we had a picnic lunch in Holyrood Park. We were given a private talk organised by Kate Forbes MSP in Holyrood. One of the girls, Summer, was fortunate to have the chance of a lifetime as she actually took her Girl Guiding Promise in the Public Chambers at Holyrood, the Scottish Parliament building! We walked up the Royal Mile, the sun was shining, and there were street performers to watch and listen to. The levitating Yoda was a huge hit with the girls! Then we even squeezed in a quick visit to the National Museum of Scotland. The views from the 7th floor roof terrace on such a beautiful day were amazing. The day was rounded off with dinner at KFC and then it was back to Waverley Station for the train home.

The girls' behaviour was exemplary throughout the day and they all got so much out of the trip. Here are a few things they had to say...

"It was a brilliant day and the weather was perfect"

"I enjoyed the National Museum, there were lots of buttons to press to find out more"

"My favourite thing was going to Holyrood and having a picnic outside"

"I liked seeing Holyrood Parliament because it will probably be the only time I get to see inside"

"I liked walking the Royal Mile and seeing the street performers, especially the levitating Yoda!"

"I loved going on the open top bus and seeing all the old buildings and monuments."

"The weather was brilliant and we had an amazing but long day! Thank you very much for making this trip possible."

"The Houses of Parliament building is very unique. We were given a talk from a lady called Barbara. She was very informative and told us lots of cool facts about Parliament."



I think you will agree that we all had an amazing time.....



Project supported by
Stratherrick + Foyers
Community Trust



Kate Forbes MSP (left) told the NEWS “It was great to ensure the Stratherrick Guides got a warm welcome to the Parliament.”

“As a former Brownie member myself, I know the huge value of the Guides. Leaders and members alike are to be commended for the time and effort they put in and I’m so pleased that they enjoyed their trip to the Scottish Parliament.”

“Our Parliament is open to anybody and everybody and all are welcome. If any other groups would like to visit the Parliament, then please get in touch with me.”

<https://kateforbes.scot/>

Sandy Fraser remembers Wild Rabbits

Part of
Country Life in
Stratherrick
prior to 1953.



Myxomatosis was introduced to Australia in 1950 to control the ever increasing population of rabbits which was causing devastation to growing crops.

In 1953 the outbreak in the U.K. of this terrible and cruel disease wiped out 99% of wild rabbits. Myxomatosis caused skin tumours and blindness. I vividly remember driving a busload of workers every morning to a Hydro Scheme past Garve in 1954 and the roads would be littered with dead and dying rabbits, a very pathetic and sad sight to see. Prior to the outbreak country wildlife was not complete without wild rabbits scurrying everywhere and causing havoc and destruction to crops in farmers' fields. Even gardens were not spared unless fenced with rabbit netting which had to be dug-in about 6 inches deep to keep out the 'wee visitors'.

Many a family grew up on Rabbit Stew, very like chicken, and a cheap dinner! When we came to Migovie Farm in 1936 the place was literally over-run with rabbits, many hundreds of them. Walking home from school after being dropped-off from the school car at Wester Aberchalder the road ahead of us was busy with scores of rabbits running across from the lochside up into the birch wood on the hillside; its very difficult to imagine that scene happening today.

Two rabbit trappers were employed over the winter months to snare them. We remember each night after school looking into the cart shed to count them. They were slung in pairs and suspended on ropes from the joists after been gutted. There were anything up to two or three hundred each day. Every week they were packed into large hampers suspended on two rails and most were sent to Germany if I remember correctly.

We as boys made a few bob (shillings / 5p) ferreting on Saturdays. Our teacher at Errogie School was one of our customers although she showed us no favours for that when it came to schooling. We kept two ferrets. We would take one in a small travelling box with six rabbit nets and a spade and as soon as our two collie dogs saw us they got all excited for the adventure ahead. The dogs would chase the rabbits out of the brackens and into their burrows. It was all good fun for the dogs and us but not for the rabbits. However there was no suffering to them as they were all killed humanely. Nets about two-feet square with a cord which went round the outside was spread over all the rabbit holes and attached to a wooden peg in the ground. The ferret ran into the burrow and chased out the rabbits, getting caught in the net and then dispatched with a quick blow to the back of the head. Sometimes more than one rabbit would bolt out.

On occasions we would miss a small bolt hole and the rabbits escaped. Sometimes the ferret would kill a rabbit, feed on it and then fall asleep so we had the laborious job to our annoyance of digging up the burrow to retrieve our ferret. Such was life away back in my young days.



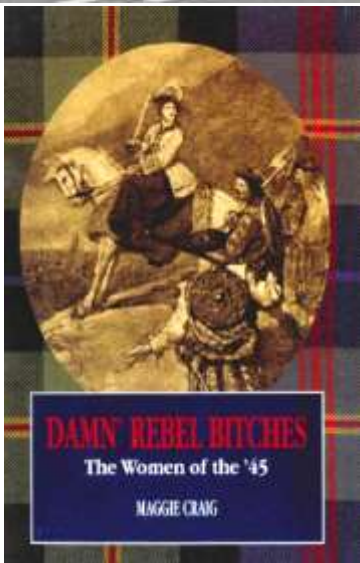
The Boleskine Bookworm

Scott's View from the Van

Here are two recommendations from Scott, our mobile librarian



Calanour, Stratherrick



Here are two books which impressed Scott. The first book includes the story of 'Colonel Anne' (Lady Anne Farquharson-MacIntosh) from Moy and her important role in the Jacobite Rising of 1745. Maggie Craig's writing style is never dry and her research is impressive. Scott said 'These books are fresh and after reading so much about Jacobite history they still tell me things I didn't know. As the titles suggest, they are both fun to read too!' Maggie Craig takes her title from a real quote about Jacobite women attributed to the Duke of Cumberland.



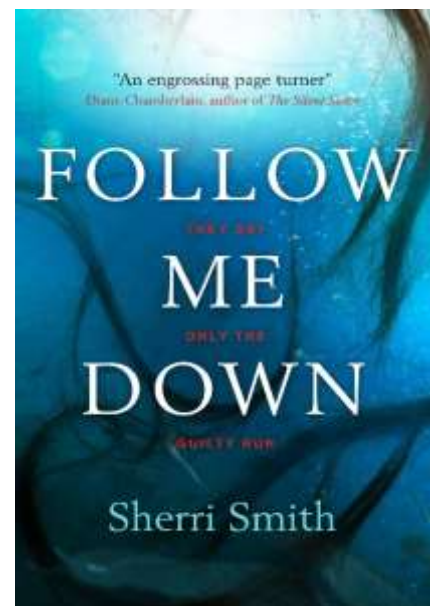
There is a small plaque in Leith commemorating Colonel Anne, and portraits and prints are available on line. Both these books are available from the mobile library.

Mobile Library website <https://www.highlifehighland.com/libraries/moray-firth-mobile-library/>

Mrs Gibson Recommends

Follow Me Down by Sherri Smith (Titan Books)

When Mia grew up she left a difficult childhood and her hometown behind to go and make her life in the big city. She had always been surprised that her beloved go-getter twin brother had stayed behind and became a teacher. Whilst her own life stumbled along, Lucas carved out a nice life and was a much-loved teacher and popular in the community. Then Mia got a phone call and everything changed. Lucas was missing. One of his teenage students had been found dead. Rumours of an affair started to fill Mia's head with doubts. How could Lucas possibly be involved in the murder? But if he was not, where was he? They say that only the guilty run.....



This book genuinely keeps the reader guessing until the end and reminds you of the strength of human spirit. Mia is portrayed as a flawed character but she is so much more real because of that. You are rooting for her throughout the book and hoping things work out just fine... but do they?



Would you like to submit a short book review to the Boleskine Bookworm?

The book should be suitable for a wide readership, please e-mail strathnews@sfctrust.org.uk

Stratherrick Primary School Report



Nursery Success – the nursery was recently inspected by the Care Inspectorate and achieved scores of 5 across the board. We are so proud of their journey since being part of the school. The staff have worked tirelessly to make it a huge success. Well done!

As a school and nursery we have raised over £800 for the Highland Hospice and Inverness Ice Centre by supporting Mr Graham on his Strictly Inverness Dancing Adventure. We all think this is an amazing total and we would like to thank everyone who has sent good wishes and/or donated to help these two amazing charities.

The P5 -7 pupils have been out around Inverness with Mrs Kirkland (PSA) and Kim Burton (parent) taking part in the Inverness Orienteering Event which sees hundreds of kids being active and enjoying the outdoors doing orienteering. Once again the pupils did us proud and left the two adults for dust in the last session at Culloden Woods. Well done everyone!

Mr Graham, Cluster Headteacher



What a result!
Mr Graham
and his dance
partner Berni
took Second
Place in the
Final of Strictly
Inverness





Stratherrick Airways



At the end of last term we held an Australian themed assembly as the class had been researching Australia as their topic. The school was packed to the rafters with parents and friends. We like to think the assembly was 'Bonzer' and well done to the children for presenting their amazing Australia facts, and to Miss Harris for organising. This term we are learning about the Ancient Egyptians. Mr Webster has already created an amazing display of Egyptian Gods in the school hall.



Stratherrick Primary School
Summer Fete and Barbeque
 Friday 15th June 2018
 All Welcome
 See posters for more details.



Some local wood harvested around Foyers and Stratherrick is used at Dalcross for the production of OSB wood panels. Norbord has recently opened its new production line which will increase production to 640,000 cubic metres per year. £95million has been invested with £12m coming from Highlands and Islands Enterprise.



Would you like to join Stratherrick and Foyers Community Trust?

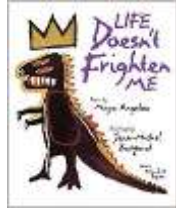
Membership is open to all local residents.

Text us on 07525 120966

and we will send you a form. Members may stand for election as Directors at the AGM each November.



Shadows on the wall
Noises down the hall
Life doesn't frighten me at all.
Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all.
Maya Angelou



Foyers Primary has been a busy school since the last edition of the Stratherrick and Foyers News. Foyers took part in the Group Verse Speaking competition at Eden Court and came second with their recitation of Life Doesn't Frighten Me by Maya Angelou. The children were praised for their confidence, even frightening the judge with their opening words! It was a tricky poem with a change of tempo in the middle which they handled well. Skiing was also a big feature in school prior to the Easter holidays and we managed 3 out of the 4 days we had booked. The snow was fantastic and the older children with their friends from Aldourie had the time and the ability to ski away from the restaurant and down some of the more challenging runs. Skiing is a real confidence booster for them all.

This term our Loch Insh P7 residential trip was also a great success with pupils from three schools enjoying great camaraderie and fun while taking part in a wide range of sports and activities that they may not have otherwise had the opportunity to try.

At present we are involved in our Foyers and Aldourie Cluster Health and Wellbeing Days which have become an annual feature of the schools' calendar. This term we have organised our days so that the children have a focus on Stranger Danger for the younger ones, leading into Internet Safety for the older children. We also cover Relationships and Sexual Health in age-appropriate groups which makes it much easier for all concerned to discuss this in meaningful way without undue embarrassment in a 1-1 situation. Andy McKechnie from Jammin Fitness is also due to join us for one of our cluster days to educate our young people about the importance of physical exercise, stress control and maintaining a positive self-image.

Every Friday afternoon we have swimming lessons which are also undertaken by the two schools together, building on the friendships being made on our Health and Wellbeing Days.

Finally as a cluster we have been able to develop some emerging literacy packs for our new P1 entrants and a parents workshop to explain how parents can support their child with literacy on into P1. Mrs S Johnston (Aldourie Primary) and Miss R Pinkerton (Foyers Primary) spent time together to develop these supportive activities.

Most of these activities would not be possible without the financial support of the Stratherrick and Foyers Community Trust and as Head teacher I would like to express my sincere thanks that they continue to support Foyers Primary School in this way. L.R.



In February FIRA offered eight weeks of Tutoring covering several subjects from National 4's to Highers for all those eligible High School Students within our Community. The pupils benefitted greatly and we would like to offer heartfelt thanks to all the tutors who committed their time and effort to help the local teenagers and to Fiona for co-ordinating the sessions. We hope they all did well in their recent exams. Our thanks also to the Trust for part-funding this fantastic opportunity. A survey will be sent out shortly regarding the Tutoring sessions to evaluate them.

A grant from Stratherrick and Foyers Community Trust also permits FIRA to help part-fund residential trips for any pupils who attend the Inverness Royal Academy only. If you would like more information about this or an application form please contact either Sharon or Paula.

FIRA is looking at other activities for the coming months ahead with Life Guarding course being one possibility. Any suggestions are always welcomed.



If you would like to be included on the FIRA mailing list for up to date information or now be taken off please contact Sharon horseon5@aol.co.uk or Paula gpwombles35@aol.com



A number of teenagers enjoyed a couple of fantastic days of skiing with superb weather and excellent skiing conditions this year on the Nevis Range. Thank you to the Volunteer parents and the Trust who continue to make this a great experience.

Here are a few bullet points from Councillor Margaret Davidson

Roads – There will be some improvements and some good surface dressing to come soon, however we still do have some very poor roads. The Council is bidding to the Timber Transport Fund for rebuilding the road at Dalcrag.

Care at Home – Boleskine Community Care are now in the next stage of their development having made excellent progress. The 'Boleskine Care Model' is being copied elsewhere by other communities and is gaining national reputation.

Housing - I really want to speed this up as nothing is happening at Gorthleck. We are taking a fresh look at the Inverfarigaig site with Albyn and the Highland Small Communities Housing Trust.



Please remember that you can report potholes and other road defects direct. Call 01349 886606 or log on to the Highland Council website at

https://www.highland.gov.uk/info/20005/roads_and_pavements/96/roadside_problems/1

Meg's Mindful Movement Classes at the Stratherrick Public Hall

No charge to participate

Meg's classes run every Tuesday morning from 10 -11am followed by tea and coffee. Based on Mindfulness (secular, present moment awareness) this class is suitable for all ages and abilities, male or female. It is ideal if you are feeling a wee bit stressed, your body is feeling stiff, or you just want one hour of down-time which is so important in these busy lives we live. The class starts with a 5 minute breathing meditation (awareness of the breath) followed by movement, (slow and light stretching exercises based on yoga). The stretches can be performed standing or seated on a chair if preferred. The whole class is totally relaxed, there is no pressure to perform, you work at your own pace, taking into account your own personal needs/medical conditions. The relaxation part (30 minutes) can be done sitting or lying on thick yoga mats, tucked up in a blanket and with a pillow to rest your head whichever suits your personal needs. The hall is lovely and warm and we are a very friendly group who would welcome you in if you would like to join us. If you require any further information on the class please contact Meg Meg.Somerville@gmail.com or see Facebook/Instagram 'Meg's Mindful Movement'. If you have any medical conditions or concerns please consult your Doctor for advice. This class is free to attend and was set up with help from the Stratherrick and Foyers Trust. I am delighted and honoured to be now getting paid by the Stratherrick and Foyers Wellbeing Club for my time on Tuesday mornings – thank you. Please contact Meg to book a class.



Proposed 8 week Mindfulness Based Stress Reduction (MBSR) Course

Following on from the success of Meg's Mindful Movement Tuesday morning Class, Meg has proposed that she will run the 8 week MBSR course (8 weeks – 2 hours per week) on Tuesday afternoons 2.15-4.15pm and/or Tuesday evenings 5.15 -7.15pm when the Stratherrick Hall is available (subject to funding through the Stratherrick and Foyers Wellbeing Club from the Stratherrick and Foyers Community Trust). The dates for the courses would be from Tuesday 28 August – Tuesday 16th October 2018. This course is normally priced at approximately £200-£250 but as the Stratherrick and Foyers Wellbeing Club will be applying to the Trust for funding this will hopefully mean the cost, available only to residents of the Stratherrick and Foyers area, would be minimal.

The 8 week course is based on the programme of Mindfulness Based Stress Reduction 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 as 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 or see Facebook/Instagram – 'Meg's Mindful Movement'



Effective Movement classes for women during and after treatment for Breast Cancer

I would like to share and relate the effectiveness of attending classes for gentle exercise which is specifically designed for women during and after treatment for Breast Cancer. I have found these classes exceptionally useful and would recommend them to anyone after surgery or even during radiotherapy. They restart after the summer.

Breast Cancer is not uncommon so anything that helps in our ordinary daily life after hospital treatment is welcome. This class can fit around a shopping day or a day out in town and be incorporated in a lifestyle beyond the treatment in hospital. Please find below details of these classes which I highly recommend – appropriate exercise with a lovely social aspect as well.

Margie Elgar-Bond, Ault na goire.



Lymphoedema can be caused by damage to the lymphatic system or problems with the movement and drainage of fluid in the lymphatic system. It can be the result of an infection, injury, cancer treatment, inflammation of the limb, or a lack of limb movement.

Signs and symptoms of lymphoedema include swelling in an area such as an arm or a leg, a heavy sensation in the limb, tightness and reddening of the skin and decreased flexibility.

Stretch and Flex

with T M S Tripudio Movement Systems

2pm - 3pm on Wednesdays

September, October and November, Spectrum Centre, Inverness

Gentle and Fun Exercise to Music designed for those with or at risk of Lymphoedema. Also suitable for those with other long term conditions such as Fibromyalgia.

All Welcome
No need to book just drop in. £1



HIGHLAND BREAST CARE ASSOCIATION

Scottish Charity No.SC008627
Secretary - Anne Phillips 07501723544
<http://www.hbca.org.uk/calendar.asp>

Click the weblinks below for more information.



<https://www.nhs.uk/conditions/lymphoedema/>



<http://www.cancerresearchuk.org/about-cancer/coping/physically/lymphoedema-and-cancer/what-lymphoedema-is#cancer>



Drew Hendry, MP
for Inverness, Nairn, Badenoch and
Strathspey, Stratherrick and Foyers.



“In the three years since becoming your MP, I’ve been privileged to help many people, including here in Stratherrick and Foyers, often getting a good outcome or pointing out where more help can be found. Sometimes the issue requires a change from the UK or Scottish Government - or even both. One such issue is gaining fairness for the Terminally Ill under the ‘Universal Credit’ system.”

I heard of people, undergoing chemotherapy, being told to attend work assessments, people who didn’t want to know their fate having to sign forms acknowledging their condition, amongst many other indignities. Nobody facing this hardest of news should have to jump through hoops to get the support they need - at the time they need it.

That’s why, along with all the other work I do as your MP, I have been fighting to get the Universal Credit system changed – especially for the terminally ill. I am pleased the Scottish Government has already said it will use its new limited welfare powers to get rid of some of the worst effects of Universal Credit. Rest assured, I will keep urging the UK Government to follow suit and support those who are most in need of our compassion.” *Drew Hendry’s Inverness Office Tel 01463 611024*

A message from Doctor Devendra at Foyers Medical Centre

We're delighted to welcome Chris Carter to the expanding team at the surgery. Chris is an Advanced Nurse Practitioner with a lot of experience at Raigmore Hospital in the Out of Hours service as well as time spent working offshore and in other remote and rural practices. Practice Nurses Jean Fraser and Kathleen Russell have also begun routine surgeries for long term conditions such as Diabetes, COPD and Asthma. The GP team of Dr. Mehers, Dr Syme and Dr. Devendra remains unchanged with each having their regular days.

"Continuity of care" is one of the cornerstones of delivering safe, high quality, cost-effective care. It allows GPs to build relationships with patients over years. Frank and fruitful discussions can be had, and decisions made together using knowledge about a person's physical, psychological and social past. Yes, the computer record is helpful, but certainly not as helpful as speaking with and seeing people over time. Continuity of care is one of the main reasons some doctors choose General Practice as a specialty. They say in hospitals diseases stay and patients come and go. In General Practice however, patients stay, and diseases come and go.

I would generally advise sticking with the same clinician for a long term condition or one that is under investigation. You might have to wait a few days to see that same doctor, but it probably is the safest and most sensible way to follow-up a consultation. In Inverness, there is a culture developing of the quick fix - any doctor, anytime. The team here is determined we should continue to provide holistic personalised care in Foyers.



Loch Ness East and Strathnairn Medical Practice - 01456 486 224

Granny's Light Raspberry Pudding

Summer can be a great time for trifle or strawberries and cream, but high calorie food with lots of fat is not to everyone's taste. If you are bothered by your waistline or just want a lighter alternative, this simple recipe is both refreshing and fruity.



Ingredients

Raspberry Sugar Free Jelly Crystals

Two Muller Light Yoghurts

(175g each) plain or fruit.

One punnet of fresh raspberries (150g – 200g)



Method

Take a single pack of sugar free raspberry jelly crystals and make it up to half a pint with boiling water in a Pyrex jug. Stir the mix and allow the jelly to cool a little. Before it sets, pour the jelly into a glass mixing bowl and add the two pots of low fat yoghurt.

Using a hand-blender mix the yoghurt and jelly together until it is smooth and pink. Then its time to add the punnet of raspberries. Fold them into the mixture with a spoon and put the bowl in the fridge to set and cool.

Keep the pudding in the fridge until it is time to serve. Experiment with different flavoured yoghurts and jelly crystals!

Stratherrick and Foyers Wellbeing Club

The Wellbeing Club has commenced its programme of classes and activities at the Stratherrick Public Hall. Meg's Mindful Movement is on Tuesday mornings from 10am. Please contact Meg to book a free place.

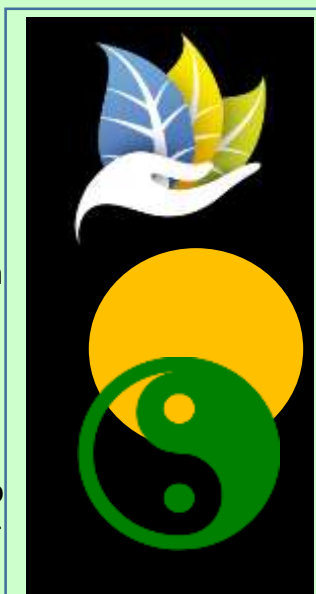
meg.Somerville@gmail.com

Wednesdays are a busy day with a morning Yoga session at 10am to 11.30am led by Christiane Morley, a Singing Group at 5.30pm and an evening Yoga class too, 7pm to 8.30pm, as other hall bookings permit. The Wellbeing Club says men are welcome and should note that Yoga is not only for women! No previous Yoga experience is required.

A grant from Stratherrick and Foyers Community Trust allows these classes to be free for residents, with the exception of the yoga classes, for which £1 per session is payable as you arrive. No need to book for Yoga, just turn up.

Stratherrick Public Hall Committee run the Hall and manage all bookings. Hall expenses for many community groups are met by the grant from the Trust. If you want to start a local community activity at the Hall your group may also be able to hire the Hall for free.

Contact the Hall Booking Secretary - Pam Simpson on 01456 486364



The Waterfall Café changes hands....



<https://en-gb.facebook.com/foyerscafeandshop/>

A message from Jan.....

Vanessa Royle from Errogie is the new proprietor of the Waterfall Café in Foyers. After 8 years of building a successful business with the cafe, Jan & Simon Hargreaves felt it was time to ease back a little, concentrate on the shop and for the cafe to offer something different. Vanessa has taken over the reigns and has put huge time, effort and energy into re-vamping the cafe. It looks fantastic. Jan & Simon would like to thank everyone for their support and custom over the years and wish Vanessa every success. Look out for improvements and changes at Foyers Stores in the near future.

Foyers Stores and Post Office - 01456 486233

and a message from Vanessa!

I'd like to thank Jan and Simon for making a dream come true. I'm so happy to have taken on the Waterfall Café and look forward to welcoming regulars and new customers. The Café looks a bit different. My partner Stuart and I have been busy redecorating and there's a new menu too. It has been a good transition with so much help from Jan. I'm pleased to say that Chrissie, Michelle and Val are all continuing with me and we're joined by new recruit Rose. There will be more home baking, and our Spiced Carrot Cake could be your new favourite. Please come in soon and see for yourself the changes we've made.

Foyers Waterfall Café - 07493 151206



Meanwhile.... More seating has arrived at Camerons' Tearoom so you can enjoy cake outside or in. Blossom the resident deer is looking well and the geese, ducks and Highland cattle are all ready to welcome the summer visitors.



Both Camerons' Tearoom and the Waterfall Café are dog-friendly.

Warning - Forestry Operations to start soon!

Extracting timber from both sides of the Glenliath Road and the ground around Drochaid nan Cearc (the Hen Bridge) on the Pass of Inverfarigaig will lead to extended closures on both roads.

Read more about the Pass and Aultnagoire on the South Loch Ness Heritage website
<http://southlochnessheritage.co.uk/the-pass-of-inverfarigaig/>

A message from the Forestry Commission

Inverness, Ross and Skye Forest District harvesting team, working in conjunction with Tilhill Forestry will be starting tree felling operations along Gleann Liath in the next couple of weeks. It is expected that this large and complex felling will take around 18 months to complete. The aim of the operation is to fell all the non-native commercial conifer species in the Glen and return it to a more natural environment. The trees are also at an age that they need felling as they are at risk of blowing down over the road. Due to the very steep nature of the terrain and the presence of rare habitats along the roadside Tilhill Forestry has engaged the services of the specialist steep ground harvesting contractor Duffy Skylining to work the site. The bulk of the timber will be winched up either side of the Glen to protect the roadside and the Allt Chearc burn.

To ensure the safety of the general public the road and footpath through the Glen will have to be closed for the duration of the work. The Forestry Commission has liaised closely with both Stratherrick and Foyers Community Council and the Highland Council roads department during the planning of this operation to reduce as much as possible any inconvenience caused and welcomes any feedback once the operation is underway. We are also looking into organising visits for the local schools to give an insight into the work of the Forest District.

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

The Pipe Road at Glen Liath will be closed to vehicles and pedestrians for some considerable length of time.



There is more info on Duffy Skylining, including photographs of the crew and their equipment at www.duffyskylining.co.uk

Alex Sutherland 'on the run' in Birmingham



There is no stopping Alex Sutherland from Erroglie who was in good form at the Birmingham 10K run on Sunday May 6th 2018. Alex ran the distance in less than 44 minutes in hot conditions to take 5th place in his category. He was one of five Inverness Harriers who competed. Alex was part of the Celtic Nations Team which challenged the very strong England Masters Team at the event. His personal 'Great for You score' at Birmingham places him firmly in the GFY Gold category.

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

Tony Golabek, Dean Kane, Steven Worsley, Graham Laing and Alex Sutherland



PC Ryan Mc Gill, Fort Augustus warns us all to be careful when people call unexpectedly at the house.

Beat Doorstep Crime

From bogus callers to rogue traders, doorstep criminals are cunning, creative, and often very convincing. Anyone can be fooled as these people are professional con artists. The over 60's are often specifically targeted. There are two main types of Doorstep Crime.

Bogus callers try to get into your home or obtain personal details by pretending to be someone they're not, including Council staff, Meter readers, Charity collectors and even Police officers. In reality, they are criminals trying to steal cash and valuables.

Rogue traders usually cold-call, claiming to be workers offering to make repairs or carry out work on your house, garden or driveway. In reality they charge inflated prices for shoddy or unnecessary work. We DO NOT recommend dealing with cold-callers for property maintenance and repairs to your home.

Here are some things you can do that will help protect yourself

- Be on guard if someone you do not know turns up unexpectedly
- If you're not sure, don't answer or open the door.
- Always put the door chain on before you open the door
- Keep the chain on while talking to callers
- Don't feel embarrassed - genuine callers expect you to be careful



**If you feel threatened, unsafe or suspicious of a caller contact the Police immediately on 999
If you see something suspicious in your area, or want more advice about doorstep crime contact the Police on 101. For the Police Scotland booklet on Doorstep Crime contact 101.**

Fort Augustus Police Officer Vacancy – Police Scotland has now advertised an internal vacancy for an Officer at Fort Augustus. The post comes with accommodation and it is hoped that a serving officer elsewhere in Scotland will be attracted to the job.





Foyers Fire Crew is set to receive a replacement fire engine this year. Forty of the new agile fire appliances are being built in Cumnock by firm Emergency One and will be used in rural areas. The new vehicle comes equipped with Coldcut Lances – which can cut through concrete and steel to gain access to the heart of a fire from the outside of a building.

<http://www.emergencyone.co.uk/>

Neil Kirkland and Stewart Macpherson of Foyers Fire Crew were recently at the launch of new fire appliances and lance cutting gear at Portlethan near Aberdeen.

For a free local fire safety visit contact Neil

Tips for Recycling your Waste and Cutting Plastic Use - that is ruining the oceans
by Margie Elgar-Bond, Ault-na-Goire.

Try using three small bins in your kitchen area rather than one big bin. I find this helps to sort out the recycled items at source. General, Glass and Paper/plastic.

You can reuse Plastic bottles - keep the little bottles of hand soap and washing up liquid you have bought. Then, using a large one or two litre bottle, buy a large amount of these substances from the Health Shop in Baron Taylor Street in Inverness. The shop does a refill service of these cleaners as well as laundry liquid and laundry conditioner. Once you get home, refill your little bottles of soap and washing up liquid. Doing this stops you buying lots and lots of little plastic bottles.

You can reduce plastic wrapping too. When buying from a fish stall or meat stall, take your own Tupperware / plastic container to put the fish or meat in. The shop can weigh and price your items place them in your own container and stick the label on the lid. I keep a container with my "Bags for Life" habitually in the back of the car.

If you are unsure what to do with some of your old stuff look at this website. A Scottish deposit return scheme for plastic bottles is planned for later this year.



<http://www.recycleforscotland.com/what-to-do-with>



On Loch Ness this summer.....

Fort Augustus is now home to the 'Spirit of Loch Ness' (1), newly arrived from the builders in Exeter for Cruise Loch Ness. The 'Glen Liath' (2) is advertising cruises and charters from Foyers Pier for up to 12 passengers. Loch Ness Shores brand new Waterbus named 'Mystique' (3) *builder's photo* has arrived and will soon be running from the campsite pontoons across the Loch to Temple Pier, with a minibus connection for Drumnadrochit, and will sail down to Fort Augustus too and up to Dochgarroch. The steam puffer 'VIC32' (4) will be transiting the canal four times in late August with Open Days at Muirtown Basin, Inverness on 8th and 9th September. Loch Ness RNLI now has a larger boat as well as a new lifeboat station at Temple Pier. The new 'Sheila and Dennis Tongue IV' is an Atlantic 85 capable of 35 knots (5). Alex Wood's 'Boat, Bed and Breakfast' service at Foyers Pier with his green vessel 'Scot W' (6) is expected to stay for four months from the start of June. At Foyers Bay, work has started to clear the area of ground leased by Stratherrick and Foyers Community Trust from SSE. The Old Fish Farm remnants will be cleared and the access to the proposed new slipway will be improved. Digger starts work (below).



Inverfarigaig Residents' Group



The Inverfarigaig Residents' Group was formed officially last year and aims to promote, preserve and maintain the diverse habitat and ecology of Inverfarigaig. Full details of their plans and work to date can be found on the Group's website. <https://www.inverfarigaig.org/> where you can read through their constitution and the minutes of their meetings. Inverfarigaig Residents' Group's Communications Officer Lewis MacKenzie has asked the NEWS to highlight a local problem. 'There is an old vehicle service pit at the bottom of The Corkscrew opposite the foresters' cottages at Hillhead, which has been used for many years by the community. This includes those in Inverfarigaig as well as others further afield. We believe it is a great asset to have available, but unfortunately some people have not been clearing up after using it. There is often spent oil left behind, which is clearly a health hazard and it becomes an issue that the immediate local community has to deal with. We have been in contact with Forestry Commission Scotland and The Highland Council, but neither party seems able to agree on who owns the land and hence who is responsible for it. Until this changes, it would be a great help to the local area if people could ensure they remove their spent oil and leave the area clean and tidy.'

Inverness Recycling Centre
Henderson Drive,
Inverness, IV1 1TR.



Open 9.30am to 8pm
Seven days

https://www.highland.gov.uk/directory_record/717811/inverness_recycling_centre/category/484/recycling_centres

Materials accepted include waste engine oil....

Batteries, car batteries, cardboard, engine oil, fluorescent light tubes, standard and energy efficient light bulbs, food tins, drinks cans and aerosol cans, fridges and freezers, furniture, garden waste, gas cylinders, glass bottles and jars, handbags and shoes, monitors and TVs, paper & envelopes (windows removed), plasterboard, plastic bottles, pots, tubs & trays, rubble and soil, scrap metal, tetrapaks, textiles, tyres, waste electrical and electronic equipment, white goods and wood.

If you plan to use a van, pickup truck, sign-written vehicle or trailer to bring your household waste to Inverness Recycling Centre, you must complete a [household waste declaration form](#) confirming that the waste is residential and not trade. Forms can be downloaded before you leave the house!



Shinty Report

Boleskine Camanachd's seniors have been performing much better this season, with the team finding themselves towards the top of the North Division Two table. Old rivals Inverness are holding up the bottom of the table, still looking for a win, or even a draw.

As the league season progresses we hope that Boleskine's increased confidence will have them challenging Lovat, Caberfeidh and Lochcarron.

The Wasps were unfortunate not to progress to the second round of the Sutherland Cup. Boleskine's first round draw against Glenurquhart's second team at Blairbeg was locked at 1:1 until the Drumnadrochit boys scored their winning second goal in the first period of extra time. Glenurquhart's luck did not hold as they were knocked out in the second round by a 6-0 margin away to Newtonmore's Second Team.

Unfortunately Boleskine's first match in the Strathdearn Cup was against last year's cup winners, Kingussie's Second Team, at the Dell on 26 May. Our team did well to keep the home team at bay, conceding just a single goal in the first half. Kingussie added a further three goals in the second period to win the match 4-0, to go through to the next round where they are due to meet Caberfeidh at Strathpeffer.



Lachie Wood



Camans or shinty sticks, balls, one referee, a Scotland shinty strip if you are good, a shinty pitch, a team, some opposition, a governing body..... and ideally a whisky sponsor.



Your chance to dance!
Stratherrick and Foyers Christmas Ceilidh 2018
After the success of last year's Christmas Ceilidh, the Trust has booked the Cask Strength Ceilidh Band again this year. Full details and improved ticketing arrangements will follow in the September edition of the NEWS.



Here is the report from the volunteers who have been restoring the War Memorial.

Following on from the work done last year on the surrounds of the memorial, over the winter period the hessian sacking that provided protection to the lime mortar from adverse weather conditions has been removed. The lectern is now partly built, awaiting completion of the top surface for mounting the new display panel. The panel replicates the names shown on the memorial with a small paragraph on the origins of the memorial and a map of the district showing the places where the fallen came from. On the east side of the road wall, unnoticed possibly for over ninety years was a large lintel stone incorporated within the wall. It was totally out of place with the stones used on the building of the wall, and was probably intended as a name plate for the memorial that never was completed. We have had the stone polished with "Stratherrick War Memorial" engraved on to it, and the stone is now back in its original position within the wall. Over the coming months we intend to make a disabled access from roadway to the lectern. The path will be made of flat river/loch stones taken from water courses near where the fallen lived with their families before or during World War One. The remedial work on the surrounds started last year and will be completed over the summer months by the volunteers and wall contractors. Intimations of Volunteer Days will be on Facebook*. We are grateful to the Stratherrick and Foyers Community Trust, for the two grants we received, which is enabling us to purchase materials, hire equipment, and employ a builder to do the stone work

A.C.

*Facebook – Stratherrick and Foyers Community Facebook Page is at this link <https://www.facebook.com/groups/420094451476149/>



CHURCH NEWS

Please email your church news to strathnews@sfctrust.org.uk

Our Lady of the Immaculate Conception, Roman Catholics

Father Harden, Parish Priest for Stratherrick advises that on Saturday 30 June 2018 there will be a Retreat for Children and Young Adults at the chapel. Towards the end of July there will be a celebration by the congregation to mark the anniversary of the statute of Our Lady at the Grotto (right). Fr. Andrew, can be contacted at the parochial house in Fort Augustus. 01320366451 andrew.harden66@gmail.com. Stratherrick weekly bulletins are posted online at <http://lochnessparishes.dioceseofaberdeen.org/>

Free Presbyterian Church, Gorthleck, every 3rd Sunday at mid-day. Contact Mrs E Fraser 01456 486 282 / 220 www.fpchurch.org.uk

Free Church Continuing, regular services at Dores www.freechurchcontinuing.org

St. Paul's, the Scottish Episcopal Church at Croachy

Services are at 11am each Sunday. A 'Craft and Chat' meeting is held on Mondays from 2pm to 4pm. Photographs of all the stained glass windows and interior of the Croachy Church (photo – above left) can be viewed on the Church's website. www.stpaulsstrathnairn.co.uk

Boleskine Church of Scotland at Drumtemple

Being busy in the garden at this time of year always makes me think of Ronnie MacDonald's advice - "Don't plant out the sweet peas until June comes in." One of the signs of summer coming is the arrival of visitors, as they come to enjoy the scenery and peace that we have the privilege of enjoying all year round.

There are times when we look at God's good world and wonder at how beautiful it can be but also how hard it can be. Being able to spend time in church with others who also wonder is encouraging and reminds us that we are not alone as we appreciate all that we enjoy, but also asks questions. Everybody is welcome to come and join us at our services, whether you're visiting for one week or are local folk who can make it occasionally, as your time allows.

Do come and join us when you can. Our regular service is at 10am on Sundays at Boleskine Church, apart from 24th June 2018 when the service starts one hour later – 11am, still at Boleskine Church. On Sunday 29th July we have a joint service at Dores Church starting at 11am.



Ronnie MacDonald,
7 Elmbank, Foyers
1922 - 2015



Trust Grants are not available for projects which promote religion or party politics but if you want to apply for a grant from the Community Trust or need help to apply for a grant from another organisation please visit www.stratherrickcommunity.org.uk or call Steven Watson, Project Coordinator on 07525120966, or text for a call back, or email pc@sfctrust.org.uk



Errogie Free Church, 1844 – 2017



<http://greyfriarsfreechurch.com>

Stratherrick Free Church building is to be sold following the cessation of services there last year. The building is no longer fit for use. The building was constructed soon after the Disruption of 1843 and has seats for 500 people. The Free Church building at Tomatin is also to be sold.

Greyfriars Free Church congregation continues to meet in the new church building at Balloan Road, Inverness. Speaking to the NEWS, Minister Rev. Malcolm Maclean, Inverness said that there would be no further services in the Errogie building. Rev. Maclean's sermons are posted regularly on line and can be heard at the click of a button at

<https://twitter.com/GreyfriarsFree>

Anyone interested in the purchase of the building should contact the Minister on 01463 714932.

Come and see the Gorthleck Oxford Sandy and Black Pigs on Sunday 17 June 2018



OPEN FARM SUNDAY SOON.

Lyne Mhor Croft at the Lyne of Gorthleck is holding an Open Farm Sunday on 17th June 2018. This is a free event running from 10am.to 4pm. with donations to charity for refreshments. In addition to all the animals there will be a bouncy castle, scarecrow competition, a Croft Quiz and a butchery demonstration. The Fire Brigade will also be there and you can plant sunflower seeds. It is too early for the turkeys though – they are due later in the year.

For more details contact Jane or Adam Mason at Lyne Mhor Croft on 01456 486738.

Open Farm Sunday takes place nationwide on the previous Sunday with events on Arran, Orkney and Mull, with many mainland events too. If you fancy a run over the Calanour, River Croft at Flichity is open on 10 June 2018 (10am. to 2pm, free) www.rivercroft.scot 01808 521504

Road Fatality at Farr

Shaun Allan from Inverness died when the car in which he was a passenger left the B851 road near Farr on the morning of Tuesday 8th May 2018. The driver of the car was seriously injured.

Dear Reader

I am certain many readers will be aware of the new **General Data Protection Regulation 2018**.

You can access information on the Trust website without Stratherrick and Foyers Community Trust requesting or gathering any personal data about you. The website does not have any tracking or data-mining associated with it and does not have any means of gathering your personal data. The Trust does not have the facility to accept on-line payments, so we do not gather financial information from our website either.

If however you write, email, telephone or send a text the Trust Directors, Trust's Project Coordinator or Administrator, or if you apply for grants or make other enquiries, it is likely we will then hold information such as your name, address and perhaps your telephone number. If you are now, or become a Member of Stratherrick and Foyers Community Trust we will also have some of your personal details on record, such as your age. We use these details to keep in contact and to alert you, for example by sending out our Chair's regular briefing by e-mail and by post.

We have a number of lists – and keep and use your personal data only for the purposes you would expect us to do.

The Trust's main lists are as follows.

The List of Trust Members (including Associate Members)

This list comprises people who have chosen to join the Trust. We need this list to function as a community trust. It lets us know who can stand for election as a director, and who all can vote at elections or at General Meetings. This list includes name, address, postcode and email addresses for those who have supplied them. We use this list at our AGM and to send out information by post or email when required. This list is held electronically by the Trust alone. We can produce address labels for letters and notices. In the past, when sending a mailing to all members using labels, we have used a contractor (Voluntary Action Lochaber) to send these communications out. Future membership application forms will make the use and retention of this personal data clearer.

The Information on our Grants Database

When you or your organisation applies for a grant we receive data which we retain and use for the grant processes. For larger grants we may share some of the information you supply with the renewable energy companies who provide the Trust with funds. The reason for this is that grant awards may require the consent of our funders before they can be finalised and offered to the applicants. The information you supply may also include contact details for your referee. Grant recipients who are community groups generally supply bank account information to allow BACS payments to be made to you. If you have provided details of a personal bank account, for example for a student Grant, we will use this to pay you your grant and for no other purpose. The Trust does not undertake credit checks on applicants nor report transactions to credit reference agencies.

The Information on the Stratherrick and Foyers NEWS mailing list

This is the list we use to send out paper copies of the Stratherrick and Foyers NEWS. We hold your name and address and postcode only.

Photographs

From now on, personal data includes images on photographs so we may ask your specific consent to take, use and hold on to photographs of you taken with your agreement. If the Trust takes and holds photographs these will be used exclusively to help achieve the Trust's aims. This might include using the photographs in reports of community projects, in the Stratherrick and Foyers Community Trust's website, in online publicity, social media, press releases, the Stratherrick and Foyers NEWS and funding applications.

About your rights and the Personal Data we may hold about you.

Under the GDPR anyone who thinks or knows that Stratherrick and Foyers Community Trust Ltd holds data about them has a number of rights. These rights include the right to confirm or access the data we hold, to correct mistakes in the data, and the right to restrict what the Trust does with your data - and the right of erasure – sometimes called the right to be forgotten, where all data about you is removed from our records.

Summary

1. Your data will always be used in the ways you expect when you initially provided it to the Trust.
2. The Trust will not use your personal data in any way which is contrary to your own interests or the aims of the Trust.
3. The Trust will respond quickly to requests to confirm or amend the personal data we hold, or to remove data which we hold about you.

Stratherrick and Foyers Community Trust takes the issue of data security seriously. We keep it safe and do not sell it or make use of it to benefit anyone but yourself and your community. We do not process your data to profile it for any other purpose. The Trust does not have a Facebook page or Facebook account.

Name and Address of the controller - The Data Controller and Data Protection Officer for the purposes of the General Data Protection Regulation (GDPR), other data protection laws is as follows

Stratherrick and Foyers Community Trust Limited. Evergreen, Inverfarigaig, IV2 6XR, Telephone Steven Watson 07525120966.



Morven Smith
Head of Community Investment



Community Trusts and Community Companies from around Inverness-shire met recently at Camerons' Tearoom, Glenliath for a Funding Workshop organised by energy firm SSE. Morven Smith, Head of Community Investment at SSE welcomed community representatives from the wider area. Over 30 Scottish communities benefit from SSE's community funds. Morven Smith summarised the information available in a new booklet entitled 'SSE's approach to managing community funds.' This details the principles which SSE have set and provides additional information on eligibility and impact reporting. Guest David Shearer from the Caithness and North Sutherland Fund enlightened attendees on the processes and successes relating to grant funding in the Far North.

Energy Firm SSE operates the hydro power stations at Glendoe and Foyers and also the windfarms at Dumnaglass and Stronelairg. Stratherrick and Foyers Community Trust receives community benefit payments from SSE for both Dumnaglass windfarms and the Glendoe Hydro scheme. It is important that your local Trust works within the SSE guidelines and maintains a high standard of governance.

If you want a copy of the SSE booklet pictured above, please text 07525120966 with your name and address and we will send you one out in the post.

You can watch a short SSE video about the proposed merger of SSE's energy supply and home services business in the UK with npower at this link.

<https://vimeo.com/241732865#at=6>

Stronelairg windfarm delivery information is available here <https://twitter.com/Stronelairg>

Copies of a 'Brief History of Foyers', as mentioned in the last issue of the NEWS are also still available. No charge - text your name and address to 07525120966



Brock, the Badger

He ambles peacefully along his own estate
Bothering no-one, eating worms, grounded beetles, the occasional mouse or vole
And if he comes across a rabbit nest, then he feasts with gusto.
He has no malice or devious thoughts, but if antagonised is bettered by none.
Reynard flees, ears laid back in fear,
Even his Majesty the Golden Eagle knows better than to combat with this quiet soul.
He only asks to be left alone, to be what he is, the Monarch of British mammals.
There is no dog, no matter what his size or breed,
Bull Terrier or his ilk,
Alsatian, Dane or Mastiff, none alone can humble him.
The wolf and bear are gone, but Brock still ambles on.
And so he will when we are gone,
For he was here before we were one.

Brian Clarkson, Easter Aberchalder

The **Scottish Badgers Annual Conference** takes place on Saturday 6th October 2018 at Perth Museum and Art Gallery, 78 George Street, Perth, PH1 5LB from 10:00 am. Speakers include the world-renowned photographer Laurie Campbell on “Wildlife Photography Today & Digital Possibilities”, Polly Pullar on “How the Countryside sees Scottish Badgers” and Ben Ross of Scottish Natural Heritage on “Badger Licensing and Mitigation”. Tickets £40 for Members and £70 for non-members (lunch included). See website www.scottishbadgers.org.uk or email info@scottishbadgers.org.uk



Mr Weebl's Badger, Badger, Badger, Badger, Mushroom Video from 2003 is at <https://www.youtube.com/watch?v=ElyixC9NsLI>