Good bye, Lady Ross!

After a last devastating fire in August, it is expected that the building will be demolished very soon.

About eight years ago, The Lady Ross closed its doors for the last time. Since then the community has had to look on as the building slowly deteriorated to a sad shadow of its former self, blighting the centre of the village. But all that is about to change.

(Goodbye, Lady Ross! (Page 4))

Garrchoille Community Wood recovers from the fire and has a very busy summer of events (Page 16)

The Community Broadband project does not seem viable

But Digital Scotland Superfast Broadband (DSSB) fibre will reach further than anticipated

The previous update on the community broadband project for the Kyle of Sutherland area outlined that the next step was waiting for confirmation on which postcodes would not be covered by the Digital Scotland Superfast Broadband (DSSB) fibre roll out programme and therefore would be eligible for a community broadband project.

Information from the DSSB team is that mainstream fibre coverage is reaching further than initially anticipated. The team has consistently sought to maximise coverage within the current contract. In addition, high take-up and costs savings mean that additional funding is being re-invested into the DSSB programme. Whereas at the start of the DSSB contract it looked unlikely that parts of your community would be drawn into the programme, the good news is that now, better broadband will be available to more of the Kyle of Sutherland area through the mainstream programme. (Continue on page 5)

Bonar Bridge wins Best Kept War Memorial competition

Page 8

This Autumn, watch out for red squirrels in Ardgay & District

Page 19

What's on in the area, Opening times, Telephone guide, Bus & Train timetable, Crosswords, Sudoku...
The nights are drawing in, Autumn is creeping up and before we know it, Winter will be upon us! It is important to stay warm during this period to help keep you and your family healthy.

Contact Sarah and Cat at the CHESS Team today for advice on how to do so and find out if you are eligible for; placement on your supplier’s Priority Register, government funded schemes towards keeping your home cosy and payments towards winter fuel bills.

Phone: 01863 760 050
Website: www.cosyhomes.scot (where you can access our blog)
Pop in and see us in person; we are located in the Trust Offices, Dornoch Road, Bonar Bridge (opposite the bank)
ARDGAY NEWS

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EDITOR’S LETTER

Changes

Once again I have to thank all who have sent letters of encouragement and donations to this project. A big thank you to our volunteer contributors and distributors. It is exciting to know that the centre of our village will have new life soon. It is a shame that the Community Broadband project we announced a few months ago seems now not possible, and most probably some households in our area will be left out of the superfast broadband coverage for now. I hope you will enjoy the beautiful colours of this season, and find time to join a group or attend some of the events listed in our ‘what’s on’ page.

Silvia Muras Editor
Ardgay & District News

Balognoux Arms Hotel / The Lady Ross:

Opening of the first bridge at Bonar.

Opening of the second Bonar Bridge.

In 2008 the proprietor of the Lady Ross ceased trading and put the property up for sale. It is now derelict and a blight on the rest of the village. The site measures approximately one acre and includes the main building, parking areas, a barn - which was part of the original Balnagown Arms Hotel -, shed and back yard.

ARDGAY REGENERATION PROJECT

Thanks to the prompt action of the Kyle of Sutherland Development Trust, in partnership with the Highland Council, funding to clear the site and regenerate the old barn has been secured. Demolition of The Lady Ross will commence soon and the refurbishment of the old barn to provide affordable space for small businesses will follow. The outline plan also includes a small terrace of houses and two house plots. Discussions are ongoing with the Highland Council and Highland Small Communities Housing Trust to decide on the best options for the housing. It is hoped that these developments will bring new life back to the centre of the village.

NEW BUSINESS HUB

As part of the regeneration project the barn will be converted into 200m² of business space. When complete in 2017, it will house the Development Trust and its existing tenants but will additionally be offering for rent space for other small and start-up businesses.

To register your interest contact Sasha on: scotgrad@kyleofsutherland.co.uk or 01863 766190.
Ardgay & District News

two centuries at the heart of Ardgay Village

Opening of the third Bonar Bridge.

The opening of the Dornoch Bridge drastically reduces the amount of traffic passing through Ardgay.

On the 12th April, The Lady Ross building suffers partial damage from a fire. The business continues for two years before finally closing.

The KoSDT launches “Gateway to Sutherland”, a project to regenerate the centre of Ardgay.

In June 1959, a new building opens in place of the Hotel, The Lady Ross.

The place is a successful cafe, bar, post office and pub for several decades.

On the 11th August, the derelict building awaiting demolition suffers yet another devastating fire.

AN OPEN MARKET REVIEW WILL LOOK AT BROADBAND COVERAGE IN THE AREA AGAIN THIS YEAR

Kyle of Sutherland Community Broadband unlikely to go ahead

(Starts on front page)

This means that the number of premises still needing a solution is now smaller.

In relation to the local plans for a community project, it may be challenging to find a third party contractor who would be interested in designing, building and operating a broadband project on behalf of the community due to the dispersal and relatively small number of premises still needing a solution. Another option of a “self-build” community broadband model would require a significant amount of volunteer effort to build and run the network and would likely face challenges in terms of ongoing financial sustainability.

SCOTTISH GOVERNMENT COMMITMENT

However, the Scottish Government has made a commitment to reach 100% of premises in Scotland with superfast broadband (30 mbps and over) by 2021. An Open Market Review (OMR) later in 2016 will look at broadband coverage again. It will identify where customers can’t access superfast speeds and assess what commercial plans there are to deliver superfast broadband.

An Open Market Review later in 2016 will look at broadband coverage again

The information gathered will provide information on broadband speeds at a premises level, giving a clear picture of exactly who still needs a solution. This will identify an intervention area, and will allow new solutions to be procured to extend superfast speeds further.

The options have been discussed with the Kyle of Sutherland Development Trust who felt that the route to ensuring the best broadband outcome for the area was to look at the data from the OMR when this comes through and to decide how to best serve premises currently served by less than 30 mbps.

Sarah Marshall,
Community Broadband Scotland Adviser
Ardgay & District News

Photo album

Kyle of Sutherland Gala Week 2016

The Queen with her attendants.

Sports day: Sack race.

(Above) Bear Grylls Survival.

Bubble football.

ARDGAY & DISTRICT COMMUNITY COUNCIL: BETTY WRIGHT, Chairperson, SILVIA MURAS, Vice Chair, MARION TURNER, Treasurer, SHEILA LALL, ROB POPE, ANDY WRIGHT, LESLIE POPE, Secretary (Associated member), MARY GOULDER, Minute Secretary, GEORGE FARLOW, Councillor (Member ex officio)

HOW TO CONTACT
ARDGAY & DISTRICT COMMUNITY COUNCIL

By phone
01549 421 244 (Leslie Pope, Secretary)

By mail
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The Cottage, Culrain, Ardgay IV24 3DW

Email
secretary@ardgayanddistrictcommunitycouncil.org.uk

Website
www.ardgayanddistrictcommunitycouncil.org.uk

Facebook
Ardgay & District Community Council

Drop-in Sessions
We will be holding clinics from 1 to 4 pm at the Ardgay Stores on the following dates:
8 OCTOBER & 12 NOVEMBER
Please stop by for a cup of tea/coffee and chat.

In person
Just contact any member you know or come along to our meetings at Ardgay Public Hall, at 7 pm. Next meetings:
14 NOVEMBER & 12 DECEMBER

COUNCILLORS NORTHERN, WEST & CENTRAL SUTHERLAND
George Farlow 7, Seaforth Road, Ullapool IV26 2UY
Tel 01854 612 780 george.farlow.clr@highland.gov.uk

Hugh Morrison Orcadia, Liner, Durness IV27 4QB
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MP CAITHNESS, SUTHERLAND & EASTER ROSS
Paul Monaghan House of Commons, London, SW1A 0AA
Tel 0207 219 8485 paul.monaghan.mp@parliament.uk
Ardgay & District News

Falls of Shin Community Project is coming to fruition

After appointing a contractor, Falls of Shin Community Project are now seeking expressions of interest for the catering and retail lease at the new Falls of Shin visitor attraction.

William Gray Construction Ltd will commence work on site in September with the expected opening in 2017. During this phase of the project the future operator will be sought to lease and operate the Café and Gift Shop in partnership with the Kyle of Sutherland Development Trust. This is a rare and exciting opportunity to be a part of this new development at such a well known site. To register your interest contact Valerie on 01863 766 190 or fosofficer@kyleofsutherland.co.uk. The closing date for Expressions of Interest is at noon on the 30th September 2016.

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NO MATTER WHO YOU CHOOSE TO BUY YOUR ELECTRICITY FROM

105, new number to report power cuts

105 is a new number that you can call to report or get information about a power cut. It will put you through to your local electricity network operator – the company that manages the cables, wires and substations that bring electricity into homes and businesses in your area.

105 is a free service for people in England, Scotland and Wales, and you can call the number from most landlines and mobile phones. It doesn’t matter who you choose to buy your electricity from - anyone can call 105.

You can also call 105 if you spot damage to electricity power lines and substations that could put you, or someone else, in danger. If there’s a serious immediate risk, call the emergency services too.

Don’t be left in the dark. Call 105. To find out more, visit powercut105.com.
IN THE 2016 LEGION SCOTLAND HIGHLANDS AND ISLANDS BEST KEPT MEMORIAL COMPETITION

Bonar Bridge, best kept War Memorial 2016

The judge gave the Memorial the maximum score of 103 and said “This monument is in pristine condition. It is a beautiful memorial recently refurbished, instigated by the hard work of the local Legion Scotland Branch. The borders are neat and tidy with plenty of colour.”

Ardgay War Memorial was entered in the War Memorial without Gardens category and obtained a score of 102, just being pipped by the Fort William War Memorial which was awarded the maximum score. The judge said “This monument is in pristine condition each year and a credit to those looking after it.”

Both these War Memorials are looked after by the Creich and Kincardine Branch of the Royal British Legion Scotland with a rota of volunteers also helping at the Ardgay Memorial.

Branch Secretary Fiona Porter said “We are really delighted by these results. With the Rosehall War Memorial winning the national New Entry category last year we are very proud of our War Memorials and grateful to all those who help look after them. We do all this to show our respect and to remember the fallen who gave their lives for our futures, including those who died at the Somme 100 years ago.”

The Bonar Bridge War Memorial underwent a major refurbishment 2 years ago after the Branch obtained funding. This year the Branch has obtained funding from the Big Lottery Fund to purchase a new Queen’s Colour and Branch Standard. The Branch Standard must be dedicated before it can be used and this will be done in a service at Creich Church on Sunday 25th September. The day will start with a march from Tulloch Road to the Church for the service at 11am. The march will be lead by Tain Pipe Band and massed Standards. After the service there will be a march from the church to the War Memorial, where the Lord Lieutenant will take the salute.

So that the War Memorial looks immaculate on the day, the Big Lottery funding included repointing the top stones, improving the steps round the War Memorial, an extra coat of paint for the railings and a new chain to hold the wreaths. Branch members have been sent personal invites to the service and a complementary soup and sandwich lunch in Bonar Bridge Hall, which will be served by Lowecroft catering. But the Branch hopes many members of the community will come and support us at the parades and service and join us for lunch.

Scotland’s youngest community councillor

A schoolboy from Peebles in the Scottish Borders is the youngest in Scotland to become a community councillor. Ben Durkin, 16, has been given the role as minutes secretary at Peebles CC. The Peebles High School pupil was given the chance to serve on his community council after the voting age was dropped to 16. “Being able to represent the younger population is very important,” he said, “we are a large part of the community so we should have a say.”

Calum, tenth Highland Youth Convener

Calum MacLennan (18) from Alness took up the role of Highland Youth Convener and will spend the next 12 months working with the Highland Youth Parliament, Area Youth Forum and Pupil Councils in secondary schools across the Highlands. As the tenth Youth Convener, Calum will be based at High Life Highland’s Head Offices in Inverness fulfilling the bursary position until August 2017.
Sutherland Sessions

**music summer of gigs**

Sutherland Sessions has been organising a summer of music in the area. It hosted Saltfishforty on the second half of their Scottish tour in Ardgay Hall on Thursday 14th July. Brothers in law Douglas Montgomery (fiddle/viola) and Brian Cromarty (songs/guitar/mandola) played a foot stomping gig for the audience. The Orcadian powerhouse partnership have known each other since primary school and have been playing together as a duo since 2002. The crowd heard a real mixture of some folk music from Orkney and Shetland, contemporary American bluegrass and everyone enjoyed a singalong to “Oh Dear Oh” including some of their family (fishwives and bairns) who joined them on stage.

Sutherland Sessions is made up of a few friends promoting music and organising gigs around the county. They were delighted to recently receive funding from Stronger Sutherland to promote a summer of music. Orcadian fiddler Louise Bichan and friends supported by the Feis Chataibh Ceilidh Trail played at the Pier Café in Lairg on 27th July. On Friday 12th August Rosehall Village Hall had a fantastic evening of traditional Gaelic songs from the North West Highlands with Sutherland group Drine as part of their tour launching the album “Drine, The Songs of Rob Donn”. On 19th August Jo Philby, a popular Orkney based singer/songwriter played in the Coffee Bothy Golspie. Jo was joined by Orcadian born Elaine Grieve who sensitively accompanied on mandola & guitar with beautiful haunting harmony vocals.

If you are interested or want to get involved with Sutherland Sessions please contact them using the details below.

**sutherlandsessionsmusic@gmail.com**

**@suthsessions**

**Sutherland Sessions**

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**ARDGAY & DISTRICT Community Council newsletter**

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**LAMIGO BAY JOINERY • HOUSE EXTENSIONS**

07921 293 334
Andrew Mackenzie

**Contact us for a quote**

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**Please send us your comments, letters, suggestions or contributions. Visit www.ardgayanddistrictcommunitycouncil.org.uk**

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**Ardgay Stores & Highland Café**

**OPENING TIMES:**
Monday 7am-8pm
Tuesday 7am-8pm
Wednesday 7am-8pm
Thursday 7am-9pm
Friday 7am-4pm
Saturday 8am-8pm
Sunday 8:30-7pm

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**Contact us at ardgaynewsletter@gmail.com**
How to apply for Community Awards

**SMALL PROJECTS UNDER £250**

**The Beinn nan Oighrean Windfarm Awards**

- Go to Ardgay & District CC website: [www.ardgayanddistrictcommunitycouncil.org.uk/funding](http://www.ardgayanddistrictcommunitycouncil.org.uk/funding) where you can find full details and download the application form.
- Send your completed application form to secretary@ardgayanddistrictcommunitycouncil.org.uk

**PROJECTS UNDER £2,000**

**The Beinn Tharsuinn Windfarm Community Benefit Fund**

- Go to [http://ardgayanddistrictcommunitycouncil.org.uk/funding/windfarmcommunitybenefit/](http://ardgayanddistrictcommunitycouncil.org.uk/funding/windfarmcommunitybenefit/) to download the guidelines and application form.
- Send your completed application form to secretary@ardgayanddistrictcommunitycouncil.org.uk or alex.macmanus@highland.gov.uk

**BETWEEN £2,000 AND £10,000+**

**SSE Achany Community Fund**

- Visit the fund’s page [sse.com/beingresponsible/responsiblecommunitymember/localcommunity-funds/achany](http://sse.com/beingresponsible/responsiblecommunitymember/localcommunity-funds/achany) for more info and to download the application form. Please note that there are two different forms: £2,000-£10,000 and £10,000+.
- Complete and return to fiona.morrison@sse.com or by Royal Mail to: Fiona Morrison, Corporate Affairs, SSE, 10 Henderson Road, Inverness, IV1 1SN
- Next deadline: 31 October 2016

**BETWEEN £2,000 AND £25,000+**

**E.ON Rosehall Community Fund**

- You can apply online or download the application forms (£2,000-£25,000 and £25,000+).
- Alternatively, you can contact Carol Elliot by email carol@foundationscotland.org.uk or call 07500 779 227 if you require any further information or advice.
- Next deadline: 31 October 2016

Latest Beinn Tharsuinn Windfarm Community Benefit Fund Awards

(Ardgay)

Since our last newsletter, the following awards have been made:

- **Invercharron Highland Games** - £872 towards improving the facilities at the Highland Games 2016.
- **Kyle of Sutherland Development Trust** - £2,000 towards the purchase of the car park at Falls of Shin.

Decisions on this fund are made by Ardgay & District CC, at a private session after regular meetings. Visit www.ardgayanddistrictcommunitycouncil.org.uk for more info.

E.On Rosehall Community Fund: Awards made in Year 4

Decisions are made by the SSE & E.ON Community Funds Panel, serving the CC areas of Ardgay & District, Creich and Lairg.

- **Kyle of Sutherland Development Trust** - £6,000 to provide awards to people who are in need and living in the community.
- **Ardgay Public Hall Committee** - £2,000 to convert existing storage space into a cleaner’s cupboard.
- **Lairg & District Community Initiative** - £6,428 install seating and public art and path improvements in the community woodland.
- **Kyle of Sutherland Development Trust** - £4,000 to contribute to the cost of employing a Scotgrad associate for 1 year.
- **Kyle of Sutherland Development Trust** - £15,000 to contribute to the cost of building a terrace of 3 one bedroom houses on land at Bonar Bridge Post Office.
- **Ardgay & District Community Council** - £5,000 to contribute to the cost of producing a quarterly newsletter for 3 years.
KEEP ACTIVE TOGETHER (KAT)

CEILIDH TEA DANCE

Come along and enjoy a dance, tea, cakes and a wee blether.

Wednesday, 28th September
2pm-4pm
Rosehall Village Hall
£2 admission
Ardgay & District News

EAST & CENTRAL SUTHERLAND COMMUNITY CARE FORUM (ECSCCF)

Volunteers needed for the Friends at Home service and new Foot Care Awareness pilot project

The Forum provides a befriending service to supplement personal care and promote resilience. The group is also aiming to set up a free toenail cutting and foot health advice service.

Continuing to live at home proves the best option for older people but losing the ability to cope with day to day tasks can make this difficult. People recovering from serious illness or with a permanent disability often face problems despite allocated care provision. The Friends at Home Service (incorporating Good Morning Sutherland) can enable people to attend clinics, continue their usual activities and manage the running of their household. It can provide a friendly face and ear when people feel at their most isolated and vulnerable.

When a referral is received the Development Worker visits to assess which options would most suit:

- A daily morning ‘phone call to make sure all is well, discuss any worries and summon help if necessary.
- A weekly visit providing companionship, help with simple household tasks, running errands to shops, library etc.
- A weekly visit which might include transport to an activity, to keep an appointment, to church, for a coffee, for a run out.

Referrals for Friends at Home can be taken from individuals, Health or Social Care professionals, friends or relatives. Anyone interested in the service please use the contact details below.

FOOT CARE AWARENESS

The Forum is presently running a Foot Care Awareness pilot project. It is important to recognise the need to maintain good foot health care in order to maintain effective mobility and prolong independent living. The Foot Care Awareness project is holding sessions led by a professional podiatrist to give advice on general foot health and consult with attendees. It is carrying out a survey on attitudes to foot care for people aged 50 and over and a consultation with health professionals to investigate the need for a nail care and advice service. Early results show that most people are concerned about their foot health, that many are paying a professional podiatrist for treatment which does not require full podiatry skills and that some still managing their own care are worried about being able to pay in the future if they cannot access the NHS Podiatry Service. We hope that at the conclusion of the pilot project we will have evidence pointing to the need for a nail cutting and advice service.

Volunteers

We are seeking more volunteers to support our expanding service. Being a Friend is a chance to give something as a volunteer through your time and commitment and every Friend has stories of what they get back in return. If you are interested in becoming a Friend then please contact us.

Isobel Murray, East & Central Sutherland Community Care Forum Development Worker
☎ 07907595962
✉ isobelesccf@yahoo.co.uk.

Success of the Senior Safe and Well Highlander Event at Rogart

The well-attended event was a partnership between The Highland Third Sector Interface, VG- ES, NHS Highland, Highlife Highland, Police Scotland, Scottish Fire & Rescue Service and The Highland Council. The aim for the day was to provide older people in Sutherland with relevant local information and also hear what their worries and challenges are. Some of the activities of the day included a presentation on keeping your brain active, an inter-active Otago demonstration, a sketch warning of the dangers of bogus callers, talks on fuel poverty & on fire safety, along with group questions and discussions.
Ardgay & District News

THIS YEAR’S CHRISTMAS FAIR WILL BE ON THE 26TH NOVEMBER

Ardgay Public Hall Committee is holding its AGM in October

The Hall has recently managed to get funding for insulation and its new legal structure has finally been approved.

With Autumn just around the corner the hall committee is pleased to be able to report its successful funding application to the Highland Council’s Carbon Clever Fund has now enabled the loft space above the lobby/toilet/kitchen & committee room area to be snuggled down with a nice thick layer of insulation. The area above the back of the stage has been similarly treated too. This is another small step towards mitigating both the hall’s environmental impact and its heating costs. Further measures are still being investigated, for instance, installing solid insulation onto the inside of the two exterior walls of the committee room. Do you have any other viable suggestions? If so, please get in touch.

It is crucial that you support the committee’s fund-raising efforts if you want to see the hall’s refurbishment continue. Currently plans are afoot to hold a Silent Auction with many diverse items for sale, for example a Family Pass to the Camera Obscura in Edinburgh or a family ticket to any home game for 2016/17 season at Ross County Football Club. Please look out for the posters for this event, then come and join in the fun.

There is one date you don’t have to think twice about when it comes to filling in your calendar and that’s the last Saturday in November – it falls on the 26th this year – but as always this is the day of the hall’s Christmas Fair. And it’s not that far away. So, if you would like to book a table, or if you’re willing to volunteer to help on the day, please contact either Fiona (01863-766602) or Rhonwen (01863-766174) soon.

NEW LEGAL STRUCTURE

Something else which has happened in the last few weeks is that OSCR (Office of the Scottish Charity Regulator) has approved the transition of the hall’s legal structure from the original 1960’s Trust to a new SCIO (Scottish Charitable Incorporated Organisation). Bringing the governance of the hall firmly into the 21st century has truly been a long and complex journey, but it could never have been completed without the support of Rev. Anthony Jones, Mrs Kirsten Macneil and Dr. Chris Mair, who were the Trust Trustees. The committee are grateful to them all.

This changeover means that the future of the hall is now very firmly in the hands of the community it exists to serve. That being so, the committee appeal to you and everyone who lives in the area, whether you currently use the hall or not, to come to this year’s AGM in October, where the committee will report fully on these changes, the activities of the last year and discuss plans for the future. Everyone’s views are valid and everyone is welcome to participate – there’ll even be tea & biccys! ■ Rhonwen Copley, Secretary

All ready for Invercharron Highland games 2016

The Games will be running a bus service covering Ardgay and Bonar Bridge, linking with train times from Ardgay station to the games and return service in the late afternoon. This year’s chieftain is the Crime Writer Val McDermid.

New group Friends of John O’Groats Trail

The Scottish Charity Friends of John O’Groats Trail is currently working on the long range footpath from Inverness to John o’Groats and is helping to upgrade the section that runs through Sutherland from the Dornoch Bridge to Navidale. Volunteers are always welcome to ‘waymark’ make up stiles and clear brush/scrub. This is a really nice path along Sutherland’s beautiful East Coast. For more information, please contact Jay Watson: jbw243@gmail.com or 07526 281088. Facebook page: Friends of the John o’Groats Trail.
# Weekly Activity Programme

**September/October 2016**

## Mondays
- **Ball Games**
  - Time: 2.45pm-3.45pm
  - Location: Bonar Bridge Primary
  - Fee: Free
- **Yoga**
  - Time: 7pm-8pm
  - Location: Bonar Bridge Hall
  - Fee: £2

## Tuesdays
- **Circuit Exercise Class**
  - Time: 10am-11am
  - Location: Rosehall Village Hall
  - Fee: £2
- **Ballroom/Latin Dance Class**
  - Time: 2pm-4pm
  - Location: Rosehall Village Hall
  - Fee: £2
- **Crafternoons**
  - Time: 2.30pm-4.30pm
  - Location: Bonar Bridge Hall
  - Fee: Free
- **Reflexology for Parents Course**
  - (6th-27th September. Booking essential)
  - Time: 7pm-8pm
  - Location: Bradbury Centre
  - Fee: Free

## Wednesdays
- **Badminton Club**
  - Time: 10am-12pm
  - Location: Ardgay Hall
  - Fee: Free
- **Creative Movement**
  - Time: 2pm-4pm
  - Location: Gledfield Primary
  - Fee: Free
- **Circuit Exercise Class**
  - Time: 7pm-8pm
  - Location: Ardgay Hall
  - Fee: £2
- **Beginner’s Art Class (October only)**
  - Time: 7pm-9pm
  - Location: Bonar Bridge Hall
  - Fee: £2

## Thursdays
- **Children’s Fun Hour**
  - Time: 10am-11am
  - Location: Ardgay Hall
  - Fee: Free
- **Latin Cardio Workout**
  - Time: 7pm-8pm
  - Location: Bonar Bridge Hall
  - Fee: £2

## Fridays
- **Children’s Art Club**
  - Time: 9.30am-10.30am
  - Location: Ardgay Hall
  - Fee: Free
- **Healthy Hearts Exercise Class**
  - Time: 10.45am-11.45am
  - Location: Ardgay Hall
  - Fee: £2
- **Whist Club**
  - Time: 2pm-4pm
  - Location: Bonar Bridge Hall
  - Fee: Free

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Keep Active Together (KAT) is funded by the Scottish Government. It is part of the Kyle of Sutherland Development Trust, which is a company limited by guarantee Scottish Registration: SC012741 and Scottish Charity: SC043587. Registered office: The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB.
What’s on in the area

**What’s on in the area**

**8 OCT.**

**“JAZZ IN THE VILLAGE” - INVERSHIN HALL**

*Ian Millar & Dominic Spencer saxophone & piano jazz duo*

"Jazz in the village" tour comes to Invershin on Saturday 8th Oct 2016 at 8 pm. Tickets £10 in advance from the Invershin Hotel or on 01549 421 369. Ian and Dominic play melodic improvisations on jazz standards and originals compositions. This is a fundraiser concert for the village hall.

**21 SEPT.**

**CLASSICAL MUSIC AT ARDROSS HALL**

*Mahler’s 9th Symphony*

Mahler’s 9th Symphony played by The Mahler Players. 8 pm. Tickets can be bought on the hall booking line: 01349 880 591 (free) or online on: www.ardrosscommunityhall.ticketsource.co.uk (booking fee). £16 and £14 conc. £5 under 26

**FROM EDEN COURT 11 OCT.**

*The Cheviot, the Stag & the Black, Black Oil*

From Tuesday 11th to Saturday 24th September. Dundee Rep’s acclaimed production tells the history and the tragedy of Scotland. Performed as a Highland ceilidh, with song, humour and drama, it remains as vital and relevant today as it was when first presented over 40 years ago. Post-Show discussion: Wednesday 12 Oct 10:10 pm

**FROM VARIOUS VENUES - DORNOC OCT.**

*Dornoch Whisky Festival*

Friday 28th to Sunday 30th October, take the chill off an autumn weekend by sampling local whiskies in front of a roaring log fire. More info at whisky@thecarnegiecourthouse.co.uk or in their website: www.dornochwhiskyfestival.yapsody.com

**26 NOV.**

**ARDGAY PUBLIC HALL**

*Ardgay Christmas Fair*

Our traditional Christmas Fair at Ardgay Public Hall: Carols, Santa’s Grotto, Raffle, Various Stalls, Teas, Coffee & Scones...

**21 SEPT.**

**ROSEHALL VILLAGE HALL**

*Ceilidh tea dance*

Wednesday 28th September, from 2-4 pm. £2 admission. Come along and enjoy a dance, tea, cakes, and a wee blether. Organised by Keep Active Together.

**FROM STRATHPEFFER PAVILION 24 NOV.**

**The Strathpeffer Art Fair**

Organised by the Friends of the Pavilion gives everyone the chance to browse or buy original work by professional, semi-professional and amateur artists working in the Highlands & Islands. 24 & 25 November from 10 am to 8 pm. 26 November from 10 am to 6 pm and 29 November from 10 am to 3 pm. Entry Free.

**28 OCT.**

**ROSEHALL FARM, DURNESS**

*Sheep dog trials*

Watch the skill of “one man & his or her dog” against the wiles of local sheep. The day starts at 8 am with the local entries and ends late in the afternoon as dusk falls. Around fifty-five competitors some running two and three dogs take part.
**Gearrchoille Community Wood**

**THE GEARRCHOILLE COMMUNITY WOOD HAS NOW A SHELTER, CONTAINER AND TOOLS**

**Summer of events at our community wood**

We’ve had a busy summer in the Gearrchoille. During our regular volunteer afternoons (first Thurs of each month) we finished construction of the shelter in addition to keeping the paths clear. A big thanks to all the volunteers who made this possible and to E.on Rosehall Community benefit fund for funding the shelter, container and tools.

What has been really exciting though is the interest shown by other community groups in using the Gearrchoille to host their own events – we had Puddle Jumpers from Dornoch organising their annual Quest and the Gala week invited Ian Paterson from Go Wild Highland to share his survival skills and willow sculpture – two events well supported with up to 30 participants.

Funding from the Beinn Tharsuinn community benefit fund allowed us to organise a couple of free events. We started with a return visit from Margaret Currie & Andy Scott, moth recorders for East Ross. A total of 117 moths of 18 different species were attracted to the traps set overnight – including several spectacular poplar hawk moths.

**Regrowth after the fire**

While taking a photographic record of the recovery in the Gearrchoille Community Woodland, since the fire in May, I have been astonished at how much of the area has recovered. I suspect that this was because the wood was wet at the time of the fire and the fire burnt superficially in most places. We set out posts in June to allow a recorder to monitor changes at specific points that had been surveyed years earlier. Few if any of the trees were killed by the fire, almost all have leaves on them and many have new shoots breaking from their bases. It goes without saying that the bracken has been unaffected by the fire and is thriving. Where in May and June there were blackened fingers of soot reaching through the wood, many of these are now obscured by tussocks of grasses whose roots went deep. In some of the areas where the fire appeared to have burned the hottest, there are now new shoots of blaeberry. I think we had a lucky escape, the damage could have been far worse.

Cherry Alexander
monitoring of the moth population in the Gearrchoille has been ongoing for several years now and this brings the total of species recorded to 128.

The following week Ian Paterson entertained a group of children and accompanying adults with a pond dipping session. Although the pond has become somewhat overgrown it still is home to a healthy population of pond skaters, newts, toads, froglets and dragonfly larvae.

GCW MEMBERSHIP

Although the most important support from local residents and visitors to the area is the time they spend in the woods – either attending community events or simply having a walk around, we do also need people to become members and we are always looking for volunteers to assist with regular maintenance in the wood. This demonstrates to funders that we have local support for the projects we ask them to fund and importantly also keeps the costs of running the community wood to a minimum. There is a membership form printed on this page. Betty Wright

gearrchoillecommunitywoodardgay.org.uk
gearrchoille@gmail.com
01863 755 316
GbeercholIie Community Wood

There are now 128 recorded species of moth (left). Some of the regular Thursday volunteers building the shelter (centre & right).
**Ardgay Scottish Country Dancing Club**

Classes start on the 4th October. Tuesdays from 7:30 pm in Ardgay Public Hall. Teacher Mrs Doreen Bruce. Everyone welcome. Extra tuition for beginners can be arranged at no extra cost. £2 with mid class refreshment

Contact: David Hannah
01863 766 061

**Kyle of Sutherland Joggers**

Leaders trained by Jog Scotland. All levels of fitness are welcome. Facebook: Kyle of Sutherland Joggers

Contact:
Eliza / Caroline / Gemma
07743 228 661
07799 391 281
07545 929 768

**Bonar Bridge Local History Society**

Organising events and history walks.
Contact: Moira Boothroyd
01549 441 761

**Scottish Women’s Rural Institute**

All ages welcome. Ardgay Public Hall 7:30 pm 3rd Tuesday each month / Culrain Hall 7:30 pm 4th Thursday of the month.

Contact: Mrs. Jean Jack
01863 766 646

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**Ardgay Walkers Club**

We meet the 4th Sunday of the month, all year round.

**SUNDAY 25 SEPTEMBER**

Invershin, Achany, Gruids Wood and Shin Falls. 10 Miles circular at low level. Starts from Invershin Hall at 10:00.

Leader: Jon Jenkins.
Tel: 01862 810382.
We are pleased to welcome occasional walkers or new members, but please contact us in advance.

Contact: David Hannah
01863 766 061

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**Kyle of Sutherland Cinema Club**

Film nights on the second and fourth Friday of each month starting on Friday 16th September. Free Entry. £2 Refreshments. Bonar Bridge Hall at 7:30 pm.

Contact: Silvia Muras
01863 766 690

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**Bonar Bridge Ardgay Golf Club**

Market Stance, Migdale Road, Bonar Bridge.
01863 766 199

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**Kyle of Sutherland Whist Club**

Whist drive series:

Admission £2 including tea.

Contact: Rosemary Logan
01549 421 282

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**Sutherland Radio Control Club**

By Ardgay Garage.
Facebook: Sutherland Radio Control Club
07703 196 005

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**Ardgay Badminton Club**

Thursday evening at Ardgay Public Hall. Starts again around the 20th October.

Contact: George Ross
01863 755 395
Contact: Gregor Laing
01863 766 223
Alternative sessions organised by KAT, Wednesdays 10 am - 12 pm.
01863 766 702

---

**Ardgay Badminton Club**

Classes start on the 4th October. Tuesdays from 7:30 pm in Ardgay Public Hall. Teacher Mrs Doreen Bruce. Everyone welcome. Extra tuition for beginners can be arranged at no extra cost. £2 with mid class refreshment.

Contact: David Hannah
01863 766 061

---

**Pilates**

Bonar Bridge Hall, Mondays from 10 to 11 am. Please call in advance.

Contact: Moira Chisholm
01862 810 786
Alternative Pilates group (KAT) 1.30pm-2.30pm, Ardgay Public Hall. Beginners welcome.
01863 766 702

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**Edderton & District Gardening Club**

Will resume their meetings on Monday 5th September, in Edderton Community Hall, at 7:30 pm. First Mondays of each month. Everybody is welcome. More information:
01863 766 061
01862 811 381

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**Tai Chi**

Ardgay Public Hall Monday 2:30 pm £2
Contact: Angela
01549 421 336
Children & Young people

GLEDFIELD PRIMARY SCHOOL

NEW P1 PUPILS

We are delighted to welcome Rebekah Lall, Magnus Macrae, Max Tripney, Dallas Mackay in to our P1 class.

RAG BAG

Just a reminder that we are always willing to take your old clothes and rags as part of our Rag Bag fundraising efforts. This is a very easy way for us to raise money for our school. You are welcome to drop off items to the school at any time.

- Kirsten Macneil Cluster Headteacher Rosehall & Gledfield Primary Schools

It was the end of the summer. Morag and Hamish were gathering hazel nuts in the forest. Morag found a big pile of nuts in a hole at the base of a tree and started to pick them up. From a branch of the tree a voice said, “Excuse me, these are my hazel nuts, that’s my winter store!” It was a little red squirrel. Morag said she was sorry and the squirrel replied, “I will throw down some nuts that you can have.” A couple landed on Hamish’s head which was quite funny.

GAME: There is a dragonfly hiding on the pages of this newsletter, can you find it?

Wildlife

RED SQUIRREL

- Contrary to popular myth, red squirrels don’t hibernate. - Squirrels can be either right or left handed. We can tell this by looking at the teeth marks left behind in pine cones once they’ve been eaten. - A red squirrel’s tail is particularly important. They are used for balance, communication, as an aerofoil when jumping and as a cosy blanket! - Reds use their tufty ears to help express how they’re feeling – a bit like a dog. - There are only about 120,000 red squirrels left in Scotland. - To report a sighting go to www.scottishsquirrels.org.uk
From the Manse...

"A Sower Went Forth To Sow"

Dear Friends, we are nearing Harvest time again and already the fields are ripe with grain. Our minds turn to the stories of Jesus about 'reaping and sowing'. This is something that we can do in the physical world and also the spiritual world. Do you remember the story of the mustard seed. Whether large or small - we all need to grow. If we feel we sometimes struggle - think of the time it takes for small trees to grow into giant redwoods! Growth means a lot of struggle before new life is born. Well in the natural world that is fine but, how about the spiritual? What about our own lives? What do we need to grow a temple? We need a seed. Where is the seed to come from to begin the growth of a temple for the Holy Spirit in all those people in the world, young and old, who are not yet aware of their potential to be such a temple? A church or chapel, may well be part of that environment - a 'sign' of the kingdom. We are therefore right to care for them and preserve them. Our different services and rituals may provide a cultural environment in which some seeds may flourish. But we always need to be aware of Jeremiah's warning that the physical temple, with its walls and rituals, may become a snare which strangles spiritual growth. It may give us a false sense of security because it is actually killing the spirit within us or other temples of God.

We need to be constantly looking at the environment, or rather environments, we provide for spiritual growth. Because, as our children learn at school in their science curriculum, different living things need different conditions in which to thrive. Jesus teaches us that the right environment is one of love, of truth, of hope. This is by far the most productive for the growth of the christian spirit. We must always ask ourselves if we provide that. Living things need to be fed if they are to grow healthily. What sort of food do we need to provide for our spiritual temples to grow? Do we provide a varied enough diet to meet the needs of all the different seeds of faith? Or do we provide a very narrow range of spiritual vitamins, minerals and proteins and thus stultify the growth of other spiritual temples of the Lord?

Minister: Rev. Anthony M. Jones
The Manse, Manse Road, Ardgay, Sutherland IV24 3BG
☎ 01863 766 285
✉ revanthonyjones@yahoo.com

The Kyle of Sutherland Churches
Kincardine, Croick and Edderton
linked with Creetich and Rosehall Parishes

The problem often with our physical buildings is that they limit the space within which we imagine the divine to be present. Sometimes religious systems can do the same. We might be tempted to say: 'God is only present in our tradition, in our beliefs, in our sacraments, in our part of the worldwide church.' Just as a plant needs space to spread its roots and its leaves, just as children need space to be themselves if they are to become mature, independent adults, so, we need to be 'open' - completely 'open' to new places and times and experiences of God, if we are to grow into the beautiful temples that God created us to be.

'The bird of heaven', as Sydney Carter reminds us in one of his hymns, 'cannot be caught in a cage.' In St John's Gospel, Jesus reminds us of the 'transformation' from sorrow into joy of a mother when her labour is over and her child is born. As we receive week by week the 'living word in the Word' (the bible) in our services and in our fellowship together, may we rededicate ourselves to the pain and labour and struggle of nurturing in ourselves the 'temple'. So may we know the joy of becoming the dwelling-place of the Spirit, where we and others may truly encounter the living God. With Every Blessing to you and your family. ■ Rev. Anthony M. Jones
Guide to local services

Village Halls & venues

**ARDGAY & DISTRICT**

Ardgay Public Hall  
Fiona Venter / 01863 766 602  
fcmn11@hotmail.com

Ardgay Church Hall  
Rev. Anthony Jones  
01863 766 285

Culrain Village Hall  
culrainmains@gmail.com

Croick Church  
enquiries@croickchurch.com

Kincardine Heritage Centre  
Mrs. Mary Stobo / 01863 766 868

**KYLE OF SUTHERLAND**

Bonar Bridge Community Hall  
Sally Thompson / 01863 766 883

Bradbury Centre  
Lorraine Askew / 01863 766 772

Invershin Hall  
Elissa Steven / 01549 421 369

Rosehall Hall  
Beverly Morrison / 01549 441371

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**Bonar Bridge Recycling Centre**

**Opening Hours**

**MONDAY:** 1 pm - 4:30 pm  
**TUESDAY:** 1 pm - 4:30 pm  
**WEDNESDAY:** Closed  
**THURSDAY:** 8 am - 12 pm  
**FRIDAY:** 8 am - 12 pm  
**SATURDAY:** 9 am - 1 pm  
**SUNDAY:** Closed

**MATERIALS ACCEPTED**

- Batteries, car batteries, cardboard, fluorescent light tubes, standard and energy efficient light bulbs, fridges and freezers, garden waste, gas cylinders, plastic bottles, tyres, waste electrical and electronic equipment.

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**Train times**

From 14/12/2014

**INVERNESS ➔ ARDGAY**

**Monday to Saturday:**

- 07:02 (08:33) Catering Saturdays only
- 10:38 (12:05) Catering serv. available
- 14:00 (15:29) Catering serv. available
- 17:12 (18:39)
- 18:28 (20:01)

**Sunday:**

- 17:54 (19:23) Catering serv. available

**ARDGAY ➔ INVERNESS**

**Monday to Saturday:**

- 06:16 (07:44)
- 06:45 (08:13)
- 09:07 (10:34) Catering Saturdays only
- 10:54 (12:23) Catering serv. available
- 15:30 (17:01) Catering serv. available
- 18:52 (20:10) Catering serv. available
- 19:28 (20:57)

**Sunday:**

- 14:49 (16:16) Catering serv. available

---

**Mobile Library Ardgay**

**EVERY 3RD WEDNESDAY**

21 September 2016  
12 October 2016  
23 November 2016

- Oakwood Place, Ardgay  
  Arrive 13:45 Depart 14:00
- The Lady Ross, Ardgay  
  Arrive 14:00 Depart 15:15

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**Post Office Ardgay**

Ardgay Public Hall  
Opening times  
MONDAY: 1:30 pm - 4:30 pm  
FRIDAY: 8 am - 1 pm

**Post Office Bonar Bridge**

Lairg Road, Bonar Bridge  
Opening times  
MONDAY TO FRIDAY: 9 am - 3:30 pm  
SATURDAY: 9 am - 1 pm

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**Film nights**

- 7:30pm  
  Free entry  
  Refreshments: £2

**2nd and 4th Friday of each month**

**Bonar Bridge Community Hall**

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**KYLE OF SUTHERLAND Cinema Club**

---

**KYLE OF SUTHERLAND Development Trust**  
Offering competitive rates on photocopying and printing:

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*Email: cdassistant@kyleofsutherland.co.uk  
Tel: 01863 766 190 for more details

---

Kyle of Sutherland Development Trust is a Company Limited by Guarantee Scottish Registration: SCO0401019  
Scottish Charity: SC0435587  
Registered office: The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB
Guide to local services A-Z

BRADBURY CENTRE
Bradbury Centre Bonar Bridge
01863 766 772

BUSES
MacLeod’s Coaches
01408 641 354
Bradbury Centre Bus
01863 766 772

CAB
Citizens Advice Bureau Golspie
01408 633 000

CHILDREN & FAMILY
Kyle of Sutherland Hub
01863 766 310

CHURCH OF SCOTLAND
Kincardine Parish Church Rev. Anthony M. Jones
01863 766 285

DVLA
DVLA Inverness
0300 790 6801

ELECTRICITY
24Hr Emergency
0800 300 999
Customer Help
0800 300 111

FIRE BRIGADE
Fire Station Dornoch
01862 810 297

FORESTRY COMMISSION
Forestry Commission Scotland
01309 674 004

GOLF CLUB
Bonar Bridge-Ardgay GC
01863 766 199

FISHERIES
KoS Fisheries Trust
01863 766 702

HIGH SCHOOLS
Tain Royal Academy
01862 892 121
Dornoch Academy
01862 810 246

KOSDT
KoS Development Trust
01863 766 190
Keep Active Together
01863 766 554

LIBRARIES
Bonar Bridge Library
01863 760 083
Mobile Libraries Ardgay & Strathfoykel, Strathcarron
0773 330 0761

PHARMACY
Mitchells Chemist Bonar
01863 760 011

POLICE
Local Police (Inverness)
0845 600 5703
Non Emergency: 101
Emergency: 999

POST OFFICE
Bonar Bridge
01863 766 219

PRIMARY SCHOOLS
Gledfield
01863 766 580
Bonar Bridge
01863 766 221
Rosehall
01549 441 348

RECYCLING CENTRE
Bonar Bridge
01349 868 439

SCOTTISH WATER
24Hr Emergency
0845 600 8855
Customer Help
0845 601 8855

TAXIS
Ronnie’s Taxis Ardgay
01863 766 422
A&B Taxis Ardgay-Bonar
07549 999 760

TRAINs
National Rail Enquiries
0845 748 4950

VETS
Rogart Vets
01408 641 352
Easter Ross Vets Tain
01862 893 142
Johnston & Farrell Tain
01862 894 223
Kessock Equine Vets
01463 731 107

Bradbury Centre Bus

Bonar Bridge
Cherry Grove
10:30
Spinningdale
10:39
Clashmore
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old CO-OP
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Tain Lamington St
11:04
Edderton
11:17
Arbgay
11:39
Bonar Bridge
Cherry Grove
11:42
BONAR BRIDGE - ALNESS 919 - Tuesday
Bonar Bridge
Cherry Grove
10:30
Arbgay
10:34
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10:42
Ardross
10:58
Aines
11:15
The minibus has a wheelchair lift which will be available as part of the service. The service will divert on request to pick up prebooked passengers up to a mile from the route. These journeys must be booked by 14.00 on the previous working day 01863 766 772

Royal Bank of Scotland
Mobile Timetable TUESDAY
Bonar Bridge War Memorial
Arrive 11:50 Depart 12:05

MacLeod’s Coaches
ARDGAY ➔ TAIN
Monday to Saturday

Ardgay ➔ Tain
09:08 ➔ 10:35
11:26 ➔ 13:35
14:25 ➔ 16:35
17:20 ➔ 19:09
Tain Lamington St ➔ Tain Lamington St
09:30 ➔ 10:10
11:48 ➔ 13:11
14:45 ➔ 16:11
17:45 ➔ 18:45

Edderton ➔ Edderton
09:20 ➔ 10:20
11:38 ➔ 13:20
14:35 ➔ 16:20
17:35 ➔ 18:54

Tain ➔ Tain ASDA
09:33 ➔ 10:03
11:53 ➔ 13:03
14:48 ➔ 16:03
17:48 ➔ 18:37

* Connects with Stagecoach bus to / from Inverness

Highlands Council
Drummuie Golspie
01408 635 370
Service Point Bonar Bridge
01863 766 083
Service Point Dornoch
01862 810 491
Tain Registration Office
01349 886 644

Highland Council
Drummuie Golspie
01408 635 370
Service Point Bonar Bridge
01863 766 083
Service Point Dornoch
01862 810 491
Tain Registration Office
01349 886 644

Libraries
Bonar Bridge Library
01863 760 083
Mobile Libraries Ardgay & Strathfoykel, Strathcarron
0773 330 0761

Pharmacy
Mitchells Chemist Bonar
01863 760 011

Police
Local Police (Inverness)
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Non Emergency: 101
Emergency: 999

Post Office
Bonar Bridge
01863 766 219

Primary Schools
Gledfield
01863 766 580
Bonar Bridge
01863 766 221
Rosehall
01549 441 348

Recycling Centre
Bonar Bridge
01349 868 439

Scottish Water
24Hr Emergency
0845 600 8855
Customer Help
0845 601 8855

Taxis
Ronnie’s Taxis Ardgay
01863 766 422
A&B Taxis Ardgay-Bonar
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Trains
National Rail Enquiries
0845 748 4950

Vets
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Johnston & Farrell Tain
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Kessock Equine Vets
01463 731 107

Community Council Newsletter
AUTUMN 2016
ARDGAY & DISTRICT

Guide to local services A-Z
## Puzzles

### Sudoku

#### Easy

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A number may not appear twice in the same row or in the same column or in any of the nine 3x3 subregions.

### Crosswords

#### Across

2. Having no hair or very little hair on the head.
4. To sprinkle with holy water.
6. Dust, smoke, or mist that has filled the air so that you cannot see clearly.
7. An occurrence supposed to portend, or show the character of, some future event; any indication or action regarded as a foreshowing; a foreboding; a presage; an augury.
9. Of, relating to, or being a high-speed communications network and especially one in which a frequency range is divided into multiple independent channels for simultaneous transmission of signals (as voice, data, or video).
10. A thick and spicy yellow or brownish-yellow sauce that is usually eaten with meat.

#### Down

1. A large silk or cotton kerchief usually of bright colors that is often worn as a turban.
3. (Scottish dialect) Honest.
5. Gaelic word for squirrel.
8. A consideration paid or demanded for the release of someone or something from captivity.

Solutions can be found at: www.ardgayanddistrictcommunitycouncil.org.uk
ARDGAY & DISTRICT
Community Council newsletter

Editor: Silvia Muras Sanmartin
Design & Layout: Silvia Muras Sanmartin
ardgaynewsletter@gmail.com

Contributors to this issue: Cherry Alexander, Andymack, Michael Baird, Rhonwen Copley, James Hall, David Hannah, Patricia Hannah, Helen Houston, Valerie Houston, Sasha Hudekova, Anthony Jones, Gregor Laing, Rosemary Logan, Kirsten MacNeil, Sarah Marshall, Myra Morrison, Isobel Murray, Phil Olson, Fiona Porter, George Ross, Marion Turner, Anne Wemyss, Betty Wright.

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ARDGAY & DISTRICT COMMUNITY COUNCIL:
Betty Wright (Chairperson), Silvia Muras (Vice Chair), Marion Turner (Treasurer), Leslie Pope (Secretary), Andy Wright, Sheila Lall, Rob Pope.
COUNCILLORS:
George Farlow, Hugh Morrison, Linda Munro
(More details in page 6)

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