



Foyers Units now in Community Ownership

It has taken a while, but the community has taken ownership of the two industrial units at Lower Foyers. It is a happy outcome after months of negotiation by Stratherrick and Foyers Community Trust with the building's former owners, Highlands and Islands Enterprise. Peter Faye, Chair of the Trust said 'The Trust owns the buildings now. We have also acquired the lease of the ground on which they sit, which is still owned by SSE. Now the Trust can make the improvements needed to the buildings and help Boleskine Community Care to offer more services to our residents. Peter added 'Local consultations showed that residents wanted the Trust to take control of the Units which have been neglected and underused for many years. The Trust will be contracting with local businesses to undertake the external renovation work almost immediately.'

Boleskine Community Care will continue to use Unit 2 and expect to expand into Unit One soon. Unit One is the former nursery which still needs some work to make it ready for occupation.

Inside your NEWS -
Air raids in the Strath!
by Sandy Fraser – Page 7



Welcome to the Stratherrick and Foyers NEWS, Issue Nine

Local news and photographs are always welcome

The next issue due out on 1 June 2018

The copy deadline for the June 2018 Issue is 20 May



SOME HIGHLIGHTS IN ISSUE NINE

Rob's Nissan Leaf – Electric Motoring! Page 11

Where do you glass bottles go? Page 29

Read all about the Trust's Legacy Investments. Page 21

A Note from the Editor

Thanks for reading the NEWS. We were shortlisted for the Highlands and Islands Community Newspaper Award last month, but didn't come first, so there must be room for improvement! Please help by submitting your stories, articles and photographs for our next issue due in June. Meanwhile, I hope you enjoy your copy of the NEWS. Steven



Chook Correspondent Wanted!

Can you write an article on poultry for the next issue?

please contact

strathnews@sfctrust.org.uk

Paper copies of the NEWS are available 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 and post free of charge to Forces addresses. Primary pupils from Foyers and Stratherrick get copies in their school bags and Carers from Boleskine Community Care also provide copies. Inverness readers can collect a copy at the Riverside Gallery, Bank Street.

Saturday 17th March
7pm

Family Ceilidh
Stratherrick Public Hall, Gorthleck
B.Y.O.B

Stovies provided
Fantastic local musicians
R.O.A.R.
Tickets £5

Highland Hospice is a registered Scottish Charity No: 90211227
The Ice Centre is a registered Scottish Charity No: 9020043

**It's time
for you
to join !**



call

07525120966

and we will send you a Membership Form

E-mail pc@sfctrust.org.uk

Download a Form from the membership page on

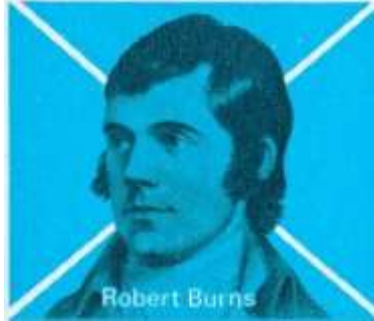
www.stratherrickcommunity.org.uk

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 or retractions 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

Foyers Primary School pupils enjoy Burns Events



The Breakfast Club has been a terrific success during it's trial period. There has been an average of 8 - 10 pupils a day using the club, and class teacher Mrs. Pinkerton has reported a noticeable improvement in attentiveness from the children since it has started. Parents have been surveyed on whether their children will use an after-school club at Foyers Primary. Only 2 parents have said that that their children will not attend it regularly.



Foyers Primary School marked Burns' Day this year with their own day of poems and an opportunity to taste haggis on January 24th. This included a Selkirk Grace and a performance on the pipes from Alan Beith. The following day the pupils were off to Eden Court in Inverness for the 'Big Burns Stramash'. Over 600 youngsters from lots of other schools including Stratherrick took part in a 'Strip the Willow' dance and enjoyed the drama and excitement of a large scale event.



The new Caledonian Canal Centre at Fort Augustus is taking shape. The village gets over 300,000 visitors a year. Scottish Canals has been recruiting staff for the Visitor Centre in recent weeks. Scottish Canals are also looking for Non-Executive Directors to join their Board, under Chair Andrew Thin and Vice Chair Tanya Castell (Strathglass). <https://www.scottishcanals.co.uk/news/new-board-members-sought-scottish-canals/>



Adult Burns Suppers are increasingly popular with events going ahead in Whitebridge, Gorthleck and Foyers. The photo shows freshly-caught haggis from Cockburn's in Dingwall which were served at the Camerons' Tearoom Burns' Supper.

Late News - The Community Council has just been advised that long term forestry extraction work will commence soon at Glenliath. There are road closures planned between Craigniche and the Pass of Inverfarigaig and the Pass road itself. Look out for signs.

Stratherrick Primary School Roll increases to 19 pupils!



There have been many changes at Stratherrick Primary over the last few months. Miss Harris, who was working 2½ days a week is now working full time and teaching the P1-7 class. This is great news as she has the kids working hard and into a really productive routine. We are interviewing for an extra teacher to take on a 2½ day teaching slot so we should have another member of staff in place, hopefully by Easter. Mr Graham (head teacher) is now Acting Head of both Stratherrick and Farr Primaries, which is part of the Highland Council's plan to make all Heads non-class committed and 'group' schools together if possible.

The Nursery has really settled in now and is a very positive aspect of the school! The nursery staff have worked tirelessly and have given the children some amazing experiences already. Together with Farr Nursery, they have been to the museum in Inverness where they found out about water jets and dinosaur teeth.

The primary pupils have started their swimming lessons again at the Aquadome. One of the benefits of being a small school is that all the children can go together which is rare in Highland Schools. Swimming has only really been made possible thanks to the grant award received from Stratherrick & Foyers Community Trust to pay for the transport, so that is a huge bonus to us! Foyers Primary have again kindly invited us to join them on their skiing sessions down at the Nevis Range so all pupils from P4-7 will have 4 days skiing and the pupils from P1-3 will also enjoy a day's skiing. We are extremely grateful for this opportunity and experience.

Some of the pupils are taking part in the Inverness 5k Fun Run in March. We are raising money for school funds and also The Highland Hospice, as the Head Teacher is fundraising for the Hospice by taking part in 'Strictly Inverness'. We will 'Bee' accompanied on the run by the Hospice Mascot 'Bobby The Bee', so if you are there supporting please give extra special cheers to spur us all on! Hospice staff visited the school and talked to the pupils about what they do – this was followed by a 'Question and Answer' session which was really enjoyable as well.





When Stratherrick Guides were asked what improvements they would like to see in the community they got to work on researching their ideas. Four groups of guides each came up with a plan. They produced models and prepared presentations to deliver to two of the Directors of the Community Trust.

Peter Faye, the Trust's Chair, attended the presentations in February at Stratherrick Public Hall with fellow Director Garry Page. Peter said 'I was really impressed with the girls and the work they had put in to the challenge. Each group gave a thorough and extremely interesting presentation and all had constructed marvellous models of their suggestions. It was clear to Garry and I that they had really thought through proposals, and when we asked questions the teams were well prepared to answer!

Guide Leader Jane Mason said 'I'm very proud of the Guides tonight after they stood up and gave such good presentations to the two directors of the Trust.' Peter added 'The Guides have such a positive attitude to the future for Foyers and Stratherrick. Windfarm and hydro funding means we have great opportunities. I do hope other members of our community follow the imaginative and thoughtful lead set by the girls. We need all residents to let the Trust know what Community Projects they want to see happen.'

The four proposals chosen by the girls were for new public toilets, for an accessible wildlife area and pond, a climbing wall and a swimming pool.



Boleskine Camanachd Club

Early Season and Cup Fixtures

Boleskine Camanachd is looking forward to the start of their North Division Two League campaign. Their first three games are at Smith Park, Farr against **Lochcarron** (3rd March), **Strathglass** (10th March) and **Lewis** (17th March) – all games at 2:30pm.

In Cup draws Boleskine have two tricky away ties.

Sutherland Cup away to Glenurquhart (7th April)

Strathdearn Cup away to Kingussie (26th May).

Over the closed season Boleskine have gained a number of new players which will hopefully strengthen the squad and allow for more consistency in the League campaign and allow progression in the Cups. We would encourage everyone to come along to the games and give support to the team as they start the new season.

Our Junior membership continues to grow, which whilst very welcome, in itself can be problematic to ensure all players have protective equipment as well as shinty sticks. Thanks to a grant from SFCT new outdoor sticks and shinty helmets have been ordered which will allow for better training sessions once training moves outdoors after the Easter school holidays. The Juniors had their Christmas night out at Roller Bowl at the beginning of December (again supported by SFCT). Unfortunately the weather hampered the numbers attending but everyone who was there had a great time. In particular Hector Milligan, photo above, who was named as Under 12 Player of the Year – well done Hector!

The club always welcomes the support of the local community and we would like to thank the brave souls who ventured out on a very wintry Saturday to support our Annual Sale of Work raising over £1100. Although our games are no longer played in the area, we are very aware of the roots of the Club and appreciate the community's continued support in our fundraising efforts. We would also welcome any local businesses who would wish to sponsor us in any way. Sponsors will have an advertising board erected pitch side at Smith Park in return for their generosity.



Shinty Training continues indoors at Farr Hall on Wednesday evenings for Juniors from 7pm – 8pm until the end of March. Seniors from 8pm – 9pm same day, same venue. After the school holidays at Easter, training will move outside and up-dates on times will be posted on our Facebook page.

For more information on joining the club or about sponsorship, please contact the Treasurer Catriona Fraser on 01456 486287 or catrionafrazer@tinyworld.co.uk





Heinkel He 111 Bomber

Sandy Fraser recalls the World War 2 Air raids in Stratherrick and Foyers

Stratherrick had lived in a state of tranquillity for nearly 200 years, but in 1941 the peace was shattered as we faced the brutal reality of war. We were living at Migovie Farm at the time and all the members of our family except me were awakened from their slumbers at 1am on a Spring morning in 1941.

The noise rattled the windows and shook the dishes. The flashes from what my family believed to be bombs were vividly seen as each bomb exploded. I must have been a very heavy sleeper as a boy because I slept through all the noise and missed the excitement.

Not until daylight did we know that seven bombs had been dropped on Stratherrick. The marks were clearly visible in the snow on Beinn-Bhuraich, the hill about 4 miles south of Migovie. At Gorthleck Farm, three miles from us, another stick of two bombs had fallen which just missed the farm house and steading. Thankfully the others had fallen on the moor leaving large craters which soon filled up with water. I wonder if they were ever filled in? Chrissie, (Angus Matheson - the farmer's daughter) carried a piece of shrapnel to Errogie School to show us all. We were very excited to handle it. To think that the enemy came all the way from Germany to cause us injury and devastation when we had all thought that we were safe and well-away from the War Zone.

The theory for the bombing behind Migovie is that the intended target was the Aluminium Factory at Foyers. The aircrew - having not been able to find the factory - decided to ditch their bombs on Beinn-Bhuraich rather than carry them all the way back to Germany. With regard to the Gorthleck Farm bombing there was a very tall chimney at the steading for the steam engine which powered the threshing mill. Obviously the airmen would not see it in the dark but they may have had previous intelligence (wrongly) that there was a factory there.

The other bombing raid was more daring. At mid-day on the 13th February 1941 a twin-engined Heinkel dropped two 500lb bombs on the Foyers Aluminium Factory, one of which did not explode. Two men died, one was blown into the turbine chamber and was drowned, the other died from a heart attack. My cousin Cathy MacDougal who was in her office was blown into a cupboard but escaped injury. Alan B. Lawson has more details in the first edition of "A Country called Stratherrick" published in 1987 on page 151. I understand that there is a memorial plaque somewhere at Foyers, does anyone know where it is erected?

I remember our father who was harrowing with two horses in a field on the west side of Migovie telling us about this strange aeroplane flying low over him and emitting black smoke as it accelerated away from the Foyers direction. There was now the fear that there would be more air-raids and we all felt much more aware of how close we were to the war. To stop injury from flying glass all the school windows were criss-crossed with sticky tape. Thankfully we had no more air-raids, although there were plenty of British Army manoeuvres and training in the Strath reminding us that we were still at war.

Sandy Fraser

Murdo MacLeod, 35 Glenlia and Archibald MacDonald, 7 Elmbank were the casualties.

More progress for Community Trust Broadband Scheme

Work is still continuing to spread the wireless broadband network. New uptakes are still coming in every week in the Whitebridge area and along with connecting them, the team at Cromarty Firth Wireless Networks is moving the scheme onto other areas. The Whitebridge Hotel is now connected and will be a bouncing station to several properties around it. Work and discussions are continuing with householders in the Errogie area to finalise where the signal will be bounced to there before we can start to connect the properties there that have signed up.

We are also continuing to find solutions to get into Torness and Inverfarigaig plus all the other dotted about interest that we have. Many thanks go to those that have been giving local info to help as it really makes a difference in each area, especially those areas that are proving harder to get to!! Just to clarify, there are no areas that we have said that we will not go to. Thank you all for your patience if we have not made it to you yet but we will be at some point. If anyone would like any further information on the scheme or want to register an interest, contact Sharon.

Sharon Ferguson,
horseon5@aol.co.uk
The Broadband Team

We have an interactive map with everyone in the whole area that has registered an interest and it helps planning if we have as many people on here that may be interested. By registering an interest, there is no obligation to sign up.

-- What's in a name? --



Stream (Allt)



Goat (Gobhar)

Ault-na-goire

Stratherrick set for improved mobile phone coverage



A New Mobile Phone Mast is now being installed near Whitebridge for telecoms firm EE. The lattice mast will have three legs and be 30 metres in height. It is located on Garrogie Estate ground close to the B862 about 190 metres above sea level. Mark Shaw of contractors SPH from Ardgay who are installing the foundation pad for the mast said 'This mast will bring 4G signal to a very wide area and not just Whitebridge and Lochgarthside.' Dell Lodge is visible in the photo above.



Stronelaig Wind Farm Construction Phase



Main construction works started in April 2017 and is now well underway. Following a winter break construction work has now recommenced on site, with the focus being the pouring the remaining turbine bases and the associated cabling works. Following successful delivery and erection of its first seven turbines last year the site will receive blades, turbine tower sections and components from February 2018 over a 20 week period. The deliveries will be moved under police escort who will ensure that they take place safely and with as little disruption to other road users as possible.

Stronelaig website <http://sse.com/whatwedo/ourprojectsandassets/renewables/Stronelaig/>

Latest Stronelaig News on Twitter <https://twitter.com/Stronelaig>

Boleskine Community Care (BCC)

For the latest news from Boleskine Community Care visit their website at

www.boleskine-communitycare.org.uk

----- The Great Outdoors ----- Getting Out & Keeping Fit -----

Our local Great Wilderness Challenge Team raised £1,250 for BCC last year. Eight folk took part then, and eight places are available for this year too. The event takes place in Poolewe, Wester Ross on **Saturday 11th August 2018**. If you would like to join in for the fun and the hardship get in touch with Morag at Camerons' Tearoom. The Challenge has become a regular fund raising event for Boleskine Community Care, and is great fun at the same time. See this website for more info

<http://www.greatwildernesschallenge.info>.



2017



Walking for All
organised by the BCC Trustees

But from small beginnings anyone can join in

Fit Walk from the Hub: Tuesdays 10th April, 1st May, 5th June. Meet at 2pm

Gentle and flat, no more than an hour, stout shoes and then back to the Hub for a cup of tea.

Broth, a Blether and a Walk from the Chapel Hall: Mondays 19th March and 16th April

A bit longer and gentle up hill, mainly easy but wear stout shoes and waterproofs. At least an hour, with some rough walking. We set off at 1pm after the soup.



Starting soon 'Sole Mates'
Monthly walk on a Sunday
10.30am, meet at the Hub Car Park.

First Walk Sunday 25th March.

Walking boots required along with waterproofs and something to eat and drink.

At least 2 hours, some rough walking and steep ground will be encountered.



Boleskine Community Care



Boleskine Community Care has just conducted its annual review. The charity is entering its fifth year. The past four years have been exciting and as 2018 begins the Trustees hope to expand into the larger building in Lower Foyers. An evening's consultation took place recently with the Friends of BCC, and over a glass of wine many ideas were raised which will help the Trustees take the charity forward into another year. To join up as a Friend of BCC - see the BCC website.

Care at Home Service: If you would like any advice the Boleskine Community Care Hub in Lower Foyers is open on Tuesdays and Thursday 10am – 3pm or phone Julie on 01456 486247 Also available is information on any of the projects run by the Friends of BCC.

The Hub – 01456 486247

Transport Scheme - phone Janet on 486688

Handyman Scheme - phone Bob on 486317

More details on the BCC website

www.boleskine-communitycare.org.uk

or phone Jane 01456 486355

Have you a story or photo to add to the Summer edition of the NEWS?

Send us an e-mail

strathnews@sfctrust.org.uk



The organiser of the **Etape Loch Ness** - Malcolm Sutherland - from Caledonian Concepts spoke at a recent meeting of Stratherrick and Foyers Community Council.

Malcolm thanked local people and volunteers for their help and support in previous four years. **This year's Etape is on Sunday 29 April.** There are 5,600 entrants. This is up 400 compared with last year and the event is now at full capacity. The Etape will cover the same route and the same times as last year.

There will be no change to the road traffic management arrangements. Because of new contingency plans the Traffic Order will include some smaller roads around Glenliath and Balnabeeran which will only be used if a diversion is necessary. Motorcycle marshal escorts will be on hand for vital journeys for care workers both sides of the loch.

If anyone is aware of local access needs on that Sunday please get in touch with Malcolm. malcolm@caledonianconcepts.co.uk

MacMillan Cancer Care is the event's key charity. It is hoped that riders will raise over £1 million this year. Community donations from the Etape will continue. Volunteer marshals should check out this link <https://www.etapelochness.com/volunteer/>



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Life with Lettuce – a Nissan Leaf electric car



Rob Mullen at Inverfarigaig purchased an electric car back in September 2017.

How did he get on? Here Rob tells Strathnews about electric motoring around Loch Ness side.

I've had an interest in electric vehicles for a long time. I even thought to build my own using an Escort Van in the 1990's. In 2017 we took the plunge and bought a 2011 Nissan Leaf – one of the first production Electric Cars in the UK. We called our Leaf 'Lettuce' – she is blue, but has green credentials!



Can you spot Rob's Nissan Leaf on the lochside road?

'Lettuce' will cover 60 to 70 miles on a full charge, so it is like running a car with less than a quarter tank of fuel. Many of our journeys are to Inverness or Fort Augustus, and we are slap bang in the middle at Inverfarigaig so the range mostly works for us. We have a charge point at home and can also get a free charge (80% in just 20 minutes) in Inverness at the Cathedral Car Park next to Eden Court. There are other charging points at Raigmore Hospital and the Fire Station workshops.

For us the Leaf is a great second car and we try to use her as often as possible. So far it has been extremely reliable. No oil to change, no exhaust to fall off and no gearbox to go wrong. I can use a simple smartphone app to check on her state of charge and even to set her to defrost before I even get out of bed! I reckon she's added about £30 to our monthly electricity bill, but the more we get used to charging in town for free the better. We are saving over £200 a month on diesel bills. Great!

So I would highly recommend Electric Vehicle ownership for our area. Once you get used to the limited range and just plan your journeys a little, it's saving a good amount of money and is great for the planet too. Electric vehicles are getting better all the time. Our hills and mountains are covered with wind turbines and hydro power is very prominent in our area. The power generated is our locally-made renewable energy for national use!

If anyone would like to find out more, or come and have a go and get a demonstration of our Leaf then please get in touch.

Rob Mullan



Rob's been driving other electric vehicles.

A three-lap spin around Ingliston in a new TESLA was his most exhilarating drive ever.

Saving energy whilst driving an electric vehicle is also fun. The Nissan Leaf rewards good drivers with an 'Eco Tree' display on the dashboard.

For information on the Scottish Government's help for electric cars and charging points call Home Energy Scotland in Inverness 0800 808 2282

<http://www.energysavingtrust.org.uk/scotland/grants-loans/electric-vehicle-loan>

Granny's Lemon Curd



www.dalmally-show.co.uk

Some recipes are just not worth the effort, but this one certainly is! Granny's Lemon Curd took first prize at the Dalmally Agricultural Show over a decade ago. Her top tips for this recipe are to be sure your lemon zest is as finely grated as possible, and to use a mild butter, like Lurpak. Remember to keep whisking while the mixture cooks. This fresh curd keeps in the fridge but is soon eaten up!

Ingredients

3 Stratherrick Eggs
200g Caster Sugar
4 Unwaxed lemons
125g unsalted mild butter

Method

Prepare first! Use a fine grater to make the lemon zest and then squeeze the lemons. You should get about two tablespoons of zest and 125ml of juice. Get a Pyrex bowl that sits on the rim of a pot or saucepan. Put an inch or so of water in the pan and have it simmering. Whisk up the eggs with the sugar and add the zest and lemon juice. Place your bowl above the water level. Stir the mixture as it gets hot then add in the butter, a chunk at a time, and whisk until the mix is smooth. Let the mixture cook slowly in the bowl for up to ten minutes and keep whisking, so the eggs don't separate. You'll know when the curd is ready when it gets thicker and glossy. Take the bowl off the heat and pour into jars before it sets.



Stratherrick and Foyers Wellbeing Club

An application has been made to the Community Trust to set up a Wellbeing Club. If the application is successful, starting in April or May the community will be able to benefit from Yoga Classes at £1 per class, and Singing and Mindfulness classes for free. All classes will be held in the Stratherrick Public Hall and details of the times and dates will be available if and when we get the go ahead.

Wellbeing covers both physical and emotional health, so if you have any suggestions for activities that you would like us to run then please let us know. Some suggestions so far have been for a Book Club, Craft Club, Meditation Group and a Writing Group. We have a wealth of talented people in our Community so hopefully this will give them the opportunity to share some of their skills and help increase social interaction within our area.

Updates on the application will be posted on the Stratherrick and Foyers website and Facebook page and on community noticeboards. If you have any suggestions for Wellbeing activities you would like to see organised please contact Gill Gray on 01456486419 or e-mail gill.slatehouse@icloud.com



Meg's Mindful Movement

No charge to participate!

Meg's Mindful Movement classes at Stratherrick Public Hall

Meg's classes run on Tuesday mornings 10-11am followed by coffee/tea 11-12am. Based on mindfulness, this class is suitable for all ages and abilities, it is ideal if you are feeling a wee bit stressed or your body is feeling stiff or you just want some 'you-time'. The stretching can be done standing or seated and the relaxation part is either on thick yoga mats tucked up in your own blanket and pillow or on a chair if more suitable to your needs. The hall is warm and you work at your own pace, taking into account your individual needs. There is no pressure - it is totally relaxed. I am delighted that the hall charges have been reduced to zero and I am happy to give my services free so **there is no cost for people to attend**. If you have any medical conditions or concerns please consult your Doctor. As this class is free please contact Meg to book a place Meg.Somerville@gmail.com or see Facebook/Instagram Meg's Mindful Movement.

Mindfulness Class for Children and Young People:

Following the success of Meg's Mindful Movement and Meditation class for adults on Tuesday mornings at Stratherrick Hall, I am contemplating undertaking further teacher training courses in Mindfulness for children and young people. To help me decide whether to take this next step could any children, young people or parents/carers please get in contact with me to gauge interest in classes for this area. Mindfulness helps with anxiety and worry (i.e., stress of exams or instant/constant internet/technology access), teaches relaxation techniques hopefully helping to improve sleep patterns.

For further information or to express an interest in Mindfulness class for Children and Young People please contact me Meg.Somerville@gmail.com or see my Facebook/Instagram Meg's Mindful Movement.

I am registered with the Scottish Social Services Council to work with children and vulnerable persons and currently work with children and young people.



SCOTTISH PLANNING – RIGHTS OF APPEAL

Stratherrick and Foyers Community Council Chair **Catriona Fraser** led a discussion on the Equal Rights of Appeal Campaign at the Council's January meeting. The campaign is organised by 'Planning Democracy'.

Catriona has received pre-printed postcards which members of the public can use to send to Members of the Scottish Parliament. The card states 'Currently developers have a right to appeal a planning decision, but communities who are affected by a development have no right of appeal.'

The postcards encourage MSP's to build a stronger and fairer planning system by making a commitment to support equal rights of appeal – and have this right included in the new Planning Bill.

If you would like a copy of the Postcard please contact Catriona or email strathnews@sfctrust.org.uk

More info is available at

www.PlanningDemocracy.org.uk



Foyers Bay

This area is leased by
Stratherrick and Foyers Community Trust
for the benefit of the local community.
Clean-up and enhancement works will
commence in 2018.



For up to date details visit
www.stratherrickcommunity.org.uk
Contact Telephone Number
07525120966



New signs will be going up at Foyers Bay – now the lease between the Community Trust and SSE has been finalised. The area includes the old fish farm site and the shoreline down towards, but not including Foyers Pier. A map of the area is shown on the signs.

If any resident or visitor has items stored or abandoned on this area or shore, and is not a member of the fishing clubs, please contact the Trust on 07525120966. Thank you.



A Brief History of Foyers by the late Gordon Wilson, Caithness Field Club (2004)

This short history is available free on line at the following link. It covers all the important events up to the arrival of the British Aluminium Company and runs to six pages of A4. If you want a copy but can't download it, text your address to 07525120966 and we will send you a printed copy in the post.

<http://www.caithness.org/caithnessfieldclub/bulletins/2004/historyoffoyers.htm>



Roads around South Loch Ness



Free Map and advice on using local roads



'Survive the Drive'

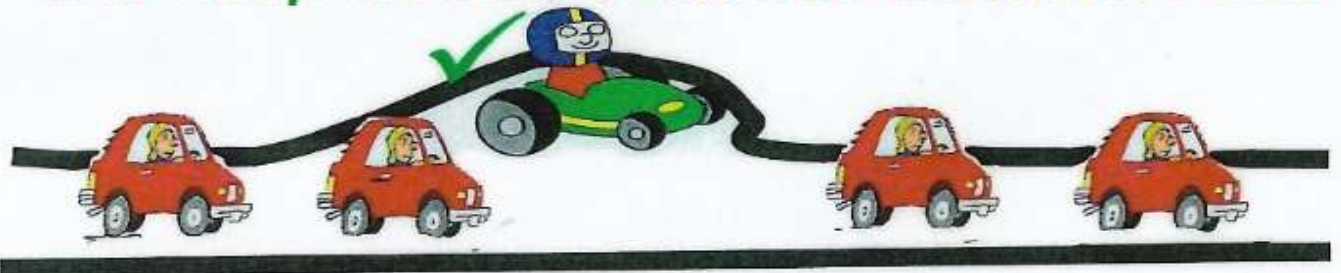
Safety Tips on how to drive on single track roads



Do Keep Left



Do Stop to Let Vehicles Behind Pass



Do Stop and Wait at a Passing Place



Do Notice Passing Places & Reverse!



Out at Night?
Cut your headlights once you are
safely stopped in a passing place
to help oncoming drivers.



X



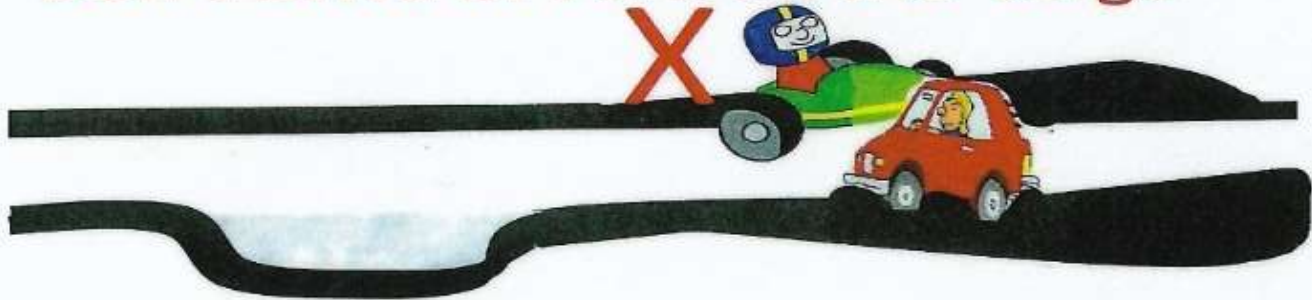
Don't Cross To Right



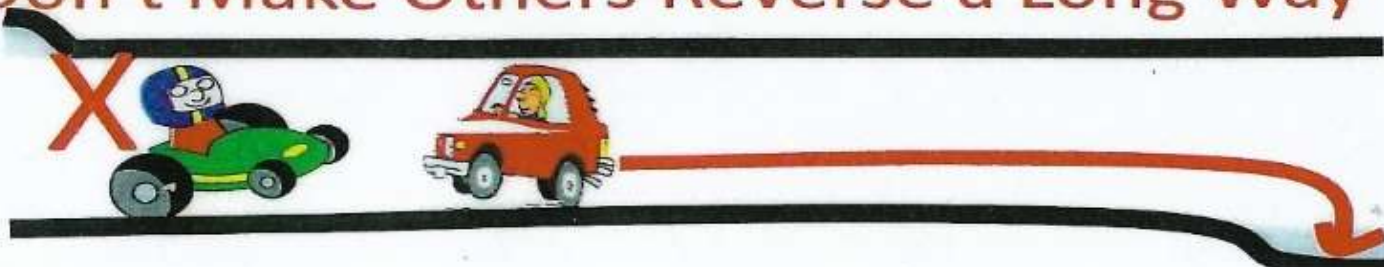
Don't Create a Queue



Don't Drive or Park on the Verge



Don't Make Others Reverse a Long Way



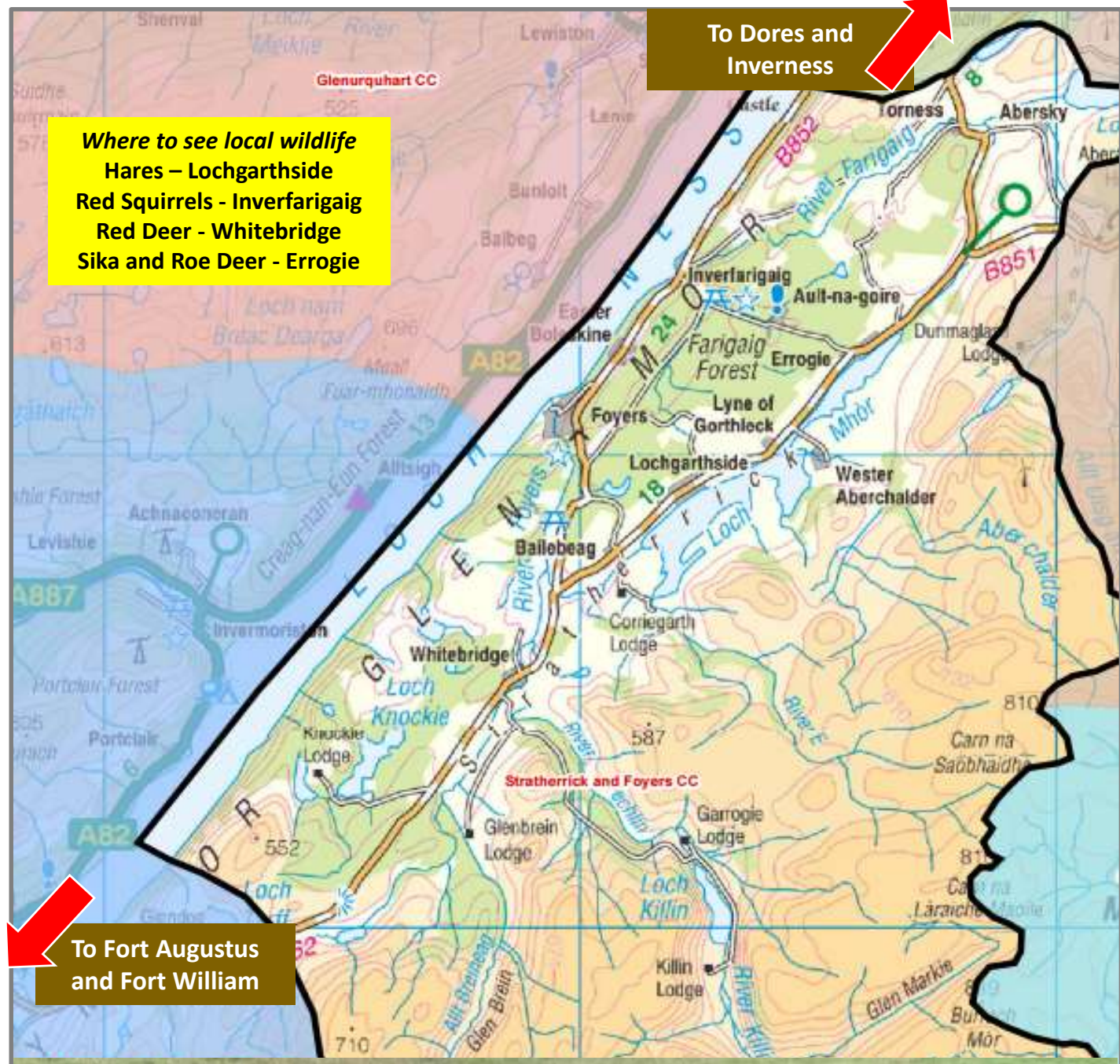


Please **'Share the Roads'** around South Loch Ness

To Dores and Inverness



Where to see local wildlife
Hares – Lochgarthside
Red Squirrels - Inverfarigaig
Red Deer - Whitebridge
Sika and Roe Deer - Errogie



To Fort Augustus and Fort William



Please watch out for lambs on the road in Spring at Abersky, cattle and sheep all year at Achnabat and horses on the Whitebridge to Loch Killin Road.



The Life of Frances

Primary School Teacher Extraordinaire



Frances Abbot died peacefully at her home in Culloden on 29th January, aged 79. Local folk have very fond memories of Frances. She was an inspiring, creative person, warm and always giving generously of her time and energy. She came from a creative Italian family; the Saccos made a living selling ice cream from their shop in Dundee and also acted in amateur theatre.

Frances moved with her husband Ian and their three-year old son Robin to the School House at Whitebridge in 1974. She was head teacher of the school until it closed in 1977 when Stratherrick School was built. She joined Mrs Beer (nee Franks) to teach Primary 1-4 at the Foyers Primary School. In 1980 Frances became head teacher there.

Margaret Fraser, who taught along side Frances at both Whitebridge and Foyers, has fond memories of her on a moped, with Robin on the back, making her way along the twisty road down to Foyers in all weathers. Ian, a talented poet whose work was frequently published, died tragically in a car accident in 1989. In 1988 his first book of poetry, "Avoiding the Gods", told of wild places and the tragic history of the Scottish land. Frances wrote plays for the children to perform, helping them to gain confidence through acting and story telling. She remained at Foyers school until 1993 when Maureen Brown took over.

Frances immediately involved herself in other aspects of community life. She was on the Stratherrick Hall committee, served briefly on the Community Council and along with three others created the Boleskine Bulletin. Frances felt that all views within a community were important and the 'BB' became a medium through which everyone could be heard. The editorials Frances wrote in the early editions reflected the ethos of objective reporting.

Throughout her life, performing and writing remained Frances' main interests. In the 1990s she established the StrathArts drama group, which went on to perform Ali Baba and the Fourteen Thieves in 1995. The following year she wrote and directed a play about St Columba, performed in a Pictish roundhouse erected in Whitebridge for the occasion. She also produced and directed a highly successful local fashion show to the amazement of all those participating ... and to the audience.

In 2012 the Loch Ness Luvvies, founded by Jan Hargreaves, chose a play, cast it, and asked Frances to become their director. After due consideration Frances was persuaded to help develop their skills, despite having to travel "the long and winding road". In 2012 and 2013 Frances directed the first two Luvvies productions. However, she was concerned that she was unable to commit further, and because amateur dramatic groups often fail due to a lack of their own director, in 2014 she assisted a Luvvie to direct three 1-act plays. One of these was performed for the Scottish Community Drama Association Festival in 2015 and won 3rd place in the first round. Since then the Luvvies have continued to direct their own plays. Frances joined the Florians drama group in Inverness in 2016, initially as a prompt for several productions, and last year she had a cameo role as a feisty tea lady in one of their plays. This was her last performance.

Her writing continued and in 2009, having joined the Ross-shire Writers group, two of her short stories were published in their anthology "Further Along the Lines". Other stories were published on the Spooky Isles website; she was also in the middle of writing a crime novel.

There are so many stories of her vibrant parties, her humour, and just Frances - we will miss her. HA / JOD

Frances Abbot's funeral service took place in Inverness on Tuesday 13th February 2018, followed by an interment at Foyers.



Frances, centre stage at the Stratherrick Hall

Boleskine Environmental Network (BEN) is looking for new members.....



BEN is a community group, established in 1999 as a forum for discussing matters relating to the natural environment of Stratherrick and Foyers.

BEN has been active in three main areas:

- monitoring the impact of development on wild land / natural habitats
- wildlife recording
- environmental education

Over the past ten years, BEN has been closely involved with the Forestry Commission, making recommendations on native woodland restoration and species conservation that have influenced the Forestry Commission's Design Plans. For example, in 2009, a survey of aspen was carried out around Inverfarigaig - a hotspot for both aspen and the rare aspen hoverfly, which requires very specific conditions to ensure its survival.

BEN has also commented on the numerous alternative energy developments in Stratherrick. A considerable task - at one time there were 10 schemes being planned or under construction. The group arranged for wildlife experts to tutor us in wildlife identification. For over a decade, members have accumulated records of plants, animals, birds and insects, and submitted these to national databases. Recording the area's biodiversity should help inform land management decisions. Some of our data are available from the website <http://stratherrick.net/boleskine-environmental-network/>. Other results will appear shortly!

BEN has sponsored projects in local schools. Foyers School's "A year in the Life of Loch Bran" and Stratherrick School's School Grounds project were a great success. The group has also distributed compost bins, real nappies, and bottle-banks throughout the area!

BEN is looking for new members to revitalise the group. Many of our more active members have moved away in recent years. Rosemary Holt who has submitted records of a number of nationally scarce species of moths is leaving the area this spring and will be sorely missed.



If you love our local environment, enjoy wildlife, fancy participating in surveys, or have new ideas for projects, please get in touch with Heather at BEN.

**BEN will be meeting informally at
The Old School, Errogie on April 5th at 7.30pm.**

Please contact Heather if you would like to come along.
heather-macleod@btconnect.com 01456 486774.



Aspen trees can only spread slowly in Scotland and usually reproduces by sending out suckers from its roots, which form new trees close to the parents. Over time, a large clump of trees can develop, all genetically identical. Groups of Aspens are extremely rich in biodiversity, especially lichens and insects.



LEGACY FUND

If you were at the Stratherrick Public Hall for the Annual General Meeting of Stratherrick and Foyers Community Trust last November you will have heard Frank Ellam, the Trust's Finance Director, refer to our area's "Legacy Fund" investments. As this fund affects everyone in our community the NEWS asked Frank to give some more information on the Trust's investments.



Prior to 2015 the main source of funds available to the Trust was from the Glendoe Hydro Project. Much of that income was spent each year on grants and expenses. But in 2015 the Trust's income received a substantial boost with annual payments starting from the windfarm operators at Dunmaglass followed by Corriegarth in 2016. Most of the Community Benefit projects will pay benefit for twenty-five years.

In the summer of 2015 your Board of Directors decided that we should set up a fund of investments so that there would be money available to continue to support local groups, students, legacy projects and any other category of grant that were currently being approved. It would make no sense to encourage groups and in particular larger projects if the Trust could no longer support their ongoing costs when the community benefit payments cease.

The situation is similar to that for an individual, aged 35 and in a well-paid job, wanting to retire at the age of 60 and still enjoy a decent standard of living. Setting up some form of pension fund for that individual is the obvious answer. The Trust's Legacy Fund is effectively the Trust's pension fund.

In 2015 the Trust invited three firms of financial advisors to make presentations detailing how they would organise the finances and what their costs would be. As a result of these presentations the Directors appointed Clarendon Financial Planning Ltd. to advise the Trust.

Working with Clarendon we drew up a Statement of Investment Principles which laid down guidelines on the type of investment that could be considered and how frequently the investments would be reviewed. The fund needs to be safe and to grow at a steady rate. A target was set for Clarendon of a 5% return above the London Interbank Offered Rate (LIBOR). Any dividends or other income from the investments are automatically reinvested. The Trust does not need to generate a high income from the investments, because we have a substantial income from the community benefit schemes for the next two decades.

The Board decided to invest 25% of our annual community benefit fund receipts into the Legacy Fund and this is done on a monthly basis. Currently the fund is invested in twelve funds and each one of these was valued above its cost at 31 December 2017 when the last full valuation was carried out. The cost of the investments at 31 December was £209,615 and their market value on that date was £232,100.

The investments are monitored on a weekly basis, valuations are provided at least four times a year. The founding director of Clarendon visits Stratherrick once a year to discuss progress and answer any questions Trust Directors may raise.

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



By the time you read this, regardless of what the weather is deciding to get up to, we will officially have entered British Spring Time according to the Met Office which recognises the first of March as the end of Winter. Whilst every season has its attractions, Spring and Summer offer the longer days that give more flexibility for walking the local tracks and trails. When I am out with my dog I often encounter walkers, particularly in the Summer when their numbers are much higher, who frequently ask 'How can I walk along the shores of Loch Ness?' For such a large body of water people are surprised that there are few stretches that follow the shore itself for any distance but, on this South side, we are blessed with three beautiful loch-side walks of differing lengths and characteristics.



One goes from the old fish farm in Foyers, through the woods and along the shore in front of the caravan site and up to the Helen Fraser memorial. This involves a detour across the bridge over the River Foyers but, apart from that, mostly affords impressive Loch views all the way, initially toward Dores and Urquhart Castle but, latterly, more Southward toward Fort Augustus. Twice over the last couple of years I've encountered the elusive little herd of wild goats.

Another walk along the Loch can be found by turning left at the blue waymarker post immediately north of Foyers Lodge, downhill through the woods, onto a tarmac road, turn right up to an electric sub-station directly after which the signposted track delves left back into the woods and down to Loch Ness all the way to Inverfarigaig (where it can be turned into a circular route using the South Loch Ness trail). I have walked this track many times and seen other people just once or twice and yet it's probably one of the longest stretches of trail to actually follow the shores of the Loch.

Thirdly, there's the spectacular Dores beach with its amazing, and much photographed, views down a vast expanse of Loch Ness. The walk along the open beach can be bracing in the breeze coming off the cold water. In high winds interesting pieces of wood can be found washed up along the shoreline, some of which are salvaged by local artisans to create pieces of artwork. Because of the prevailing winds, any waterborne flotsam and jetsam seems to wash up on the beach but the locals work hard to keep it clear. The hardy Wild Highlanders, who swim there every Saturday morning, do their bit with a regular litter-pick.

So these are three walks along the shore to which, when asked, I direct people - the first two being accessible on foot if visitors are staying in Foyers. Of course, there are hundreds of kilometres of local walks and many other beautiful lochs but visitors to the area do like to walk along the shores of Loch Ness. And we all know the next question visitors ask to which I have no answer.....

Happy Springtime walking. Sian

South Loch Ness Heritage Group Slideshow

The Heritage Group held a very successful slideshow at the Stratherrick Public Hall on 24th January 2018. At the Boleskine Community Care AGM last year some old photographs of the area and its residents were shown on a rolling slideshow. This led to requests to the Heritage Group for more!

It was decided to have an afternoon event aimed at the older residents and former residents of the area and show lots of old photographs, including those from the Rose Fortune Collection. The idea was to stimulate interest in local heritage and also to see if some of the photos containing unknown people could be identified.



Rose Fortune, District Nurse



The event was for an invited audience and the general public. It attracted a good turnout despite the blustery weather. The photos were displayed on a screen via a projector, controlled by Bob Main. Alister Chisholm provided the commentary on the photos whilst Morag Macneil, Alison Randall and Heather Parrot recorded the names of people identified and the stories associated with people and places. Prior to the event commencing and during the tea intermission Scottish music was played by Ernie Randal and Alex Sutherland.



The afternoon proved a great success and was enjoyed by the attendees as they recalled people and days of long ago from the Stratherrick and Foyers area.

The 140 photos including the Rose Fortune Collection, are displayed on the South Loch Ness Heritage Group website.

www.southlochnessheritage.co.uk

If anyone has old photos or stories of the area that could be displayed on SLNHG's website or are suitable for next year's Heritage Calendar please contact Alister Chisholm on 01463 715713.



Congratulations to Alex Sutherland who took home a Bronze Medal from the Rhyl 10 mile race (British Masters Championship – V70) on February 24th. Alex ran a personal best time of 69.07 minutes.



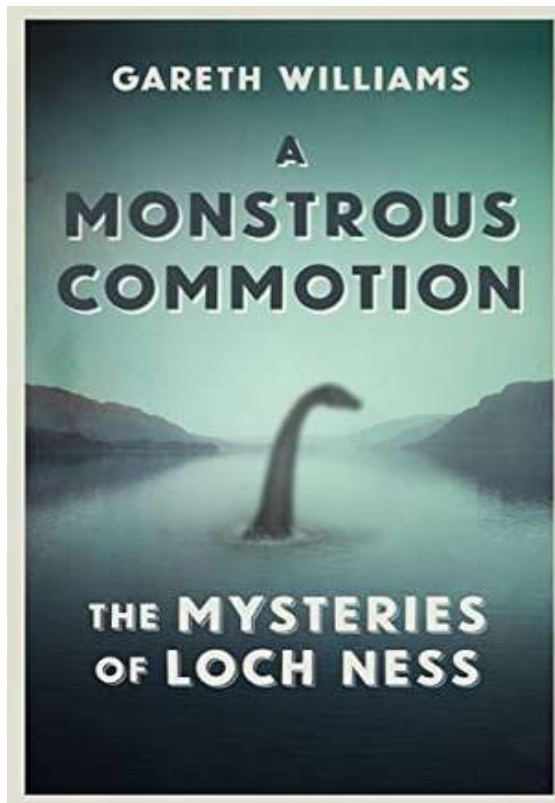
The Boleskine Bookworm



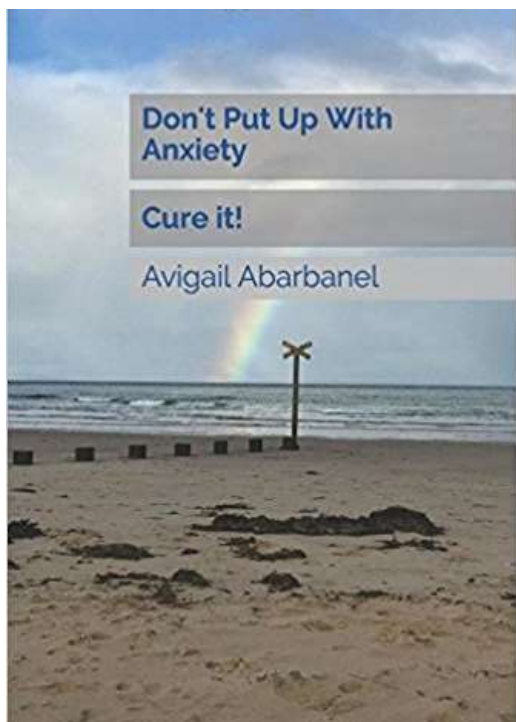
Scott's View from the Van

Here's a recommendation from Scott, our mobile librarian. Residents may have noticed that Scott's usual mobile library vehicle is not around the Strath and Foyers. He has been keeping our mobile library service running using a smaller Transit Connect van whilst the clutch mechanism on the big van is repaired.

Scott's recommendation is '**A Monstrous Commotion**'. Scott says 'The author **Gareth Williams** has written a very readable and even-handed account of the many great and colourful characters involved with the Monster and incidents which have happened in and around Loch Ness over the decades. Never without controversy, the Loch Ness Monster story is told in an interesting and thoughtful way. You might even recognise a local or two in the photographs! 'A Monstrous Commotion' is available from the Library Van or any Highlife Highland Library.



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



Mrs Gibson Recommends

Don't Put Up With Anxiety – Cure It! By Avigail Abarbanel (£6.50)

Avigail Abarbanel is an experienced psychotherapist who has lived in Strathnairn since 2010. In this booklet the author explains what causes anxiety and what people can do to get rid of it... for good! Basically Avigail says that anxiety is 'a useful prompt that we are neglecting something important in ourselves'. Therefore we should listen to our 'prompts' and acknowledge them. Accepting the feelings we have around our lives, both past and present, is the key to banishing anxiety for good. Avigail Abarbanel writes in a clear, matter-of-fact manner which makes the booklet informative and easy to read. I'm passing my copy round my friends! She has a public lecture in Inverness soon. Saturday 29 May, 10.00 – 2.30pm, Spectrum Centre.

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



MSP Kate Forbes visits Foyers

Our constituency MSP, Kate Forbes, the Member of the Scottish Parliament for Skye, Lochaber and Badenoch held a Constituent Surgery at the Stratherrick Public Hall on Saturday 3rd February 2018. If you missed her and want to make contact, her details are listed below. Call her Dingwall Office on 01349 863888 / 07825532230 Kate.Forbes.MSP@parliament.scot



Donald Forbes, Peter Faye, Kate Forbes and Lyn Forbes with the Campsite's latest award

Kate then took the opportunity to visit Foyers and tour the area with Peter Faye, Chair of the Community Trust. At Loch Ness Shores, Kate congratulated Donald and Lyn on the quality of their campsite and also on their latest award (*right of photograph – Best Campsite in Scotland from Scottish Caravan and Motorhome Magazine*). Loch Ness Shores Caravan and Camping site features on the front cover of the 2018 Annual Parks Guide. Foyers campsite prides itself on having the best and cleanest toilet and shower blocks



Kate Forbes has headed a recent campaign to do away with plastic drinking straws which often become a particularly pernicious form of litter. During her visit Kate heard other local opinions about the importance of employment in rural communities from sporting estates and the need to balance some urban views about land use with factual information about the economics of farming and living in the Highlands.

National Award for Adam

The Scottish Traditional Music Awards last December were held in Paisley. Errogie's Adam Sutherland was nominated in more than one category, but the accolade he took home was that of Composer of the Year. Adam published his first book of tunes last year. 'The Errogie Collection Volume One' is set to be followed by a second book. Meantime, at this year's Celtic Connections Festival in Glasgow Adam released his new CD recording 'Some Other Land'. Adam keeps busy playing, composing and teaching fiddle. He was taught by Donald Riddell, Pipe Major in the Lovat Scouts, who in turn was influenced by James Scott Skinner. Congratulations are in order for Adam and Emma Tomlinson who were engaged at the Feis in Fort Augustus in February.



Adam's tunes are played all over the world. Here's a link to charming group of young musicians from Japan enjoying 'The Road to Errogie'. <https://www.youtube.com/watch?v=A-Z5sT271Z8>



Snow Problem?

No Problem!

Foyers Fire Crew – aye ready!

Christmas Ceilidh Day – were you there?

Just before Christmas residents had a musical treat when the Cask Strength Ceilidh Band played at Stratherrick Public Hall. After a short afternoon session for young people which included a dance caller to refresh people's memories of the dance steps the Band struck up for a lively and loud evening of Scottish tunes and relentless dancing. It was a great night with plenty of stovies to keep the dancers' hunger at bay. The event raised £200 which was donated to Hall funds.



The Cask Strength Ceilidh Band were Adam Sutherland, Errogie, Fiddle, John Somerville, Abriachan, Accordion, Hamish Napier, Speyside (Keyboards) and Stevie Fivey on the drums. The band went on to play for BBCs Scotland's Hogmanay programme.



What do you think?

Please let the NEWS know what types of events you would like to attend in the district? What would be popular? Stratherrick and Foyers Community Trust covered the costs and organised the Christmas Ceilidh. Should this event take place again this year? Would a rock band be better or how about a Country and Western evening?



Recent Grants Awarded by the Trust



Awards to Individuals

Student Grants of £500 each have been awarded to Siobhan McDonnel, Michael Bloodworth, Amy Craven, Cameron Williams, Luke Bloodworth, Luke Burgess, Iona Macpherson and Hannah Burgess. One Energy Saving Grant of £500 was awarded to Aros Matheson (Stove)

Awards to Community Groups

South Loch Ness Heritage Group - £2,341.60 for the War Memorial Upgrade Phase 2.
S&F Seniors' Lunch Club - £2,000 for monthly meals and summer outing 2018.
Friends of the Inverness Royal Academy - £2,560 for tutoring twelve students.
Stratherrick Primary School PC - £1400 for transport to swimming lessons.
Stratherrick and Foyers Community Council - £1,215 for Minute Secretary costs.

Do you want to apply for a grant? – visit www.stratherrickcommunity.org.uk or call 07525120966



Church of Scotland, Drumtemple

As we write we are beginning to see the first glimpse of spring and are enjoying God's world in a new year.

Our days are lengthening and as we approach Easter with its joyous splendour of new green growth, in place of the long days of white snow, we recall that even in winter there have been delights.

At Boleskine Church, Drumtemple weather has meant several unfortunate days of closure that the photograph shows, however internal worship and warmth continues for all.

The **Scottish Episcopal Church** at Croachy - Services are at 11.00 each Sunday. A 'Craft and Chat' event happens on Monday afternoons from 2pm. Palm Sunday 25th March 2018 – Parish Lunch. www.stpaulsstrathnairn.co.uk

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

Free Church Continuing (Dores) check at www.freechurchcontinuing.org

Stratherrick Free Church, Errogie. Sabbath Service at 4.30pm. Mr S McLure 01456 486435 www.greyfriarschurch.org

Father Harden, Parish Priest for Stratherrick and Fort Augustus can be contacted on 01320 366 451 e-mail andrew.harden66@gmail.com. Stratherrick news is posted in the weekly bulletins at <http://lochnessparishes.dioceseofaberdeen.org/>



What happens once you bank your bottles?

Highland Council's Bottle Banks at Foyers and Gorthleck are part of a network of 230 bottle bank locations across the Council's area. Highland sends around 6,000 tonnes of glass bottles and jars for recycling every year. Strathnews asked Highland Council's Waste Management Officer Andy Hume what happens to an empty bottle once it leaves Stratherrick. Before a bottle starts its recycling journey it is essential that it is clean and any metal top has been removed. The key to recycling is to make sure the initial material is as similar as possible. Please do not place plastic bottles in the bottle bank either.

Andy says 'It is crucial for the process that the bottles are separated into brown glass, green glass and clear glass. Highland glass from our Bottle Banks is taken first to Inverness and then by road to the new Viridor factory at Newhouse in Central Scotland. Over 99% of glass arriving there is recycled. Once cleaned, sorted and crushed, small fragments are used in aggregate production. The larger fragments are checked and any stones, Pyrex or porcelain is removed. The glass pieces are then checked again for colours and the final material is bagged and sent on. The glass is used to make new containers at 'OI' in Alloa and insulation for buildings at Superglass in Stirling.'

Using your local bottle bank reduces the amount of material which would otherwise end up in landfill. There is more information about what is acceptable to put in household waste bins and what is accepted at the Longman recycling centre in Inverness at this link.

https://www.highland.gov.uk/info/1063/rubbish - household_waste

Here are some weblinks for further information

- Viridor's glass recycling process at Newhouse <https://viridor.co.uk/assets/REDESIGN/ABOUT-US/PUBLICATION-PDFs/VIRIDOR-GLASS.pdf>
- 'OI' - the glass container manufacturer in Alloa. <http://www.o-i.com/>
- Superglass – the glass wool insulation manufacturer in Stirling <http://www.superglass.co.uk/about-us/why-superglass/>



Loft Insulation is made from re-used glass in Stirling

Phone 01349 886603 or email recycling@highland.gov.uk if the any of the recycling point containers are full.



PC William Jones advises that there have been recent reports within the Inverness command area regarding suspect persons and bogus traders. Police would like to remind all members of the community to always ensure that if anyone attends at their home address to carry out work for a company, check their identification and if required contact the company to confirm their details before allowing them access into your property.

If anyone comes to your door advising they will carry out work at your home for a cost, please be aware and if unsure contact the Police or trading standards. If you are happy for the person to carry out any agreed work and fix a price, DO NOT pay any money to them until you are satisfied all work has been completed.

As we are coming into Lambing Season, Police would like to remind all persons to ensure that when walking dogs in or near fields to please keep their dog on a lead to prevent any kind of sheep worrying. If you see sheep please be thoughtful and avoid going into the field with your dogs.



Akash Devendra, GP at Foyers Medical Practice discusses Anticipatory Care Planning

The universally recognised beeping of the cardiac monitors, the good-looking doctors pumping on a victim's chest, another wielding a defibrillator with the warning, "Stand back, Shock!", the racy, sexed-up scenes of "Casualty" or "E.R." hospital fiction invariably end in success. Cardiopulmonary resuscitation (CPR), in reality, is rarely a success and certainly not straightforward.

CPR can be life-saving for those where there is a reasonable chance of success. CPR does not work well, however, for those who are frail and have significant illnesses and conditions such as heart or lung disease, cancer or neurological conditions. Ask any doctor and they will share with you scenarios where CPR has been conducted that was probably wrong, futile or undignified. It can be a prolonged, traumatic and invasive process.

None of us are particularly comfortable with discussing dying, death or our wishes should we lose the capacity to make decisions for ourselves. GPs are human too and we can approach such discussions with patients nervously or clumsily. We fear that patients might think that by discussing CPR we are giving up on them, or that there is a poor prognosis. Neither is true. Many patients presume that by adding a DNACPR (Do Not Attempt CPR) note to their file this means they will not receive other treatments such as antibiotics, fluids, oxygen or be admitted to hospital. Again, not true. A DNACPR decision only comes into effect when a patient's heart stops beating. And most often this means they have come to the end of their natural life.

We should all be talking about our wishes openly with our loved ones and our healthcare teams: what treatments we would consider, which ones we wouldn't, where we wish to be admitted or to remain. This is all part of **Anticipatory Care Planning (ACP)** which we are committed to in the NHS.

So the next time I or one my colleagues begins a clumsy, nervous conversation with you at the surgery about an Anticipatory Care Plan (even when you might have just come in about a sore toe...), bear with us... This is an important discussion to have.

For more info <https://www.nhsinform.scot/care-support-and-rights/palliative-care/planning-for-the-future/decisions-about-cpr>

Work starts on
the last major
section of the
South Loch Ness Trail
near Loch Tarff

Colin Ross, Highland Council,
George Baxter Head of
Development Strategy, SSE
Phil Thompson, Trail Project
Manager, Graeme Ambrose
CEO, VisitInvernessLochNess
and Mark Hedderwick, Hitrak,
the trail contractor.



On the 21st February work commenced in the sparkling winter sunshine on the 'missing link' in the South Loch Ness Trail. VisitInvernessLochNess announced in January that they had secured the necessary funding from the Scottish Government and European Union, SSE and The Highland Council. Graeme Ambrose said 'Completion of this new 3.6km section will link up with the Great Glen Way on the north side and thus create a 'Loch Ness 360' trail. We can expect the '360' to deliver a major economic impact not only to the communities on the south side of Loch Ness, but to the Loch Ness and Inverness area as a whole. Graeme added 'The Loch Ness 360 will create new marketing opportunities including scope for new events and as a long distance route for walkers, cyclists and horse riders.' Graeme thanked funders for their support. 'Funding was obviously critical but so too was the support of Glendoe Estates, on whose land the trail is being constructed. To secure the funding from the Scottish Government and European Union we had to put in place a number of assurances and procedures and throughout this process Glendoe Estates were very helpful and supportive.'



For more information contact Graeme@visitin.com



Scottish Country Dancers from Foyers, Aldourie and Stratherrick Primaries combined to win the Lamont Cup at the 2018 Inverness Music Festival. Mrs MacBeth taught the girls so well and gives all her time voluntarily. Mrs Robertson, Head Teacher of Foyers and Aldourie said 'Its great opportunity for the girls to work together and an added bonus when they do so well. Their smiles say it all!'

<http://www.invernessmusicfestival.org/>

2018

Here come the runners, cyclists, dancers, swimmers and riders!

MAN v HORSE SCOTLAND – Sunday 15th APRIL

Runners and Riders from /to Loch Ness Riding, Dores
<https://www.entrycentral.com/festival/607>

ETAPE LOCH NESS – Sunday 29th APRIL

Lots of cyclists and closed roads on Sunday morning.
<https://www.etapelochness.com/>

ETAPE Volunteer Page <https://www.etapelochness.com/volunteer/>

LOCH NESS CLASSIC AND VINTAGE CAR TOUR – Saturday 9th JUNE

sixty-five interesting vehicles on a trip!
<https://lochnessclassicartour.weebly.com/>

GROOVE FESTIVAL – Saturday 18th AUGUST

at Clune Farm, Dores, 'Scotland's Nightclub Under the Stars'
www.groovefestival.co.uk

BEAST RACE - Saturday 1st SEPTEMBER

at Aldourie Castle, Muddy 10km Obstacle Race around Dores
<http://www.beastrace.co.uk/loch-ness-event.html>

RAT RACE COAST TO COAST – Saturday 8th September

Run, ride and kayak 150 miles across Scotland
Cyclists from Daviot to Suidhe via the Calanour and Lochgarthside
<http://ratrace.com/coasttocoast/>

RIDE ACROSS BRITAIN – Saturday 15th SEPTEMBER

From Lands End to John o' Groats – via the Suidhe and Foyers
<https://www.rideacrossbritain.com/scotland-route/>

LOCH NESS MARATHON – Sunday 23rd SEPTEMBER

Starts at the Suidhe, via Inverfarigaig
<http://www.lochnessmarathon.com/event/loch-ness-marathon/>

LOCH GU LOCH Swim Run – Saturday 29th SEPTEMBER

Gruelling swimming and running throughout Stratherrick
<https://www.brecaswimrun.com/breca-loch-gu-loch/>



Every year thousands of visitors and some locals enjoy these events in our area. Organisers are always keen to involve local people as marshals and helpers. Contact the event coordinators or check the Stratherrick and Foyers Community Facebook Page for more information.

Dates checked on 21 Feb 2018 - but may be subject to change