

Stratherrick + Foyers



Community Trust

# Stratherrick & Foyers News

Issue 2, June 2016

## STOP PRESS EVENTS IN JUNE

Open Farm Sunday at  
Loch Mhor Croft,  
Gorthleck  
5 June 2016  
1000 - 1600hrs

Garden Open at  
Gorthleck House  
17 June 2016  
1000-2100hrs



## Foyers Primary School Minibus Trial

There's a minibus based at Foyers Primary School for the summer term thanks to a grant from Stratherrick and Foyers Community Trust. The 16 seat bus has been hired for a trial period of seven weeks.

Louise Robertson, Head Teacher of Foyers Primary school said 'Having our own school transport for the summer term is expanding the range of educational and sporting activities for our pupils. We have already got together for a theatre performance and the whole school has tried orienteering at Ardersier. Pupils are learning and socialising so much more thanks to the minibus. Foyers pupils would not have the opportunity of tennis coaching if we didn't have the bus.'

Stratherrick and Foyers Community Trust Director Hugh Nicol said 'This is what the Community Trust exists to do. We distribute funds to local projects from the windfarm and hydro community benefit cash which we receive from energy firms including SSE. I am delighted to see our young people get access to additional activities. Trust funds are there to help improve educational opportunities. This grant is in addition to the support we provide to both primary schools for extra activities including skiing and music tuition. We are also contributing to the fuel costs to make sure the bus is well-used.'

Free Energy Saving Lightbulbs from  
the Trust – see Page 31

*Welcome to Issue Two, and remember we welcome your comments and contributions*  
[strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

# Welcome to the Second Issue of the Stratherrick and Foyers News

Thanks for reading the Second Issue of the Stratherrick and Foyers News. We have included more articles this time from local groups, so thanks to all the new contributors. If you'd like to send in any information, photographs or news, please e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk) or send it to Strathnews, S&FCT, Evergreen, Inverfarigaig.



We could be doing with some letters from readers.

The deadline for the September issue is 22 August 2016.

## SOME HIGHLIGHTS IN THIS ISSUE

- Boleskine Camanachd Shinty Report. Page 14
- Green Man spotted in Gorthleck. Page 16
- Cranco Traybake Recipe – Try it and let us know how you get on! Page 17
- Order your free Community Trust LED Lightbulbs and cut your electricity bill. Page 31

### Weekly Gathering dates from the Boleskine Community Care website

Coffee Mornings (Waterfall Café from 10am) - 9 June, 14 July and 11 August

Broth and Blether (Catholic Church Hall from 11.30am to 3pm) - 20 June, 18 July and 15 August

Seniors' Lunch Club (Stratherrick Hall from 12.30pm, please book) - 24 June, 29 July and 26 August

### Sporting Events across the area later this year

10 September 2016 – Coast to Coast Rat Race – Nairn – Calanour – Lynn of Gorthleck to Glencoe  
[www.ratrace.com/coasttocoast2016](http://www.ratrace.com/coasttocoast2016)

25 September 2016 – Loch Ness Marathon and Festival of Running Suidhe – Whitebridge – Foyers – Inverfarigaig to Inverness [www.lochnessmarathon.com](http://www.lochnessmarathon.com)

1 October 2016 – Loch Gu Loch Swim Run – Urquhart Castle – Achnabat - Torness – Farraline – Compass and Whitebridge to Fort Augustus [www.lochguloch.com](http://www.lochguloch.com)

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.



School Ski Report  
contributed by  
Louise Robertson  
Headteacher  
Foyers Primary

Foyers and Stratherrick Primary pupils all enjoyed skiing at the Nevis Range near Fort William this past winter with thanks to a grant from Stratherrick and Foyers Community Trust. Pupils from Aldourie also joined in. Primary 5 to Primary 7 children all had four days skiing which included equipment, ski passes and instruction. The excited chatter on the bus on the first day was great; a mixture of nerves and excitement with the pupils from the three schools making new acquaintances or developing existing ones. Foyers pupils who had skied previously were up and away quickly, their skills coming back to them just like riding a bike. Pupils who had not skied before started off on one ski, before progressing on to two skis and then trying some fun moves (touch your toes!) while skiing down a very gentle slope. Quickly they learnt how to slow down and stop by snow ploughing or as the instructor called it "make a pizza slice". By the end of the four days most of the children were able to slide down a slope under control with a grin on their faces. They also had mastered the simple rope tow and some had also moved onto the button tow.

P1-4 pupils from the three schools all had a one day taster session, unfortunately this couldn't be on the same day as there was not enough equipment for this age group at the ski centre. The hardest element for this group was getting the equipment on but once this had been completed they were delighted to be out in the snow and trying to slide around. The fantastic weather nearly every week meant we only had to postpone our trip one week out of the four and every other day was mostly lovely sunshine.

The children have all asked for this activity to run again even though it is a very long day. They come home exhausted, maybe a little bit bruised and sore but usually happy. They have been learning a new skill which is tricky to start with but with time, patience and determination they find success and grow in confidence. The support that Stratherrick and Foyers Community Trust has provided to the schools is magnificent as without this skiing would not be a sustainable activity for the school to run.



# Youngsters on the go



A group of friends from Stratherrick School decided they wanted raise some money for Macmillan Cancer Support. They agreed they would undertake a three-mile walk from Foyers to Whitebridge and talked me into being the responsible adult to accompany them!

On Thursday 7th April at 12noon, Casey Burton, Joey Burton, Keeley Alexander, Summer Alexander, Isla Drummond, Katie Drummond and Abi set off from Foyers and walked along the Dell to Whitebridge. The weather was awful and rained for nearly the entire time!

The kids were great! They amused themselves half way along by having a big water fight in the muddy puddles of the Dell Estate! They were all soaked and very muddy by the time we finished. Almost £300 was raised for MacMillan – a great effort!

Contributed by Kim Burton



Foyers Primary School's Head Teacher Louise Robertson discusses the grant from Stratherrick and Foyers Community Trust with Peter J Faye, Trust Director.

Cash will fund a wide range of additional educational trips and activities in the coming months.

There is a lot of learning going on in the Loch Ness Nursery at the moment. We have been learning about spring. Fortunately, with money received from the Community Trust, we will be able to visit the floral hall in Inverness to learn more about the different flowers that bloom during the springtime.

We would also like to take the opportunity to thank Jan in Foyers Café for donating money to the nursery, collected from her book swap. We have shared the donations with the mother and toddlers group in the community.

Contributed by Rena Slater, Loch Ness Nursery



## Loch Ness East and Strathnairn Medical Practice



Since starting to provide medical services to the Loch Ness East and Strathnairn area on 1 October 2016, we have been delighted to meet some of the community. It is a privilege for us to be able to provide care and support. We are keen to continue to develop our services to effectively meet the clinical needs of the area. We are enjoying understanding the similarities and differences to our other practice, Riverside, located in Inverness.

An important positive development is the start of a regular Nurse Practitioner clinic for chronic diseases such as COPD\* and Diabetes. Furthermore, we feel very fortunate to now be working with Julie Craven, Lesley McAdam and Louise MacKay, whom some of you will know. They have provided continuity during a period of necessary change, skilfully guiding the team whenever necessary. The Partners of Foyers Medical Practice, doctors and staff recently took time together, as a team, to reflect on the last 6 months and look forward to the future. If you have any suggestions for the practice, please do not hesitate to bring them to the attention of the practice staff either by phone or next time you are at the surgery. We look forward to getting to know the community better over the years. [www.foyersmedicalcentre.co.uk](http://www.foyersmedicalcentre.co.uk) Telephone 01456 486 224

*\*COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe.*

### Boleskine Community Care Survey

BCC will be undertaking an assessment of care requirements for the community both now and in the future.

Every household will receive a questionnaire. It is important you have your say.

Look out for the Questionnaire being delivered with the Boleskine Community Care newsletter shortly.





# Boleskine Community Care Ceilidh and Stratherrick Primary News



The Family Ceilidh at Stratherrick Hall on Saturday May 7<sup>th</sup> was a great success. Boleskine Community Care had organised local musicians Ernie Randall and Alistair Colquhoun to play all afternoon. The audience was very appreciative of the local singing group and Christiana Hynde who sang beautifully. Also Morag MacNeill led us in a lovely sing-along and all who got up to dance reminded us what it was like to be young and nimble on our feet. It was lovely to see a real mix of folk, families, young and old, enjoying themselves. Thank you to everyone who bought raffle tickets and for the kind donations of food which made a lovely spread.

The next Boleskine Community Care fundraiser is the Garroge Shoot which is scheduled for Saturday 16<sup>th</sup> July 2016. Last year's event was very popular and this year the shoot will include some additional family activities.

Keep up to date with Boleskine Community Care's latest news at [www.boleskine-communitycare.org.uk](http://www.boleskine-communitycare.org.uk).

Julie Russell and Lexi Cameron with the purvey

## Stratherrick Primary School News

The children have all been busy with lots of fun activities recently alongside lots of hard work in the classroom. In February, they all went skiing with Foyers Primary pupils. Thank you to Foyers Primary for organising this and to Stratherrick & Foyers Community Trust for a grant to make it affordable for all.

In March, all the children took part in the Inverness Music Festival. They were amazing and came second, scoring 87 and achieving distinction! Also in March, a lot of the pupils competed in the MacRobert Cup cross country run. We were very proud of them all. In April, the P6 and P7 pupils went to Glencoe Outdoor Centre for a three day residential trip. There they took part in archery, orienteering, canoeing, mountain biking and lots of other fun things.

Our children are currently in the middle of an eight week music programme from 'Rokzkool'. Tutors bring lots of different instruments into the school and use music to build confidence and promote social interaction. We are also attending swimming lessons at the Inverness Aquadome for the whole of the summer term which the children are all enjoying. Thanks again to the continued support of the Community Trust without which a lot of these activities would not be possible. Look forward to updating you next issue with what all the pupils have been up to!

**Stronelairg wind farm**, which is located on the Garrogie Estate nearer to Fort Augustus, is a 67 turbine proposal. Consent was granted for Stronelairg during the summer of 2014, however the consent decision has been subject to a Judicial Review, and late last year, the Court of Session found in favour of the John Muir Trust. SSE is currently working with the Scottish Government to appeal this decision and the project website ([www.sse.com/stronelairg](http://www.sse.com/stronelairg)) will be kept up to date. Alternatively, please contact Marianne Townsley, Project Liaison Manager, for further information.

**Dunmaglass wind farm**, which will have 33 turbines and an installed capacity of 94.05MW, is located on Dunmaglass Estate. The main civil works at Dunmaglass wind farm is largely complete and the turbine deliveries are now underway. These are likely to run into August and we distribute a schedule of planned turbine deliveries on a weekly basis. If you would like to be added to the update list, or if you have any queries on these, please contact Marianne Townsley (by e-mail [marianne.townsley@sse.com](mailto:marianne.townsley@sse.com) or by phone 01463 728069). More information on Dunmaglass can be found at [www.sse.com/dunmaglass](http://www.sse.com/dunmaglass) or on Twitter @dunmaglasswf

Contributed by SSE

## Would you like to join SSE's Priority Services Register?

Residents of Stratherrick and Foyers are used to power cuts now and then. When the lights go out, you never know if they will be back on in a few minutes or if the wait is going to be longer. Power outages can be caused by storm damage or technical faults and these take time to fix.

Power company SSE realises that some customers are especially vulnerable when there are power cuts. Their Power Distribution department has set up a **Priority Services Register** where customers can register to receive extra attention and support should their power go off.

If you fall into any one of the following six categories you can register for Priority Services. Every eligible electricity consumer can register, even if you do not buy your power from SSE.

- If you are dependent on electricity for home medical care
- If you have a chronic illness or short term medical condition
- If you are disabled
- If you have special communications needs, for example because you are blind or deaf
- If you have a young baby
- If you receive a state pension.

The benefits of joining the Priority Services Register include

- the use of a dedicated 24 hour phone line to call SSE
- priority updates during a power cut
- the ability for you to nominate someone for SSE to contact on your behalf
- information in a form that suits you – such as large print
- setting up a security password to keep you safe

There is no charge to register or receive any of the Priority Services.

To join the Priority Services register call SSE Power Distribution on Freephone 0800 294 3259 (24 hours) or on line at <https://www.ssepd.co.uk/PriorityServices/>





If you have Church News for the next issue please e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

If you have any environmental news for the next issue please e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

If you have wedding or graduation photographs for the next issue please e-mail [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

The Divine Mercy Devotion was observed with a special Deanery Pilgrimage to the Church of the Immaculate Conception at Stratherrick on Wednesday 6th April 2016. Father Tony Nye, Society of Jesus, from the Jesuit parish of the Immaculate Conception in Mayfair, London celebrated Mass and preached at the church.

‘Over fifty hardy souls braved the elements to make a Rosary walk up the hill to the beautiful Shrine of ‘Our Lady of the Highlands’ at Stratherrick. Hospitality, hilarity and holiness were evident features as the pilgrims enjoyed the opportunities for the Highland craic at a generous lunch and throughout the day made visits to the Jesuit confessor. It was a good Ignatian day - wholesome conversation, finding God in all things, and giving Him the Glory.’

Information Contributed by Duncan Macpherson & Fr. Harden



St. Paul’s, the Scottish Episcopal Church at Croachy, is holding a social ‘Pudding Evening’ on July 4<sup>th</sup> 2016 at 7pm. Bring along a favourite pudding and copies of the recipe. £2 includes wine. All Welcome.

St. Paul’s Church Strathnairn also recently supported the fundraising day for the Neil Mackenzie Trust. £3,715 was raised by a ‘car boot’ and evening ceilidh at Farr Hall in April. The Neil Mackenzie Trust exists to commemorate Neil ‘Bell’ Mackenzie by assisting individuals to participate in outdoor pursuits. More details of the trust are at <https://theneilmackenzietrust.wordpress.com/>



## Farigaig Community Steering Group

A steering group has been established consisting of a broad range of community members and is now chaired by Patrick Haston, Errogie. The purpose of the group is to liaise with the community of South Loch Ness and specialist bodies with the objective of developing and managing the Farigaig Forestry Site for the community. The site is currently in the care of the Forestry Commission.



Although in its infancy, the group has collated ideas expressed by the community following presentations given by the members of the group at a number of events such as the Stratherrick and Foyers Community Trust Consultation Day and the Dores Community Market. These ideas include a wide range of possible uses of the site, not only to benefit the community but also with the potential for the generation of a community income stream which will be used for development and maintenance of the site into the future. The group plans to meet with specialist bodies such as the Forestry Commission and Stratherrick and Foyers Community Trust before proceeding with a feasibility study of the site.

Contributed by J. Taylor

South Loch Ness Heritage Group held a talk at Aldourie Castle in March by Louise Boreham on the historic pottery at Dores. The items shown were on display from local collections. More info at <http://southlochnessheritage.co.uk/what-a-great-talk-from-louise-at-aldourie-castle/> If you are visiting Guildford in Surrey look here [www.wattsgallery.org.uk](http://www.wattsgallery.org.uk)



## South Loch Ness Community Markets at Dores Hall

If you are a prospective stall-holder or just want to buy some local produce, here are the dates of the next three community markets planned for 2016. The markets will be run under the auspices of the Dores Community Council and all stallholders must be South Loch Ness producers. Stratherrick and Foyers buyers and sellers are a major element in the success of these events.

The market's dates are Saturdays - 11<sup>th</sup> June, 20<sup>th</sup> August and 12<sup>th</sup> November from 10am. to 1pm.

If you would like a stall contact Candy Cameron [candy@lochnessriding.co.uk](mailto:candy@lochnessriding.co.uk) 07973 815208.



Dores' small telephone exchange is still for sale at an asking price of £12,000. The contact is [j.shafe@btinternet.com](mailto:j.shafe@btinternet.com)

Corrections and Clarifications  
Please let us know if we get  
anything wrong.  
[strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

## Locals contribute to a successful Etape Loch Ness 2016 for 4,200 cyclists

The Etape Loch Ness 2016 took place on Sunday 24<sup>th</sup> April. The word 'Etape' (meaning 'stage') is synonymous in France with cycle stage racing. Cycling events are increasingly popular in the UK. 'Etapes' and 'Sportives' bridge the gap between exclusive serious bike races and events which provide the more casual bike rider with a satisfying challenge. Etape Loch Ness is one of the most popular events, over a fabulous 66-mile route around Loch Ness, starting and finishing in Inverness, on roads that are closed to traffic for the occasion. The top riders take less than three hours to complete the course. 2016 was the third year of the event and the entry was quickly sold-out despite being increased from 3,200 cyclists in 2015 to 4,200 this year.

Charities benefit hugely from Etape Loch Ness. £228,000 raised in 2015 including £170,000 for the event's official charity, Macmillan Cancer Support. The local economy also benefits, with a £743,000 economic boost to the Scottish Highlands, according to an independent study into the 2015 Etape. Although some businesses and locals situated on the route may suffer from the short period when the road is closed, the overall footfall of visitors and positive profile for Loch Ness increases dramatically thanks to the Etape.

There's also a benefit that isn't immediately apparent from media coverage, and that's the recognition given to the nearly 200-strong army of local volunteer marshals. The Etape organisers make a donation to each marshal's chosen organisation or charity. Marshals are crucial in helping keep the route safe and they provide support and encouragement for the participants. Marshal training is delivered first-hand by Event Director, Malcolm Sutherland. Malcolm said 'Everyone involved in organising the Etape would like to offer a huge thank you to all of our marshals, partner agencies and communities along the route without whose great support Etape Loch Ness just would not be able to take place.'

Foyers resident Jennie Devlin commented, 'Marshalling at the Etape was not only good fun it was also a great opportunity to represent our local community at a fantastic sporting event, whilst raising vital funds for our Parent and Toddler Group. We'll definitely be volunteering next year!' Local people also compete in the Etape. Owner of Lodges on Loch Ness, Callum Munro, has ridden the event since its inception and also had customers staying in his Lodges who were participating this year.

If you are interested in volunteering or even taking part in 2017 just go to the Etape Loch Ness official site [www.etapelochness.com](http://www.etapelochness.com) Despite the very early rise it's an enjoyable morning, especially when the sun shines as it did this year.

Contributed by Sian Glanrid-Jones





# Photo Page

please send in your photographs for the next issue



Spot the local marshals at the Etape

Multicoloured cables get buried at Faragaig Sub Station

Crane slips off the road at Dunmaglass in May

Mental Health campaigner Josh Quigley calls at Foyers [www.tartanexplorer.com](http://www.tartanexplorer.com)

Lambing snow at Mains of Gorthleck



## Timber Transport Route Progress

The project delivery team at Forest Enterprise in Smithton is pleased to announce completion of the construction stage of the 12km in-forest haul route between Tyndrum and Torness in the Stratherrick area of South Loch Ness.

This project has involved building 6km of new forest road, upgrading 6km of existing forest roads and the construction of 8 new surfaced forest access points. There have also been public road surfacing improvements and additional passing places. The route connects forest roads on both public and private forest land to take timber traffic away from communities and minor roads in South Loch Ness. The forest roads section of the project was managed by Forest Enterprise Scotland and Tilhill Ltd with support from Yeoman Forestry Trust and the Scottish Timber Transport Scheme.



The construction contractor is now moving off-site and the project has entered the maintenance period. Road-users will see work-site signage being removed. The haul route will be in use for timber transport and forest operations later on this year. Forest Enterprise is requesting that people exercise responsible access and take safety signage into account particularly around quarries and any forest operations.



We would like to thank everyone for their feedback and support during the construction phase!

Contributed by Kelly McKellar Forest Enterprise.



## New Bollards for Errogie Corner

They are now in place. Bollards protecting the new footpaths and passing places are now installed at Errogie Corner. Errogie's iconic sentinel phone box has been given special treatment with a new tarmac ramp and its own fence.

Stratherrick and Foyers Community Trust Educational Grants  
All local students attending higher or further education courses can now apply for a grant of up to £500 per year to help with their costs.  
[www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk) or contact [admin@sfctrust.org.uk](mailto:admin@sfctrust.org.uk)



## Stratherrick Scottish Country Dance Group

The group meets on Wednesday evenings at Stratherrick Hall, where the wooden floor is particularly good for dancing.

We dance to recorded music from some of Scotland's top Country Dance Bands, and there is a programme of 6 or 7 dances each week - some are old favourites such as "Shiftin' Bobbins", "Mairi's Wedding" and the "Duke of Perth" but we also introduce dances which are new to the Group.

It is all a very sociable affair - there is a break for teas, biscuits and a blether, and the heating is always on before we start! We are very welcoming to new dancers, so whether you are a beginner or remember dancing from your school days you would be very welcome to join us. Now and then we have visitors from other parts of the country, and some of our members visit other dance groups in the Highlands and beyond. When on holiday, either at home or abroad, there is likely to be a Royal Scottish Country Dance Society branch nearby who would be delighted to welcome members from other groups.

One of the highlights of our year is our Annual Rally at Stratherrick Hall, when we host dancers from other groups such as Inverness, Invermoriston, Dingwall and Fortrose. This year's rally is on Friday 23<sup>rd</sup> September and features live music from Marian Anderson's Band from Falkirk.

Scottish Country Dancing remains very popular at weddings and ceilidhs, and provides wonderful gentle exercise for both mind and body!

We take a break during the summer months, but if you think you might want to come along when we re-start in September please contact Hugh Nicol on 01456 486350. [www.invernessrscds.co.uk](http://www.invernessrscds.co.uk)



Ballroom Dancing at Stratherrick Hall  
We are lucky to have a ballroom dancing group which meets at the Stratherrick Hall on Tuesday evenings.  
Contact Ann Forsyth, Inverfarigaig.





# Shinty Report



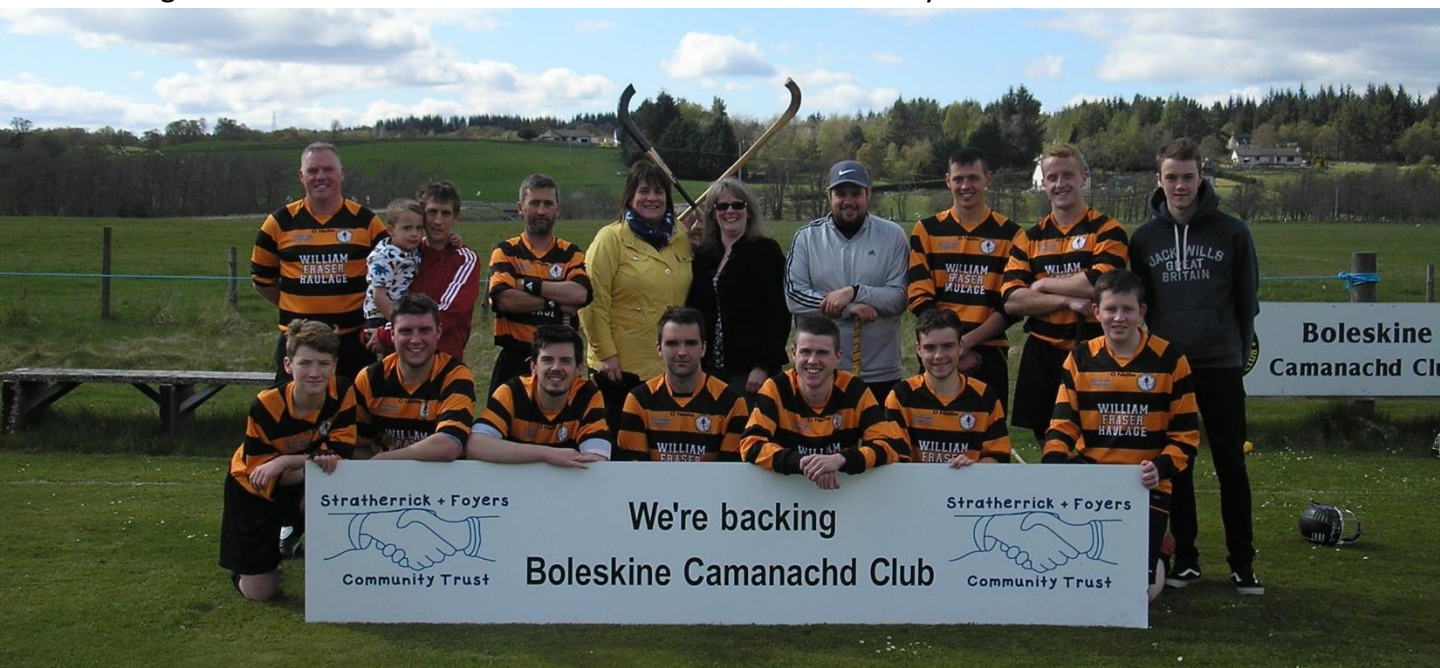
Boleskine ended April with a 5 - 0 victory over local rivals Inverness. The team has been placed around the middle of North Division Two for most of this season so far. Form has been improving and the new management and coach team of Jamie Matheson and Jimmy MacKenzie is working well. A recent game against Aberdeen University saw the locals, including young Duncan Macpherson from Abersky rattling the league leaders on several occasions. After beating Bute in the opening round of the Sutherland Cup, Boleskine lost at home to Beauly. The Strathdearn Cup competition, which Boleskine won in 1964 will take place soon.

Shinty is on-the-up as a sport with new teams and youth development activity happening across Scotland. Katie Drain, the North Regional Development Officer with the Camanachd Association has been visiting local schools starting with Daviot Primary. Our area is fortunate to have an established shinty club, youth and senior training facilities and the use of Smith Park at Inverarnie, which is well-known for having one of the best playing surfaces of any shinty pitch.

The new Youth Team shirt sponsor is civil engineering contractors RJ McLeod who are completing much of the improvements to the local road network. Senior Team shirt sponsor is William Fraser Haulage. Stratherrick and Foyers Community Trust is also now supporting the club with some recurring costs for local players including Camanachd Association fees and shinty equipment.



Games at Smith Park, Inverarnie are open and entertaining. Spectators are most welcome. Fixture, youth opportunities and club info is available at [www.boleskinecamanachdclub.com](http://www.boleskinecamanachdclub.com), and on Facebook. [www.shinty.com](http://www.shinty.com) covers all games and leagues. Boleskine Camanachd's annual fundraising sale is scheduled for the Stratherrick Hall on Saturday 26<sup>th</sup> November 2016.







Foyers Fire Crew is an important element in the local response to any emergency, whether it is a fire or a motor accident. The recent fire at Boleskine House showed us all just how devastating a blaze can be and that fires can start even in empty properties. The fire at Fort Augustus Medical Centre at the end of October 2015 also demonstrated that local fire cover is a necessity for our area.

Recent call outs have included a vehicle fire, road accidents and chimney fire. The wet weather has reduced the likelihood of hill fires which are often more prevalent at this time of year and can be a huge strain on our resources as callouts often last a number of hours. Foyers Fire Crew is also planning the Stratherrick and Foyers fireworks for 2016 which were so popular last November.

Fire crew members have been conducting a number of home fire safety visits in the area. These visits are free. If you'd like us to call round to check your home is safe, please phone 0800 0731 999 or text "FIRE" to 80800 from your mobile phone. There's an on-line form at [www.firescotland.gov.uk](http://www.firescotland.gov.uk)

If you are interested in becoming a retained firefighter with the Scottish Fire and Rescue Service, please contact us and we will let you know how to become involved. The crew's weekly training sessions are held at the Fire Station at Gorthleck. Recently we had an exercise to practice the methods for removing trapped casualties from crashed vehicles.



## Church Services

**Church of Scotland** at Drumtemple, Sundays at 10.00am. Mr King 01463 751293

United services with Dores Church alternate on the last Sunday of each month

**Roman Catholic Church**, Stratherrick 12.30pm every Sunday

and check website at <http://lochnessparishes.dioceseofaberdeen.org/>

**Free Presbyterian Church**, Gorthleck, every 4<sup>th</sup> Sunday Mrs E. Fraser - 01456 486282

**Free Church**, Errogie, Sabbath, 4.30pm, Mr S. McLure 01456486435 [www.greyfriarschurch.org](http://www.greyfriarschurch.org)

**Episcopalians** - St. Paul's, Strathnairn 11.00 Sunday [www.stpaulsstrathnairn.co.uk](http://www.stpaulsstrathnairn.co.uk)

**Free Church Continuing** – Dores [www.freechurchcontinuing.org](http://www.freechurchcontinuing.org)



# Loch Ness Luvvies Performance Review

The Loch Ness Luvvies took to the stage at the Stratherrick Hall in April for their Spring drama production. David Tristram's play 'Going Green' was a light-hearted tale of politics and intrigue, set in present day Britain. 'Going Green' tells the story of John Brown, a politician who has the chance to win a General Election and Brian, the Party Chairman who only wants to back a winner. Brian (acted by Jim Cameron) and John Brown (acted by Peter J Faye) had the audience laughing with their sparky banter. Peter's transformation for the start of Act Two had everybody surprised and smiling.



The Head of the Civil Service (Lorraine Fraser) and Madeleine, the Medical Professional (Holly Arnold) moved the play on by revealing the plot and the dilemmas each of the characters faced. Heather MacDonald played the politician's unsuitable girlfriend with great humour and attitude. Morag Pickthall, playing Brian's wife Christine, sported a natty apron and had all the audience on her side every time her husband made a derogatory remark.

The play was directed by Jan and Simon Hargreaves and included a stirring opening hymn from Simon to set the scene. The stage crew and prompt, Zoe Iliffe, kept the actors right throughout. The performance was recorded by Quentin Soldan of QS Digital Video on DVD. Contact: 07538274384. <http://qjrsoldan.wix.com/qs-video>. Quentin's mainstream work is weddings, but he certainly made an excellent job in recording the performance for posterity.

'Going Green' was a topical and entertaining choice of play for the Luvvies and their audience. The next production is under discussion and if anyone is interested in joining the Luvvies in an acting or support role, please contact Jan at the Waterfall Café on 01456 486233 or look up their Facebook page at "Loch Ness Luvvies".





# A Recipe for you to try

## CRANCO BARS

### Granny's Coconut and Cranberry Tray-bake

Here's a recipe for a traybake that is full of flavour and texture. It will keep your energy levels up too. This traybake is ideal to include in packed lunches or with an afternoon cup of tea.



### Ingredients

- 8 oz Butter
- 8 oz Brown Sugar  
(ideally Muscovado)
- 6 oz Rolled Oats
- 4 oz Golden Syrup
- 4 oz Rice Krispies
- 4 oz Sultanas (or good currants)
- 2 oz Shelled Sunflower Seeds
- 2 oz Dried Cranberries
- 2 oz Desiccated Coconut

### Method

Take the butter out of the fridge before you start. Line a traybake tin with clingfilm or greaseproof paper. Put the butter in a saucepan with the syrup and the sugar. Stir with a wooden spoon until the butter melts and the mixture is smooth. Pour the melted liquid into a warm mixing bowl and add the rest of the ingredients until thoroughly mixed together. Put the stiff mixture into the tin and push it down to make it smooth. Place the tray into the fridge for at least an hour before cutting it into chunky squares or oblongs.

If you try this recipe at home, please let us know how it works for you, send us a photo of you enjoying them too!

If you have a great recipe we can include in the next issue of the Stratherrick and Foyers News, please send it in to [strathnews@sfctrust.org.uk](mailto:strathnews@sfctrust.org.uk)

### Read any good books recently?

If you fancy letting other readers know of a good book you have read recently, please send a short review – no more than 200 words – to [strathnews@sfctruct.org.uk](mailto:strathnews@sfctruct.org.uk) Books can be fiction or non-fiction and should be suitable for a wide readership.





# Sheep in the Strath

This year there will be over six million sheep in Scotland after the annual lambing season. In Stratherrick the annual cycle begins in autumn. Our ewes are tugged usually sometime during November and our lambs are generally born after 140 – 150 days, basically 5 months later, in April and May.

Sheep are scanned in February to check how many lambs each ewe is carrying. Ewes can be barren, or have one, two, three or on rare occasions four lambs. Scanning ensures farmers can ration the feed accordingly to the ewes' needs. Most farms normally keep breeding ewes for at least five years but some can be older.

In Stratherrick this year most lambing started in April and by end of May it will be complete. The sheep in this area are a wide range of breeds. Our flocks are mostly Black-Faced ewes which is suited to the hill areas. Other types which can be seen in the Strath include Mule, Texel, Cheviot and some rare breeds like the Herdwick.

Nearly all of the male lambs are sold with only the best being retained as tups. Most of the female lambs are sold each summer or autumn either for breeding or for the food chain. Quality Meat Scotland is the organisation which runs the Scotch Lamb Assurance Scheme, which many farms are members. Consumers buying products labelled as Scotch Lamb can be sure the meat is sourced from selected Scottish farms that meet stringent criteria regarding animal welfare and natural production.



During July most of the sheep in Stratherrick will be clipped. Shearing involves taking the wool off the ewes with someone clipping them with a machine, which is hard physical work. The wool is rolled up then put into large bags sold to the British Wool Marketing via the store at Evanton. Scottish wool is used extensively in quality carpets.



Please ensure that any dogs are kept away from sheep at all times of the year.  
If you see a dog worrying sheep, please report it to the Police immediately.



## Open Farm Sunday and Gorthleck's Rare Breed Pigs



You can visit Gorthleck's pigs on Open Farm Sunday 5<sup>th</sup> June 2016. The open day is part of a national event where farmers and crofters make a special effort to welcome visitors to their holdings. There is no charge to attend. Teas and coffees are available and donations will go to the Oxford Sandy and Black Pig Society. Jane and Adam Mason are helping the survival of the rare breed by producing quality free-range pork on their three-acre croft at Gorthleck. Along with Texel cross lambs, ducks and hens the Mason's keep three Oxford Sandy and Black Pigs. Their two sows – Alison and Elsie - can produce over 30 piglets each year.

Oxford Sandy and Black Pigs (OSB Pigs) have been around for over 300 years and are known as the Plum Pudding Pig because of their coloured spots and markings. The Masons cooperate with another local breeder in Invergordon. As members of the British Pig Association and the OSB Pig Society, they work closely with other pig owners around the UK. Their pedigree registered boar is from the Duke's Jack bloodline and is hired-out to other breeders. They plan to introduce another rare OSB boar bloodline to Scotland soon.

Jane Mason said 'All our pigs are free range. They are always out and about, bounding around. We love our pigs and they have a stress-free life with us. Pigs are very sociable animals and love to be around other pigs and humans.'

Jane is proud of the pork they produce at Gorthleck. 'It has an amazing taste to it. The pork we sell helps the survival of the OSB pigs. Maintaining the OSB breed is important for us.'

Jane added 'Visitors are more than welcome at Lyne Mhor Croft. Contact us if you would like to come and see the pigs and even stroke them.'

Pork is available for sale at the croft along with duck and hen eggs. The **Lyne Mhor Croft** Facebook page has more photographs of the piglets. To arrange a visit or to try the pork, phone 01456 486738 or email [lynemhorcroft@gmail.com](mailto:lynemhorcroft@gmail.com)





## Local History Book Reviews – from local authors

### 'Lessons by Loch Ness'

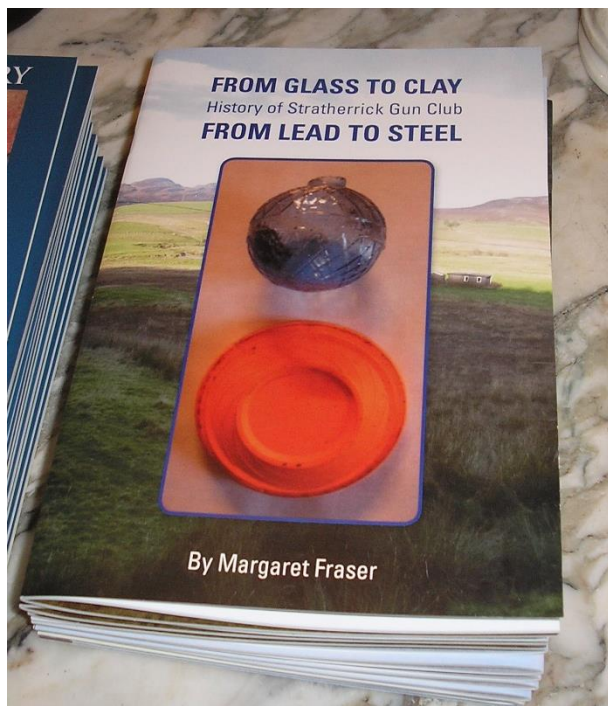
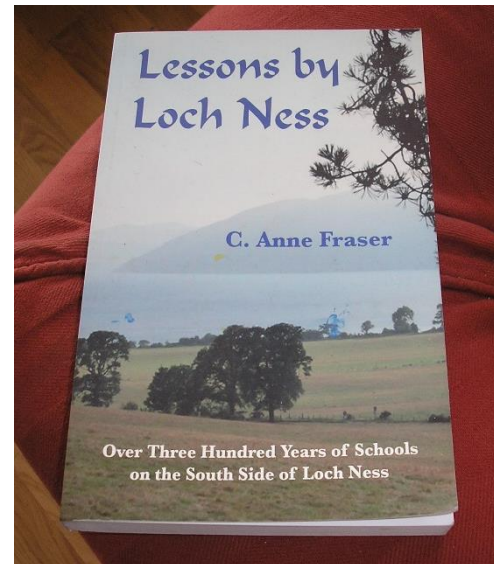
By C Anne Fraser

Available to order from Highland Archive Centre, or on-line at [www.lessonsbylochness.com](http://www.lessonsbylochness.com)

This book is a study of the three hundred year history of schools on the south side of Loch Ness.

This book traces the story behind educational provision in the area from its earliest beginnings through to modern day. It examines influences that shaped progression of the educational agenda and demonstrates how establishment of schools was inextricably linked with the role of local landowners and influence of the Church

But above all, this is a study of people. Detailed research has been carried out to trace those individuals who taught at each of the schools in the area. This research has been done from a genealogical perspective, which is inevitable, given the author's strong local background.



### 'FROM GLASS TO CLAY, FROM LEAD TO STEEL'

By Margaret Fraser

Available directly from the author  
Phone 01456 486 372 - price £7

A History of Stratherrick Gun Club is a 44 page booklet and includes photographs which trace the activities of the Glass Ball Club from its inception in the 1870's through to the present day - now called Stratherrick Clay Target Club.

The book tells how keen and enthusiastic local participation in the sport, supported by community spirit and involvement over the years has contributed to the Club's survival, making it one of the oldest clubs in Scotland still in operation.



*Councillor Davidson, Ward 13 Councillor and Leader of Highland Council has welcomed the return of a community newsletter and has written this article.*

I am sure most of you just want a quiet summer on the roads with only the occasional tourist who does not know how to drive our type of roads. Over the past year, if it has not been the delays for the road improvement work it has been turbine deliveries, and if it has not been turbines, it has been transformers - and this week a capsized crane on the B851.

The Community Liaison Groups have been doing their level best to get some co-ordination, but this has proved very difficult as issues emerge from left-field. We did not know that police escorts would be coming from Motherwell...yes Motherwell, and also that they would restrict delivery - so that SSE is now looking at Saturdays! We did not know that there would be Sunday working when cabling work was being installed at the new Farigaig substation which was classed as permitted development! We did not know the Council's road closure at Calanour would clash with Corriegarth and Dunmaglass deliveries! It is a hard job, but everyone, including myself are trying to do our best to ease things for local drivers and communities. Let us all hope for that quieter summer.

Boleskine Community Care has come together to take on home care and the volunteers and local carers are doing outstandingly well. They will not toot their own horn, but they have been recognised by winning national awards and have been visited by many people, including the King's Fund, a national research group with huge standing in health and social care policy. We all owe 'BCC' a debt of gratitude. Now it is time to look at what additional care services are needed. I know Boleskine Community Care has begun a consultation with the community and urge you all to participate in their research. There will be opportunities to take-on day care and respite over the next year and if the group can secure a building I am certain that would be a really good move. We should not be nervous of taking on more services. BCC has demonstrated how local services can deliver quality and value and most importantly keep people at home instead of in care homes or hospital beds.

I welcome the good moves forward with the primary school mini bus trial and the Community Car Scheme for Boleskine Community Care. I will call a meeting soon to discuss the less than satisfactory Stagecoach school transport arrangements with parents and the school. Please let me have any thoughts.

I will have local surgeries in the Strath and Foyers through June and the summer and would be happy to meet with you to discuss your own issues. Watch the local press, noticeboards and web sites for dates and times.

MD

Margaret Davidson is always available on  
01463 861424.....*leave a message I am not at home a lot!*  
07818015689.....*probably the best!*

Or [margaret.davidson.cllr@highland.gov.uk](mailto:margaret.davidson.cllr@highland.gov.uk)

Very much your local councillor..... now with a Facebook page too.





# The EU Referendum and Scottish Election Results

## EU Referendum Coming Soon

On Thursday, 23rd June 2016 Stratherrick and Foyers and the rest of the UK will vote in a referendum on whether the UK should remain in the EU.

### The referendum question will read

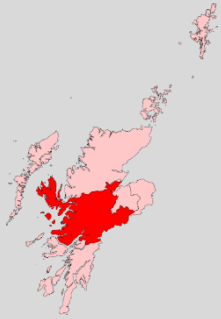
"Should the United Kingdom remain a member of the European Union or leave the European Union?"



## Scottish Parliamentary Election Result 5th May 2016

Stratherrick and Foyers is in the Skye Lochaber and Badenoch Constituency. Our new Constituency MSP is Kate Forbes of the Scottish National Party. Kate has an office in Dingwall and has family connections to Farr.

Contact [www.kateforbes.scot](http://www.kateforbes.scot) 01349 864 701.



The newly-elected Highlands and Islands Regional List MSPs are

Conservatives - Douglas Ross, Edward Mountain and Donald Cameron, Younger of Lochiel.

Labour – Rhoda Grant and David Stewart

SNP - Maree Todd and Green Party – John Finnie



For details of each MSP visit [www.theyworkforyou.com](http://www.theyworkforyou.com) or [www.parliament.scot](http://www.parliament.scot)

Our constituency is represented at Westminster by Drew Hendry, MP for Inverness, Nairn, Badenoch and Strathspey [www.drewhendrymp.scot/](http://www.drewhendrymp.scot/)



We are represented at the European Parliament by six Scottish MEPs  
Ian Hudghton SNP, David Martin Labour, Ian Duncan Conservative,  
Alyn Smith SNP, Catherine Stihler Labour and David Coburn UKIP.

**Elections for the Highland Council are scheduled for Thursday 4<sup>th</sup> May 2017**



# Joining the Trust or Applying for a Grant



## MEMBERSHIP

Why not become a member of the Trust?

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.

Forms can be downloaded at the Trust website, picked-up at Foyers Post Office or call the Project Coordinator and he will send you one in the mail. Once you are a member you can vote at the Trust's AGM in December and stand for election as a Trust Director. There are vacancies for Directors every year.

**You DO NOT have to be a member of the Trust to apply for a grant for yourself or any community organisation of which you are part.**

## GRANT SCHEMES

The current grant schemes are open for applications

- Constituted Community Group Project
- Non Constituted Group for Community Benefit Project
- Individual sporting grant
- Individual educational grant
- Individual home energy efficiency grant

Grant application forms are available on the Trust's website to download at [www.stratherrickcommunity.org.uk.grants-system](http://www.stratherrickcommunity.org.uk.grants-system)

If you would prefer a paper version of any grant application form please call Steven Watson on 07525 120966. If you have a form and need help to complete it or to gather any additional information like costs or permissions, contact Steven and he will help you. He can call and visit you, or arrange to meet you at the Stratherrick Hall.

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



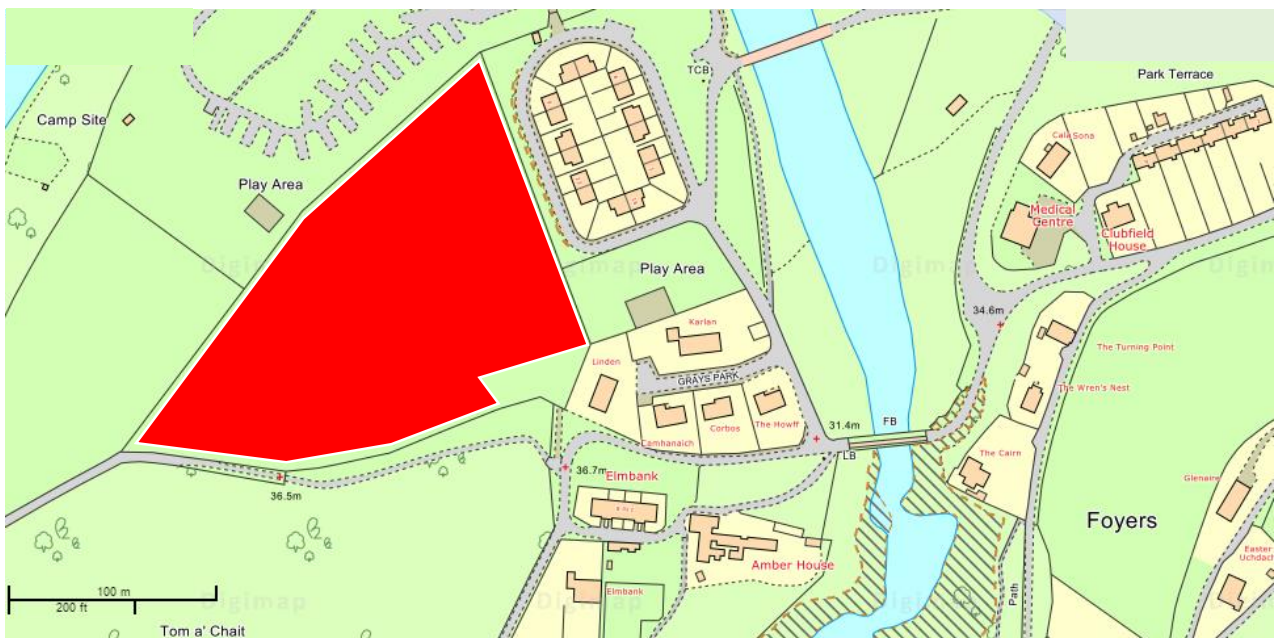


## RIVERSIDE LAND – FOYERS YOUR IDEAS

A number of community uses have already been suggested for the 5 acres of community-owned land above Riverside at Foyers.

We want all residents of Foyers and Stratherrick to discuss the possibilities for the land, especially from existing local community groups. If local people want to form a new sporting, recreational or other group which would use all or part of the land of Riverside, please get in touch with the Trust as soon as possible.

If you need help to work up your ideas, that's available too. Options will then be prepared for further community consultation.



Contact any Director of Stratherrick and Foyers Community Trust

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

Or Steven Watson, Project Coordinator, [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk) 07525 120 966



## Cash help for businesses and new apprenticeships

# Apprenticeship Scheme

Stratherrick & Foyers Community Trust works with The Glengarry Trust and Fort Augustus & Glenmoriston Community Company to run a joint grant scheme to support apprenticeships.

### Businesses

The scheme is open to any private business or social enterprise with priority being given to suitable employers based in the Fort Augustus & Glenmoriston, Stratherrick & Foyers and Invergarry areas.

### Apprentices

Apprentices **do have to reside** in one of the three areas. Apprentices may work outwith any of our three boundary areas if the apprenticeship is not available with our home areas. Priority will be given to those people who have been resident in the area for over 12 months.

If you are an employer or someone interested in taking up an apprenticeship, please contact the Administrator for a full set of guidelines.

Call 014564 86771 to discuss any idea you may have or email [contact@communitycompany.co.uk](mailto:contact@communitycompany.co.uk)

### Key features of the Apprenticeship scheme

- Financial grant support will be available for costs including salaries, travel and training as outlined in the full guidelines.
- The maximum amount of grant to any business over the three years period is currently estimated to be £21,000 – £23,000. The final amount will vary depending on the context and needs of each business and apprenticeship opportunity.
- Support from the Apprenticeship Scheme will be additional to that provided by any industry governing bodies such as SECTT, SNIPEF or Construction Skills.
- The Apprenticeship Scheme Panel would be particularly interested to support apprenticeships that could help a young person to stay in the area.
- **Grants will not be paid retrospectively**, so please do not start any apprenticeship till you have been advised the outcome of your grant application.



# Home Energy Saving Grants from Stratherrick and Foyers Community Trust

## How would a £500 grant from the Trust help improve the energy efficiency of your home?

The **Energy Saving Grant** scheme is designed to help improve the energy efficiency of households in Stratherrick & Foyers.

Applications can be made for a grant to install a range of energy efficiencies including:

- a new renewable heating system,
- insulation,
- improved heating system,
- single to double glazing and draught-excluding measures etc.

Please note this grant does not cover the cost of white goods such as new refrigerators or cookers. Any household within the Stratherrick & Foyers Community Council area may apply for an energy saving grant for their main residence only. If you are a tenant, the application must **not** be for something which your landlord should provide.

In order to show the work you want to undertake improves the energy efficiency of your home, we ask that you obtain EITHER a report from Home Energy Scotland or an EPC (Energy Performance Certificate). Home Energy Scotland in Inverness offers free advice and home visits, contact them by telephone on **0808 808 2282**. An EPC can be obtained from surveying companies, but you would need to pay for this yourself, and the cost cannot be included in your grant application.

**So here is the route to a more energy efficient home.**

1. Decide you want to save money on your energy bills or be warmer this winter.
2. Call 0808 808 2282, say you are in Stratherrick and Foyers and want a Home Energy Check.
3. Get the report from Home Energy Scotland, which might include details of eligibility Scottish Government improvement grants too.
4. Decide which energy saving improvements you want to undertake under the Stratherrick and Foyers Community Trust scheme
5. Get three quotes for the work
6. Apply for up to £500 from Stratherrick and Foyers Community Trust on the simple form
7. Once approved, commence work and receive cheque from the Trust
8. Fill in a short Completion Report once the work is done and return it to the Trust.
9. Enjoy lower bills and / or a warmer home.

If you want help with your application or have any questions contact the Trust's Project Co-ordinator [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk) or call 07525 120 966

**NO RETROSPECTIVE GRANTS ARE AVAILABLE FOR ANY TRUST SCHEMES  
APPLY AND WAIT FOR A DECISION BEFORE STARTING WORK**



## Recent Grants Approved by the Trust in 2016

The following recent grant applications to Stratherrick and Foyers Community Trust have been successful. These ten grants total £71,608.19. More grant announcements will be made locally in June and September

### **Approved in April**

Boleskine Camanachd Club £1,000  
South Loch Ness Nursery £713.49  
E. MacDougall £297 (energy saving)  
Stratherrick Primary School Parent Council £3,500  
Foyers Primary School £1,792.00

### **Approved in March**

Roxy Elgar £171 (Sporting Excellence)

### **Approved in February**

Angus MacPherson £200 (Student)  
Stratherrick Rainbows, Brownies and Guides £3,734.70  
Duncan MacKenzie MacPherson £200 (Sporting Excellence)  
Boleskine Community Care £60,000 (over three years)

The Trust is accepting new applications and is also interested in larger community projects beyond the scope of the defined grant schemes. Grants are available for community groups, projects which benefit the community, household energy efficiency and domestic renewable energy, and to participate in personal sporting events, education and training. The Trust also runs a Apprenticeship Scheme and a confidential Hardship Grant scheme. For full details visit the website or contact any Director of Stratherrick and Foyers Community Trust.

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

To discuss any matter to do with the Trust or grants, contact Steven Watson, Project Coordinator, [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk) 07525 120 966



# 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.**

- Camerons' Tearoom 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 486291  
Morag's Crafty Bothy, Foyers 07592604249, [www.moragscraftybothy.com](http://www.moragscraftybothy.com)
- 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.
- New Additions since last issue  
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

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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)  
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# Community Car Scheme and the Library

## Stratherrick and Foyers on the Internet

Stratherrick and Foyers Community Trust [www.stratherrickcommunity.org.uk](http://www.stratherrickcommunity.org.uk)

Stratherrick.net (the Community Council Website) <http://stratherrick.net/>

The Stratherrick and Foyers Facebook Page <https://www.facebook.com/groups/420094451476149/>

The South Loch Ness Tourism Group's website <http://www.visitsouthlochness.com/>

South Loch Ness Heritage website <http://southlochnessheritage.co.uk/>

Boleskine Community Care <http://www.boleskine-communitycare.org.uk/>

## Boleskine Community Care Transport Scheme

The transport scheme has now been up and running for a few months and our volunteers are getting busier.

It is now possible to book transport to Raigmore Hospital for scheduled appointments. Join now and please give as much notice as possible!

TO BOOK A JOURNEY PLEASE CALL  
JAN ON 01456 486 233  
MON - SAT BETWEEN 10-12AM & 2-4PM

## Mobile Library - operated by Highlife Highland [www.highlifehighland.com](http://www.highlifehighland.com).

The library van runs on three-week cycles and our area is served by two routes.

**Wednesdays (Route 3): Aldourie - Torness - Errogie - Foyers - Inverfarigaig - Dores**

Dates: 15 Jun, 06 Jul, 27 Jul, 17 Aug, 07 Sep, 28 Sep, 19 Oct, 09 Nov, 30 Nov, 21 Dec 2016

Times: 09.30 - 10.10 Aldourie Primary School 10.30 - 10.40 Torness Layby 11.00 - 11.15 Errogie Church 11.40 - 12.20 Lower Foyers Riverside 12.30 - Park Terrace house bound 13.30 Lunch 13.35 - 13.55 Foyers, Glenlia Road 14.05 - 14.40 Foyers Primary School 14.50 - 15.05 Foyers Coach House 15.15 - 15.40 Inverfarigaig Forestry Houses / Hillhead 16.00 - 16.40 Dores by Dores Inn.

**Thursdays (Route 12): Daviot Primary School - Gorthleck - Stratherrick Primary School - Whitebridge - Errogie - Farr**

Dates: 09 Jun, 30 Jun, 21 Jul, 11 Aug, 01 Sep, 22 Sep, 13 Oct, 03 Nov, 24 Nov, 15 Dec 2016

Times: 09.25 - 10.05 Daviot Primary School 10.35 - 11.25 Invernarnie, Farr Hall 12.00 - 12.15 Gorthleck Public Hall 13.15 - 13.55 Stratherrick Primary School 14.00 - 14.25 Whitebridge Old Post Office 15.00 - 15.35 Errogie Bridge before "Ark" 16.00 - 16.20 Farr Croft Croy 16.25 - 16.50 Farr Community Hall.

## Stagecoach Bus Services

If any reader of the paper version of the News wants a copy of the Inverness - Foyers or Inverness - Whitebridge / Knockie Lodge Road end bus timetable we will print this off the internet and send it to you. There just isn't space in the NEWS to carry the timetable. We have laminated copies and have displayed these locally. Order your free timetable in the post by calling 07525 120 966





# New Free LED Lightbulb Scheme

## Free LED lightbulbs for every home in Stratherrick and Foyers

The Trust directors have agreed to offer a new scheme in respect of low energy LED Lightbulbs. These new style lightbulbs use one tenth of the power of ordinary bulbs and will cut your bills for lighting. LED bulbs have been included in our energy efficiency grant guidelines for some time, but now we are cutting the red tape so no formal grant application is needed to fit your home with these great bulbs.

- There is no charge to the householder.
- The bulbs on offer are the most popular types so some specialised bulbs are **not** included.
- The maximum number of bulbs which can be ordered per domestic household is 20.
- The offer does not apply to business premises or to self-catering cottages.



By accepting this offer, you agree that Stratherrick and Foyers Community Trust is not responsible for any costs you may have should your fittings break when you are installing the new bulbs.

**Bulbs supplied should not ever be used where there are dimmer switches.**

There are no low voltage bulbs (12volt) included in this scheme. There are no 2D or golf ball shaped bulbs included either. Bulbs which fail can be replaced within three years by returning the bulb to the supplier or to the Trust. This offer is designed to replace the light bulbs which you use most. There are nine different types of bulb you can chose from. Please only order what you need. Make sure you check which type of bulb fitting you have, and what brightness or type of light you prefer.

**You do not have to be a member of Stratherrick and Foyers Community Trust to benefit.**

Simply complete a very quick form stating which bulbs you want from the list and return this to the Trust. You will then be issued with supplier details and a numbered order form to collect your bulbs from the supplier in Inverness. Alternatively, send us your order and we will deliver your bulbs to your home address.

*If you are planning to install additional energy saving measures then please contact the Trust to make an application for additional grant funding well ahead of starting any work. The Trust cannot approve retrospective grants so if you already start the work before a grant is **approved**, the Trust cannot help with funds and your grant would have to be refused.*



	Bulb Type and Fitting	Watts	Number of Bulbs You Need
1	Bayonet Cap (most common)	10W Warm White (Brightest)	
2	Bayonet Cap	6W Warm White	
3	Bayonet Cap Candle Shape	5W	
4	Edison Screw (less common)	10W	
5	Small Bayonet Cap - Candle shape	5W	
6	Small Edison Screw - Candle shape	5W	
7	GU10 Spotlights (normally ceiling mounted in recessed holes)	5W Warm White	
8	GU10 Spotlights (normally ceiling mounted in recessed holes)	5W Daylight White	
9	R50 Style Reflector Bulb - sometimes in a fixed cluster fitting - Small Edison Screw	5W	
	Total bulbs requested (maximum 20 per household)		.....

<b>Your Name</b>	
<b>Your Postal Address</b>	
<b>Your Postcode and phone number</b>	

I want to pick the bulbs up at the suppliers in Inverness, please send me a purchase order and the details of the supplier.	
I want my bulbs delivered to my home address (this may take up to four weeks from receipt of your order).	

I request the above lightbulbs for use in my domestic household. Signed ..... Date .....

Email your order detailing the number of each type of bulb you require to [pc@sfctrust.org.uk](mailto:pc@sfctrust.org.uk)  
**OR** fill in this form and send your order by post to SFCTRUST, Evergreen, Inverfarigaig, IV2 5XR  
 IF YOU WANT TO CHECK OUT THE BULBS FIRST, COME ALONG TO THE LED LIGHTBULB DAY AT STRATHERRICK HALL ON Saturday 18<sup>th</sup> June 2016 between 11am and 2pm  
 Bulbs should be ordered by 30<sup>th</sup> July 2016



Bayonet Cap



Edison Screw



Small Edison Screw



GU10