

Stratherrick + Foyers



Community Trust

# Stratherrick & Foyers News

Issue 5, March 2017

## STOP PRESS - UPCOMING EVENTS

BCC Open Day - 18th March 10am - 12pm Care Hub, Foyers

Etape Loch Ness - 23rd April, 7am - 1200hrs

Brownies Big Bingo Night 28th April, 7pm - 9pm Village Hall



## Defibrillators Ready To Go!



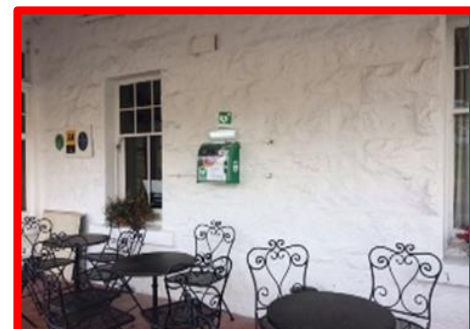
Stratherrick & Foyers Community Council are delighted to announce that they have increased the number of defibrillators in our community to four. With funding support from Stratherrick & Foyers Community Trust, Councillors have put in place proven lifesavers. As well as the original machine at Stratherrick Village Hall, very kindly privately donated to the community, new machines can be found at The Whitebridge Hotel, Foyers Stores & Post Office and Loch Ness Shores Caravan & Camp site (see photos). This is great news; but here's a question for you *"If you needed to use one, **could you?**"* Think about that – a friend, family member or a total stranger is in difficulty – **would you know what to do?** Well, you'll be delighted to hear that your Community Council is going to solve that problem for you! Training courses are being organised at each site open to anyone who wants to avoid having to say *"If only I'd known what to do!"* Dates for training will be posted on the Council's website, Trust website and noticeboards.



Loch Ness Shores



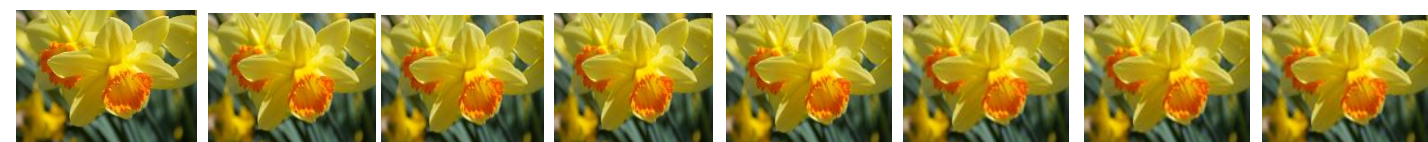
Foyers Stores & Cafe



Whitebridge Hotel

Welcome to Issue Five, and remember we welcome your comments and contributions

Email: [Strathnews@sfctrust.org.uk](mailto:Strathnews@sfctrust.org.uk)



# A warm welcome to the fifth issue of the Stratherrick and Foyers News

Thank you very much for reading your fifth issue of the Stratherrick and Foyers News. We are now commencing our second year of publication and are delighted to say that we have again increased contributions from local groups and individuals, so our thanks to you all. If you'd like to send in any information, photographs or news, please don't hesitate to e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk) or send it to Strathnews, S&FCT, Evergreen, Inverfarigaig. The deadline for the June issue is 15<sup>th</sup> May 2017.



## SOME HIGHLIGHTS IN THIS ISSUE

- Friends of Inverness Royal Academy off to a “flying start”! Page 16
- Media Stars at BCC. Page 13
- Heliport at Drumtemple! Page 22
- We have a new Fire Fighter! Page 21

Send us your news, views and gossip – we might not print it, but we'd love to hear it! (only kidding....)

## Dates from the Boleskine Community Care Diary

**Coffee Mornings** (Waterfall Café from 10am) – 9th Mar, 11<sup>th</sup> April & 13th May

**Broth and Blether** (Catholic Church Hall from 11.30am to 3pm) – 20th Mar, 17th April & 15th May

**Seniors' Lunch Club** (Stratherrick Hall, 12.30pm,) – 31st Mar, 28<sup>th</sup> April & 26<sup>th</sup> May

Please book with Cathy on 486329

**Afternoon Tea** (Cameron's Tea Room) from 3.00pm to 5.00pm - 5<sup>th</sup> April, 7<sup>th</sup> May

**Spring is springing!** Now that the dust has settled after the Festive Season (with some splendid efforts to keep it all going when celebrating the Bard of Ayrshire's birthday), thoughts turn to Spring and Easter and “getting things done”. There are going to be lots of events over the coming year and lots of projects are afoot – BCC are as busy as ever providing a fantastic service to all, as well as looking to consolidate and expand their offering. The Trust has one or two things “on the go” as well, developing ideas for your field at Riverside, and pushing ahead with the Foyers Bay project. The Community Council have also been busy (see front page) and continue to robustly represent us all and make sure your interests are heard. All these folk are volunteers – perhaps you might like to lend them a hand?

On a more personal note, we are delighted to learn that the SFCT Project Co-ordinator Steven Watson is very recently “back in the traces”, which is great news for our community. However, the down side is that you will have to put up with the Trust “Comms Team” producing this edition of “The News” (again!). Hopefully there's a smidgeon of goodwill left after the Festive Season? Again, our thanks for all written and photographic contributions, in particular to Al Baker. We're sure he is not alone in being able to produce some stunning pictures, so all contributions will be gratefully received. If you would like further details of any of our photos, please contact us at [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk).

Have a great Springtime from Hugh, Stewart, Garry, Laura & Peter. (SFCT Comms Team.)

Stratherrick and Foyers News gives information in good faith, but we 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 will always print corrections or retractions and apologise when we get things wrong. If you think any information or comments are wrong or unfair, please let us know. [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk) Positive feedback is also welcome. 2

# Stratherrick & Foyers Community Trust

## Community Broadband Project Update

### History

As some of you will know, we have had a Broadband Team that has been attending meetings since November 2015 with Community Broadband Scotland to look at a solution for Broadband issues in our local area, but working as a larger team to cover the whole of our Highland Council Ward area (Aird & Loch Ness). This project, due to its scale, would have needed a large amount of investment but came to a halt in November 2016 mainly due to the fact that, despite waiting all that time, BT had still not made public which postcodes they would or would not reach with their superfast roll out. This was a problem as BT received large amounts of Government funding to do this project and areas cannot be "double funded". It was at this point that the Trust informed the larger group that we would be looking into a smaller scale solution for our own local area as we knew how important it was for many in our community and how big a part it will play in the development of rural areas. We were also acutely aware of how long this project was taking.

### Where we are now

We are delighted to announce that we are about to start the roll-out of Phase 1 of our wireless broadband project. We have been working hard with a local business, 'Cromarty Firth Wireless Networks' (CFWN), to find the best location to start the roll-out. This company are already running a very successful project, similar to our proposal, on the Black Isle and now also cover Culloden Moor and the Beaully Firth. Initially, the feed will come from the high speed cabinet at Gorthleck and will be bounced to two receivers in the Whitebridge area in locations chosen by CFWN to give optimum coverage. This will be the first phase and will be tested fully before going live. This system will deliver speeds of up to 50Mbps, will be unlimited and will cost £30 a month. The Trust is investing an initial £8,413.50 and then there will be various amounts invested after this for the next phases. There is an "Equipment and set up costs" fee per household of about £300 but there is a Government grant of £250 that householders can apply for and the Trust may be able to help you with.

### What happens next?

We will contact residents in households that may be able to get coverage from Phase 1 and those who would like to, can sign up and be connected. The aim, once Phase 1 is up and running, is to continue right away to roll out to other areas and allow the system to grow organically, depending on need. One of the receivers in Whitebridge has line of sight to Errogie and we already have plans to offer the service to as many of you as want it. Lower Foyers are due to get a new BT cabinet which will give coverage to that area and one of our plans will be to use that cabinet to reach Inverfarigaig. We are also aware of issues in Torness, but hope to get over there either via Trinloist or over the hill from the Errogie direction. We also hope that we can pass the baton on, so to speak, when we reach our community boundaries or pass it across the Loch to enable adjoining communities to benefit.

The Trust will host an open day in the Stratherrick Hall (date to be arranged) once the first phase is up and running so that any queries can be answered. We are hopeful of work commencing within the next 4-6 weeks.

Thank you all for your patience!!!!



# Bun-sgoil Fhoithir Foyers Primary School

## NEWS FROM FOYERS PRIMARY SCHOOL .....

Contributed by Louise Robertson, Headteacher

In December we held a fantastic Christmas Fayre, it was very well supported by the community and we even managed to get Santa to take time out of his busy schedule to stop by for a wee break in his special Grotto designed by Sue Harris and her Elves. The school raised an amazing £650 which includes the money raised making Christmas wreaths at the Camerons' Tearooms. Our thanks to everyone who volunteered on the day, supported the school and donated items.



The start of 2017 marks another busy term ahead at Foyers PS. The children have been joined by Stratherrick PS and Aldourie PS for skiing sessions on the Nevis Range, unfortunately due to the mild weather we are still waiting for snow but they have had fun on the dry ski slope. Our thanks to the Stratherrick & Foyers Community Trust for part funding this, without their continued support we would not be able to give all the children such a great opportunity. The children get so much out of the physical challenges of skiing as well as the social aspects of all going together.

The new term meant we welcomed back Mrs Laura McCheyne as a part time class teacher for the P2's – P4's.



On the 25th January we celebrated Burn's. The children paraded around the hall dressed in tartan led by Alan Beith on the pipes before they addressed the haggis and recited songs and poems.



We have a dancing team of children made up from Foyers PS, Stratherrick PS and Aldourie PS who will be representing us all at the Country Dancing Competition which is being held this year at Inverness High School. They have all been practising hard learning new steps and dances. Our thanks to Mrs Janice Macbeath, retired head teacher from Aldourie PS, for taking the time to practise with all the children.

On March 22nd some of the children will be running in the MacRobert Cup Cross Country Competition at the Bught Park. Also on 29th March, a team of three plus one reserve from the P7's will be attending a Maths Challenge in Inverness. This event is being run in conjunction with the University of Aberdeen and University of the Highlands and Islands. Then it's the Easter holidays!

STOP PRESS!!

Foyers PS playground is going to grow! The playground at Foyers PS has always been a rather restricted area for the children to play and learn in. However thanks to Donald and Lyn Forbes this is about to change in a big way. Donald and Lyn have agreed to sell ground to Highland Council for £1 so that the car park and playground can be extended into the woods behind the school.



# Stratherrick Primary News

Stratherrick Primary continues to be a busy place for its learners. We have been learning about Robert Burns (writing some amazing poems) and Chinese New Year as well as enjoying Feis Rois Music sessions with the Traditional Youth Music Initiative focussing on traditional Scottish songs and instruments. The pupils have really enjoyed singing and playing their instruments.

We are continuing to work closely with Foyers Primary and had a joint Christmas Party. Thank you to everyone who helped organise this and provide prizes for the games. We also hosted Foyers for a 'Streetjam' session afternoon: Learning new hip hop dances whilst also learning about how to remain calm and focussed in stressful situations. We have had a few 'Streetjam' sessions with Andy McKechnie who has worked with professional sports people and Olympians and they are always educational and great fun!



The children's performance in our Christmas concert – Christmas Traditions from Around the World - was first class. Children were given a country to research and then make a speech and sing a Christmas song from that country. As usual they were superb! Well done to them all. I am sure the 'Streetjam' sessions helped with the nerves that night as their act was flawless!

We have had both the SSPCA and Wildlife Crime Officer in to talk about how we can help and identify wild animals that may be in distress. The environment theme continues as we are often out exploring our immediate area trying to find various routes down to the Loch opposite the school – that's not an easy task! But well worth the effort. We have also been out and about in the local area birdwatching – as well as going up to Dumnaglass Estate to observe the owls and eagles.

Thanks for reading about what we get up to and we look forward to further updates in upcoming issues!



# Some Snippets of news and events to enjoy

## Farewell and “Thank you” to Dougie

Just before Christmas Stratherrick Primary lost their School Bus Driver after 17 years of brilliant service, as he narrowly missed out in the Highland Council tendering process. We had a collection from current and past families, plus teachers, and we raised £350 as a leaving present and a sign of our appreciation. We will all miss him and thank him for the wonderful service he provided.

The contract was won by D&E Coaches who will also be taking over both the Foyers and Whitebridge High School and service runs from 24th April. New timetables will be published as soon as we get them.



Dougie with some of his last passengers



**THE END OF AN ERA** - It is with great sadness that residents have had to say goodbye to the telephone from the phone box in Foyers. A notice was placed in the box towards the end of last year stating that, as no phone calls had been made for a significant amount of time, the equipment would be removed. The Foyers box was not on its own, many other boxes were subject to the same treatment. As the box is sited within the frontage of the Waterfall Cafe they have been offered the option of 'adopting' the box for a nominal cost (a whole £1!!).

Obviously they also have to consider that there are currently sitting tenants in the phone box; namely the 'Phone Gnomes', who have been in residence for a number of years and even have their own Facebook page; take a look and leave them a message. Visitors to the area love to take photos of the box and often leave lovely messages in the Gnomes visitors book



# Friends of the Inverness Royal Academy (FIRA)

*Friends of the Inverness Royal Academy now up and running – or at least up and jumping!*

Friends of the Inverness Royal Academy are now up & running for the benefit of all Secondary aged children in the Stratherrick & Foyers area. We are working hard to get all parents/guardians on our email list, but if you are not receiving our emails and have a child that attends any secondary school, please email [horseon5@aol.co.uk](mailto:horseon5@aol.co.uk) or phone **486771** and we will add your email to the list. We also have a Facebook page if you would like to join.

Since the last newsletter, we have been successful in obtaining a grant from the Community Trust. We have received great support from the Board & this grant has allowed us to start doing activities with the youngsters. Namely, we ran our 1st outing which was a Christmas trip to Infinity Trampoline Park in Inverness. 15 youngsters came with us and it was a great success. They all had an hour of trampolining, then we got Pizza delivered at the end before the bus took them all home. Some quotes from those that attended; *"Very enjoyable, thank you to everyone that organised it - great use of Trust Money"* Verity Cameron; *"I found the trampolining good fun, I had never been before and felt it was a good experience and to socialise with other people in the area. It was also great that we were provided with pizza and refreshments"* Abi Kirkland; *"It was enjoyable and I hope we can do it again"* Daisy Ferguson. Next trip we are planning is a day skiing at Nevis Range. We have lots of folk interested in this and hopefully we will get some snow!!!!!!!

We are also planning to run a 6 week tutoring evening in the hall to help those in S4-S6 prepare for the forthcoming exams. We have also helped 3 pupils with financial assistance towards school trips. Look forward to updating you all with more of our news in the next edition :)



*"He flies through the air with the greatest of ease"*

*Is it a bird? Is it a plane?*

You can also contact **Paula Page** on **486731** or email [gpwombles35@aol.com](mailto:gpwombles35@aol.com) if you are not already on the mailing list or would like to find out more.

# Some more Snippets of news and events to enjoy

## Local “Fashionista” excels in Glasgow

Congratulations to Whitebridge youngster Phoebe Drummond who entered the 'Junk Kouture' Scotland 2017 Grand Final Competition in Glasgow last month. Her entry named 'Hessian Flower Gown' made from recycled materials saw her reach the top 80 finalists from the 500 who entered.



## Well-Ness Event – 29<sup>th</sup> April – Gorthleck Hall

Lindsey McNaughton of lower Foyers would like to announce an event she and other local Therapists and Teachers are organising at Gorthleck Hall on the 29th of April. It's a “Well -Ness” event running from 10-4pm which is open for anyone to attend and is free of charge, to raise awareness of what wellbeing and health support and activities are available on the South Side of Loch Ness. There will be taster sessions on the Day of Yoga, Massage, Reiki, Reflexology, Qigong, Personal Training and Nutritional Support. Any donations given by participants of taster sessions will be given to charity.

## Recycle and help the school!

Did you know that you can recycle your old wearable or unwanted clothes, paired shoes, belts and handbags at Foyers Primary School to help raise money for our school? Simply put your items in a black bin bag and deposit them in our clothes bank bin located in the far corner of the school car park. We will get paid for every kg of clothing and textiles recycled and you can be assured that they will not end up in a landfill site. Low grade textiles are made into industrial wiping cloths, carpets, underlay and mattress linings. Good quality clothing is transported to Africa and other developing nations where your old clothes are re-used. Happy recycling!







As your elected representative I have always taken the view that I would not take forward any requests for a new school unless parents approached me. Over the past 9 years I can say I have had very few conversations on the matter so I've let it lie.

On the matter of the field in lower Foyers, it would be difficult to envisage a school and associated infrastructure being viable there without a new bridge in place. That is still uncertain and may be some time away as those who attended the recent Community Council meeting in Foyers know.

In addition the Trust has never considered the community owned field as an option for a school and it has never been suggested to them. They will be moving forward with options that the community have brought to them.

Finally and perhaps most importantly, Highland Council does not have the cash to build a new school. The school rolls in Inverness primaries have begun to cause very real pressure and they will require the bulk of the Council's capital spend over the next 5 years. Plus there are some very big new secondaries needing replacement outside of Inverness.

We will do well to get the bridge and the road improvements we all know are needed.

There is a feasibility study underway, looking at both schools, Stratherrick and Foyers, for an early years classroom, to accommodate the increased hours for early years. That will need much further discussion with parents in both villages and we need to get on with it fast now as the lease on the childcare unit in Lower Foyers does not have long to run.

Whatever is decided there is work needed at the back of Foyers primary, it is damp and cramped. Also it would be good to make a final decision about the old school house and perhaps extend the playground, which is almost non-existent.

### **Local Government Elections Thursday 4 May 2017**

The Local Government (Council) elections will be held on Thursday, 4 May to elect ward members to The Highland Council. Local councillors are responsible for making decisions on your behalf about local services. Councillors are elected using the single transferable vote system. Electors will be asked to mark their ballot paper, ranking candidates in preferential order.

It's up to you to choose how to vote in this election but you must be registered to vote by midnight on Monday, 17 April 2017. The deadline for applying, amending or cancelling a postal vote is 5pm on Tuesday, 18 April 2017, and for proxy arrangements is 5pm on Tuesday, 25 April 2017. Emergency proxies after 5pm on Tuesday, 25 April can be issued on medical conditions or on the grounds of work reasons.

Forms and further information are available: Highland Council Website, from the Electoral Registration Office on 08000 393783 or Email [ero@highland.gov.uk](mailto:ero@highland.gov.uk)



# First Stratherrick Rainbows, Brownies and Guides

## News from the Owls.....tweet a woo...

The older Guides recently earned their 'Party planner' Badge for helping in the Community at the Annual Children's Community Christmas Party (see below). They wore seasonal costumes, made some yummy cakes for the party, helped organise games and catered on the day making sure every child had a great time. A few of the 'Elf' Guides also helped Santa give out the fab presents to the children too! Some of the girls also came along to the Community Christmas Carols, we were treated to a beautiful solo performance by Molly Fraser who sang In The Bleak Mid Winter in Gaelic and Morgen Thorpe also sang the first verse of Silent Night before her peers joined in. Well done girls!

Holly Emmott and Morgen Thorpe will be representing Stratherrick Girl Guiding at this year's Musical Festival competition at Eden Court in March. They have been practising very hard accompanied by Margaret Campbell on the piano during our weekly meetings.

The girls have been enjoying playing with the new equipment from last term, particularly the parachute. They seem to most enjoy a game called 'Washing Machine' especially when Jane is the one being 'Spun!!'



After the school Easter Holidays we are going to hold a Bingo evening to raise funds for future activities. Why not come along on 28<sup>th</sup> April (see page 11 for further information) and have a really fun evening all for a great cause! Any donations of prizes for this event would be welcomed.

Rainbows have now moved to new times running alongside the Brownies and Guides sessions. We also now have 3 Senior Section Girl Guide members. For more info about our Units please contact Jane Mason at [masonjane040@gmail.com](mailto:masonjane040@gmail.com)

## Christmas Party a big success!

BIG thanks to the Stratherrick & Foyers Community Trust for funding our Children's Community Christmas Party for 3 yr olds to P7'S.

The children had a great time and were delighted to receive such wonderful gifts from Santa. They played party games including a huge pass the parcel that never seemed to end and ate lots of delicious party food!



There are so many unpaid volunteers within our community behind the scenes that make this such a special event for the children and we are very grateful for their continued support including DJ Sharon Ferguson who blasted out some seriously happening tunes, (with equipment provided by Neil), Santa's 'Special Helper' - Susan Denoon and 'Chief' wrappers - Pam Simpson and Donalda Fraser, The Kitchen crew - Fiona Kirkland, Anna Jones and Edward Jones, The Games Division - Sue Harris, Jane Mason and Paula Page, The Ultimate Christmas Tree Gatherer's Adam and Jane Mason, Christmas Decs Team - Rainbows, Brownies and Guides and of course.....thank you to Santa for joining in with our celebrations.



# Brownie's Big Bingo Night!



# BINGO



**Friday 28th April**

7pm ~ 9pm

Stratherrick Hall, Gorthleck

**£1 a book or 6 books for £5!**

Lots of prizes to be won

Refreshments included

**Great fun, all ages welcome!**

In aid of the First Stratherrick Rainbows, Brownies  
and Guides Unit

**Who doesn't love a game of Bingo? Well here's your chance  
for a great night out and you could win a prize!**

**"Dobbers Ready" and "Eyes Down"!**

**Let's see a full house!**





# Loch Ness East & Strathnairn Medical Practice

*Some Timely advice from our local Medical Professionals!*



## Foreign Travel Advice and Immunisations

Going somewhere exotic this year (lucky you), needing to check that your immunisations are up to date?

If you are unsure of what vaccinations you may require for your next trip, please either pick up from the surgery or download from our website ([www.foyersmedicalcentre.co.uk](http://www.foyersmedicalcentre.co.uk)), a travel form. Please complete this as fully as possible and return to us so that we can check the most up to date advice. We will give you a call as soon as we know what vaccines or medication, if any, you need and arrange an appointment for these to be discussed/carried out. Please be aware that some vaccines/medication are not available on the NHS and may be chargeable. Our admin team can advise you of any charges that you may need to pay. You may also find the website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) helpful.

### Watch out! Ticks about!

We are getting to that time of year again when we have to take care and watch out for ticks.

#### Stay safe

Keep your legs and arms covered, try not to brush against vegetation, wear light clothing (easier to spot a tick) check each other for ticks.

Buy a tick remover.

#### Tick removal

Do it as soon as possible, Do Not squash the tick or apply hand creams, oils or heat to the tick. Use a tick removal tool to ensure you remove all of the tick. Dispose of the tick down the sink, avoiding getting any fluid on bare skin. Remember - if you have been bitten, see your GP if you develop symptoms.

#### Symptoms of Lyme disease to watch out for:

A 'bulls eye' rash, feeling unwell with flu like symptoms, extreme fatigue, muscle or joint pain, muscle weakness, stiff neck, headache, disturbances of sight, hearing, digestive system or sleep. Lyme Disease is treatable with antibiotics, the sooner the better.



A "Bulls Eye" rash

# Boleskine Community Care News

[www.boleskine-communitycare.org.uk](http://www.boleskine-communitycare.org.uk)

## **Feasibility Study - Final Public Consultation Event and Opening Ceremony**

The Lottery-funded Feasibility Study that Boleskine Community Care has undertaken over the past year is now ready for a final community consultation event. This will take place at Lower Foyers Unit 2, on Saturday 18th March between 10am and 12noon, when the unit will also be officially opened with a ribbon cutting ceremony. We would like to invite all members of the community to join us at this event to ask questions and share thoughts about how Boleskine Community Care can expand on its current work. You will also be able to find out more about local volunteering opportunities and to see the results of the renovation works at the unit.

## **BCC on the BBC!**

BBC Radio 4's PM show recently interviewed Care Manager Julie Russell, who explained how the work of BCC was contributing to tackling the issue of meeting social care needs in rural communities. Julie, along with two trustees, spent the day with researchers for the programme and the visit included interviews with several BCC care workers and clients. The programme was broadcast during the week of the 20th February and is available on the BBC iPlayer.

## **Waiting For The Sun.....on the new outdoor furniture at Broth and Blether – furniture funded by Boleskine Community Care**



“Is this is the right way up?”



“That’s better – time for a cuppa?”

# Sian writes.....



When I told people that Phil and I were moving to Scotland the responses about the weather were tediously predictable. *'Good job you're from Wales'* they said, *'you've already got webbed feet'*. Oh ha ha. When we decided to settle as far North as Inverness-shire, more tedious predictability about being eaten alive by the Great Highland Midge. With a fervency bordering on hysteria we were reliably informed of midges the size of Canada Geese, lots of them - from dawn till dusk (and in between) and from the first ray of sunshine of the year. It becomes a circular argument when pointed out to them that they had already said there would be no sun, but there we are.

However, and this is the point I want to make - or perhaps the question I want to ask - our little neck of the woods seems to be relatively midge free. Go not very far North, South, East or West and the flappy-handed dance seems to become necessary. On our travels, before finding our plot of land in Foyers, we experienced this first-hand and the smug predictions of our friends seemed to be, quite literally, irritatingly accurate. Welcoming guests in reception at Loch Ness Shores last Summer further evidenced this with folk arriving from all points of the compass looking like human pin cushions. One poor chap was more bite than skin and each one had 'turned nasty' as he said. He stopped dabbing Calamine lotion for one second to breath in the relatively midge-free airs of Foyers and looked close to tears of relief.

I have asked several local people why this should be and no-one is really quite sure. Several theories are at large of course. One reason cited is the coldness of the many Lochs that surround us, most notably, of course, Loch Ness. People tell me the cool breezes that circulate off the water keep the midges at bay - no pun intended. Others say that midges prefer boggiier areas in which to lay their eggs. Whatever the reason, it's nice to look forward to the fast-approaching Spring and Summer without having to dance around swearing (releasing Carbon Dioxide to which midges are attracted) covered in bog myrtle (the traditional crofter's repellent) and dressed in cricket whites (midges prefer dark colours). Happy Springtime.





# Now that's a "School Bus"!

## **STRATHERRICK SCHOOL TRANSPORT 1936 TO 1943**

**– Another splendid memory evoking article from Mr Sandy Fraser. We would love to hear your comments on Sandy's "reminiscings" – Ed.**

School transport in my school days was very basic compared with modern transport with heating, seat belts etc. Stratherrick School was then at Errogie and the playground was on a slope, great for sledging!

We moved from Oldtown Errogie (now sadly demolished) around 1936 to Migovie. The school transport was then run by brothers Donald and Jimmy Shaw from Croftdhu, Errogie. We liked Donald, he had a good sense of humour and even allowed us to take the driving wheel at times! Four of us were picked up with four others at Wester Aberchalder, with another four already on board from Easter Aberchalder. Quite a load as you can imagine!

All packed into a Rover car, two in the front seat and the rest piled into the back seats, but we always arrived to school safely. Another brother Johnny was serving in the Navy, but when home on leave, he would drive us. (Sadly he lost his life early in the war).

He arrived home on one occasion with a monkey which he acquired at an African port and we were all excited to see it at Croftdhu.

Donald told us that it escaped once, up on to the roof and he had to throw stones at it to scare it down. I do not know how long it lived!

The Shaws (contractors) also transported livestock, so it was quite common that instead of the car arriving at the school it was their cattle float! We all had to scramble up over the high sides to get on board, which we loved and felt like little commandos. What would the mothers of today say about such treatment to their dear little darlings?

About 1940 the Shaws, because of extra work due to the war, gave up the run. It was taken over by Mary MacGillivray, who ran it for many years, helped by her sister Kate, deputy matron in the Royal Northern Infirmary when home on holiday. We preferred Mary to Kate, who was quite bossy as she had not much time for us children

Sometimes the transport did not arrive, so we would all set off walking to school and quite often Angus MacGillivray of The Stores, Gorthleck, would stop and give us a lift in his grocery van. He was always a helpful, kind, but shrewd man. Those he could trust not to steal his "goodies" went into the back and the others piled into the front seat. Happy days.



*Not many left like this one!*

# Stratherrick - a wondrous place!

*A chilly morning in January*



*A fabulous sunset*



All these pictures were taken by Al Baker

# Can you identify the Lochs?

*Peace and quiet.....*



*A winter evening*



Answers on the back page.....





# Sports Stars!

## Local Girls Shine at Gymnastics Festival – is Tokyo too soon?

Some of our amazingly talented girls have been going to the local gymnastics club and entered the Highland Schools Gymnastics Association competition. Casey Burton, Isla Drummond, Pippa Ferguson and Jasmine Donnelly performed with great skill and determination in front of many spectators. Well done this awesome group. These dance extraordinaires are also learning a new traditional Scottish dance and performed it on Saturday 25th February at the Inverness High School. (See p22)



## It's a marathon – not a sprint!



At the December Community Council meeting, the fastest local runners were presented with a fabulous memento of their great achievements in the 2016 Loch Ness Marathon . Kim Burton and Jenny



Devlin were joint fastest ladies, whilst Stratherrick's answer to "Road Runner", the evergreen Alex Sutherland, was our quickest man. Well done to all of you!



# “The View from the hill...”



## ***Observations from the local sporting estates***

### **Spring – at last!**

Contributed by Jenny Dow

As Margaret Atwood once wrote “In the spring, at the end of the day, you should smell like dirt” and I couldn’t agree more! There is something so wonderful about being out on the hill in early spring with the bitterly cold wind nipping at your ears, being instantly warmed up by the glorious sunshine beating down on you....and the rain, and the sleet in some years gone by too!

Spring is all about change, in more ways than just the weather. Newly born lambs get used to their brand new surroundings and frolic and play with their friends, daffodils shine bright in the sunshine and the thoughts for a gamekeeper turn towards the coming season. Pheasant and partridge pens need to be built or repaired from last year’s battering from the elements. Heather burning is in full swing to ensure a healthy growth for grouse, deer and hares to feed on. There is also the opportunity in what is a slightly quieter time of year, to catch some rays on a faraway beach and warm the chilled cockles...but less said about that the better! Everything about spring is exciting from a cooking point of view – with asparagus, broccoli, peas and spinach in season (to name but a few), and of course delicious fresh Salmon! The possibilities are endless and usually start with a delicious spring soup packed with leafy greens to keep the cold at bay. Growing your own vegetables isn’t without its hardship, but it’s the most rewarding thing to be able to nip out to your veggie garden with a creamy soup or casserole in mind and pick whatever is ready!

Top Tip – Purple Sprouting Broccoli is in season January to April and is fabulous for nibbling on. The best way for me is to steam the broccoli with long stems until al dente, then dry off with some kitchen paper. Heat a frying pan with a little oil and butter until smoking hot and throw the broccoli in and lightly toss until crispy. Perfect for an appetizer, served with soy sauce & honey dip, and a sour cream & paprika dip – Simple & Delicious!! Speaking of such – here’s a recipe for a real taste of Spring time!x

### **One Pan Spring Salmon and Asparagus**

#### Ingredients

- 400g small new potatoes,
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 medium sized salmon fillets
- A handful of basil leaves



#### Method:

Heat oven to 220C/gas mark 7

Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, and roast the potatoes for 20 mins until starting to brown.

Toss the asparagus in with the potatoes, and return to the oven for 15 mins.

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables.

Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked.

Scatter over the basil leaves and serve everything scooped straight from the dish.

Best served with a crisp chilled New Zealand Sauvignon Blanc – YUM!

# Church times, news of “The Luvvies” and some natural restoration.

## Dores and Boleskine Church of Scotland      **SCO 13579**

Sunday Services at **Drumtemple** are at 10.00  
but 11.00 on last Sundays of Feb, Apr, Jun, Aug, Oct, Dec

-  
Last Sundays of Jan, Mar, May, Jul, Sep, Nov  
are at 11.00 at **Dores Parish Church**

All are very welcome and invited to join in worship, friendship and comforting calm.  
Please phone 0145 486 599 or 07901 528 968 if you have need of introduction,  
transport or succour.

Easter Service this year will be at **Drumtemple** at 10.00am on Sunday 16th April.

## THE LOCH NESS LUVVIES

The Luvvies have recently held their annual AGM. We have, for various reasons, been a little quiet of late but hopefully all that is about to change. Janet Sutherland is our current Chair and is keen to put on a social evening with food and entertainment towards the end of April. Everyone really enjoyed the last social evening that we put on, so keep an eye on the community Facebook page, see local notice boards or contact Janet Sutherland or Jan at Foyers Stores for further details. This is a fantastic community project so join in or come along and keep it going. Toodle ooh dahlings!

## **Peat Bog Restoration at Corriegarth**

As part of the work associated with the new windfarm at Corriegarth, international energy developers Invernergy LLC has put in place measures designed to restore and protect over 60 hectares of peat bog.



Local environmental consultancy Nevis Environmental, based at Dochgarroch, successfully managed the actions to redress problem areas where peat faces were eroding. Natural coconut coir material and local stones have been used to reinstate the water holding capacity of the bog. This will ensure the carbon locked in the bog remains there and that the local flora and fauna benefit from the special habitat the blanket bog provides.





### A new man on the “Watch”

Foyers Station would like to welcome Deryck Brown as the latest recruit to join our ranks. Deryck, who has recently married Jen (who is the Cook at Stratherrick School) lives and works at the nearby Dunmaglass Estate. We are grateful to the owners and management of the estate, who allow their employees to support our local station and allow them to attend incidents during their busy schedule. Deryck has completed his 2 week initial course at the Brigade training school at Invergordon and is just awaiting dates for his BA course.

If you are interested in becoming a Retained Firefighter and can attend the station within 7 mins., please pop in for an informal chat and see what you can do for your local community.

We train on a Monday night from 7pm at the station in Gorthleck , or log on to My job Scotland for local vacancies or e-mail [neil.kirkland@firescotland.gov.uk](mailto:neil.kirkland@firescotland.gov.uk)



A warm welcome to Deryck – we look forward to meeting him – although perhaps not at short notice when practising his new profession!

### ***Other news from the Station.***

We are doing CPR training with Simon at the Foyers shop/Cafe early in March. Look out for times and dates when visiting the shop. In addition, we are carrying out free Home fire safety visits from late February and throughout March, so anyone can have a visit and have smoke detectors fitted where necessary. If you would like us to call, just get in touch – see details below.

Incidentally, the CPR kits from BHF can be lent out for people to self-train at home or as a group, just contact us at the station

For further info contact *Watch Manager Neil Kirkland 07799170640 or [neil.kirkland@firescotland.gov.uk](mailto:neil.kirkland@firescotland.gov.uk)*

For home fire safety visits contact *[www.firescotland.gov.uk](http://www.firescotland.gov.uk), call 0800 0731 99 or text “FIRE” to 80800.*

*New telephone number for controlled burning: 01382 835804*

# Visitor from above and Champion Dancers!

## New Heliport for Drumtemple?!?

On the 9<sup>th</sup> January Olaf Olsen was quietly going about his business as he watched a snow storm blowing up the Strath. Then, to his great surprise, a very large blue & orange helicopter descended, seeking shelter from the blizzard! The “chopper” was travelling from the north to Dublin via Oban. Asked if intended to make this a formal heliport facility, Olaf said he couldn’t get a licence, citing a lack of qualified staff! Apparently they didn’t like his proposed work “rotors”! (Sorry – Ed.)



You don't see that every day!



Air Traffic Controller Olsen & grateful Pilot



Great Dancers and so smart!



## Now this is how you do it!

Toward the end of last month a number of young ladies from our area attended the prestigious Inverness Music Festival, entering the Country Dancing competition. They absolutely excelled themselves and gained first and second place in their category! Well done to all the girls, who were a credit to both our schools and to Stratherrick & Foyers. A big thank you as well to school staff (particularly Louise Robertson) and of course Mums & Dads for encouraging them to take up such important traditions and skills. Keep it up!



# Boleskine Camanachd

## Much to look forward to in Season ahead

Boleskine Camanachd Club are now ready for the 2017 season with the Fixtures List having been received from the Camanachd Association. We've been given fairly tough opening round ties in both the Sutherland (Glenurquhart) and Strathdearn (Skye) Cups but hopefully we can progress through to the next round.

The Senior team manager for the 2017 season is Graham Black – a Boleskine stalwart and player for many years. We hope that the players and supporters give him encouragement as the season commences. With Aberdeen gaining promotion to North Division One, our long away day travelling is now reduced to just the mammoth Lewis journey. The teams in North Division Two for this season are Boleskine, Caberfeidh, Glengarry, Inverness, Kilmallie, Lewis, Lochaber, Lochcarron, Lovat, Skye & Strathglass

As always Boleskine Camanachd welcomes support from the local community at all our games (see Fixture List below). If you've never been to a shinty match, why not come along to Smith Park at Inverarnie and watch – no admission costs but donations are welcome. We especially encourage the families of the Juniors to come along and see what their child could aspire to in the future.

From **April** both Adult and Junior training will be outdoors from **7pm on Wednesdays** at Smith Park.

If you would like to be part of our fundraising 100 Club, please get in touch with the Treasurer - Catriona Fraser Glebe Cottage, Gorthleck IV2 6YS (01456486287) for a registration form. It costs £2 per month via Direct Debit and monthly draws pay out £50, £25 & £10.

Check our website and Facebook pages for up-to-date information on training /matches/throw up times.

[www.boleskinecamanachdclub.com](http://www.boleskinecamanachdclub.com) / facebook Boleskine Camanachd club

## DRAFT FIXTURES – 2017 SEASON

*NB Usual "Throw-up" at 2.30pm*

4th March	Lovat (A)	24 <sup>th</sup> June	Lovat (H)
11th March	Free Saturday	1st July	Kilmallie (H) (or Sutherland Cup Semi-Final)
18th March	Caberfeidh (H)	8th July	Free Saturday
25th March	Strathglass (H)	15th July	Lochcarron / Kingussie / Kilmallie / Caberfeidh v Strathglass / Inverness / Boleskine / Skye (To be played 8th July if Lochcarron, Caberfeidh or Inverness involved) Strathdearn Cup Semi-Final
1st April	Kilmallie (A)(12.00 Throw up)	22nd July	Lochcarron (A)
8th April	Free Saturday	29th July	Glengarry (H)(Matches Depend on progress in Sutherland Cup)
15th April	Glengarry (A)	5th Aug	Free Saturday
22nd April	Lochcarron (H)	12th Aug	Strathglass(A)(Depending on clubs progress in Strathdearn Cup)
29th April	Glenurquhart (A) (Sutherland Cup 2nd Round)	19th Aug	Lochaber (A)
6th May	Inverness (A)	26th Aug	Inverness (H)
13th May	Skye (H) (Strathdearn Cup 1st Round)	9th Sep	Strathspey (A)
20th May	Strathspey (H)	23rd Sep	Caberfeidh (A)
27th May	Lewis (A)	30th Sep	Lewis (H)
3rd June	Sutherland Cup 3rd Round		
10th June	Lochaber (H)(13.00 Throw up)		
17th June	Strathdearn Cup (Strathglass / Inverness v Boleskine / Skye)		



# Etape Loch Ness 2017

The Etape Loch Ness is a closed road cycle sportive following a 360° route around iconic Loch Ness, starting and finishing in Inverness. On 23 April 2017, 5200 cyclists will follow the 66-mile/106-km course around the stunning shores of iconic Loch Ness providing a challenging ride with spectacular views.

The 2016 event raised £196,000 for official charity, Macmillan Cancer Support, and £85,000 for other charities, with significantly more expected to be raised in 2017.

All the money raised for charity and all the cyclists meeting personal challenges – it's all made possible by the support and commitment of our volunteers. If you would like to join our team, experience the event and raise money for a charity of your choice, or your community group, please get in touch by emailing: [info@etapelochness.com](mailto:info@etapelochness.com) or call 0844 875 1411

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



## Quest Adventure Series – a new event for the area

We're excited to tell you about an international one day adventure race, the Quest Adventure Series, coming to the Highlands. Quest Loch Ness will take place on 10<sup>th</sup> June 2017 and, with the support of Event Scotland and Visit Inverness, the event is due to attract 1,500 adventure enthusiasts from around the world to run, kayak and cycle challenging routes across the iconic Highlands.



The concept originated in the South West of Ireland 5 years ago in Killarney – Ireland's Adventure Sport Capital. From here the event now attracts 15,000 participants across Ireland, Scotland, England and Wales, with further events planned for Austria and North America in 2018. The Iconic adventure destination Loch Ness is now part of the international Quest Adventure Series.

Registration launched on 7<sup>th</sup> February. If you're looking for an adventure challenge this year, this event is one you should be getting excited about. Find out more about Quest Loch Ness here: <http://www.questadventureseries.com/race/quest-loch-ness>

# Time for tea?

You're invited to a  
**Blooming Great  
Tea Party!**

**Date**      **Weds. 15th March**

**Time**        **2pm**

**Location**    **Foyers Primary School**

**All welcome**



*The money raised will help Marie Curie Nurses care for more people living with a terminal illness across the UK.*

Can't make it? To throw your own Blooming Great Tea Party visit [mariecurie.org.uk/teaparty](http://mariecurie.org.uk/teaparty) or call 0800 716 146



Care and support through terminal illness



# Police Scotland

## Some Good Advice – Driving in Winter

Be mindful of the road conditions when you drive; bad weather is often blamed for causing accidents however the real cause is often inappropriate driving for the conditions that exist.

In wet weather, stopping distances will be at least double those required for stopping on dry roads. Aquaplaning can be a frightening experience; this is where a wedge of water builds up between the front tyres and the road surface. If this happens, the safest solution is to remove pressure from the accelerator, allowing the vehicle to lose speed which will help the tyres regain their grip.

Ice and snow can increase stopping distances by up to ten times so keep well back from the vehicle in front. Anticipate when you will need to be stopping and be alert to other road users. When the roads are icy, drive at a slow speed in as high a gear as possible; accelerate and brake very gently.

High-sided vehicles are most affected by windy weather, if you are driving a high-sided vehicle, be cautious of other road users and plan your journey to avoid areas that may be closed to high-sided vehicles such as bridges. If you are a driver and passing a high-sided vehicle in windy weather, do so with caution as they can be blown into your path by sudden gusts of wind.

Driving in fog drastically reduces visibility so it is important to make your presence aware to other road users. Use dipped headlights if driving in light fog and use fog lights if driving in thick fog. Fog lights must only be used if visibility is less than 100 metres and PLEASE REMEMBER TO SWITCH THEM OFF when visibility improves. They are not to be used for deterring deer as they dazzle other road users and can cause accidents.



PCs William Jones  
& Aros Matheson



# PUBLIC TRANSPORT CONTRACT CHANGES IN OUR AREA FROM 24 APRIL 2017

Highland Council's public transport contracts have been renewed from 24 April 2017. While the Highland Council is pleased to have been able to retain the same level of service on the majority of routes, due to financial constraints it has been necessary to make service reductions on some routes and some contracts have been withdrawn. Many routes will be operated by different contractors.

Many bus routes in the Highlands are operated commercially; this means that bus companies run these routes without financial support from the Council. The Council awards contracts for services which are not provided commercially.

The table below lists the Council's new public transport contracts in the Stratherrick & Foyers area.

For further information please contact the operators of the routes you are interested in or contact the Council's Transport Co-ordination Unit at [public.transport@highland.gov.uk](mailto:public.transport@highland.gov.uk) or on 01463 252951.

## Summary of changes to Local Services

Route	New Contractor	Start Date	Summary of Changes
Whitebridge - Inverness	D & E Coaches	24 <sup>th</sup> April 2017	Unchanged
Foyers - Inverness	D & E Coaches	24 <sup>th</sup> April 2017	Some timing changes to allow 4.5 day school week
Inverness – Whitebridge (off peak)	D & E Coaches	24 <sup>th</sup> April 2017	Minor Changes

Notes from the Editor:

(i) The full table of changes throughout the Highlands is available - if you would like a copy contact Strathnews; (ii) Discussions are apparently taking place about routing the school bus from Whitebridge via Dores, dependant on pupil numbers, but this is yet to be confirmed; (iii) D & E Coaches telephone: 01463 222444; (iv) small fare increases have been allowed by Highland Council. Ed.

# Local Services Listing

**Here are some of the local businesses which serve our community.  
There are plenty more yet to be listed so please help us fill this page.**

Cameron's Tea Room and Farm Shop, 01456 486572, also on Facebook  
Craigdarroch Inn, 01456 486400, [www.thecraigdarrochinn.co.uk/](http://www.thecraigdarrochinn.co.uk/)  
Foyers Stores, PO & Waterfall Café, 01456 486233, <http://foyersstoresandwaterfallcafe.co.uk/>  
Whitebridge Hotel, 01456 486226 [www.whitebridgehotel.co.uk](http://www.whitebridgehotel.co.uk)  
Loch Ness Shores Caravan and Camping Park, 01456 486333, [www.lochnessshores.com](http://www.lochnessshores.com)  
Lynn Mhor Croft Pork and Eggs, 01456 486738  
Morag's Crafty Bothy, Foyers 07592604249, [www.moragscraftybothy.com](http://www.moragscraftybothy.com)  
Stratherrick (Gorthleck) Village Hall, 01456 486205  
Riverside Gallery and Picture Framing [www.riverside-gallery.co.uk](http://www.riverside-gallery.co.uk) 01456 486350 (Hugh Nicol)  
Aberchalder Plumbing Services, 01456 486283 (Neil Kirkland)  
Greensparks, 01456 486291 [www.greensparks.com](http://www.greensparks.com) (Rob Mullen)  
Wildside Lodges, 01456 486373 [www.wildsidelodges.com](http://www.wildsidelodges.com)  
West End Garage, Fort Augustus Garage 01320 366247, Mobile 07889792685  
West End Garage, Home / 24hour breakdown 01320 366426, [www.westendgarage.org](http://www.westendgarage.org)  
  
Highland Acupuncture 01456 486628 [www.highlandacupuncture.co.uk](http://www.highlandacupuncture.co.uk) (Johanna Schuster)  
William Fraser Haulage, Gorthleck 01456 486287  
Scottish Highland Art, Torness [www.highlandart.com](http://www.highlandart.com) (Ros Rowell)  
Cabar Feidh Bagpipe Supplies / Tuition [www.cabarfeidhpipes.com](http://www.cabarfeidhpipes.com) (Brian Yates)  
Internet Service - Tourism Site Fix, Inverfarigaig [www.tourism-site-fix.co.uk](http://www.tourism-site-fix.co.uk) 01456 486631 (Andy Holt)  
Neil M Ferguson Plant Hire, Stratherrick 01456 486771 / 07833 551993  
  
Guitar and Ukulele Tuition 017979398517 [www.parrotmusic.co.uk](http://www.parrotmusic.co.uk) (Moteh Parrott)  
JT's Seafood Van from Portsoy (Fridays) 01261 843106 / 07921 864979 (John /Steve), on Facebook  
Steadings Hotel / Grouse and Trout Restaurant, (Flichity Inn), 01808 21314, [www.steadingshotel.co.uk](http://www.steadingshotel.co.uk)  
Dores Inn, 01463 751203 [www.thedoresinn.co.uk](http://www.thedoresinn.co.uk) (Shuttle Bus)  
Bank of Scotland, Fort Augustus – Tuesdays and Thursdays 1000-1500hrs only.  
  
Libra Holistics – Therapies - [www.libraholistics.com](http://www.libraholistics.com) 01456 486562 (Lindsey McNaughton)  
Boleskine Garden Services 01456 486217 or 07873770645 (Gordie McAndie)  
S.B. Building, General Building Services, Foyers 01456 486297 or 07773 155367 (Shaun Burton)  
Andrew Fraser, Building Contractors, Errogie 01456 486381

**This list is incomplete. If there is information you think we should  
add for the next issue – or you spot any errors, please e-mail  
[strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)**

# Public Services Listing



Foyers Medical Centre – Loch Ness & Strathnairn Medical Practice .....	01456 486224
NHS 24 .....	111
Police – Non Emergency or to report a crime .....	101
Fire – Free Home Safety Check .....	0800 0731999
Medical, Police, Fire, Loch or other Emergency Phone .....	999
Raigmore Hospital Switchboard .....	01463 704000

## Highland Council

General enquiries, comments, compliments or report a complaint .....	01349 886606
Roads, flooding and street lighting .....	01349 886601
Council house repairs, pest control, Council housing applications & rent enquiries .....	01349 886602
Domestic special uplifts & refuse collections, report fly tipping, dog fouling .....	01349 886603
Abandoned vehicles and environmental health .....	01349 886603
Blue Badge, travel and national entitlement cards .....	01349 886604
Make a payment by debit or credit card .....	01349 886605
Planning and building standards .....	01349 886608
Licensing .....	01349 886609
Ward Manager (Ward 13) Charles Stephen .....	01463 785010
Councillor Margaret Davidson .....	01463 861424/0781 8015689
Constituency MSP – Kate Forbes .....	01349 864701

Foyers Primary School (Snow Code 042070) .....	01456 486612
Stratherrick Primary School (Snow Code 043060) .....	01456 486630
Bun Sgoil Ghaidhlig Inbhir Nis (Snow Code 043280) .....	01463 725980
Inverness Royal Academy (Snow Code 041100) .....	01463 222884
Drummond School (Snow Code 041910) .....	01463 701050
Kilchuimen Academy (Snow Code 041110) .....	01320 366296
Schools Closed freephone recorded info (Snow) and use the code .....	0800 564 2272
D & E Coaches Inverness.....	01463 222444
Stagecoach Inverness Bus Office .....	01463 233371
Caledonian Canal Inverness Office .....	01463 725500
Fort Augustus Visit Scotland Information Office .....	01320 345156
National Rail Enquiries .....	03457 484950
Albyn Housing .....	01349 852978
Caledonian Sleeper Train .....	0330 060 0500

**This list may be incomplete. If there is information you think we should add for the next issue, please e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)**



The following grants were awarded at the Board meetings held on  
7 December 2016, 11 January 2017 and 1 February 2017

## Group Grants

Seniors Lunch Club - £1,200

Friends of Inverness Royal Academy - £5,135

## Energy Saving Grants

Garry Page - £500    Ala McGruer - £500

Philip Crowe - £500    Tim Lucas - £500

## Non-Constituted Group Grant

Gwyneth Ludkin - £190

## Student Grants

Emily Grainger - £500    Angus MacPherson - £500

Iona MacPherson - £500    Siobhan McDonnell - £500

Cameron Williams - £500

## Sporting Grant

Roxana Elgar - £171

Details of the purpose for which the grants were awarded are recorded in the  
minutes of the meetings

The next Grant Meetings will be held on 5 April and 7 June 2017

The next deadlines for applications to be submitted to the

Administrator are 26 April and 21 June 2017

Grant Application Forms can be downloaded from our website

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

or contact Laura Walker-Knowles, Trust Administrator:

Email: [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk)    Mobile: 07464 394 276

or Steven Watson, Project Co-ordinator:

[pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk)    Mobile: 07525 120966



# How to apply for grant from the Trust

You can apply at any time for the Trust Grant Schemes. The Trust meets to consider grant applications six times a year. Our deadlines and assessment period mean you can expect a decision on your application between six and ten weeks from when you submit it. **The Trust cannot give retrospective grants so please apply and get a decision before incurring any costs.**

## **Group Grant** – up to £10,000

These make up the bulk of our grant awards and are available for constituted, not-for-profit groups and organisations run to benefit people living in the Stratherrick and Foyers area. Groups can apply for two grants per year.

## **Non-Constituted Group Grant for community benefit** – up to £1,000

For use by individuals organising an event or group to benefit members of the community.

## **Student Grant** – £500 per academic year

For anyone undertaking a further or higher education course or training.

## **Sporting Grant** - up to £250, two applications permitted each year

For anyone competing at National or Championship level or participating in a recognised training camp as a trainee.

## **Energy Saving Grant** – up to £500

Available to any homeowners in the area making energy saving improvements to their own residential property only. Improvements may include insulation, renewable energy systems or other measures recommended by Home Energy Scotland.

## **Hardship Grant** – up to £500

Please contact the Project Coordinator for this form.

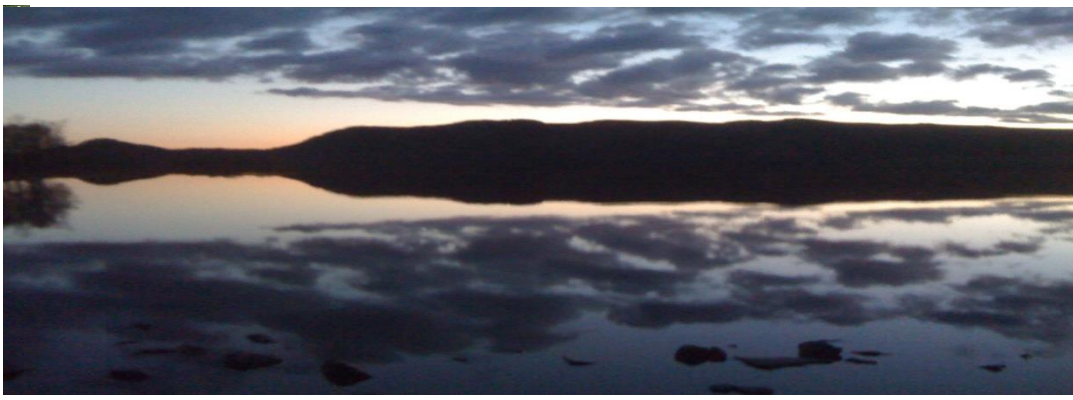
## **Higher Value Group Grants and Projects**

Contact the Project Coordinator with any ideas.

You can call the Project Coordinator on 07525 120 966 to discuss any aspect of the grants system or to arrange a meeting.

If you want a paper copy of any form, text your name and postal address – and the grant you are interested in to 07525 120 966 and we will send you the application form and the appropriate guidelines.

Or if you e-mail [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk) we can email you the appropriate form and guidelines but they're also available for download now at <http://www.stratherrickcommunity.org.uk/grants-system>



## Why not become a member of Stratherrick and Foyers Community Trust and help shape and improve your community?

Full membership of the Community Trust is open to all residents over 18. There is also a Junior membership category. There is no charge to become a member, and you will only ever be asked to contribute a maximum of £1. It is easy to join up. Once you are a member you can vote at the Trust's AGM and stand for election as a Trust Director. There are vacancies for Directors every year.

**You** can help decide how the Trust uses the Community Benefit funds and what initiatives and grant schemes we should offer in future.

### Five ways to get a Membership Form

Text your name and email address to 07525 120 966 and we will send you an application form in an email.

Text your name and postal address to 07525 120 966 and we will send you a form in the mail.

E-mail [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk) and we will email you a form

or download a membership Form at [www.sfctrust.org.uk/membership](http://www.sfctrust.org.uk/membership)

or pick up a Trust membership form at Foyers Post Office.

How to join the Trust