

STRATHERRICK & FOYERS NEWS

October 2024 Issue Number: 52



10 YEARS OF CAMERON'S TEAROOM

FUNDRAISING SUCCESS FOR STRATHERRICK CLAY TARGET CLUB



OUR FIRST COMMUNITY WINTER FESTIVAL

and... could you join the Board
of Directors?

AUTUMN MAGAZINE SPECIAL

Photo by Annette Munro

*The deadline for content for the November
newsletter is the **8th of November 2024**.*

*Please email communications@sfctrust.org.uk
with your articles including your name and
a picture!*

STRATHERRICK & FOYERS
COMMUNITY

WINTER FESTIVAL



- WED 4TH DEC — CHRISTMAS CARD WORKSHOP
2-4PM THE HUB
- SAT 7TH DEC — CHRISTMAS MARKET &
3-7PM COMMUNITY LIGHT SWITCH ON,
THE WILDSIDE CENTRE
- FRI 13TH DEC — THE LUVVIES CHRISTMAS SHOW,
7:30PM STRATHERRICK PUBLIC HALL
- SAT 14TH DEC — KIDS COMMUNITY PARTY,
2-4PM THE WILDSIDE CENTRE
- FRI 20TH DEC — COMMUNITY CHRISTMAS LUNCH,
2PM STRATHERRICK PUBLIC HALL
- SAT 21ST DEC — WINTER SOLSTICE CELEBRATION
7PM - 9PM ERROGIE CHURCH

STRATHERRICK & FOYERS
COMMUNITY

WINTER FESTIVAL



SUN 22ND DEC - CHRISTMAS FILM SCREENING,
3PM & 7PM ERROGIE CHURCH

SUN 22ND DEC - CHRISTMAS CAROLS,
10:30AM BOLESKINE CHURCH

WED 25TH DEC - CHRISTMAS LUNCH - ENJOY A
TRADITIONAL CHRISTMAS
LUNCH AT THE WHITEBRIDGE
HOTEL

TUES 31ST DEC - HOGMANAY PARTY
THE WHITEBRIDGE HOTEL

WED 1ST JAN - NEW YEARS DAY PUB QUIZ
THE WHITEBRIDGE HOTEL



MORE INFORMATION
COMING SOON!

Welcome to the Autumn edition of the Stratherrick & Foyers News! In this issue you will find community news, stories and events, as well as updates from the Board on projects and grants awarded. If you have any photographs, recipes, stories or news that you would like to share with the community, please send them through to communications@sfctrust.org.uk.

We are working hard to ensure that all members of the community are able to access copies of both our newsletter and our bi-annual magazine, which we are now sending out to every household that we have addresses for in the community! If you **do not** want a paper copy of the magazine or newsletter and would like to receive it electronically then please contact Kirsteen, our Administrator at admin@sfctrust.org.uk.

CONTENTS

CHAIRS BULLETIN	5	STRATHERRICK CLAY TARGET CLUB	29
IN MEMORIAM	6	WILDCRAFTS	30
OTHER NOTICES	8	REMEMBRANCE POPPIES	31
SOUP TO GO	9	LOCH NESS LUVVIES	32
RECOLLECTIONS	11	BOLESKINE CHURCH	34
ART EXHIBITION	13	BOLESKINE BIODIVERSITY GROUP	35
CAMERON'S TEA ROOM	14	SAVE OUR SWIFTS	36
LOCAL FIRE & RESCUE	15	PATHWAYS GROUP	37
CYCLING EVENT	16	SOUTH LOCH NESS HERITAGE GROUP	38
MOTEH PARROTT	17	AUTUMN RECIPES	40
FIREWORKS	19	SPORTING ACHIEVEMENTS	41
COMMUNITY COUNCIL	20	HOW TO BECOME A DIRECTOR	42
COMMUNITY PHONEBOOK	21	PROJECT UPDATES	44
STRATHERRICK PUBLIC HALL	22	WINTER FESTIVAL	47
GROWING TOGETHER	23	HIGHLAND GATHERING 2025	47
WILDSIDE POLYCRUB	24	APPRENTICESHIP	48
BABY & TODDLER GROUP	25	HEALTH & WELLBEING	50
STRATHERRICK PARENT COUNCIL	25	WHITEBRIDGE HOTEL	53
COMMUNITY CULTURE GROUP, ERROGIE CHURCH	27	WEAVE A REINDEER	54
STRATHERRICK HIGHLAND DANCING	28	PHOTOGRAPHY WINNERS	55

The Stratherrick & Foyers Magazine is published twice a year – online and on paper. Any opinions expressed are not the views of the Stratherrick & Foyers Community Trust and any businesses mentioned are not endorsed by the Trust.

CHAIR'S BULLETIN

Welcome to our Autumn magazine – bursting with stories and information about what is going on in our community. It is difficult to believe that the clocks will be going back at the end of October heralding the “dark” months of winter – but hopefully there is something to look forward to for everyone.

November sees our Fireworks event in Lower Foyers at the campsite. Always a great evening for catching up with folk and enjoying the display along with some good food.

As we move into December, the new “Winter Festival” will lead us nicely up to Christmas. A change of format this year with several local groups and venues being used to allow for greater inclusivity and access. It is shaping up nicely thanks to the hard work of our staff and the volunteers and groups who are running the various events. Please try and get along to one of them and support their work.

We are in the process of interviewing candidates for the role of CEO following Tony Foster's departure at the end of August. With a healthy 14 applications, it is exciting to see who will become the next person to lead the Board, Staff, and the whole community in the next phase of Stratherrick and Foyers Community Trust.

For the Trust however, the big event in November is our AGM, which will take place at The Wildside Centre on Wednesday 27th November. This is an opportunity for the community to hear first-hand what we have been up to over the past year and be able to ask any questions about projects that Stratherrick and Foyers Community Trust is involved with. There will of course be changes to the Board, as Directors stand



down and new ones come forward to take their place. We are always looking for new Directors and if you would like to find out more, please get in touch with admin@sfctrust.org.uk who will direct you to the right person for information and send you a Director Nomination form.

I am standing down from the Board after 4 years as I believe it is good for any elected body to have fresh eyes and ideas to take it forward. I have been a member of the Board since November 2020 and Chair for the past year. While at times it has been challenging, it has been a privilege to serve this community and try to make a difference that will last for generations to come. I hope that any future board Directors will approach their time on Stratherrick and Foyers Community Trust with enthusiasm and a genuine desire to make this community a great place to live and work.

Catriona Fraser
Chair, SFCT

IN MEMORIAM

KIT CAMERON
25TH JULY 1953 - 5TH
SEPTEMBER 2024

Kit was a cornerstone of Boleskine Community Care, a true force for good, and someone whose life was dedicated to helping others. Her commitment to the charity and to the people of our community will leave a lasting legacy.

Coming from a lifelong background in care, Kit's desire to help others was at the heart of everything she did. She brought with her a wealth of experience, knowledge, and a deep understanding of what it truly means to care for others. Her mission was simple but powerful: to ensure that everyone in our community could live a fulfilled life, surrounded by dignity, compassion, and the support they deserved.

Kit believed in caring for people "from the womb to the tomb" and saw care as more than meeting physical needs — it was about nurturing the body, mind, and spirit. She was dedicated to keeping people active, engaged, and connected, always striving to

prevent isolation and loneliness. Her efforts ensured that no one in our community felt forgotten or unsupported, regardless of their age or circumstance.

One of Kit's greatest contributions was her tireless work to enable people to receive care at home, where they felt most comfortable. She knew how distressing hospital stays could be for many and worked passionately to provide an alternative. Kit believed that everyone deserved the chance to live out their days with dignity and comfort, and her efforts helped countless people avoid unnecessary hospital stays, promoting a higher quality of life at home.

Beyond her work with care at home, Kit also championed the importance of physical fitness and well-being. She was the driving force behind the weekly Moovin' About activity class at the Hub, which was always well attended. Kit's enthusiasm and energy shone through in these classes, where she encouraged people of all abilities to stay active, healthy, and engaged. She knew that regular physical activity was crucial not just for physical health, but for



mental well-being and social connection. Through Moovin' About, she created a space where the community could come together, stay fit, and have fun in a welcoming, supportive environment.

Kit's unwavering dedication to care, her passion for helping others, and her belief in promoting active, fulfilled lives have left an indelible mark on Boleskine Community Care. Her legacy will continue to inspire us all as we carry forward her vision of a compassionate, connected, and dignified community for all.

We would like to include more family notices which could include marriages, engagements, new babies or the loss of a loved one. If you would like us to feature your news please contact communications@sfctrust.org.uk

DR BENNET

We were sad to hear of the passing of Dr. Bennet, peacefully, at home, in the presence of his family, on 2nd July 2024. Arthur John Bennet, aged 94 years, lived in Farr and was the local doctor at Foyers Medical Practice for many years. Much loved husband of Ishbel, devoted father to Hamish, William, Flora, Elizabeth and Finlay, and a dear grandfather and great grand-father.

REV. JIM CHRISTIE
1936 - 2024

It seems like no time ago that Jim and Ann Christie were living in the manse at Foyers, but it is alarming to realise that it is 21 years since Jim retired from being the Church of Scotland minister for Foyers, Boleskine and Dores.

Jim had trained to be a minister later in life having worked in Licensing in the Legal Departments of the council in Aberdeen, Peterhead and Banff... an East coast man born and bred. It was only in his late 40s that he felt called to become a minister and so he went to train at Aberdeen University. It was then that Jim and Ann found themselves moving to Foyers and the Strath.

They arrived in Foyers one snowy day in January, whilst there were still workmen finishing off the work being done on the house. There was no time to waste, having arrived on

the Wednesday, Jim was taking a funeral on the Saturday. This was to be a mark of his time in the parish, he would quietly be there for those in trouble or distress.

Jim loved the parish, both the people and the place, and would often say that 'Nowhere could be better.' He particularly appreciated having Donald MacKintosh as Session Clerk and would say that 'Donald was the best Session Clerk he could possibly have... he always kept Jim up to date.'

On Sundays he would be at Boleskine Church and Dores in the morning and in the evening he would be taking the service at Foyers. One of the highlights of his week would be going into the schools, Stratherrick, Foyers and Aldourie, each week. Even though he saw the local children so regularly, either at school or at church on Sunday morning where there was a good number of children there, the children

never recognised him when he was Santa at the schools, dressing up at home and walking up to Foyers school ringing the bell as he went. However closely the children looked they could not work out who was in the Santa costume... he even managed without his glasses to make sure they didn't recognise him!

One of his claims to fame was that he was at Grampian Television for a week taking the daily Reflections. Even here it was local illustrations that he used each day, the Aluminium Factory, Flower Festival and shinty. Jim also took time to be involved with Cameron House and for 14 years would take services there regularly and visited.

Jim was a man of quiet yet deep and sincere faith in Jesus, he and Ann cherished their time with the people of the parish.



WELCOME TO THE WORLD KITT

Tim and Angelina are delighted to welcome Kitt Brodie Flynn Kendall, who was born on the 22nd of August 2024. Big brothers Wren and Wilder are fulfilling their big brother roles with ease.

90TH BIRTHDAY WISHES TO DULCIE!

One of the Strath's oldest residents celebrated a milestone birthday in August. Dulcie Macaskill, of Whitebridge, celebrated her 90th birthday with her family.

Dulcie moved to the area in 1949, when her parents & siblings moved to Stronelairg Estate, later moving to live in Ardochy before settling in the present family home where she has been for 57 years.

Many youngsters in the Strath have fond memories of Dulcie, when she drove the school taxi to Stratherrick School, a job she did for 22 years, and loved meeting all the families.

The final part of the birthday celebration was an afternoon tea for friends & neighbours, which was an enjoyable get together, many stories and laughs were shared.

Dulcie would like to thank everyone for their very kind Birthday cards, gifts & messages she received on this special birthday.



CONGRATULATIONS IZZY & RYAN

Ryan and Iseabail Jardine were married on the 1st of June at their farm in Errogie, followed by a wonderful ceremony and celebration at Errogie Church. Izzy grew up in the Strath, and loved being surrounded by family and friends in a community that means so much to them both. They want to give a heartfelt thank you to everyone who came along, had a good dance, and helped make their day so special!

THANK YOU SOUP TO GO

Soup to go started back in 2020 providing a takeaway service when social distancing was still in force during the COVID pandemic.

There were always four fantastic soups on offer, and these were distributed to members of the community from the Wildside Centre entrance every Monday where a socially-distanced queue was organised. A network of drivers were always on hand to deliver soup to those unable to collect it themselves.

When social distancing eased, Soup to Go started a sit-down table service between the two main rooms in the Wildside Centre and continued providing this service until the end of last month.

Soup to Go provided not only a waitress table service with a smile and good craic, but also created a venue where members of the community could meet with old friends and make new ones.

In recent months the age span of those attending has ranged from a 3-day old baby

Soup to Go . . . 



to shall we say, the 'Last of the summer wine' age group. (You have to be of a certain era to get that one!)

Soup to Go has remained open in rain, hail, snow and shine. It has taken some exceptional weather conditions or circumstances for them to cancel on a Monday! A great social gathering has been created and it will be greatly missed by all.

Thank you to Lyn, Pam, Gillian and the volunteer team for all your hard work, front of house and behind the scenes for the past four and a half years, a massive thank you to each and every one of you. Enjoy your retirement, you deserve it!

Alison Randall
on behalf of the community

SERVED THEIR LAST POT

Monday 7th October 2024 saw our last Soup to Go service but there was no soup!

Instead we had a party to celebrate the 4.5 years of our weekly service.

It was a day of laughter and tears, in a room filled with love and all our souper friends. Even our old friend Elvis dropped in for a sing-along with his backing girls.

So many kind words, beautiful gifts and flowers. The StG team were so overwhelmed by your generosity. Each and everyone of the

StG team would like to thank you sincerely from the bottom of our hearts.



I have said it before but will say it again, because it is true, it has been our joy and delight to serve you each week. We loved the buzz in the room as you chatted, sang, and

danced. We have loved seeing all the soup babies grow up and become toddlers enjoying the music, dancing and blowing us goodbye kisses.

Many of you have come along and met up with the friends and neighbours, some have come and made new friends.

Over the years we have lost many good friends but we remember each and everyone of them fondly.

I'd like to say several big Thank You's to the following:-

The Kitchen Team of soup & cake makers, table layers, waitresses, and Elvis' backing group. You are all absolute superstars!

Gillian, Fiona, Angela, Barbara, Marian, Catriona, Pam, Lyn (and Elvis)

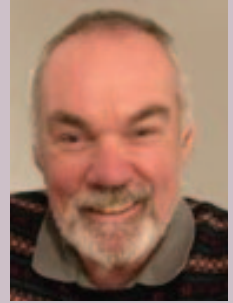
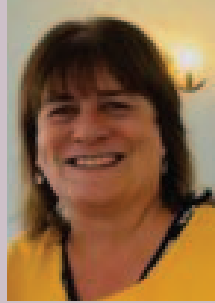


We also had a rendition of A Scottish Soldier from Nigel.

To our Delivery Drivers, who have battled through storms, floods, snow, fallen trees and giant potholes, to deliver soup to those unable to get to the Wildside Centre.



Catriona, and in loving memory, Andrew who was our delivery 'boy' for 3 years.



To our wonderful Musicians who always know the right songs and tunes to play to set the mood and the 'characters' they bring e.g Elvis and The Haggis. Ernie, Alistair, Grace



To our fabulous group of 'unseen' Volunteers, past and present, who have generously given their time to make soups and cakes for us.

Too many to mention by name but please know you have been invaluable to StG and we truly appreciate all that you have done.

And finally, our thanks must go to Stratherrick & Foyers Community Trust for allowing us the use of the Wildside Centre each week.

What happy memories we have to enjoy in our retirement.

Lyn Woods

RECOLLECTIONS

Having progressed from being one of the youngest residents in our community to a more senior status I think it might be worthwhile to set down a few recollections particularly in light of several recent local controversies.

In the early 1970's I found myself Chairman of the Community Council at the time of the very first local plan by the then County Council and planning authority for the area. Foyers Aluminium factory had just closed down but fortuitously many former employees found jobs in the oil industry at Ardersier, Nigg and Kishorn or on the Loch Mhor pump storage hydro scheme and also moved to existing and new housing developments in Smithton and Inverness.

However, there was a strong feeling that some new heavy industry should take the place in the redundant aluminium factory at Foyers but the draft local plan showed tourism as being the preferred land use. We debated this thoroughly in the Community Council to the extent that the two Foyers representatives felt that they had to tender their resignations as we could not convincingly campaign for a replacement to the aluminium factory or see any other realistic land use on the horizon. This was a bit of a shock to me as a new and first time Community Council chairperson!

We then noticed that the Highlands and Islands Development Board were promoting new light industrial starter units in places like Muir of Ord and Ardersier so I wrote to the then chairman asking whether Foyers might also have one of these and feature on the programme. This was successful and we duly got two units which after various tenants have now been amalgamated to form the current BCC hub.

After a rest from local politics I once again found myself chair of the Community Council when along came the planning application for the caravan and camping site at Loch Ness

Shores in lower Foyers. Subsequently a strong campaign against the development arose in Lower Foyers and unfortunately some elderly residents were told that they wouldn't be safe in their beds at night from all night parties and gangs of roving Hells Angels! (In fact, most caravan and campsite users are quiet living middle aged individuals or families, and from my experience in the past around such matters (during my work) is that such disturbances are most unlikely.

So, we organised a site meeting with all of the Community Council members at which the applicant showed us around the development site and explained fully what was proposed. 14 main points of concern were listed, and each one thoroughly examined from roads and traffic, sewage disposal, and proximity to existing houses. On roads and traffic we had to accept the Planning Authority's experts view that the carrying capacity and sewerage was adequate for the envisaged use. Despite personally being waylaid and verbally attacked for having the temerity to make a site visit and ask the applicant to explain what was proposed we didn't oppose the application but did make several points about screening and management.

The demolition of Errogie Smiddy.

From my place on the Community Council I was involved in setting up the Community Trust and negotiating benefit payments first as Chair then as Secretary and was the first part-time paid employee!

This has come to mind after the recent debacle over transporting replacement turbine blades to Dunmaglass. Incidentally the estate owner Sir Jack Hayward (one of the 10 wealthiest men in the country) insisted he didn't need planning permission for the first turbine erected on Ben Dubhcoire and Highland Council backed down when he proclaimed he would fight them all the way to the House of Lords. But then the great enforcement officer in the sky stepped in with a lightning bolt which hit the turbine ran down the

power line and blew up the substation on the Cail an Odhar. It happened on one day in early April and I saw it all from the kitchen window.

Anyway, the Coire Garth wind farm developers North British Wind Power couldn't get their vehicles around the 90 degree corner at Errogie. The Smiddy house and outbuildings were owned by the late Marie Greenaway, her husband the novelist Peter Greenaway having passed away some years earlier. The building was not in good repair and the solid fuel rayburn (her main heat source) was seriously affecting her health.

After the developers had failed in their attempt to buy land on the other side of her house (reputably an offer of a six figure sum was made) they then gave Marie £500 and an annual subscription to a magazine to take away half of her front garden for a road widening which would allow vehicle access to their multi million pound development on Coire Garth estate. Having known the Greenaways since their arrival in Errogie I then stepped in on behalf of the Community Trust and also by then as a Director of the Highland Small Communities Housing Trust to promote a deal where Marie would give up her property in exchange for one of two brand new sheltered houses rent free for the rest of her days on the site of her old home and the Community Trust would manage the other dwelling to meet the local demand for affordable housing. Demolition and removal of the smiddy would then allow Highland Council to affect a total realignment of the bend.

Unfortunately, Marie's health continued to deteriorate and after a last winter in my great aunt's house less than a mile away she had to move to a home in Inverness where she subsequently passed away. Highland Council then acquired the site, demolished the house and outbuildings and carried out the road improvement as you see it today. This was not before bats were discovered in the structure and led to the construction of a brand new bat shed on the other side of the road although

whether any of these pampered critters have ever taken up residence there instead of flitting to a neighbouring structure or tree is another matter.

Housing is still the number one priority for the Trust in our area and plans were drawn up for the two small semi detached houses on what was left of the smiddy site and while there is a movement by the Bio Diversity group to grow wild flowers on the cleared site there is still an urgent need for more local housing and at the very least the historic location of the last smiddy and local meeting place in Errogie should be recorded.

And in the future....

Finally, with plentiful funds and opportunities to acquire new Community premises we seemed to have missed out a strategic appraisal of where these should be best located to meet the needs of our Community and sometimes seem to be playing catch up after a commitment has been made. Should the expenditure be best targeted to Gorthleck, Wildside, or Inverfarigaig or Foyers and has anyone factored in the practicality and cost of the necessary commitment to maintenance and management?

My other concern is the perhaps too frequent use of the homely and comfortable word "Community". Do we really understand what that means in the 21st. century and as applied to the needs and requirements of our widely dispersed area, age demographic and social interactions and I don't mean the sometimes wildly ambitious post-it ideas which can blossom in consultation events!

These are all problems which will meet the Trust's new Chief Executive who hopefully will choose to live within or in, at least in close proximity to our area and come with a good familiarity with the Highlands and our way of life.

Alex Sutherland

RECONSTRUCTION

SCULPTURE EXHIBITION

BY MATT RHODES



OPENING NIGHT

FRIDAY 25TH OCTOBER

FROM 7-9 PM

ERROGIE CHURCH, ERROGIE, IV2 6UH

THEN OPEN DAILY FROM 4-7PM UNTIL
FRIDAY 1ST NOVEMBER 2024

A DECADE OF COMMUNITY, FAMILY, AND TRADITION AT CAMERON'S TEAROOM

Cameron's Tea Room celebrates its 10th birthday! To mark this, the Communications Team caught up with Morag Cameron, who owns and runs the business, to discuss the journey she has been on to make her venture so successful.

What inspired you to open Cameron's Tea room?

Having worked in hospitality my whole life, I wanted to run my own business and thought that the south side of Loch Ness was the perfect place to do this. It started as a dream to create somewhere welcoming and peaceful where both locals and visitors could gather.

Today, that dream has become a reality, and our tearoom has grown into a beloved community hub known for its cosy atmosphere, homemade delights and the smell of fresh baking, and beautiful surroundings.

At the heart of our tearoom is a commitment to quality and tradition. Every day, we bake everything from scratch—scones, cakes, and a variety of soups using the finest ingredients. Paired with our carefully selected teas, we strive to offer a truly special experience with each visit.

The Tearoom interior is always a big hit with visitors who love the wood burning stove and the local shinty and tug of war photos. The antler chandeliers are also a big talking point!

Our Highland cows are also a great, and much photographed, attraction. Lexi, my daughter, has recently started showing the cattle at shows and they are doing extremely well.

What have been the successes, and challenges, over the last 10 years?

A large part of our success is owed to our



wonderful team. Over the years, we've been fortunate to work with staff who share our passion for making the Tearoom great, and also provide exceptional service. Their dedication, warmth, and attention to detail help make every guest feel welcome, ensuring that each visit is a memorable one. We have been privileged to host wedding and birthday celebrations and enjoyed seeing young families throughout the community and beyond grow up. The Tearoom has surpassed all my expectations and is incredibly busy mostly all year round.

The biggest challenge is definitely accommodating all our visitors at the busiest times. We are so lucky that this is a problem, but it is one that keeps us all on our toes.

Tell us a story of one of your most memorable visitors?

There are so many for me, but the best thing is our lovely customers that have now become friends. We have some real characters with great stories to tell about the area, which they are happy to share with us.

Our tearoom is deeply rooted in the local community. We've become a favourite stop for cyclists and road bikers, and we often host cycling clubs—especially those training for events like the ETAPE Loch Ness. Walking groups, too, find solace in the area's incredible trails, frequently ending their journeys with tea and cakes at our tearoom.



What's next for Cameron's Tea Room?

Running Cameron's Tearoom has been a true family affair, with my children growing up alongside the business. Their involvement has not only strengthened our bond but also given them valuable life skills that are serving them well in their own lives. As our tearoom has grown, so has our family's love for what we do.

Looking ahead, I've placed a stronger focus on finding a balance between work and life, with the beauty and tranquility of our tearoom's surroundings playing an even greater role in that journey. While we're excited to expand our offerings, introduce new events, and evolve in the years to come, we remain committed to preserving the personal touch, the sense of community, and the traditions that have made Cameron's Tearoom a cherished part of the south side of Loch Ness.

Morag, Ali and family would sincerely like to thank everyone in the community for all their support and loyalty over the years, which makes it all worthwhile.

CREW MEMBERS RECOGNISED AT LOCAL FIRE AND RESCUE SERVICE EVENT

Two long-standing crew members from Foyers Fire and Rescue team were recognised for their service at an event held in Inverness in September. Congratulations to David Main (on the left) for receiving his 20 years service medal, and a good conduct award, and to Crew Commander Iain Hepburn (on the right) for receiving his 30 years Long Service Clasp.

Neil Kirkland





Photo by Liisa MacGowan

CYCLISTS GATHER AT ERROGIE CHURCH

The Monster Munch 200km and the Monster Mash 100km audax cycling events took place on the 21st September and Errogie Church Hall played an important part as a control

point and feed station. To reach Errogie, the 200km riders had passed over the Dava, Slochd and Garbole and they were in need of some hearty home baked cakes and sandwiches... they still had to reach Foyers, and after Dores, the tough final climb of McBains Hill, before finishing in Balloch.

Audax UK is the UK's long distance (non-profit) cycling

organisation and Highland Audax is our local series, run by Inverness Cycling Club. The series has 10 annual events ranging from 100km to 1000km and riders have come from as far away as the USA and Europe to ride some of the events in the far north of Scotland. All the funds raised from the series are donated to local charities.

Gary MacGowan

SFCT 
Stratherrick & Foyers Community Trust

STRATHERRICK & FOYERS COMMUNITY TRUST

AGM

7PM, WEDNESDAY 27TH NOVEMBER 2024 AT THE WILDSIDE CENTRE, WHITEBRIDGE

Further details to follow –
keep an eye on the Stratherrick & Foyers Community Trust website and Facebook page



MOTEH PARROTT

The Stones Are Merely Sleeping – The debut album from local musician Moteh Parrott was released on the 6th Sept with thanks to an outstanding response to his Kickstarter campaign.

You may have read the short piece that we released back in August, where we highlighted the news about Moteh's up-coming album and a campaign he had setup online to help bring the album to life. Without the support of the Kickstarter campaign, the album may have taken much longer to be released. Luckily Moteh's loyal following helped him surpass his target, there was never any doubt.

Since its release in early Sept, the album has received much love and admiration far and wide. The Stones Are Merely Sleeping can be likened to concept albums – alongside



upbeat anthemic songs, the track list includes interludes and poetry which explore overarching themes of loss, relationships and wider spiritual questions.

The album's title comes from a poem Moteh wrote while kayaking on Loch Mhor, in the Highlands, which he includes in the track Seven Generations. Written on a clear, sunny morning one New Year's Day with the hills, trees and sky perfectly inverted in the water's reflection, he found inspiration to express an overwhelming feeling of connection. With this idea present throughout his music, it was the natural title to encompass and unify the tracklist for the album.

You can find out more info about Moteh, the album and up-coming gigs by visiting his website: www.motehparrott.com.

Keep a close eye out for future announcements, and who knows, there could be a gig close to home in the pipeline...



TABLE TENNIS NOW AVAILABLE AT ERROGIE CHURCH

The Parrott family have kindly loaned their table tennis table to the community. A few ping-pongers have expressed an interest in meeting on a regular basis to play at Errogie church. If you are interested



in joining us, please contact John at johnparrottca@gmail.com, and let him know which days and times would best suit you. See you there!



MOBILE LIBRARY SCHEDULE

The mobile library is visiting locations in your area at the following times:

WHITEBRIDGE
THE WILDSIDE CENTRE
11AM
Nov 13th, Dec 11th

ERROGIE
YELLOW BRICK ROAD
10:15 – 10:30
Nov 5th – Dec 3rd

GORTHLECK
VILLAGE HALL CAR PARK
10:45 – 11:15
Nov 5th – Dec 3rd

Please contact Mark for further information. Existing membership not required.

Driver:
mark.laurie@highlifehighland.com

Tel: 01349 869869

STRATHERRICK & FOYERS COMMUNITY
CHILDRENS

CHRISTMAS PARTY

JOIN US FOR A JOLLY
GOOD TIME!

14TH DECEMBER - 2-4PM

THE WILDSIDE CENTRE

PARTY HIGHLIGHTS:
SANTA | GAMES | MUSIC | FOOD

FOR ALL PARENTS WITH CHILDREN FROM BIRTH TO
P7 IN THE STRATHERRICK & FOYERS AREA

TO RSVP PLEASE CONTACT KIRSTY BALFOUR
AT kirsty.balfour.19@gmail.com OR FIONA
MOHAN AT fiona_mohan@yahoo.co.uk
BY 14TH NOVEMBER so Santa can
prepare some special gifts!

**HO-HO-HOPE TO SEE
YOU THERE!**

EVERY CHILD TO HAVE A
RESPONSIBLE PARENT
PRESENT!



STRATHERRICK & FOYERS COMMUNITY

FIREWORKS NIGHT

SATURDAY 2ND NOVEMBER, 2024

FIRST FIREWORK 7PM | TEA & CAKES | BURGERS | HOT DOGS | SOUP
FREE ADMISSION | FACE PAINTING

~ LOCH NESS SHORES ~

CAMPING AND CARAVANNING CLUB SITE, MONUMENT
PARK, LOWER FOYERS, IV2 6YH

ORGANISED BY COMMUNITY VOLUNTEERS

DONATIONS FOR LOCAL CHARITIES
WITH THANKS TO LOCH NESS SHORES CAMPING AND CARAVANNING CLUB.

PLEASE DON'T BRING YOUR OWN FIREWORKS TO THIS EVENT.

WWW.STRATHERRICKCOMMUNITY.ORG.UK



COMMUNITY COUNCIL NEWS

AGM – the AGM took place in June. We have a full quota of members at the moment and very much appreciate all of their volunteer time. The office bearers and members are –

Chair – Mark Hindley, Vice-chair – Helen Grainger

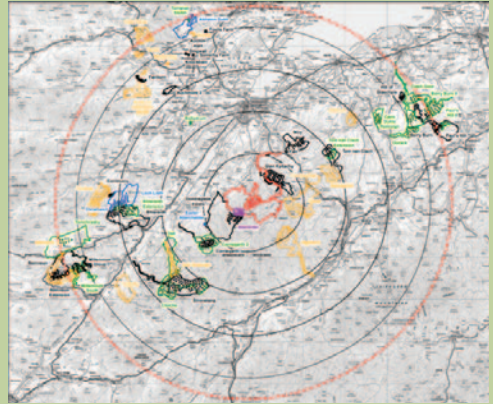
Treasurer – Janet Hobson, Community Trust Liaison officer – Craig Lightbody

Other members – Gary MacGowan, Olivia Grant, Michael Slater and Christopher Joyce

Website – Our website address is www.stratherrickfoyerscommunitycouncil.org.uk/. On here you can access all minutes of previous meetings and agendas.

Planning applications – the Community Council has been extremely busy with many planning applications for energy schemes and the associated connections to the national grid in the area. The members continue to listen to members of the community and their concerns over the cumulative effect of so many schemes and the effects on the roads and the environment amongst many things. Below is a map of current wind farms and others that are planned. On top of this, there are three pump storage hydro schemes, one with planning (Loch Na Cathrach, above Dores) and two at different stages of the planning system – Loch Kemp (Dell Estate, Whitebridge) and

Glen Earrach (on the North side of Loch Ness opposite Foyers). We are in contact with many other community councils areas that are also affected to help strengthen small communities' voices



Roads – We had Colin Ross at our meeting in August 24. Colin is Senior Roads Engineer with Highland Council (HC). The full discussion can be read in the minutes but some of the headlines are –

Budget – the budget that HC get for road improvements has been dramatically reduced and less money coming from timber extraction works. Other road improvements have been financed by mitigation payments agreed by energy schemes etc.

Urban looking village improvement schemes - road environment is the biggest single factor in drivers speed and some semi-urbanisation required to reduce speeds in rural areas when travelling through villages/settlements.

Village speed restrictions – all villages that were a 40mph will be changing to a 30mph. Full signage should be in place soon.

Agreement made that the Community Council would compile a list of concerns and comments and liaise with HC to get these remedied.

Micro grants – the community council have a small yearly fund from SSE renewables that is for micro grants that any individual or group can apply for so long as it is for community benefit in the Stratherrick and Foyers area. To apply or find out more, please see - www.stratherrickfoyerscommunitycouncil.org.uk/micro-grants

Defibrillators – below is a map of where the local community defibrillators are. Posters with this map will be getting distributed throughout the area. Work is being done to ones in other locations.



COMMUNITY PHONEBOOK ANYONE?

Some of us are still firm products of the 20th century before the arrival of mobile phones, the internet and QR codes and perhaps also have a slight fear regarding the vulnerability of electronics dependent systems.

I am probably not alone in maintaining my own address and phone book and make use of the B.T. directory as well although this has become painfully thin over recent years and may well be on the way towards replacement by an app, which again presupposes that everyone is equipped with and familiar with a P.C. or mobile phone.

A number of years ago I came across a very local hard copy local phone directory for part of the Western Isles which gave local numbers, addresses and important for an area where there are so many Macleods and Macdonalds, their nicknames as well. I wonder whether the Trust might be instrumental in setting up such a local directory with entries obviously being entirely

voluntary; perhaps with a short identity such as "crofter", "musician", I.T. specialist, or electrician. There could also be space for larger advertisements perhaps for a modest charge to fund publication and of course a cover photo featuring the area. Plus, a list of our local organisations and activities. Now you might say that this would be duplicating a function of the Internet, but I would be interested to know if there is a wider community support for this idea. If you support this idea, then please register your interest with Alex at errogiealex@gmail.com.

Alex Sutherland





WHAT'S HAPPENING AT STRATHERRICK PUBLIC HALL!

At our August meeting we presented Hugh Nichol and Julie Talbot with personalised Whisky glasses and a bottle of Malt Whisky each. This was to show our appreciation of their long service to the Hall for many years; Hugh as Chairman and Julie as Secretary.

They were both thanked for all the hard work and the many hours they have given to the Hall committee. They will both be missed enormously, especially their knowledge and experience.

We have a committee of eleven people at present, which includes 4 new members, so a bit of new blood and some new ideas is very welcome.

The Hall continues to be used regularly by several groups, including Bowling on Tuesday afternoons, ballroom dancing Tuesday evenings, Pilates and Dancefit on Monday and Wednesdays. Also, the South Loch Ness Heritage group use it at various times of the year.

We are hoping that Boleskine Community Care will be setting up weekly lunches in the winter on a Friday for all who would like it. We are awaiting confirmation of that, more news about that in the future.

The Luvvies will soon begin practising for their next production, so we will look forward to their next performance which is always entertaining.

Janet Hobson
Chair

GROWING TOGETHER

Monty and Hobbs our donkeys have been helping out with the polycrub growing projects.

The donkeys have been donating manure to help fill the beds and encourage the fruit and veg to grow. Because donkeys are efficient digestors, the manure tends to rot down quickly and gets good results - with a neighbour of ours having “their best roses ever”.

Special thanks go to Matthew Rhodes and Robbie for collecting bags for the Wildside Polycrub, Rob, Issy and Helen for collecting for Inverfarigaig and the photos and Sarah Byrne for acquiring funding and initiating the projects.

The produce is now being harvested and enjoyed by the community. The donkeys sampled a few carrots too, to complete the circle of growing and we received some tasty potatoes, chillies, tomatoes, cabbages and basil – thank you!

We're happy to fill bags or trailers for free, for anyone who would like some donkey manure, as we have a constant supply! Phone on 01456 289035 or email julieharvey@hindley.org.uk.

Happy gardeners are encouraged to donate to The Donkey Sanctuary or a charity close to their heart.

Julie Harvey



WILDSIDE POLYCRUB PROVES SUCCESSFUL!

The Wildside Growing group have been busy since the award of their first SFCT grant earlier this year.

Compost has been bought and is slowly making its way into the polycrub, one wheel barrow at a time! The irrigation system is still in the box but will be fitted soon.

With Autumn well on the way we will be purchasing a few fruit trees to plant around the polycrub area, as well as developing the new rustic compost bins that have been started with the use of old pallets. We have been learning about winter veg and some of us now have broad beans on the go as well as cabbage, lettuce, tomatoes, turnips and we hear garlic and onions are on the way! Hopefully as we approach 2025, we will kick start the year all set up and ready for a successful growing year!

Kirsty Balfour



WILDSIDE PLAYPARK FUN AT BABY & TODDLERS GROUP!

The Wildside Baby & Toddler Group have been going strong over the last few months, with new arrivals in baby Kitt and making use of the brand-new playpark on sunny (and not so sunny) days! We are fortunate to have received a grant from Stratherrick & Foyers Community Trust to help support our group along and we have a fabulous Halloween Party planned with entertainment from Trapeze entertainment. We are in the process of deciding on an outdoor mud kitchen to accompany the playpark so we will be on the lookout for any spare pots/pans and utensils you might have lying around that you may be willing to donate.

The polycrub has also been a success with a good crop of carrots grown for snacks and our beetroot is almost ready for picking! Some other veg didn't do quite so well over the summer... however it's been a great space to

get the children outdoors and part of that growing experience, plenty of dirty hands!

We meet every Thursday morning from 9:30-11:30am at the Wildside Centre. There is always plenty of tea and coffee available and if anyone is organised there is even some home baking, or the fish man proves popular on those not so organised days with an array of cakes arriving conveniently at the Wildside Centre door! Please join our FB page if you would like more information or pop in any Thursday morning, everyone is very welcome!

Jenny Tompkins



STRATHERRICK PRIMARY SCHOOL & NURSERY PARENT COUNCIL



Stratherrick Primary and Nursery Parent Council have been busy supporting the school and its pupils throughout the year, and we welcome new challenges and opportunities as we kick started the new term in August.

We were pleased to be able to cover transport costs for

swimming lessons at the Aquadome, which has enabled all Primary pupils to take part in swimming lessons and develop a life skill for the future. The Parent Council were also happy to contribute funds for an end of year boat trip and lunch in Fort Augustus, a valuable trip where the pupils learnt more about their local history and natural surroundings. The nursery children had great fun visiting Farm Ness for their end of year trip too!

Our Parent Council team were delighted to be part of the Highland Gathering before the summer holidays and were able to fundraise

more money to support our rural school, all thanks to our local community who visited our stand. We look forward to more fundraising opportunities where we can get the whole community involved in the run up to the Stratherrick & Foyers Winter Festival, and beyond. The funds we raise and grant we receive from Stratherrick & Foyers Community Trust really does help to contribute to the quality of different opportunities available for our children attending Stratherrick Primary School.

Kirsty Balfour,
Chair



STRATHERRICK PRIMARY SCHOOL & NURSERY

It is nice to be back after the summer holidays! All the smiling, happy faces on the children (and staff too) makes it so worthwhile! It has been a busy start to the year – The Nursery have had their stay and play days with parents coming in to learn and play alongside their children, and the P1-3 parents have been in school to see how we teach reading, phonics and other subjects. We have started a new library in school and parents have been keen to help with that too! Reading is such a powerful tool which helps to broaden the mind and open up a world of possibilities.

Before the summer we were fortunate to get lots of help

and funding from the SFCT to pay for either transport to get to places or to pay for the activities themselves. The nursery went to Farm Ness in Inverness for a fun-filled trip away. The Primary Class had lots of fun in Fort Augustus, going for a cruise on Loch Ness and then to the Clansman Centre to learn about Scottish History. Every year we are so fortunate to get funding to pay for the bus to go for swimming lessons in Inverness, without this money we would not be able to take advantage of this fantastic opportunity, so a heartfelt thank you to everyone who helped to make this happen.

Looking forward to this year, we are so excited to have booked a stand at the Winter Festival. We just need to get our thinking caps on as to what we can sell! We are also putting on our very own Christmas Show on Wednesday 18th December (on no you are not, oh yes we



are)... and are hoping to invite some community groups to an afternoon performance, and then parents/family in the evening, so keep your eyes open for times and confirmation of this.

Finally, we are lucky to have new members as part of the teaching team who have joined us this year! Mrs Troup and Miss Pinkerton are brilliant additions who are helping to provide exciting, fun and engaging learning experiences for our children! Here's hoping for a successful year ahead!

Thanks

The Stratherrick Team

NEW COMMUNITY & CULTURE GROUP AT ERROGIE CHURCH!

The Gathering Place (Errogie Church); update from the Community & Culture Group – for the community, by the community.

The Community & Culture Steering Group is a group of community members passionate about driving the development and use of The Gathering Place (Errogie Church) forward. This includes consulting the local community, planning social events, and liaising with the Trust. We want Errogie Church to be used as an extension to everyone's living room: somewhere locals can meet up, chat, and use recreational and leisure facilities. We are also working with the Boleskine Biodiversity Group and The South Loch Ness Heritage Group to specify how the building can support them with educational & exhibition facilities. Our primary aim is to translate what the local community wants into a reality for everyone to enjoy.

We recently held the first of a series of focus groups, involving members of the local community, who shared their views on what they would like to see happening in the church. This included a discussion about the basic facilities that will be required whilst funding is raised to pay for Phase II of the building. We would like to be able to provide equipment and events that are different from the other community hubs in the area, as well as some similar facilities if they are popular, and the demand is high in the local community.

At the focus group, we captured everyone's ideas with post-its on the wall and then discussed the ideas in more detail. Another focus group session (disguised as a community lunch) was held in mid-October. We are busy pulling together the survey results gathered on the day and online; once these are collated, we will share with the community



and start working towards providing facilities/events, starting with the most popular, and what is possible with the current facilities in the building. The results of the survey will be fed into an application to the Trust for funds to develop the basic facilities required to make it more usable, improve safety, buy equipment, and support social activities. We know already that basic facilities will be of top priority and the Trust is also aware of this.

If you want to get involved with the Community & Culture Steering Group at The Gathering Place, (Errogie Church), then please e-mail ccsgerrogiechurch@gmail.com. We can also help if you want to hold an event or have an idea but are unsure of how to go about it or just need help organising it or setting up. We'd love to hear from you!



STRATHERRICK HIGHLAND DANCING WITH CHERYL HEGGIE SCHOOL OF DANCE

I am delighted to share with you all another successful term of Highland Dancing supported by Stratherrick & Foyers Community Trust.

Our Tartan Tots have been progressing amazingly and have begun learning the start of the "Sword Dance". Their ability to follow instructions, their balance and coordination has improved loads!



Our beginner class are shining sword dancing stars and are now progressing onto the Highland Fling, a vigorous victory dance where history says it was likely performed by a solo male dancer after battle, due to its precision and requirement of delicate balance.

Wider Achievements
We held centre stage at Moy Games and the Corriegarh Highland Gathering! What an experience! All our dancers were so brave and put on a fantastic show! We really appreciate all of the support. I know my girls especially enjoy getting ready in their kilts, "Cheryl Heggie" tops and hair into a slick bun. The whole experience is invaluable for building

resilience and confidence. Also, I feel being able to play a core part in entertaining their community at the Highland Gathering and having a purpose at this event gave them all a real sense of belonging in Stratherrick.

My highlight was encouraging the audience to participate in a lesson, and having a community strip the willow! The sense of fun, friendship and laughter was fantastic!

Are you interested in Highland Dancing? Do you want to build your/your child's core strength, balance, coordination? Develop social skills and following direction? New dancers are welcomed to both our younger Tartan Tots class, and our Beginners Class!

You'll find information on Cheryl Heggie School of Dance Facebook/website. Anna Peterkin.

STRATHERRICK CLAY TARGET CLUB RAISE AN AMAZING AMOUNT OF MONEY FOR THE HIGHLAND HOSPICE!

Stratherrick Clay Target Club have just come to the end of our summer season. We had a very successful Open Shoot in June with a great turnout of 49 guns. More recently we held our Charity Shoot which raised an amazing £2800 for the Highland Hospice and had 61 guns supporting this very worthwhile cause along with all those who helped run the event on the day and all of those who supported with donations.

The club has continued to have support from Stratherrick & Foyers Community Trust which has enabled us to connect to the mains, purchase new toilets and traps and more recently buy an underground tank to enable us to harvest rainwater to fill the tank which will supply the toilets. We are very grateful for this continued support which will enable us to encourage youngsters and adults to join us for years to come.

Anyone interested in trying clay target shooting, keep an eye on the Facebook page for updates or they can email the club on stratherrickclaytargetclub@outlook.com.

Lesley Matheson
Secretary



WILD CRAFTS

Several groups fall under the Wild Crafts umbrella.

All groups take place in the Wildside Centre, Whitebridge. They are free and open to all members of the community however we do have a donation pot for tea & coffee.

The groups are all friendly, informal and fun with the main aim of Wild Crafts to share our crafting knowledge with the community.

NEEDLES & PINS	<p>Needles and Pins is a sewing group that meets fortnightly at the Wildside Centre in Whitebridge, every other Monday afternoon, from 12:30-16:30.</p> <p>The group consists of sewers of all levels who work on their own sewing project or on craft items for our Wild Crafts Christmas stall.</p> <p>Anyone wishing to learn how to sew is welcome.</p>	<p>2024 MEETING DATES</p> <p>NOV 4th 18th</p> <p>DEC 2nd</p>
SPIN & CHATTER	<p>Spin & Chatter is a group that meets fortnightly at the Wildside Centre in Whitebridge, every other Monday afternoon, from 12:30-16:30.</p> <p>This group is for all levels of yarn spinners and those wishing to learn how to use a spinning wheel. Spinners work on their own fleece or roving's.</p> <p>We can also advise on processing raw fleece ready for spinning.</p> <p>As the group name suggests, and indeed with all our crafting groups, there's have a lot of chatter and laughter! Meeting dates for 2024</p>	<p>2024 MEETING DATES</p> <p>NOV 11th 25th</p> <p>DEC None</p>
KNITTING & CROCHET	<p>The Knitting and Crochet group meets every week with the Needles & Pins and the Spin & Chatter groups. We meet at the Wildside Centre in Whitebridge every Monday afternoon, from 12:30-16:30.</p> <p>The group is for all knitting/crocheting levels who work on their own projects. We also make poppies for dressing the Stratherrick War Memorial.</p> <p>If you would like to learn to knit or crochet, why not pop along?</p>	<p>2024 MEETING DATES</p> <p>NOV 4th, 11th, 18th 25th</p> <p>DEC 2nd</p>

We hold crafting workshops quarterly at the Wildside Centre in Whitebridge. These take place on Saturdays from 10:30 to 15:30.

This group is open for ages 4 years upwards although we ask that children under 12 years are accompanied by an adult.

Each workshop focuses on a specific craft. Some of the past workshops have included making garden ornaments, acrylic paint pouring, air dry clay work, encaustic art, willow weaving, stone painting, soap making, macrame, plus many more.

We have related age-appropriate alternatives at each workshop for younger members.

Workshops are published on the Wild Crafts Facebook Events page. Attendees are asked to bring along the crafting materials needed for the particular workshop, along with a packed lunch.

Our next workshop will be our Christmas crafting workshop.

2024 MEETING DATES

NOV 30th

REMEMBRANCE POPPIES

We are planning to dress the Stratherrick War Memorial again this year.

To this end we have once again been knitting and crocheting poppies to fill in the gaps in nets that go along the rock on which the memorial stands.

We are also knitting and crocheting poppy brooches which we hope to sell during October.

Proceeds from the poppy brooches will be shared between Poppy Scotland and the British Legion.

If you would like one of our poppy brooches, please email me at lynwoods@btinternet.com.

Your support would be very much appreciated.



An Evening of Entertainment

Showcasing local talent put together by the Luvvies

Saturday 26th October, Stratherrick Hall, Gorthleck, 7.30.

Variety extravaganza; *Singing, Dancing, Recitation & More.* **Free Entry, Raffle** (*any raffle prize donations gratefully received*) - Quiz - Tea and Coffee - BYOB



Come and have a great night with the Luvvies!

ARE YOU A LOCAL ARTIST?

Perhaps you draw, sculpt, carve or paint...

Do you have a collection of art, or work which you wish to display locally?

We would be keen to hear from anyone locally who would like to display their creations, either at The Wildside Centre or at Errogie Church. Stratherrick Public Hall is another Community building which may also be available for separate bookings.

Interested? Then please send us your thoughts and any event ideas to communications@sfctrust.org.uk or marketingofficer@sfctrust.org.uk



USEFUL CONTACT NUMBERS

MEDICAL & EMERGENCY

FOYERS MEDICAL CENTRE: 01456 486224

Website: www.foyersmedicalcentre.co.uk

NHS 24: Phone 111

POLICE - Non-Emergency or to report a crime:
Phone 101

MEDICAL, POLICE, FIRE, LOCH OR
ANOTHER EMERGENCY:
Phone 999

FOYERS FIRE STATION (Non-Emergency):
01463 24099

POWER OUTAGE SSE Power Cut Helpline:
Phone 105

POTHOLES & FLOODING

To report a fault including potholes or flooding
telephone either:

Tel: 01349 886601
(Office Hours Mon-Fri)

Tel: 01349 886690
(Evening & Weekends)"

INDOOR CARPET BOWLS

Every Tuesday

Alternating venues – The Wildside Centre
& Stratherrick Public Hall

2-5pm

A fun, social afternoon or bowling, tea,
coffee, biscuits and a blether!

For more information, please contact:

ALISON ON 01456 486 586

JANET ON 01456 486688



BOLESKINE CHURCH

What have been the highlights of your summer? For us all at Boleskine church we have had various standout days. One of the great things about summer is having visitors and we have had the pleasure of folk on holiday coming and joining us on a Sunday morning.

In July we had a packed out church when the folk from St Columba Church in Inverness came to join us, bringing a crowd of teenagers, extra folk to join in with the music... and then lunch together afterwards. This was all helped by it being a beautiful day and the folk from town were delighted to be out in the Strath. So many people commented that being in such a beautiful spot made them even more aware of how amazing creation is. It is also notable how many people come to the church from all over the world, looking for family graves and links with their own families. As with so many things in life, making the links gives a sense of togetherness, even when it is over the generations.

On the 13th of October we had our harvest service.



Seeing the church decorated and the hedgerows laden down with berries reminds us that although we rely heavily on the hard work of those who produce our food, we are also dependent on the weather and growing conditions.

As the nights draw in and the fires are lit, thoughts of Christmas come to mind. Our Christmas Carols were in church last year and it was wonderful to have a full church and a great chance to sing our favourite carols and hear the Christmas story again. The singing was great and the coffee and mince pies were very welcome.

This Christmas we will have our Carols and Coffee on Sunday the 22nd of

December at Boleskine Church at 10:30am and we would love to see as many children as possible. For those who like a Christmas Day service we will be having a short service at 10:30am on Christmas Day. If you are young enough to want to bring a present to show us... please do!

Fiona King

BOLESKINE BIODIVERSITY GROUP

The Biodiversity Group has been looking after the small meadow at Errogie Corner over the last year in the hope of creating a small wildflower meadow. The aim has been to halt the regular cutting of the grass and to try to support a flourishing wildflower habitat. Wildflower meadows are vital for supporting local biodiversity. They attract pollinators like bees and butterflies, add seasonal beauty, and offer education and recreation opportunities.



*Collecting grass after a cut this Autumn on a lovely evening.
L-R Boleskine Biodiversity Group work party
Gary Macgowan, Kade Stewart, John Parrott, Molly Fraser,
Sarah Byrne, Valerie Weir*

This autumn we have removed the thistles and other non-native species and given the site a cut so that it is ready for the scattering of yellow rattle which helps to break the soil down. Now the cut grass has been removed by the work party, we were lucky with the weather! We are now in a good position to sow native wildflower seeds which we will aim to purchase from Scotia Seeds, thanks to funding from the Nature Restoration Grant.

Community involvement from the Group in managing the meadow has fostered local support for nature and we have a growing group of community members and a number of small projects in the pipeline.

More recently we have now become a constituted group and having merged with Boleskine Environmental Network (BEN) we are now called the Boleskine Biodiversity Group.

This project has enabled us to make small steps towards nature support and habitat management in our community and we will soon be back to removing sitka spruce at the Ault na Goire site now the bird nesting season has finished.

If you would like to get involved and join our future efforts as the meadow's restoration continues, or in any of our other projects (sitka spruce removal, rhododendron bashing or supporting the swift project amongst other ambitions!) please get in touch at Boleskinebiodiversity@proton.me

Our AGM will be held in November at the Wildside Centre and we are aiming to hold additional talks over the winter so please keep an eye out for events organised by the Boleskine Biodiversity Group.

Sarah Byrne

S.O.S. SAVE OUR SWIFTS!

Despite the dismal weather, the South Loch Ness Swift Project got off to a very promising start this year.

We have established that there are at least three active colonies in the project area: one each in Errogie, Boleskine and Foyers. There may be others, if you know of any, please get in touch.

These charismatic birds have attracted a lot of interest in the strath, but they are surprisingly difficult to study and monitor. Few people have ever seen a swift except in flight, and fewer still have seen them on the nest so we are planning to install webcams on some nests.

The biggest colony (in Errogie) had at least 6 occupied nesting cavities this year.



Swifts are unmistakable when flying around at great speed in screaming parties



A swift on the nest, filmed using a special camera

Temporary wooden nest-boxes were installed at the old Free Presbyterian church in Errogie and within only a few days, prospecting swifts were showing a lot of interest. Some even entered the boxes and tried them out for size!

Following a talk at the church and a small stand at the gathering in Corriegarth, several house-holders have come forward to offer to host swifts in their house next year. We are currently applying for funding to purchase materials to make nest-boxes, and to install 'callers' (small speakers which attract prospecting bids).

We plan to run a workshop making nest boxes ready to install in the spring. If you haven't already expressed an interest in hosting swifts or building nest-boxes, do please contact us at johnparrottca@gmail.com

John Parrott



Friends and neighbours were enlisted to help count the breeding birds



Swifts take readily to nest boxes, as long as they are installed fairly high above the ground

PATHWAYS GROUP

Since early spring the Pathways Group has continued to make good progress with all streams of activity.

First, following the improvements to the South Loch Ness Trail (SLNT) between Inverfarigaig and Foyers, improvements between Whitebridge and Foyers were completed by the end of March. Both stream crossings are now much easier with the bedding into the streams of large flat stones. We can't guarantee that you won't still get wet feet crossing but it's no longer a balancing act to stay upright!

Installation of the people/bike counters on the SLNT at Suidhe and Inverfarigaig followed on quickly and were in place by early May. These provide valuable information on trail usage which will help determine future investment requirements and will also assist with any funding applications. The initial data indicates much higher usage than we anticipated – between May 15th – September 10th, 100 bikes and 484 people were recorded at the Suidhe counter and 48 bikes and 1048 people at Inverfarigaig.

At the same time as the counters were being

installed, the Group's thoughts moved to the development of a pathways based community app, one which seeks to not only bring benefits to the wellbeing and health of those who live in our community but which also helps to make tourism in the area more sustainable. In May, with the backing of the Trust Board, the Pathways Group employed the services of Zudu, an app developer, to map out what the app might 'look like', its functions and the potential cost of developing it. This was well received recently by the Trust Board and the Group now intend to bring plans for the app development out to the wider community at a meeting in mid-November - date tbc.

If in due course an app is developed, one key factor in the success of the app will have a good marketing strategy up and running before the app is launched. In this respect the Group are

already well placed with the continued development of the Walk the Walk marketing campaign, started in 2023 to encourage more local people to experience our many local walks. The Group has now recorded 17 walks which are free to download from the Trust website. The Group, working with the Trust Comms team, are also now collecting valuable data from QR codes on the Walk the Walk posters spread throughout the area. Finally, we are also working with the Comms team to make short videos of some of the walks to not only show what they have to offer but also to spread path usage beyond the SLNT.

So once again, a lot has happened over the past few months and a lot more looks likely to happen in the coming months and for this a big thank you to all involved!

Graeme Ambrose,
Pathways Group



Stream crossing improvement on South Loch Ness Trail between Whitebridge and Foyers



SOUTH LOCH NESS HERITAGE GROUP

On Thursday the 18th of April 2024 at Stratherrick Public Hall, the South Loch Ness Heritage Group held its spring talk "History of Inverness Hospitals" with the speaker being Steve Leslie. Before an enthralled audience of around forty people, Steve, who is a

Consultant Cardiologist at Raigmore Hospital, and co-author (along with his father Jim) of the book *The Hospitals of Inverness*, took us on a virtual road trip across the highlands describing medical facilities from the 1850's till the present day. Steve told us of Fever Hospitals, Cottage Hospitals, Maternity hospitals, Military Hospitals, Asylums and Sanatoriums, illustrated with photos of some of them and highlighted important design features of attributed to different types of hospitals. Steve went on to give a brief history of the medical facilities in our area, with the coming of the British Aluminium Company which provided

funding in the late 1890's to bring a doctor to Foyers.

Steve recounted the different types of facilities for medical assistance that existed in Inverness and mentioned the Inverness city walking audio tour of them. The tour is available at www.geotourist.com and search for 'Inverness' There is a website, History of Highland Hospitals www.historyofhighlandhospitals.com/index.asp which Steve and Jim Leslie provide a comprehensive medical history of the area, that also gives a link to the Inverness walking tour (Hospitals on Geotourist).

The South Loch Ness Heritage Group had a marquee at this year's Highland Gathering held at Corriegarth Estate in July. Visitors to the marquee could view the numerous display boards depicting local scenes, events, farming, game keeping, local Industries and people from former times.

There were also display books featuring individual local topics. The Marquee was staffed by heritage volunteers who were on hand at all times to answer questions that arose from the displays as well as any other local heritage topic.

There was also a Mystery Object Quiz and the answers were:

1. Bee smoker.
2. Making lead shot.
3. Knife with different -sized blades for bleeding a sick animal.
4. Filling water to rear tyres of a tractor.
5. Punching the septum for bull's nose ring.
6. Old saw set.
7. Another type of saw set.
8. For stoning cherries / extracting juice.
9. A cannula – probe for e.g. a bloated cow.
10. Nut/ bolt splitter.

The winner of the £10 book token was Corran Gardiner from South Laggan, Invergarry.



The South Loch Ness Heritage Group had their summer event on Saturday 24th August “The Bona Fide Traveller Walk” between Whitebridge and Foyers. Prior to the walk we had a talk at the Wildside Centre on all the places that we would pass on the walk, giving the history, etc of each place. The speakers were Fiona Larg, Bob Main, Janet Sutherland, Morag MacNeil, Allan Macdonald & Alister Chisholm. Following the talk at Wildside, the twenty seven walkers then proceeded to walk down to Foyers via Dell Estate. The heavy rain in the morning had stopped and it was a light drizzle when we started off. The weather was kind to us during the walk, with most folk casting off their waterproofs very quickly as we progressed and the sun appeared. At various points in the walk we stopped to point out places that had been mentioned in the talk

and had a further discussion about them. On reaching Foyers some of the walkers retired for lunch at Camerons, then there were lifts arranged back to the Wildside Centre, whilst the more seasoned walkers walked back.

Alister Chisholm



Footnote: The summer event walk title came from the tradition that prior to 1962 in Scotland, only hotels were allowed to sell alcohol on a Sunday. Then only if the customer was deemed to be a Bone Fide Traveller, who had travelled at least 3 miles from his home address. So people from Foyers would walk the 3 odd miles up to Whitebridge via Dell Estate, to quench their thirst at the Whitebridge Hotel. The ones from Whitebridge would do the same, in the opposite direction to the Foyers Hotel.

GRANITE MILESTONE UNCOVERED

In Inverfarigaig there’s been a rediscovery of a granite milestone on the old military road. The milestone features on old OS map of the area and has been part of the streetscape for perhaps 200 years. Although faded now, it reads: ‘Foyers Inn 2’ and ‘Dores 8 ½’. The milestone was also an Ordnance Survey bench mark giving a height of 138.8ft. The milestone was rediscovered in March this year and contractors working in the village kindly restored the milestone to an upright position once more.

Chris Gehrke



AUTUMN RECIPES

SLOW COOKED BEEF STEW

Diced beef
Carrots
Neep
Potatoes
Beef oxo cube
Plain flour or Corn flour to thicken
Fresh crusty bread



In a slow cooker, an oven proof dish or a Rayburn proof pot, brown some diced beef (shoulder or chuck are good cuts for this) and add your chopped carrots and neep. Fry for a minute and then add water and 1x oxo cube. Bring to the boil, then add the potatoes, boil for another five minutes. Mix the flour or corn flour with water and add to the stew, put in the oven or if using the slow cooker simply put everything in and leave it on low all day, or in the oven all night on a low heat in the Rayburn. Serve with fresh crusty bread.

BLACKBERRY & APPLE JELLY

1.4kg (3lb) Blackberries
450g (1lb) apples
225g (½lb) caster sugar
preserving sugar
water



Husk berries, rough chop apples, put both in a large bowl with caster sugar and 570ml (1 pint) water; stand in a very slow oven till apples are stewed and juice of berries runs (this can be done in a covered pan on a very low heat on the stove with a heat diffuser under the pan); strain through jelly bag; put juice in pan with 600g preserving sugar per litre juice, stirring till sugar is dissolved; boil about ¾ h stirring frequently, skimming as necessary; pot and cover when cold.

BLACKBERRY AND APPLE JAM

450g (1lb) blackberries
450g (1lb) cooking apples (when peeled and cored)
910g (2lb) sugar
70ml (1/8 pint) water

Slice apples, put in pan with water, simmer until tender; add berries, simmer for a further 10 minutes or till soft; add sugar, stirring until dissolved, then boil fast to set.

Jennifer Macdonald



MEDAL SUCCESS FOR IAIN HEPBURN!

Bywell Shooting Ground hosted the 2024 Home International DTL Championship which included Scotland, England, Ireland and Wales where Stratherrick Clay Target Club's very own Iain Hepburn won the European Veteran runners up medal back in July. You can start small at a local club, but this is where it could take you, congratulations on your medal! Iain then went on to the World Championships as captain of the Scotland team! Well done on an amazing achievement! Stratherrick Clay Target Club caters for all abilities from novice through to International level often hosting Ladies & Juniors sessions and they usually have an open/coaching day for the youngsters, anyone can join the club through their facebook page

<https://www.facebook.com/groups/3159518770926316>

BOLESKINE CAMANACHD CLUB REUNION

The local Shinty club had a reunion, at the Raigmore Motel Inverness on Saturday 18th of May.

At every funeral of someone connected with the club or family of that person, it was always mooted by attendees that we should have a club reunion, rather than always meeting together at such a sad occasion.

This year has particular significance to the Boleskine Club, as it was 60 years ago this year on the 25th April 1964, that the club won its first national trophy, the Sutherland Cup.

Some former players Duncan Macdonald, Duncan Macmillan, Joey Smith and Alister Chisholm got together to organise the event. It was decided to have the event open to all players who had graced the Factory Field at Foyers and not solely to a few individual years, when the team was successful.

Thirty one former players attended the reunion, including six players from the two Sutherland cup winning teams of 1964 and 66.

The reunion, which was greatly enjoyed by all attendees, consisted of a buffet meal, a presentation of Shinty in the district till the First World War, a film of the 1966 Sutherland Cup final and a couple of display boards showing Boleskine teams throughout the years.

Some of the players travelled from the Central belt, Aberdeen-shire, Lochaber and various areas of the Highlands, to renew old friendships and relate tales of former times. Thanks must go to Collette Macpherson and Craig of the Raigmore Motel for hosting the event, which will live long in the memories of the attendees.

Alister Chisholm



SPORTING GRANT SUCCESS!

I was very grateful to receive one of the Community Trusts' sporting grants which enabled me to take part in the British Masters cross country championship held at Rhug in North Wales.

Cross country running is very different from running on a road or running track and no two courses are ever the same. They are very individual to their location and can make use of fields, hillsides and woodland trails with streams and ditches also in the mix. The site at Rhug in North Wales was on a sloping hill which was used for buffalo farming! Fortunately they'd been taken off for

the day and there were no Red Indians around (sorry original inhabitants) but they had left some very muddy ground after days of rain. Cross country running is sometimes categorised as 90% determination and 10% perspiration!

The distance was just under 6 miles, and I came 2nd in the race for folk in the age 75 to 80 category for the G.B. silver medal, having won it the previous year and the 10K road race and also set a new Scottish record of 20 minutes 35seconds for the 5 K. distance. I would be very happy to help or offer advice to anyone in our area who might like to try running or jogging on our great local trails and backroads.

Alex Sutherland

HOW DOES THE DIRECTOR SYSTEM WORK?

Every year at the Stratherrick and Foyers Community Trust AGM, at least a third (to the nearest round number) of the elected members of the Community Trust have to stand down. This can be by choice or in circumstances whereby no Directors want to leave then the three longest serving Directors have to step down and can choose to re-stand if they wish.

This year, Catriona Fraser, Gareth Jones and Ken Sinclair are stepping down. Only Ken Sinclair will re-stand for election. We are hugely indebted for the time and effort both Catriona and Gareth have put in over the years.

The maximum vacancies for elected Directors this year is four. If more than four nominations are received, this would trigger an election where all members of the Trust would get to vote. Without the amazing volunteer Directors, the Trust would not be able to function and we encourage anyone living in the community to apply to become a Director. You do have to be

an ordinary member of the Community Trust but that can be applied for prior to the closing date of nominations if you are not already a member.

The board is made up of elected Directors, of which there is a maximum of nine (we currently have eight) and co-opted directors, of which there is a maximum three (we currently have two). Directors are co-opted on the basis that they have specialist experience and/or skills which could be of assistance to the directors and do not have to be members of the Trust. In addition to this, the directors are able to co-opt one individual as nominated by the Stratherrick and Foyers Community Council to be a director. All co-opted Directors step down at each AGM and it is up to the new board to co-opt again following the AGM.

If you would like to become a Director and have any questions, please contact any of the current Directors or members of staff.

Closing date for nominations is 13th November 2024.

Sharon Ferguson

WHY BE A TRUST DIRECTOR?

It's a fantastic way to be involved in the future of our community. Make decisions, award grants, progress projects... and everything else that our community aspires to.

You will be part of a team supporting each other, community groups, and the wider community.

It's an opportunity to have your say directly but also to hear other voices and come to decisions that ultimately will benefit our community.

Stratherrick & Foyers Community Trust manage all the money coming into our community from a variety of funders and it's important we look after this money in the best way possible for the future.

You need energy and commitment to make sure Stratherrick & Foyers Community Trust deliver on our promises and projects.

Staff members are there to support directors so any questions/ideas can be responded to quickly.

Essential parts of the role are the attendance of monthly board meetings and reading Board papers.

Any new Directors will be welcomed on to the Board with a full training and an induction programme which will ensure you are looked after in your early months and can therefore ease yourself into the role.

If you are thinking about supporting Stratherrick & Foyers Community Trust and becoming a Trust Director and you would like to know more information, then please email admin@sfctrust.org.uk or any of our current directors. You can find all their contact details on the website (www.stratherrickcommunity.org.uk)

The deadline for nominations is the 13th of November 2024. We would really welcome you coming forward and supporting the direction of the Trust.

Why be a director?



RIVERSIDE FIELD

In late June Stratherrick & Foyers Community Trust directors met with members of the River Foyers Residents Group to discuss their concerns over the Riverside Field Project. It was useful for the Directors to hear their over-riding concerns and we have taken away some pertinent points which will hopefully lead to better communication and actions from Stratherrick & Foyers Community Trust. Meantime, Stratherrick & Foyers Community Trust are still awaiting information from Highland Council regarding the purchase of the playpark and the land needed for the

provision of 4 parking spaces as laid out in our pre-planning conditions.

No meetings have been held of the Liaison Group because of the summer break and until such time as we hear back from Highland Council, meetings have been put on hold.

Our previous CEO Tony Foster met with HighLife Highland and Sport Scotland to discuss the Riverside plans and to seek their advice. With his departure, the Steering Group will not meet until the new CEO is appointed to discuss their suggestions for the project.

Catrina Fraser

FOYERS BAY

Following the effective re-launch of Foyers Bay as a project last Autumn, much has been achieved to improve the facility, and a lot of work has been done behind the scenes by volunteers, directors and staff. This includes:

Landscaping works onsite – two phases of landscaping works have now been completed, including shore and compound clean up and temporary improvement to access of the loch. The latest work has seen the final transition of the slipway improved along with landscaping to make the facility more accessible to the community. Work will be commencing shortly on levelling the ground within the internal compound to make it suitable for boat storage.

Floating moorings installed – There are now 4 community-owned floating moorings available for members of this community to use. These are the only community-owned moorings on Loch Ness.

New membership structure – in order to successfully manage access to the facility, a



new membership structure has been introduced. This will encourage community buy-in and shared ownership as well as generate funds to help cover running and maintenance costs and generate funds to further develop the project. The group have discussed the erection of a boat shed in the secure compound to provide a workshop space for boat maintenance, the construction of a club house and changing facilities, and also the purchase of paddleboards, kayaks and dinghies for community use. Any money raised through membership will help fund these ambitions. Membership fees were

discussed and unanimously agreed at the last steering group meeting as follows:

- Tier 1: Daily access to slipway, plus access to book floating moorings.
- Deposit of £10 for key, annual fee of £75. 20% discount for concessions – OAP, students, disabilities.
- Tier 2: Access to boat storage in secure compound, water and electricity. Daily access to slipway and booking floating moorings.
- Deposit of £10 for key, annual fee of £150 for one vessel. Additional vessels will be charged at £75 per vessel. 20% discount for concessions – OAP, students, disabilities.
- Floating moorings: Booked on a weekly basis, for a maximum of 4 consecutive weeks to prevent users 'blocking' the moorings.
- Weekly cost of £7. This will be reviewed regularly, dependent on demand.

Please also note that pedestrian access to the Bay path will not be interrupted – this path will remain open to all walkers, and access to the loch is still possible for swimmers, kayakers and paddleboarders. A booking system similar to the one used for The Wildside Centre has been proposed and the staff team are working on this for launch in Spring 2025.

You can find the full terms and conditions and membership information on the Foyers Bay



Project page on the community website - www.stratherrickcommunity.org.uk/projects/foyers-bay/

Increasing security. Following a couple of incidents this summer, we are implementing some new security measures. We have taken steps to discourage unruly behaviour by purchasing and putting up signs discouraging overnight parking and dumping of waste materials on the site. Over the coming months, please be aware that there will be other measures put in place to deter antisocial activity and ensure the space remains safe and pleasant to use and visit.

If you would like to get involved with the continued development of this fantastic community asset, please get in touch with Caroline by emailing pc@sfctrust.org.uk or the project's Lead Director, Malcolm, by emailing Malcolm-dir@sfctrust.org.uk.

Caroline Tucker



HOUSING

Stratherrick & Foyers Community Trust's two houses at Inverfarigaig are nearing completion and will be advertised shortly.

Communities Housing Trust has allocated their four houses at Inverfarigaig. Four applications were received for the two for sale and forty four for the two for affordable rent.

These figures highlight very clearly what our community have already told us -



affordable purchase and rental accommodation provision in this area is a major problem. Communities Housing Trust provided some very useful data and feedback on the applications which will help Stratherrick & Foyers Community Trust to formulate a robust Housing

Needs document and plan. The reforming of the Housing group will be an important first step to look at how the community and Stratherrick & Foyers Community Trust can work together to find the best solutions going forward.

Catriona Fraser

THE WILDSIDE CENTRE

The Wildside Centre continues to be well used by community groups and locals booking it for private events. It's also great to see activity at both the polycrub and the recently completed playpark. On a sad note, we are losing Soup to Go on a Monday. This has been a fantastic initiative set up entirely by a group of volunteers who have dedicated many hours to provide a wonderful service for the whole community. Thank you Lyn, Pam and Gillian for all of your tireless work, and enjoy the rest!

Work has now turned to the inside of the building, where the focus is on some much-needed refurbishments. Plans are being pulled together to upgrade the

disabled and ladies' toilets to ensure that they are fit for purpose, and we have also been looking at ways of making the building more energy efficient by replacing the windows and doors. Sharon has identified funding that is available to assist with improving energy efficiency within community buildings, and this would be a great help in the continuing improvement of this community hub.

If you would like to be involved in the development of The Wildside Centre as a project, please get in touch

with Caroline by emailing pc@sfctrust.org.uk

Caroline Tucker





STRATHERRICK & FOYERS COMMUNITY WINTER FESTIVAL

Following the success of Winter Wonderland over the last three years, and pulling together feedback from members of the community, the events team have been looking at ways to make our winter events more inclusive to the whole community. We have proposed a month-long Community Winter Festival

with a range of events run by community groups, with support from the Trust's events team on advertising/marketing and funding. We have had a fantastic response to this so far! We will be kicking off the festival on Saturday the 7th of December with a Community Christmas Market and Light Switch on at the Wildside Centre from 3pm. We are hoping to have a range of stalls available and if you would be interested in being part of this market, whether you are a community group or business then please email pc@sfctrust.org.uk. There will be food and drinks available and lots going on for the kids!

Many other events have now been confirmed which you will see at the front of this magazine, and we look forward to a fun packed

month of festive activities in various locations around the Strath, so keep an eye out for further communication coming very soon!

If you have any questions on this year's Winter Festival, please contact Jillian at communications@sfctrust.org.uk.

Highland Gathering 2025!

We are excited to confirm that the Highland Gathering will be returning next year on Saturday the 19th of July at Corriegarth Estate! Your feedback cemented this with 100% welcoming the event back again!

A massive thank you again to each and every one of you that played a part in making this year's event a success and we hope you will take part again next year!

FUNDS RAISED FOR RSABI TO BE MATCH-FUNDED!

We have recently heard that the £944.96 raised through the Silent Auction at The Highland Gathering has been included in a match-funding campaign through 'The Big Give'. The current campaign is promoting

women and girls in Scottish agriculture and making sure they have the resources and information they need as well as raising awareness of issues around women's health. Women are an under-represented group in Scottish agriculture and RSABI wants to ensure women working in the industry are supported well and have the tools and resources available to them



to help them thrive in their work and personal life. For more information on what our funds will be supporting, please visit www.rsabi.org.uk

APPRENTICESHIP GRANT AWARDED

Lewis Fraser has successfully been granted an apprenticeship with A Fraser Builders as an apprentice bricklayer with support from the Stratherrick & Foyers Community Trust Apprenticeship Scheme. The Trust's Community Apprenticeship Scheme aims to benefit local communities by the advancement of education, training or re-training and helps keep a young person in the area as we have less than ½ the national average of 16-29 years olds living in this area.

The Apprenticeship Scheme is open to anyone 16 and over and resident in Stratherrick and Foyers. The scheme is run in conjunction with our neighbouring Community Companies at Glengarry and Fort Augustus & Glenmoriston. If you would like more information on this scheme or you are a business that might be interested, then please email sharon@sfctrust.org.uk

Catriona Fraser, Chair of Stratherrick & Foyers Community Trust, said "After a gap of several years, it is fantastic to see the Apprenticeship scheme being utilised once again. Giving a local person the opportunity to stay in the area for employment helps to retain both people and skills in our community. Stratherrick & Foyers Community Trust wish Lewis Fraser all the best in his apprenticeship and every success in the future"

Andrew Fraser, owner of A Fraser Builders, added "I run a small local business and being able to take on an apprentice will not only grow my business but also secure its future in the Stratherrick and Foyers area. This will allow a young person to remain in the area and not have to leave to train for a profession. For the wider community, this will



enable me to continue to offer a service to the local area for reasonable costs and be a local employer."

Lewis, who is the recipient of the Community Apprenticeship grant, also added "I am looking forward to doing a modern apprenticeship in bricklaying thanks to the community apprenticeship scheme. This will be a big help with costs when I am in college"



COMMUNITY
APPRENTICESHIP SCHEME

For more information about our Community Apprenticeship Scheme, please visit: www.stratherrickcommunity.org.uk/community-apprenticeship-scheme/

HOW TO CONTACT US?

As we navigate through a period of change while we look at recruiting a new Trust Manager, please be assured you can contact both staff and directors during this time. You can find email addresses via the Stratherrick & Foyers Community Trust website under 'Meet the Team'.

If you are viewing this online you can find them all HERE:
www.stratherrickcommunity.org.uk/meet-the-team/

ARE YOU A MEMBER OF STRATHERRICK & FOYERS COMMUNITY TRUST?

We encourage every person living in the community to become a Member, then everyone gets to have a say in how the Company is run and how the money is spent.

This also means you can stand as a Director at the AGM.

There are three types of membership we can offer, these are:

Ordinary Member – 18 years or over and resident in the area

Associate Member – 18 years or over and not ordinarily resident in the area

Junior Member – 12 to 17 years old and resident in the area

It is simple, all you have to do is fill in the form which can be found online [HERE Trust Membership Form April 2024.pdf](#) (www.stratherrickcommunity.org.uk) or alternatively please email admin@sfctrust.org.uk and we can support you in this.

GRANT AWARDS NOTICE JUN – AUG 2024

The following grants were awarded at the Board meetings held on 14 August 2024 and out of rotation (June 2024).

STUDENT/EDUCATIONALGRANTS

£500 awarded to:

Holly Emmot; Roxana Beatrice Elgar;
Charlotte Page; Jersey Page;
Alexander Brown; Chantelle Lewis;
Annalise Beith

Individual Sporting Grants

£250 awarded to:

Ian Hepburn; Olivia Grant

Further details of the grants awarded are recorded in the minutes of the meetings available on the Trust website
www.stratherrickcommunity.org.uk

Applications for the next grant meeting to be held on 2 October 2024 are now closed.

Applications for the grant meeting to be held on 4 December 2024 to be submitted to the Administrator by 21 October 2024.

The Grant Application Forms and further information are available on the Trust website www.stratherrickcommunity.org.uk or email admin@sfctrust.org.uk

DANCEFIT & PILATES AT STRATHERRICK PUBLIC HALL



DANCEFIT

Mondays - Gorthleck Hall 7pm

Would you like to;

- improve the condition of your heart and lungs.
- increase muscular strength, endurance and your motor fitness.
- increase aerobic fitness.
- improve your muscle tone and strength.
- lose weight or just manage it.
- get stronger bones and reduce the risk of osteoporosis.
- develop better coordination, agility and flexibility
- release your endorphins to help reduce stress and improve your sense of well-being.

If the answer is YES, then why not come along. We start with 45 minutes of dancing to a good range of music which includes current hits, past hits and world wide music from meringue, salsa hip hop and rumba... just like in Zumba!

It's not about whether you can dance or have coordination, it's about having fun with like minded people and leaving your inhibitions at the door

We then move on to doing 30 minutes of toning combined with some Pilates and stretching but,

this section is optional so if you don't want to stay you don't have to.

**£6.50 for both sessions
or split £4.00/£3.50 respectively**

Make sure you wear trainers, comfortable clothing to exercise in & bring some water.

PILATES

**Wednesday 10am and 7pm
1 hour session £5.30)**

Or... if dancing isn't your thing but still want a whole-body level of fitness without having to do cardio then why not try Pilates.

Pilates involves precise moves/exercises with specific breathing techniques and there is also a focus on stretching which:

- improves your performance in physical activities
- Decreases the risk of injuries
- Helps your joints move through their full range of movement
- Increases blood flow to the muscles
- Enables muscles to work effectively
- Improves your ability to do daily activities

Why not come along and give it a go? No need to book, just attend as and when you can. Not only do you get to exercise in a supportive group setting, but you'll have fun doing it.

Tel: 07824 387162 E: susettefisher@btinternet.com

WINTER WELLBEING AT SCOTSHAVEN HOLISTIC THERAPIES & YOGA

As Winter approaches it's important to take time to think about both your mental and physical wellbeing. Winter in the Highlands can be hard, the days are short and the weather can be bleak, so taking care of yourself is more important than ever.

Most of us slow down during the winter and spend more time indoors, we exercise less, eat more, may become stiff and achy from the cold damp weather and our mood can become low. As the daylight hours shorten, we spend less time outside connecting with nature and keeping ourselves fit.

It's quite common to feel lonely and suffer from low mood or depression during the dark Winter months. A good way to help with these feelings can be to join a local group, mix with like-minded people, get outside as much as you can and keep both your mind and body active.

Here at Scotshaven Complementary Therapies and Yoga we have a full timetable of classes, events and therapies available throughout the winter, all of which will help you relax, combat stress and anxiety, keep your body healthy and flexible, help with pain and discomfort and give you the opportunity to spend time with a really friendly bunch of people.

We also offer a 10% discount on all of our complementary therapies for residents of Stratherrick and Foyers.

Here's just some of what we have to offer you, right on your doorstep –



The flyer features a logo on the left with a tree and the words 'Mind', 'Body', and 'Soul'. The main title is 'Scotshaven Holistic Therapies & Yoga' with the address 'Gorthleck, Highlands of Scotland'. It lists 'Group Yoga Sessions' on Monday, Tuesday, Thursday, and Friday. A 'What we Offer' section lists various services like Swedish Massage, Hot Stone Massage, Aromatherapy Massage, Indian Head Massage, Reflexology, Facials, Monthly Winter Sound Baths & Stretch Evenings, Sound Therapy, 1 to 1 Yoga Classes, Weekend Yoga Retreats, Yoga & Meditation Classes, Bespoke Wellbeing Sessions, Monthly one Day Yoga Retreats, and Reiki. A 'Gift Vouchers Available' box is also present. The background includes a circular inset of a person in a yoga pose and a woman receiving a massage.

Scotshaven Holistic Therapies & Yoga
Gorthleck, Highlands of Scotland

Group Yoga Sessions

- Monday 10am-11am
- Tuesday 7pm-8pm
- Thursday 7pm-8pm
- Friday 10am-11am

What we Offer :

- ✓ Swedish Massage
- ✓ Hot Stone Massage
- ✓ Aromatherapy Massage
- ✓ Indian Head Massage
- ✓ Reflexology
- ✓ Facials
- ✓ Monthly Winter Sound Baths & Stretch Evenings
- ✓ Sound Therapy
- ✓ 1 to 1 Yoga Classes
- ✓ Weekend Yoga Retreats
- ✓ Yoga & Meditation Classes
- ✓ Bespoke Wellbeing Sessions
- ✓ Monthly one Day Yoga Retreats
- ✓ Reiki

Gift Vouchers Available

www.scotshavenwellbeing.com

More details on all of the above are regularly posted on our Facebook page and can be found on our website www.scotshavenwellbeing.com

If you'd like any further information or to join one of our classes, please don't hesitate to contact Gill or Alannah on 07808 803445/07415 763836

E-mail – scotshaven.therapies@btinternet.com @ScotshavenHolisticTherapies
scotshaven_holistic_therapies

MEGS' MINDFUL MOVEMENT

It's been another busy year for Meg's Mindful Movement with still lots to come! Every Monday at 7.30pm I hold a Connecting Carers Relaxation Online class and on Thursdays I run an Online Chair Yoga class at 10.30am.



With the winter nights drawing in I will be running an Online Relaxation class (open to all) from the 28th of October at 8.30pm. Please drop me an email and I will send out all the necessary links to get you

involved. I have also just completed a 6-month pranayama (breathing techniques) course, and I am currently studying Insight Meditation. I also hold a monthly Total Relaxation One

Day Retreat based on gentle mindful movement, meditation and relaxation – please email me for dates at meg.somerville@gmail.com to book your spot!

HIGHLAND RETREATS

I am also very excited about our November Weekend Retreat which I am in collaboration with Lindsey at Libra Holistics.

Built on the principles of mindful living, this Highland Retreat aims to awaken your inner self. The itinerary is comprehensive, with breaks woven throughout for you to relax, rest, explore, and connect with like-minded individuals.

immersive Retreat will allow a new mindset to develop, leaving you feeling rested, refreshed and reset for the Winter season. Embrace the opportunity to digitally detox and centre your attention on personal well-being within an alcohol-free setting.

Included in this retreat is your luxury accommodation in the immaculate House by the Loch on the shores of Loch Duntelchaig, free from light pollution, lots of fresh highland air, amazing views up Loch Duncheltaig and with locally sourced and freshly

prepared vegan meals made especially for us by our Chef. If you would like to book one of our final spots, then please email info@highlandretreats.co.uk.



Set in the stunning countryside of the Highlands of Scotland just 10 miles outside Inverness: this fully



LIBRA HOLISTICS
Helping bring balance in to your life



WHITEBRIDGE HOTEL

The Whitebridge Hotel
We've had a fantastic summer season at the Whitebridge Hotel; we hosted guests from all around the globe and left them with fond memories of The Whitebridge Hotel and South Loch Ness. All of which is only possible with the support of our fantastic team and local community.



Our Easter Sunday celebrations had us all posing in true Whitebridge tradition – with the Easter Bonnet! Our bonnet wearers were all up for a laugh, the duck-faces

were in abundance which created lots of fun for all of our diners. The Bonniest Bonnet wearer took home a chocolate Easter egg.

Next up was Father's Day- Team Whitebridge had their moustaches manicured for the occasion as we celebrated all the wonderful Dads who dined with us on the day. Our best 'Dad- Joke' competition was a hit with everyone on the day, however, the jokes did get worse as the day went on!!



The winner of the best 'Dad-Joke' took away some craft beers for his efforts, for anyone who missed the joke, here we go – “did you hear about the invisible tractor?” “it went down the road and turned into a field” boom, boom!!

We continue to host many special events for our local community including birthdays, anniversaries and engagements, if you are dining with us and have a birthday or special

celebration, let us know and we will do our best to join in the celebration by decorating your table and/or singing birthday wishes. We do like a good auld sing-song at The Whitebridge.

If you are a larger group looking for a private dining experience, why not book our Victorian dining room, where we will do our best to cater for your gathering and decorate the room to meet your requirements.

Our reputation for good food continues to grow throughout the Highlands, where people are traveling from near and far to dine with us; our online reviews have been very encouraging and motivational, as a result our creative kitchen team has gone from strength to strength in delivering what many describe as being “some of the best food the highlands has to offer”.

As we move into the colder months, we have programmed some events that are sure to tickle your fancy, these include – Whisky and Chocolate tasting / Wine tasting / Murder Mystery/ Fancy dress party/ Christmas party nights throughout December/ Christmas Day lunch and our ever popular Hogmanay bash – follow us on Facebook for further information on the events listed or contact us directly info@whitebridgehotel.co.uk.

From November to March we like to offer a local discount on our rooms for people living in the area. This is our way of thanking you for your custom all year round, offering you the chance to have a discounted room where you can kick back and relax without the worry of driving home. Get in touch if you would like to take advantage of this offer.

We currently have an offer running for a discounted room stay - stay 4 nights or more from 7th October to 22nd December and get your last night free! This might be of

interest to visiting family and friends.

Our local residents' discount cards have proven to be popular, offering a 10% discount when dining with us as well as draught beers. If you don't yet have your discount card, pop in with proof of address and we will arrange a card for you. Discount cards must be presented to your server to allow the discount to be added to your bill.

Once again, we would like to take this opportunity to thank our fantastic team who are

very much committed to delivering true Highland hospitality, we couldn't do it without you, you look after our old girl like it's your own and always with a smile!

If you haven't yet made it along to the hotel for a drink or a bite to eat... don't be shy, come say hello, grab a cosy corner and enjoy our relaxed vibe while our friendly staff make you feel at home.

Bella & Lesley



WEAVE A REINDEER?

Weave a reindeer at Inspiration Scotland in Gorthleck on the 24.11.2024

Weave a reindeer (or two) in this workshop. It is a project that is suitable for beginners as well as more experienced willow enthusiasts.

You will learn a new pattern and also basic things about willow weaving.

The workshop runs from 10 am to 1 pm. Bring your own lunch. Price £ 30, includes tuition and all material (the willow and one beautifully handcrafted birch base). You need to pay a £ 10 non-refundable deposit to secure your place.

Contact Christiane to book a place either at info@inspiration-scotland.com or through Facebook Christiane Morley Inspiration Scotland www.facebook.com/people/inspiration-scotland/100063533055215/



AUTUMN

PHOTOGRAPHY

COMPETITION

SUBMIT YOUR PHOTOS NOW FOR AUTUMN!
 THINK BIRDS/ FLOWERS/ LOCHS/ LANDSCAPES/ CHANGING COLOURS
 ANYTHING CELEBRATING OUR COMMUNITY!
 PHOTOS WILL BE USED IN FUTURE
 MAGAZINES/NEWSLETTERS & ON THE WEBSITE

UNDER 16'S WINNER - £20 CASH PRIZE
 OVER 16'S WINNER - £20 CASH PRIZE

DEADLINE - 31ST OCTOBER 2024
 SEND YOUR ENTRIES INCLUDING YOUR NAME TO
COMMUNICATIONS@SFCTRUST.ORG.UK OR SUBMIT ON THE FB POSTS

CONDITIONS APPLY- PRIZE MONEY TO BE SPENT LOCALLY

IMAGE CREDIT - ROS NICOL

SFCT
 Scottish Federation of Community Trusts

MANY THANKS TO OUR FUNDERS

This newsletter is made possible by community benefit funding from SSE Renewables, Greencoat and Green Highland Allt Luaidhe (228) Limited.



SUMMER COMPETITION WINNERS

Congratulations to Louise Lightbody on winning the coveted photography competition for Summer 2024! It's a beautiful photo and a well deserved winner. Thank you to every single one of you that took the time to send in your entries and we can't wait to see what you send in for Autumn! Simply send your entries to communications@sfctrust.org.uk before the 31st of October to be in with a chance of winning a £20 cash prize! Good luck!



YOU ARE INVITED TO THE
STRATHERRICK & FOYERS COMMUNITY

Christmas MARKET & LIGHT SWITCH ON

DECEMBER
SATURDAY | 7th | 3-7pm

THE WILDSIDE CENTRE
LIGHT SWITCH ON AT 5:00PM

CAIRNGORM REINDEER | REFRESHMENTS
CAROLS WITH STRATHERRICK SCHOOL
LIGHT DISPLAY | SANTA & ELVES
KIDS ACTIVITIES | FREE ENTRY



WWW.STRATHERRICKCOMMUNITY.ORG.UK



WOULD YOU LIKE TO BE PART OF OUR CHRISTMAS MARKET AT THE COMMUNITY LIGHT SWITCH ON AT THE WILDSIDE CENTRE ON SATURDAY 7TH DECEMBER FROM 3-7PM?

If you are a community group or a business, we would love to hear from you. Whether you sell food, crafts, cakes or simply would like to promote your group, then please email pc@sfctrust.org.uk by the 31st October so we can include you in our already exciting line up!