

ARDGAY & DISTRICT

Community Council *newsletter*

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New Hub opening this summer

The new Kyle of Sutherland Hub is almost complete. Here is a taste of what is to come.

THE TEAM HAVE BEEN appointed and we would like to welcome Adele Newlands, Hub Manager; Vicky Karl, Café Manager; Ann Renouf, Café Supervisor, Emma Mackay, General Assistant, and Clark Goodison, Cleaner. **(Continue on page 9)**



The bright red Hub, as seen from Tulloch.



Opening of the Falls of Shin Visitor Attraction.

The work of the Kyle of Sutherland Development Trust

Helen Houston reports on current and future projects of the Trust **(Pages 14-15)** Beginning of the works on the Business Barn & Art Shed in Ardgay **(Page 11)** Know more about East Sutherland Energy Advice Service **(Page 17)**

THE CURRENT CC WAS FORMED IN FEBRUARY 2016

Achievements and challenges of your Community Council from June 2016

WE REPRODUCE Betty Wright's annual report from our AGM. Our Chairperson thanks all who have given freely of their time to CC business. **(Pages 4-6)** What were the issues discussed at our meetings? Which will feature in next year's agendas? We have created a map highlighting the work of your CC in 2016-2017. **(Page 5).**

Plans to supply access to Superfast broadband to all

What to do if you have been 'left out' Page 8

George Farlow's farewell message Page 7



All you need to know about horses on the road

Page 10



Volunteering opportunities in your area

Page 20



32 pages featuring
Letters to the Editor,
Opening times,
Telephone guide,
Bus & Train timetable,
Crosswords, Sudoku...

Gateway to Sutherland coming soon....



New office space available WINTER 2017/2018

Facilities include

- **Furnished offices**
- **Broadband Internet**
- **Free car parking**
- **Meeting room**
- **Shower**
- **Kitchen**
- **Secure entry system 24/7**
- **Electric charging point**

Contact Valerie Houston for further details

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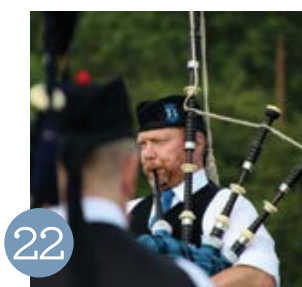


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Registered Scottish Charity: SC043587**

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Ardgay & District photographs



Aerial view of Carbisdale Castle by Richard Elliott

Taken in 2015, before it was acquired by FCFM Group Ltd. In this unusual view, the Invershin viaduct, the Kyle of Sutherland, the bridge at Bonar and the Dornoch Firth are all in the picture. More photos on his Facebook page *Richard Elliott Aerial Filming*.

EDITOR'S LETTER

Success

When I took on the role of Editor, we were all regretting the loss of Carbisdale Castle Youth Hostel, The Lady Ross, and the Falls of Shin Visitor Centre. Three years on, not only all those key assets are being developed or redeveloped, we are also about to see the opening of a brand new Family and Community Hub between Ardgay and Bonar Bridge. I wish all these projects every success. To our contributors, -in this issue from 22 different groups!-, distributors, funders, advertisers, donors, and to everyone who is supporting Ardgay & District CC newsletter: thank you. You make this possible. ■

Silvia Muras *Editor*



Ardgay & District News

WE REPRODUCE HERE BETTY WRIGHT'S ANNUAL REPORT READ AT THE CC AGM MEETING IN JUNE

Message from the Chairperson

THIS has been another busy year for A&DCC, with a mix of ongoing issues, some reaching a conclusion & others beginning; some addressing local problems and others Highland wide.

I would like to thank those who have given freely of their time to CC business – my fellow councillors, our wonderful minutes secretary, members of the public who have attended our meetings or communicated their opinion via the Newsletter or our website, our Highland councillors, particularly George Farlow who attended the majority of our meetings despite the distances involved. George did not stand for re-election to the council and will be missed at our meetings. We look forward to working with our new and returning representatives in the future. Thanks are due to Phil Olson for continuing to administer our website. Thanks to our editor Silvia, the newsletter continues to be of a very high standard – Silvia will say more about this later, but I would like to add thanks to those who deliver the newsletter to every house in our area.

There have been a couple of changes to CC personnel – in December 2016 we welcomed Buster Crabb. Sheila Lall has intimated she will stand down from the CC at this meeting due to pressure of other commitments. I would like to thank Sheila for her input and hope she will return in future.

Some of the issues we have addressed this year:

BROADBAND: Some good news here! BT installed a 3rd cabinet on the Ardgay exchange, adjacent to the toilet building in Ardgay, which went live in February this year. This

brought 'superfast' broadband within the reach of subscribers in the village. However at distances of greater than about 1.5km, the speed drops off quickly & these customers will have to wait for the situation to be remedied by other means. How this will be done is not yet clear – there is currently a review of households who do not benefit from BT rollout so far and hopefully this will result in progress in late 2017.

TIMBER EXTRACTION AT GARVARY WOODLAND:

Several residents attended December meeting to express their concern about the felling of the forest at Badvoon, which would result in lorries using the very narrow road up Kincardine Hill to extract the timber, work which would extend over several years. The CC invited representatives from Fountains Forestry & THC roads department to our February meeting to address these issues. It was agreed that the THC will carry out a full survey of the road to establish what upgrading is required and no extraction will commence before the improvements are done and an agreed traffic management plan is in place.

WINDFARMS & COMMUNITY BENEFIT:

As part of our meeting each month we consider applications to Beinn Tharsuinn & Beinn nan Oighrean community Benefit funds – these support many local organisations with grants of up to £2,000, and fund such projects as the Christmas lights and flower tubs. There are 2 CC reps on the E.ON Rosehall/SSE Achany CB panel, which awards grants bi-annually up to £20,000, funding such projects as our development officer, A&DCC newsletter, and make valuable match funding awards to such projects as Falls of Shin visitor Centre, Ardgay Regeneration Project, and The Family Hub. These CB funds are making a huge difference to our local area – in one edition of our newsletter I counted 14 different projects that had been supported.

Construction has begun on the Coire na Cloiche Windfarm; the decision on Braemore following the Public Local Inquiry (PLI) is still with the Scottish Government; a PLI into the application for Caplich Windfarm begins 19th June and there is a scoping exercise for a proposed Windfarm at Braelangwell.

Addressing the issues that affect you

One of the most important functions of your Community Council is to assist in communicating your concerns with The Highland Council and others. This newsletter tries to keep you informed of various issues that impact our area.

In addition, we try to aid residents in dealing with various concerns. Recently we sponsored a meeting with The Highland Council and the timber carrier for the Garvary woods. This will have significant impact on the Kinkardine residents. Quite a few residents attended the meeting and were able to voice their concerns and got assurances of The Highland Council and the carrier would work closely with them to address all their concerns.

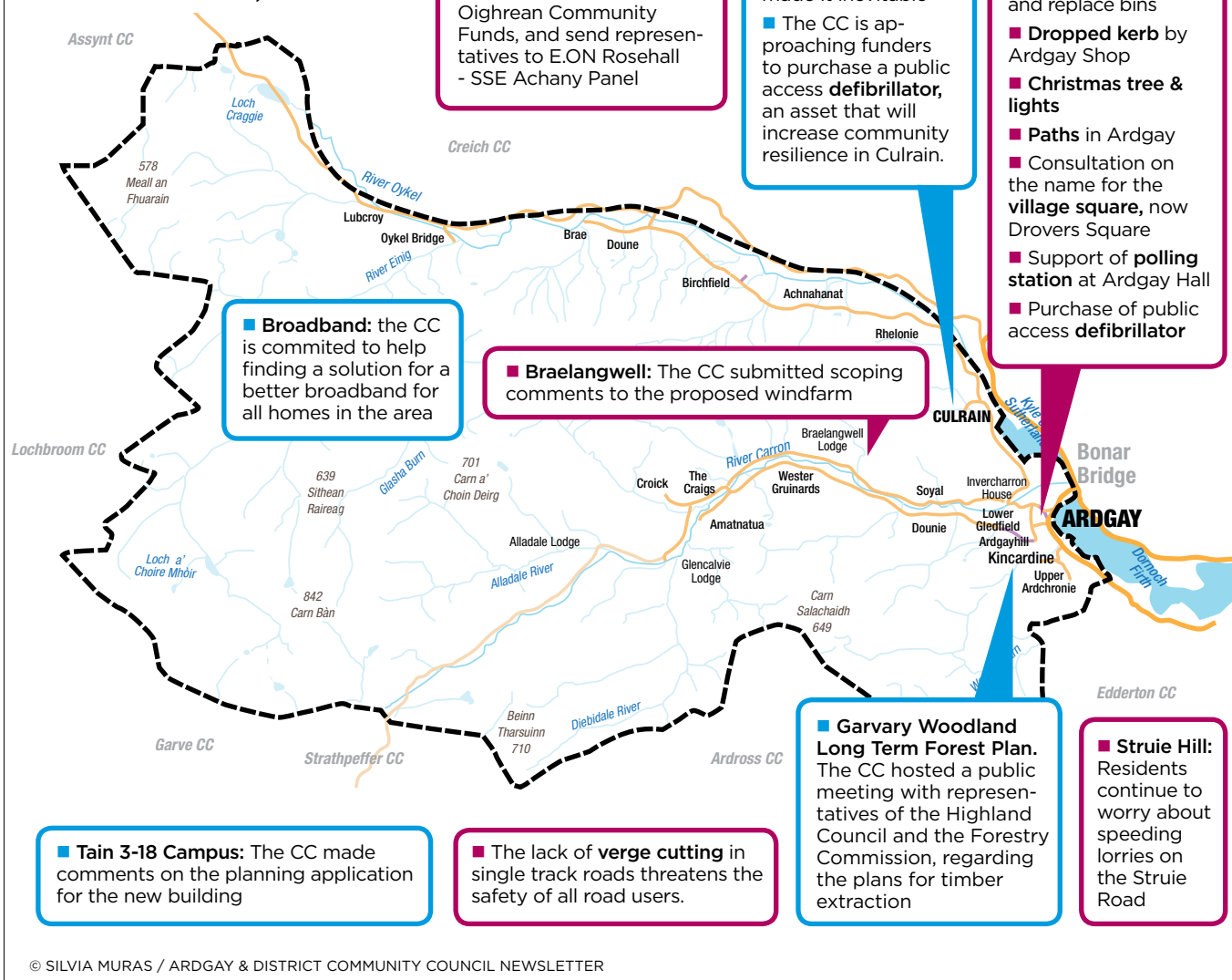
Another issue we are pursuing is high speed Broadband. We are studying what is going on in other communities and will advise the community when we find a plan that we feel will work in our area. Please feel free to contact the Community Council if you have any concerns (contact details on page 6). ■ **Leslie Pope, Secretary**



Ardgay & District News

The work of the Community Council

What are the issues discussed at Ardgay & District CC meetings? Here is a map with most of the items from 2016-2017. We are here to represent your views, so please make sure you tell us what are the issues that matter to you most. ■ **Silvia Muras, Vice Chair**



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The Scottish Government is greatly encouraging shared ownership in new Windfarm schemes, which has the potential for bringing more financial benefit to the area. The CC will continue to monitor this possibility on your behalf.

ARDGAY ISSUES: The CC have co-ordinated several projects around the village, for which I would like to thank a few people: Jeannie Sparling, who stood down from her role as caretaker of the toilets. The CC once again secured funding from

THC and Sheena Shaw has taken on the job for this season; Paul Whittock who for once again put up our Christmas lights; Marion Turner for organising new tree lights and together with Phil Olson & Andy erecting the tree; Jean Richardson



Ardgay & District News

► for co-ordinating members of the Growing Group to plant and water the flower tubs; Rhonwen Copley & the hall committee for continuing to refurbish the hall and arrange wi-fi connection, which has proved very useful for our meetings; and all of you who encourage others to clean up after their dogs!

KYLE OF SUTHERLAND DEVELOPMENT TRUST:

The Trust continues to run a number of projects in the local area. The Falls of Shin visitor Centre opened in May and is proving very popular; work has started on the Ardgay Regeneration project which will see a business barn

in operation next year and the construction of 4 houses in what is now Drovers Square; Bonar Post Office now has a new permanent postmistress, the CHESS project, which exposed unexpectedly high numbers of households living in fuel poverty has now finished but funding was secured for the staff members to continue as East Sutherland Energy Advice Service; Keep Active Together runs numerous activities in local village halls, and as such is an important revenue stream for them. In 2016 the trust drew in an amazing £3.3million to our area. There is info about all their projects on their website.

THE HIGHLAND COUNCIL: The priorities that we asked our highland councillors to focus on are, as reported in the newsletter, 1. Communications – broadband & mobile reception; 2. Retaining all current local services; 3. Transport; 4. Supporting local businesses & social enterprises. Another concern that is raised at every meeting during spring & summer is the cutting of roadside verges to maintain sight lines, particularly along our many single track roads.

We will endeavour to pursue these issues on your behalf and any others which may arrive throughout the coming year. ■

Betty Wright, Chairperson A&DCC

ARDGAY & DISTRICT COMMUNITY COUNCIL: **BETTY WRIGHT**, Chairperson, **SILVIA MURAS**, Vice Chair, **MARION TURNER**, Treasurer, **SHEILA LALL**, **ROB POPE**, **ANDY WRIGHT**, **DR BUSTER CRABB**, **LESLIE POPE**, Secretary (Associate member), **MARY GOULDER**, Minute Secretary

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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 JULY & 12 AUGUST
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 AUGUST (Culrain) & 11 SEPTEMBER

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Ardgay & District News

George Farlow has recently retired from his position as Councillor for Ward 1 -North West and Central Sutherland- since 2007. He has also been a member ex officio of Ardgay Community Council for 10 years. This article is a farewell to the community he served.

The best of times...

FOR the last 10 years it has been my great privilege to have been your elected representative on The Highland Council. For most of that time, I have also been attending the meetings of Ardgay and District Community Council. Indeed there have been four excellent chairmen and women, and many good councillors too, during that period.

In a time of real austerity much has happened in the Kyle of Sutherland, much to be proud of. It has been a real community effort and across the river too, there has been support and a realisation that partnership working is the way forward. This excellent newspaper is part of that.

There have not been problems to seek in that time and many have made it clear when they have been far from happy with the powers that be have eventually realising that one size does not fit all.

The Community Council area is huge, stretching through the straths to within sight of Suilven. That is the road I have taken home through some fantastic scenery following those many meetings. It is time to take that road (metaphorically) for the last time, to say goodbye now, and thank you. It is also time to look forward and plan a better future.

When we plan for the better, that involves change of course. Change and challenge are permanently with us, from the moment we wake up. If it comes in



It took a long time to get a bus shelter in those days: Tony Gibb and Evelyn Mackay have both passed away since that day in August 2009.



(Left) I guess the Geopark took up a lot of my time. But it now has UNESCO status so worthwhile. (Above) Working in partnership with new friend and political adversary in 2012, Hugh Morrison.

small steps, I know we can cope with those improvements. It was a pleasure to have been involved in a wee way with developments at Shin Falls, Carbisdale Castle, The Hub and The Lady Ross.

I hope that your future is

written by you, rather than for you, and in a way involvement with the Sutherland Community Planning Partnership might be the vehicle for that change. I have a cunning plan! ■ **George Farlow**



Ardgay & District News

With three fibre broadband cabinets in the area, access to Superfast broadband is available for many homes and businesses in Ardgay and Bonar Bridge.

Superfast Broadband for all

LOCAL RESIDENTS in the villages can check their phone numbers on a HIE online broadband checker www.hie.co.uk/fibre. Customers who want to order a fibre service can then use comparison websites or speak to their provider to find the right deal for them.

But what about those who haven't been reached in this first phase of roll-out? The current investment has taken fibre coverage from around 4% of Highlands and Islands premises to 84% today. The project has been designed to reach as many people as possible. But clearly there is further to go.

The Scottish Government has committed to access to Superfast download speeds for all by 2021 – in a project called 'Reaching 100' (R100). It is leading on the shape of a contract to deliver this. It's likely this work will go out to tender next year.



Fiber optic cable enables high speed broadband in Ardgay. /FREEIMAGES.COM/ILKER

Two separate local groups who can't access fibre – at Rosehall and rural homes in the Edderton area not covered by the village services – are watching R100 developments with interest. They had already been in discussion with Community Broadband Scotland about the potential for community led broadband projects, and are keen to see what R100 might mean for areas like theirs.

In addition to public support, a number of Highlands and Islands areas are seeing local solutions – either through local commercial operators offering wireless networks, or through community fibre partnership projects with BT <https://www.communityfibre.bt.com>

ALTERNATIVE SOLUTIONS

In the short term, anyone who cannot get a download speed of at least 2 Mbps and who needs a solution now, can apply for a 'better broadband' voucher funded through Broadband Delivery UK.

This provides up to £350 towards the installation of a satellite or wireless connection. Find out more here <https://www.scotlandsuperfast.com/where-when/the-programme/alternative-solutions>. ■ **Lesley Gallagher**



Ardgay Toilets new caretaker

SHEENA SHAW has taken on the role of caretaking Ardgay Public Toilets. The facility opened for the season in April and will remain open to the public this year until Sunday 12th November. ■

Sutherland Community Partnership Survey

THE SCP SURVEY WAS LAUNCHED last February and so far we have had a fantastic response with 600 surveys completed. Once we have the full results of the survey we will use the data as a basis to create locality plans for the five areas we have identified and prioritised. Please take our 5-10 minutes survey, particularly if you are 30 or under.

We look forward to holding the next full meeting in Kinlochbervie on Friday 25th August 2017, all members of the public are welcome. ■

✉ sutherlandcp@scotland.pnn.police.uk

📞 101 and ask for Peter Allan at the Golspie Service Point

Carbisdale Castle Development

WE ARE PLEASED to report we have now received the Planning Permission and Listed Building Consent for the proposed works to Carbisdale Castle. The wider ground plans are currently still being reviewed. ■ **E. S.**





Ardgay & District News



The red Hub, almost complete, from Balblair Woods.

Your New Hub opening this summer!

Adele Newlands, manager, says: "The Hub is an opportunity for the community to come together. Through activities, clubs, volunteering, training, employment and social enterprise the project aims to encourage and support aspiration and engagement across all generations."

(Starts on front page)

The team are looking forward to opening the doors of this multi-use inter-generational family and community Hub. Facilities will include: **Soft Play Centre:** The play area holds up to 42 children at a time (up to the age of 11) and includes slides, tunnels, climbing frames and a toddler area. This bright and colourful space will also be available for soft play parties.

Café Creperie: the café caters for 24 covers, with additional cover into the multi-use room for busy periods and private functions. The café will specialise in crepes and healthy snacks. There is also a viewing window into the soft play area from the café.

Multi-use room with Link Kitchen: A multi-use room available for hire for meetings, exercise classes and activities. This room will also be used to run children's clubs.

Second hand sale point: located directly outside the multi-use room you can grab a bargain from our charity nooks and have somewhere to drop off donations. All funds raised from this area will go back into the Youth Club to develop further activities, projects and outings.

Youth Club: An open and safe

space for children to come together. It will also be open on a Saturday evening for the older youth.

Fitness Suite: kitted out with 15 pieces of equipment this is the gym to be at, with the most spectacular panoramic views of Kyle. The space will be able to be used by 12-15 people at a time and there will be targeted sessions to cater for under-16, woman only, over 60s and rehabilitation.

Community Use Room: a quiet and confidential, home-from-home room for hire, this is a good space for family support agencies, practitioners, and remedial therapists.

Adele Newlands, Hub manager, says: "The Hub will be a lasting legacy where generations can learn and grow. It is your community

Hub, So please support us in this new venture and become a part of the Hub journey with us."

We are looking for volunteers to lend a helping hand within many different volunteer roles, from Reception, Café, General Assistant, Children and Young Services and Second Hand Charity Point Volunteers. If you would like any information on the above facilities or if you are interested in finding out how you might be able to help by volunteering, please get in touch. ■



Adele Newlands,
Hub Manager

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f Kyle of Sutherland Hub

KOSH opening hours

CENTRE OPEN

Mon-Fri	9 am	8:30 pm
Sat	9 am	5 pm
Sun	10 am	4 pm

SOFT PLAY TIMES

Mon-Fri	9:15 am	7 pm
Sat	9:15 am	4:30 pm
Sun	10 am	3:30 pm

GYM

Mon-Fri	9:15 am	8:15 pm
Sat	9:15 am	4:30 pm
Sun	10:15 am	3:30 pm

CAFÉ

Mon-Fri	10 am	4:30 pm
Sat	10 am	4:30 pm
Youth café	6:30 pm	8:30 pm
Sun	10 am	3:00 pm

Planned opening times are as shown, however this may change.



Ardgay & District News



Did you know?

The origin of pony trekking

In the middle of the 20th century, Commander Jock Kerr Hunter joined the Scottish Council of Physical Recreation. His ambition was to get more young people into the countryside. He recognised that riding presented a unique opportunity to get people into the countryside using the drove roads and youth hostels while also learning to care for an animal. To describe this form of outdoor activity, Commander Hunter created the term pony trekking. Pictured here, a group of young pony riders at Culrain in the 1950s, when the castle was run by the Scottish Youth Hostel Association. ■

© HIGHLAND PHOTOGRAPHIC ARCHIVE

BOTH RIDERS AND MOTORISTS ARE RESPONSIBLE FOR EACH OTHER'S SAFETY

Sharing our roads with horses

PLANS FOR THE GARVARY Wood will see increased traffic in Kincardine Hill, where many horse riders exercise their right to use the road. Horses are powerful animals that are easily frightened and can panic, especially near fastmoving traffic or at sudden loud

noises. Do drivers know how to behave on the road when they meet a rider? Do horse owners ensure that they ride safe? Here is some advice from the British Horse Society and the Royal Society for the Prevention of accidents. ■ S.M.



Riders: *Visibility & control*

1 **Supervision:** Young, inexperienced riders should always be accompanied by adult, experienced riders.

2 The law only requires children to **wear helmets** when riding on the road. However, it is strongly recommended that all riders on the road wear a helmet.

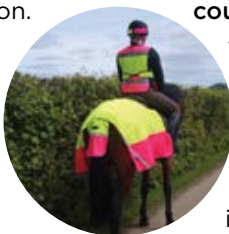
3 All riders should wear **high visibility** (fluorescent and reflective) **garments** when riding on the road.

4 Before taking a horse onto the road,

riders should ensure that they can **control the horse**, and that the equipment fits well and is in good condition.

5 Riders should not carry passengers, or anything which might affect their **balance**. They should keep both hands on the reins, except when signaling, and both feet in the stirrups.

6 It is recommended that all riders should undertake **road safety training**. More info: www.bhs.org.uk



Drivers: *Always slow down*

1 Drivers should understand the needs and vulnerability of riders and horses, and **behave courteously** towards them at all times.

2 Watch out for horses on the road, especially when approaching **bends and on narrow rural roads**.

3 Motorists should be aware that when **turning right**, riders will not move to the centre of the road, but stay on the left until they reach the point where they intend to turn.

4 Horse riders behave differently from other traffic at **roundabouts**. Riders will not normally signal on approach, but will stay on the left within the roundabout until they reach their exit, and then signal left.

5 Riders are seated higher than drivers and often, therefore, have a better view and may be able to see a hazard the driver cannot see. Drivers should look out for signals from horse riders and be **ready to slow down or stop** as indicated. More info: www.rosipa.com.



Ardgay & District News

BARN & SHED ESTIMATED COMPLETION DATE IS WINTER 2016-2017

Works started on the new Business Barn on 15th May

ON MONDAY 15TH of May, the Kyle of Sutherland Development Trust took a step forward to regenerate the centre of Ardgay village. The barn will be restored to create a business barn, the shed will become an Art Shed and at the centre of the development will be a new village square. The masterplan also includes a terrace of four houses which will be developed by Albyn Housing Association and self-build plots

for sale through Highlands Small Communities Housing Trust. The Business barn will provide four furnished offices for lease with access to: fully equipped kitchen; meeting room; Wi-Fi; printing / copying facilities. It is opposite the train station and has access to free dedicated parking. During the construction phase the site hoarding, which is a health and safety requirement, considerably reduces parking on the site of



If you watch BBC ALBA you will have seen a brief news item.

the former Lady Ross and by the Village Hall. This may cause inconvenience and we realise that the displacement parking may affect residents. The Trust thanks the community for their ongoing support

with regards to this project. Works are being undertaken by William Gray Construction Ltd. Phase 1 of the project should be completed by winter 2017 / 2018 with Albyn Housing Association following in due course. Any questions, please contact Valerie Houston. ■
Sasha Houdekova

Valerie Houston,
Project Manager

✉ valerie@kyleofsutherland.co.uk

☎ 0792 3951568

COULD YOU BE MOVING FASTER ONLINE?

Fibre broadband is here in the Highlands and Islands

Check and Order

www.hie.co.uk/fibrefast

#Hector





Ardgay & District News

Support Ardgay Hall annual Auction

This vital fund-raising event is organised by a handful of enthusiastic committee members, so please get in touch if you are able to give a helping hand before or during the auction.

ARDGAY HALL COMMITTEE would like to say a big 'Thank-you' to all the user groups who responded to the recent Feed-back Survey. Some issues which were highlighted were quite easy to resolve, for example the request for effective door wedges. Whilst others, like the current funding application to E.ON Rosehall to enable new tracks and curtains to be installed on the stage, are already in hand. However, the committee wish to assure everyone that all the comments received have been noted and will form part of their future planning strategy. Because the hall belongs to everyone: Not to the committee.



A good crowd is to be expected at the Auction.

FUNDRAISING EVENT

And speaking of the future, please note Saturday 26th August in your diaries; this is the date of this year's Hall Auction. Nearer the time there will be posters advertising the days the hall will be open to receive your donations, so please keep a look-out for them. As you know this is a vital fund-raising event for the hall, so your support is crucial.

It would be fantastic if anyone who is able to help, either beforehand or on auction night itself, could get in touch with the committee as soon as possible. If you remember in the last issue of this newsletter the committee were appealing for you to register your contact details as a Friend of Ardgay Public Hall, so that when essential events like the auction are being planned there would be a ready list of volunteers the committee know are happy to be approached to see

if they can or can't help 'On the Day'. If you've thought about doing this and just not got round to it yet, please, pick up the phone (766 174 or 766 602) or get onto Facebook

All comments received by the committee via its Feed-back survey will form part of their future planning strategy

to the committee soon. Because the committee had hoped that rather more people would have been in touch than has proved to be the case so far.

HALL'S CAR PARK

And for those of you who are wondering about access to the hall now the Lady Ross redevelopment work has started, all the committee can say is that both the Kyle of Suther-

land Development Trust and William Gray have apologised for any inconvenience caused and stressed they will do all they can to minimise the unavoidable intrusion into the hall car park, with the promise that the scaffolding, etc, will be removed at the earliest opportunity. However, please be aware that the work will take several weeks and is totally out with the hall committee's control, so your patience with the disruption to normal hall parking is very much appreciated.

As usual, the date of the next hall committee meeting will be displayed on the notice boards and posted on the Facebook page. So why don't you come along and see for yourself what's going on? You'd be most welcome. ■ **Rhonwen Copley**, Secretary

LIKE US ON FACEBOOK!

 Ardgay Public Hall





We were privileged to be asked as VIP guests to the Falls of Shin.

Fun days out for the Bradbury Centre clients

BRADBURY CENTRE clients enjoyed the good weather in the Seagull Cruise last May. There will be another cruise in July and again in September.

a mystery bus tour in the summer taking in Inverness and North Kessock, please call for details.

Clients enjoyed a day trip to Shin Falls as VIP guests and were treated to tea and cakes in the lovely restaurant. Thanks to all the staff there for their welcome.

The Centre has been recently closed from 29th May to 2nd June for the new heating system to be installed.

We are starting a crowd funding for funds for a new extension. We are hoping for everyone's support in this. ■ **Barbara Hartshorn**



There will be more opportunities to go on the Seagull Cruise this year.

Flower arranging still continuing and funds are being raised to continue reflexology. There will be



We were fortunate to have brilliant weather for the cruise.



The Bradbury Centre, Bonar Bridge
www.bradburycentre.co.uk ☎ 01863 766 772

✉ bradburydaycare@btconnect.com

Bonar Bridge Post Office

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Wednesday 7am-8pm

Thursday 7am-9pm
Friday 7am-8pm
Saturday 8am-8pm
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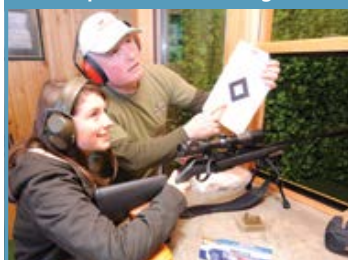


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Ardgay & District News

Overview of the current projects of the Kyle of Sutherland Trust

Helen Houston, Development Manager KoSDT, gives an account of the work undertaken by the Trust. Some projects are just starting while others are near completion.

FALLS OF SHIN

The Trust is pleased to announce that Falls of Shin Visitor Attraction is now open. 1864 Catering is settling into their new kitchen and premises and have been busy with customers both local and from further afield. So far the feedback is that the highlight of most people's visits are the fantastic cakes which are freshly baked on the premises by Jan, the wide selection of tea and Red Box coffee.

Children are having a great time in the new playpark and many families can be seen having their picnic at the numerous benches set around the site. There are lots of bins across the site and we hope that all visitors and dog walkers use them.

We were delighted to have had a visit from Dougie Vipond and Duncan McCallum from the BBC Adventure show. Dougie and Duncan were filming their journey to promote the Hi8 route. The Hi8 is a Classic Car and Classic Motorcycle route north of the Great Glen that threads its way around and through the Highlands of Scotland and aims to include many of the communities missed out by the extremely popular NC500 route.



The Falls of Shin café is open 10 am until 4 pm every day. To book an event out with these hours please call 01863 766 190.

house being stripped out to create the business barn. To allow this work to go forward the Trust is grateful to the cooperation of Ardgay Village Hall for the partial use of their carpark to allow scaffolding to be erected. Work on this project will continue into the winter.

KEEP ACTIVE TOGETHER

Our health and fitness programme has once again been refunded by the Scottish Government. Whilst at a slightly reduced rate the KAT team will work to ensure that we are able to continue to deliver a programme of events suitable for everyone in the community.

an affordable meal. Many families and older single people come along to enjoy their meal in the company of others and new friendships have been developed. The community food stop could not operate without the band of volunteers who come along each week. This is a quote from one of our volunteers: "After living in the area for almost two years I was struggling to meet new people and was finding life really lonely. Since volunteering at the Community Food Stop it has allowed me to meet new people and make friends." The Trust extends a huge thank you to our volunteers.

EAST SUTHERLAND ENERGY ADVICE SERVICE

A successful application was made to the Climate Challenge Fund to allow the Trust to continue to provide a home energy advice service. Living in an area where there is at least 60% of households living in fuel poverty makes this service a priority for the Trust. Sarah Forrest and

ARDGAY REGENERATION PROJECT

On Monday 15th May work started on the Ardgay Regeneration Project. After a competitive tendering process carried out on behalf of the Trust by WSD we are pleased to be again working with William Gray Construction. The programme of work will firstly see the old coach

COMMUNITY FOOD STOP

The Scottish Government has just completed its first review of the outcomes of this project and they are very enthusiastic about our project. Again, the project has been meeting its stated outcomes of providing healthy food in a social setting where people can come together to enjoy



Ardgay & District News

Catriona Wright will be available for home energy advice visits and they will be able to advise if householders qualify for support from Scottish Government schemes and for replacement appliances through energy company schemes (see advert for contact details).

BROADBAND

Working with Highland Wireless & IT Solutions Ltd we are currently looking at solutions to supply broadband to the more remote areas of the Kyle.

COMMUNITY GROUPS

The Trust team continues to provide support and advice to other community groups both locally and from other parts of the Highlands. Sharing knowledge and experience is vital to the growth of our Trust and of other organisations and we are pleased to be able to share our knowledge and learning.

PROJECT MANAGEMENT

Recently the Trust was awarded the contract to support the Embo Trust to bring to fruition its project to convert the old Embo primary school into a Community Hub. This work will commence later in the summer.

INWARD INVESTMENT

Once the Ardgay Regeneration project is complete c£5 million of inward investment will have been brought into the area through the work of the Trust. ■ **Helen Houston**, KOSDT Development Manager



KoSDT The Trust Offices,
Dornoch Road, Bonar
Bridge IV24 3EB
☎ 01863 766 190

✉ development@kyleofsutherland.co.uk



@KOSutherland



Kyle of Sutherland Development Trust



Newly built log cabin for woodwork classes, men shed activities, etc.

LAIRG & DISTRICT LEARNING CENTRE HAVE BEEN AWARDED A GRANT FROM THE SCOTTISH GOVERNMENT'S CLIMATE CHALLENGE FUND

Lairg & District LC launches summer prospectus

LAIRG & DISTRICT Learning Centre have launched their summer prospectus which, thanks to the Climate Challenge Fund, offers a wide range of free learning opportunities that have upcycling and energy efficiency at their core.

The classes offer students of all ages and abilities the chance to have fun whilst learning how to reuse everyday items. Themes include arts and crafts, cookery, computing, gardening, patchwork, sewing, upholstery, and woodwork.

An exciting addition to the centre is a newly built log cabin for woodwork classes, and men shed activities and other classes.

Jane Dixon, Manager of Lairg Learning Centre said "We are delighted to be working in partnership with the East Sutherland Energy Advice Service and between us aim to benefit students by offering hands on opportunities to learn creative ways to upcycle everyday items and save en-

ergy. I would encourage members of the community to sign up to one or more of the classes being held in Lairg, Bonar Bridge, Ardgay, Invershin, and Rosehall and other outreach locations. By energy saving and upcycling we aim to reduce carbon emissions and are keen to engage with local schools and community groups to offer short bespoke energy café's, activities and upcycling sessions free of charge. If this interests your group, we would love to hear from you.

Our prospectus is available from local businesses and online at our website, via Facebook or by email ■ **Tracie Denoon**, Training Administrator



Lairg & District
Learning Centre

☎ 01549 402 050

✉ admin@lairglearningcentre.org.uk
www.lairglearningcentre.org.uk



Lairg Learning Centre





Ardgay & District News

THE EXHIBITION WILL BE ON SHOW AT FERRYCROFT VISITOR CENTRE OVER THE SUMMER

Lairg Asteroid exhibition makes a great impact

ON FRIDAY 5TH MAY, a crowd gathered at Ferrycroft Visitor Centre for the launch of the Lairg Asteroid exhibition. Organised by Lairg & District Community Initiatives, it was produced in collaboration with Dr Mike Simms of National Museums Northern Ireland, North West Highlands Geopark and the pupils of Lairg Primary School.



Dr Paul Monaghan MP introduced Dr Mike Simms.

Dr Paul Monaghan MP introduced Dr Mike Simms and his presentation. Dr Simms' scientific research has unearthed evidence of a large asteroid impact 1.2 billion years ago, which struck the site where Lairg village now stands. He calculates that the asteroid itself would have been around 3km long, weighing more than 13 billion tonnes and travelling at more than 40,000mph.

The impact crater, estimated to be over 40 km wide, was filled in with sediment and younger rock over time, but evidence of the impact can still be seen on the west coast. There

you can find pieces of rock that have been forced between other rocks in a way that only could have been caused by a massive impact. This, coupled with the huge gravity anomaly centred on Lairg, suggests a vast crater is buried beneath the village. This would be the first impact crater to be discovered in the UK, and is believed to be among the 15 largest impact craters in the world.

The exhibition panels and promotional material were designed by Eilidh Price. Following a workshop with Lairg Primary School pupils, interpretation panels were

produced by Emma Armstrong using the children's words and drawings. The schoolchildren also created artwork on display during the night. North West Highlands Geopark contributed information as well as 'returning home' rock samples that once belonged in Lairg 1.2 billion years ago, prior to the asteroid impact which flung them over to the west coast.

Lairg & District Community Initiatives are grateful to those who showed their support by attending the launch, and to those who funded/supported the exhibition: Lairg and Rosehall Windfarms, Foundation Scotland, E.ON, Geologists' Association Curry Fund, Highlife Highland and staff, and Lairg Local History Society.

The exhibition will be on show at Ferrycroft Visitor Centre over the summer, open daily from 10 am- 4pm. Free entry. ■ **Magda Macdonald**, Development Officer Lairg & District Community Initiatives

Highland Council rail concessions changes after 21 May

FROM 21 MAY, half fare rail concessions for the majority of entitled Highland residents aged 60 and over ceased. Free travel remains available by bus, and card holders are advised to keep their entitlement cards which can still be used on bus routes throughout Scotland.

This decision will not affect:

- blind and visually impaired people who are entitled to the National Blind Travel Scheme; and

- people who require a companion when travelling due to disability ("+" on their entitlement card).

Half fare rail concessions for all other entitled Highland residents has ceased.

Residents of the areas served by the Far North, Kyle and West Highland lines can purchase Highland Railcards for £9 per year, which gives them the same discount on these routes only. People age 50 and

over can apply for a Scotrail Club 50 card. For details on Scotrail railcards available visit the Scotrail website at: www.scotrail.co.uk/offers/railcards. New applicants for concessionary travel can apply at any Highland Council Service Point, the Council's Service Centre or a Post Office. Information about the scheme is available at www.transport.gov.scot/concessionary-travel/60plus-and-disabled ■



Ardgay & District News

KoS Development Trust rises to climate challenge

The Kyle of Sutherland Development Trust have secured a share of almost £10 million made available through the Scottish Government's Climate Challenge Fund.

THE TRUST HAS been awarded a Climate Challenge Fund grant totalling £89,702 to run the East Sutherland Energy Advice Service. The Climate Challenge Fund is a Scottish Government grant programme that is managed and administered by Keep Scotland Beautiful.

The Project will be run by Sarah Forrest and Cat Wright, the same team behind the successful Cosy



Homes scheme. They will offer free support to householders across East Sutherland, whether a homeowner or someone living in private or social housing. They will visit householders in their home, offering an energy advice

service. Each household will receive a comprehensive report with advice on heating systems, switching energy supplier and managing fuel bills. Where appropriate householders will be referred to other schemes, like Home Energy Scotland.

Project Officer Sarah Forrest said, "We're delighted with this award and look forward to working with people in our local

community, helping them cut their fuel bills, save money and do their bit for the environment by reducing their carbon footprint" For more information on the East Sutherland Energy Advice Service please contact Sarah Forrest or Cat Wright using contact details below. ■

Sarah Forrest / Cat Wright
☎ 01863 760 050

 East Sutherland Energy Advice Service



East Sutherland Energy Advice Service

A local project aiming to reduce fuel bills and carbon emissions within East Sutherland



Sign up for a **free** and impartial Home Energy Visit and find out practical and affordable ways to save energy in your home. Our service can help you with:

- Understanding fuel bills and tariffs
- Switching energy supplier
- Fuel debt
- Referrals for free benefit checks
- Information on grants & funding
- Cutting your Carbon Footprint

For further information, please phone the team on **01863 760 050** or email **sarah@kyleofsutherland.co.uk**



www.facebook.com/ESEnergyAdvice T: 01863 760 050 E: sarah@kyleofsutherland.co.uk

East Sutherland Energy Advice Service (ESEAS) is funded by the Scottish Government's Climate Challenge Fund. ESEAS is part of the Kyle of Sutherland Development Trust which is a Company Limited by Guarantee Registration number SC401019 and a registered Scottish Charity SC043587.



Ardgay & District News

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** 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/>** to download the guidelines and application form.
- Send your completed application form to **secretary@ardgayanddistrictcommunitycouncil.org.uk** or to **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** 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 2017**

BETWEEN £2,000 AND £25,000+

E.ON Rosehall Community Fund

- **Foundation Scotland** administers E.ON Rosehall Community Fund. Visit **www.foundationscotland.org.uk/programmes/eon-rosehall.aspx** for details. 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 2017**

Latest Beinn Tharsuinn Windfarm Community Benefit Fund Awards (Ardgay)

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

- **Gearrchoille Wood - £830** to assist with running costs
- **Kyle of Sutherland Development Trust - £2,000** towards improvements in the path at Falls of Shin.
- **Friends of the Bradbury Centre- £500** towards music and alternative treatments.
- **Kyle of Sutherland Development Trust - £1,500** towards Keep Active Together activities.

Craic 'N' Gigs, what's on near you

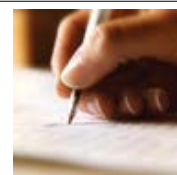
WITH SO MANY different groups organising nearby events, it's hard to keep up with them all. If you don't want to miss them, then please bookmark and keep checking up on **www.CraicNGigs.co.uk**. It's a new calendar to help us all share information and have one central place to go to check what's on.

If you organize events, then please get in touch to add your events to the calendar. Add the events to Facebook yourselves. Take advantage of a bigger audience. All the events from Rosehall Arts, Sutherland Sessions and Ardross Community Centre are on there

along with events organised by KO-SDT and our local halls.

If you're interested in attending events, then please bookmark the web site, join the facebook page and the mailing list. If you know of anyone running events, then please let me know so that I can get in touch and make sure we include them too. Or add the information to the facebook page too. Thanks and hope to see you at an event soon. ■ **Anna Patfield**

www.CraicNGigs.co.uk
✉ **craicngigs@gmail.com**
f Craic N Gigs



Letters to the editor

Do you have a strong feeling about something you read? Do you want to share your opinion or point of view? Send your letters to ardgaynewsletter@gmail.com.

Closure of Bank of Scotland branch

The Bank of Scotland in Bonar Bridge is due to close on 5th September. I encourage any customers to write a letter of complaint to Nigel Gottig, Manager, Group Executive Complaints at PO Box 761, Leeds, West Yorkshire, LS1 9JF. In their letter, they can point that the access to banking protocol has not been followed. Banks are committed to supporting access to

banking and financial inclusion in the community by offering an alternative way to bank that helps customers to continue to bank locally; and rebuilding trust and confidence in the sector. Before the decision is made, a bank should undertake an analysis to understand the potential impact on branch users and the availability and sustainability of alternative ways to bank for branch users who live locally or travel to use the branch. After a bank has

decided to close a branch, the bank should engage with local stakeholders to further understand the potential impact of the closure on the community, the potential impact on branch users; and the availability of alternative ways to bank for branch users. The issues to consider should include: the number of branch users affected; the age profile of branch users; the number of users who are more dependent on their branch (disabled, older, digitally

excluded and / or lower income customers); and an analysis of potential future service users. Banks should publish the results of their engagement and impact assessment, and the considerations taken into account in assessing the impact of the branch closure, subject to the removal of commercially sensitive information. The results should be made public before the closure of the branch. ■

Michael Baird, Bonar Bridge



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Kyle of Sutherland Development Trust is a company Limited by Guarantee

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RORY LOWE BODYWORKER

Mob. 07598 727 400

RORY LOWE

Msc, Bsc (hons) Adv SRM.

Over 18 years of experience in alternative therapies, sports and remedial massage. I travel throughout the highlands providing services to individuals including Beaulieu Shinty team, Rangers F.C. and osteopathy and physiotherapy therapy clinics.

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Charities & Volunteering



HAVE YOU GOT A FEW HOURS TO SPARE EACH WEEK TO HELP SOMEONE IN YOUR COMMUNITY?

Volunteering opportunities with Sutherland Care Forum and Highland Hospice

SUTHERLAND CARE FORUM is looking for volunteers to help with our Friends at Home befriending service. SCF and Highland Hospice are now working together to provide a befriending service for those affected by advancing illness. We are expanding our service to reach as many people as we can, and to do this we are looking for more volunteers.

Our befrienders can give a regular visit to someone who lives alone, or give a carer a break for a couple of hours. Having a little bit of help can often mean that people are able to remain in their own homes for longer, living independently and in familiar surroundings.

Befriending doesn't have to consist of visiting someone at home. There are lots of ways to help out. Maybe you could drive someone to appointments, take them out for coffee, or even simply take them to do some shopping? Older people in our community, and people with health problems, can easily become very isolated, especially if they have no access to transport, so even simple trips such as these can really



help a person to feel part of their own community again.

Our Good Morning Sutherland service provides a daily phone call from a volunteer to check on well-being, and discuss any worries which may have arisen.

SHARED INTERESTS

Do you have an interest such as knitting, gardening, or local history? We always endeavour to match our clients with our volunteers. A couple of hours spent pottering in the garden could mean the world to someone who finds it difficult to get out and enjoy their garden.

Volunteers will be trained by Highland Hospice in supporting clients receiving palliative care. A few spare hours given by you could really enhance a person's sense of

well being. All you need are 3 spare hours per week, and the will to help someone who would really appreciate it. Our volunteers also find it a rewarding experience. Here's what some of our volunteers have to say:

"This is a very important service as it gives the client news of the outside world and company. Having someone to talk to is a blessing, which I love doing, and is great for the client" (Lairg volunteer).

"We gardened together, sorted out IT issues and sometimes I acted as a chauffeur to appointments. The client was going through a difficult time emotionally and I think I was able to support her in some small way through a big life change" (Dornoch volunteer)

"My client has a great sense of humour and we have a lot of fun" (Lairg volunteer)

If you feel you could help, please contact SCF using details below. ■

Ailsa Rennie



Isobel Murray, Service Manager, SCF

☎ 07907 595 962

✉ isobeleccf@yahoo.co.uk

Generous gift from the family in memory of the late Alan Easom

A new church bench at Creich Parish Church, Bonar Bridge, has been generously donated by the family in memory of the late Alan Easom. Pictured here, Thelma and Michelle Easom, and Holly Wardrop at the prayer of dedication said by Rev Anthony Jones. ■



Charities & Volunteering

Universal Credit: Getting ready for the rollout in Highland

East & Central Sutherland Citizens Advice Bureau can help you with Universal Credit, a monthly payment that will replace some other benefits you may be receiving.

UNIVERSAL CREDIT is a monthly payment that replaces some other benefits. You may be able to claim Universal Credit if you're on a low income or out of work. How much you'll get depends on your circumstances, including your income and how many children you have.

From July 2017, if you are already getting one or more of these benefits, your claim should continue; Employment and Support Allowance (ESA), Job Seekers Allowance (JSA), Income Support, Child/Working Tax Credit and Housing Benefit.

If your circumstances change and you need to make a new claim for one of the above, you will have to apply for Universal Credit instead. Whether you stay on the old benefits or claim Universal Credit will depend on your individual situation— you could make an appointment to see us to get a benefit check.

HOW DO I CLAIM?

Claims are made online and you will need the following to claim; an email address, a bank or post office account and an appointment with your 'work coach' at the job centre within 7 days of making your claim. If you miss your appointment the claim will be closed

HOW IS IT PAID?

It is paid monthly in arrears but the first payment can take 6-8



Claims are made online and you will need an email address, a bank account and an appointment with your 'work coach' within 7 days of your claim.

weeks and it includes your housing costs. If you are struggling you can ask for an advance payment.

COMPUTER ACCESS

There is computer access at Job Centres, some service points and libraries. If you need help making an application we can let you know who may offer help. Highland Council Welfare Support Team can help with claims. Tel: 0800 090 1004.

Vulnerable applicants may be able to claim by phone but any follow up actions will be online.

GETTING TO THE JOB CENTRE

It is expected that all claimants will attend the Job Centre within 7 days of making the claim. If this is going to be a problem because of mobility or because of transport,

we can help you contact the Job Centre about this on a case-by-case basis.

DO YOU PAY COUNCIL TAX?

Remember to apply for Council Tax Reduction separately as it is not included in your Universal Credit claim— you can get a form at the service point, CAB or online through the Highland Council website.

KEEPING ON TOP OF YOUR CLAIM

When you apply, you will have a list of 'to-do's that will appear in your online 'work journal'. These have to be completed before payment is made. You will discuss your 'claimant commitment' with your work coach. Everyone applying must sign a claimant commitment. What you are expected to do in terms of seeking work depends on your health, caring duties and other commitments. If you work part-time you may be expected to look for more work. Your 'job coach' will go through this with you at the appointment.

If you want advice about your commitment or want to challenge a decision, we can help. Contact us using the details below. ■ **Rhionna Mackay**, Deputy Manager



East & Central Sutherland
Citizens Advice Bureau.

☎ 01408 633 000

✉ advice@esvas.casonline.org.uk



What's on in the area



22

JULY

THE LINKS, DORNOCH

The Sutherland County Agricultural Show

Sutherland Show is a great day out for all the family with plenty to see and do including the trade stands, main ring of entertainment, sheep, cattle, horses and ponies, poultry, dog show, flower & vegetables and food & crafts. Well behaved dogs are welcome on leads. Admission: Adults: £7. Child (5 to 14)/concessions: £4. Under 5s: free Family ticket: £17. Parking: free. Saturday night marquee dance - 9 pm start. Tickets: £8

FROM

ROSEHALL CHURCH OF SCOTLAND

23

JUNE

Rosehall Flower Festival



From Friday 23 June to Sunday 25 June.
Come along between 11 am to 6 pm.
Sunday from 2 pm to 6 pm. This year's theme is 'Women of the Bible'. All welcome!

FROM

MANNSFIELD SHOWGROUND, MUIR OF ORD

2

AUG.

Black Isle Show

Now in its 180th year, it will showcase the finest in farming from across the UK. This year's theme is History, Heritage and Archaeology. Thousands of animals from cattle to guinea pigs, a craft & food hall, specialty bars and beer tents, and a funfair. Preview evening: £6. Main event: £13 Adults / £8 concessions.



26

AUG.

LAIRG SHOWFIELD - 10 AM

Lairg Crofters show

The Lairg Crofters Show is held annually on the Showfield, Main Street, Lairg. It is the last surviving mainland crofters show and is an excellent day out with something for all the family. Evening Licensed Dance with Doon Major starts at 9 pm. Admission £8. No under 16s.



15

JULY

GOLSPIE GALLERY - 10:30 AM 1:30 PM

Leathercraft for beginners

Half day workshop where you will learn how to use a variety of techniques to cut, stamp, dye and stitch your own keepsake keyring. Tutor: Katy Malone. £30 including all materials. More info: 01408 633828



DONATIONS WELCOME ~ CONTACT 01863 - 766174 or 766602

All Profits Go to Hall Funds ~ Ardgay Public Hall ~ Scottish Charity No. SC008669



What's on in the area

24

JUNE

BRINDAVAN, ARDGAY - 11 AM

Scottish Women's Institute Open Garden Day



Ardgay SWI are holding an Open Garden Day at the home of Mr and Mrs Glennie, Brindavan, Ardgay, on the 24th June from 11 am until 4 pm. Light refreshments available, entry £2.50 includes tea. Hunt the fairy competition for children.

26

AUG.

ARDGAY PUBLIC HALL, 6 PM

Auction & Raffle



Ardgay Public Hall annual fundraising event. Come along to view the variety of donated items at 6 pm, with the auction starting at 7 pm.

8

JULY

GLENMORANGIE GROUND, TAIN

Tain Highland Gathering

This year there will be a special Caber event with one of the longest Cabers in the Games circuit. Local Events commence 11 am - Open Events from 2 pm. Entry: Adults £6; Under 16 £2.50, Car Park £2. Toddlers free.

24

JUNE

ARDROSS HALL, 8 PM

The Secret North

Six world-class musicians from Scotland, Ireland and Scandinavia in a cross-cultural celebration of new music.
www.ardrosshall.org



FROM

UNTIL SUNDAY 6 AUGUST

29

JULY

Kyle of Sutherland Gala Week

The villages of Ardgay, Bonar Bridge, Culrain, Invershin and Rosehall play host to our annual Gala Week. Packed full of fun events for young and old, the Gala holds a wide range of enjoyable competitions including the Pet Show, Car Treasure Hunt, sports sessions, clay pigeon shoot, disco, children's sports, pub quiz and treasure hunts, as well as a whist drive, a trip to the Black Isle Show and much, much more! More info: see advert on back cover.

17

JUNE

LEDMORE & MIGDALE, SPINNINGDALE

I'm a survivor, get me out of here!

Do you fancy taking part in woodland trials in the woods? Two teams will compete against each other in each session, and the infamous Kiosk Keith will be there to give out dingo dollars to the best team! This is suitable for all the family. Booking essential, £5 per adult. Children free.

More info: 07810 027556 (Juliet) or ledmoremigdale@woodlandtrust.org.uk



16

SEPT.

BALBLAIR, BONAR BRIDGE

Invercharron Highland Games



Heavy events, piping competitions, Highland dancing, track & field, hill & children's races, tug o' war and cycling all feature in this fun-packed day, with a variety of stalls and amusements. Invercharron will also play host to the National Finals of the 110 stone Tug O War so make sure you don't miss this epic battle.



Adult Clubs & Societies



Ardgay Badminton Club

Will resume in October.
Thursday evenings at Ardgay Hall. Contact: **Gregor Laing**
☎ 01863 766 223
Alternative sessions organised by KAT, Wednesdays 10 am - 12 pm.
☎ 01863 766 702

Ardgay Scottish Country Dancing Club

On summer holidays.
Starting again on Tuesday 3rd October 7:30 pm in Ardgay Public Hall.
Contact: **David Hannah**
☎ 01863 766 061

Kyle of Sutherland Cinema Club

Will resume on Friday 15th September. Film screenings every 2nd and 4th Friday of each month. Bonar Bridge Community Hall at 7:30 pm. Free Entry.
Contact: **Silvia Muras**
Facebook: **Kyle of Sutherland Cinema Club**
☎ 01863 766 690

Creich & Kincardine Art Group

Meets in Bonar Bridge Hall tearoom on Wednesdays from 10 am to 3 pm. All welcome. Contact: **Joan Mulligan**
☎ 01549 421 321

Sutherland Walkers Club

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

SUNDAY 25 JUNE

Ben Klibreck. Aprox. 9 miles, linear, mostly on informal paths, boggy in places. Start/finish at bridge over River Vagastie. Leader: Cliff Beck: 01862 810 033. Optional low level walk from the Crask Inn to drainage channel. 5 miles, linear. Leader: Bruce Field: 01408 633118.

SUNDAY 9 JULY

Summer Special Kylestrome to Glendhu. 8 miles, linear. Leader: Jon Jenkins: 01862 810 382. Meal after the walk at the Kylesku Hotel. Please ring secretary at least one week in advance to book.

SUNDAY 23 JULY

Ben More Coigach - Sgurr an Fhidheir. 7 miles, circular, intermittent moorland path, steep ascent to a sandstone ridge with good bypass paths to avoid scrambling. Leader: Cliff Beck: 01862 810 033.

Optional low level walk to be arranged. Leader: Annette Parrott: 01549 402 095.

SUNDAY 27 AUGUST

Oykel Bridge - Langwell - Einig Wood. Woodland paths, riverside and open countryside. 9.5 miles, figure of eight walk, low level. Leader: Jon Jenkins: 01862 810 382.

Contact the Walk Leader the day before the walk to confirm that it is taking place.

Walks Planning Meeting:

October to March. Wednesday 6 September at 7:30 pm.

Golspie Community Centre
Contact: **David Hannah**

☎ 01863 766 061



Scottish Women's Institute Ardgay

All ages welcome. Ardgay Public Hall 7:30 pm. 3rd Tuesday each month
Contact: **Mrs Gillian Glennie**
☎ 01863 766 674
CULRAIN & INVERSHIN SWI
4th Thursday of the month.
Contact: **Liz Cormack**
☎ 01863 766 841

Edderton & District Gardening Club

From September to May in Edderton Community Hall.
More information:
Patricia ☎ 01863 766 061
pahannah@hotmail.com
Esther ☎ 01862 811 381
esther@bumblebeecottage.me.uk

Sutherland Radio Control Club

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

Kyle of Sutherland Whist Club

Will be back in September
Bonar Bridge Hall, Contact: **Rosemary Logan**
☎ 01549 421 282
Alternative whist club (KAT):
Fridays, 2:30 to 4:30 pm,
Bonar Bridge Hall. Free.
☎ 01863 766 646

Kyle of Sutherland Joggers

Joggers meet Mondays and Wednesdays at 7 pm. Check Facebook page for meeting point: **Kyle of Sutherland Joggers** Contact:
Elissa ☎ 07743 228 661
Naomi ☎ 07818 482 341
Catriona ☎ 07929 886 105

Kyle of Sutherland Heritage Society

Kincardine Old Church, Ardgay. Organising events, art exhibitions, lectures, workshops and history walks from March to November.
Contact: **Mary Stobo**
☎ 01863 766868

Pilates

Bonar Bridge Hall, Mondays 10-11 am. Contact: **Moir Chisholm**
☎ 01862 810 786
Alternative Pilates group (KAT) 1.30pm-2.30pm, Ardgay Public Hall.
Beginners welcome.
☎ 01863 766 702

Tai Chi

Ardgay Public Hall
Monday 2:30 pm £2
Contact: **Angela**
☎ 01549 421 336

Bonar Bridge Ardgay Golf Club

A beautiful 9 hole course with spectacular views of Loch Migdale.
Market Stance, Migdale Road, Bonar Bridge.
☎ 01863 766 199

Health & wellbeing



Nutrition tips for a healthier diet

Apple cider vinegar:

It can help control blood cholesterol, soothe arthritis pain and reduce inflammation, encourage healthy digestive system, relieve daily aches and muscular pains, promote healthy skin and so much more. It has many beneficial properties such as amino acids, beta carotene,



enzymes, magnesium, potassium and pectin.

Vitamin C:

Vitamin C helps protect cells and keeps them healthy, maintains healthy skin, blood vessels, bones & cartilage, and helps with wound healing. You can find Vitamin C in supplement form or in strawberries, fresh greens and lots of

oranges, which are great for the immune system.

Local honey:

Honey is a natural antibiotic and acts as a natural defense for the



immune system. It's best to buy locally grown, organic, raw honey that's produced by bees in or near the environment you live. ■ **Rory Lowe**

Rory Lowe

has a vast experience providing alternative therapies, sports and remedial massage. He has worked in the USA, Canada, Ireland, England and Scotland. He studied at Leeds and York university, Glasgow Caledonian University, Maynooth University Ireland, and Scottish massage schools with an Msc Nutrition and an Bsc (hons) Sports science. He travels throughout the Highlands providing services to individuals and osteopath and physiotherapy therapy clinics. He has successfully treated a range of ailments: arthritis, back problems, sports injuries, migraines and pre and post care.



Alternative Roast recipe:

Nut Roast

500g Shiitake mushrooms (chopped); 1 pkt merchant chestnuts; 1 onion; 1/4 fennel bulb; 1 tspn coconut oil; 1 tspn wholemeal flour; 1/2 pint of water. Seasoning: 1 tspn black pepper, 1/2 tspn cayenne pepper, sprig thyme,

salt, 1 tspn Tamari gluten free soy sauce, 1 cube Kallo mushroom sauce (yeast free). Adjust seasoning to taste

Saute the mushrooms, onion, and fennel bulb in coconut oil. Add seasoning, water, flour and chestnuts to the pan, and cook on low heat for approx. 1 hour. Do not boil. Serve with vegetables and mashed or roast potatoes.

The benefits of walking

WALKING IS SIMPLE, free and one of the easiest ways to get more active, lose weight and become healthier. It's underrated as a form of exercise, but regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. Walking in a group is a great way to start walking, make new friends and stay motivated. Here are some groups you could join this summer:

- **Sutherland walkers:** your local walking group. (Contact & programme available on page 24)
- **Sutherland Striders**, operating in Bettyhill-Tongue area.
- **Friends of the John o' Groats Trail**, a long distance footpath from Inverness to John o'Groats. They are a charity and always looking for help. ■



Sutherland Walkers Group



Friends of the John o'Groats Trail

ARDGAY & DISTRICT

Community Council *newsletter*

YOUR ADVERT COULD BE HERE

100% TARGET

DISTRIBUTED **FOR FREE**
TO ALL HOUSEHOLDS IN THE
ARDGAY & DISTRICT CC AREA

+800 ONLINE COPIES

HELP REACH A **WIDER AUDIENCE**

+ EXTRA FOR SALE
IN LOCAL OUTLETS

Next
edition:
15th
Sept.

BOOKING & ENQUIRIES:

ardgaynewsletter@gmail.com

01863 766 690



Gearrchoille Community Wood



(Above) Part of line of old drove road.
(Right) Oak seedlings.

OUR VOLUNTEERS HAVE BEEN BUSY THIS WINTER AND SPRING

Clearing the old drove road

OUR SMALL GROUP of volunteers have continued to meet throughout the winter and spring to continue our management programme.

The main focus over the winter was to clear the area where the old drove road first enters the woodland – this is where the current footpath from Oakwood Place enters the wood. The drove road at this point is wide and runs between 2 banks about 25 ft apart.

As we move into summer, we will continue keeping the paths trimmed – although this has become much less necessary with increased footfall into the wood;

extend the wooden walkway in the 'new' path and carry out some much needed maintenance on the picnic benches and interpretation boards. The acorns collected in autumn have germinated well and will be available to pot on / plant out next autumn – do get in touch if you would like some!

We will be hosting a few events throughout the summer – check our Facebook page or posters locally. ■ **Betty Wright**



gearrchoillecommunitywoodardgay.org.uk

✉ gearrchoille@gmail.com

☎ 01863755316

f Gearrchoille Community Wood

Wildlife

Great Crested Newt

TRITURUS CRISTATUS

■ Newts are **AMPHIBIANS**, breeding in ponds during the spring and spending most of the rest of the year in woodland, hedgerows and tussocky grassland. ■ They feed on invertebrates and **HIBERNATE** amongst tree roots and old walls. ■ The males have a long, wavy crest, giving them the appearance of **MINI DINOSAURS**. ■ Individual Great Crested Newts can be identified by looking at the **PATTERN OF BLACK SPOTS** in their bellies, as unique as fingerprints. ■ They can measure up to 16 cm and they can live up to **15 YEARS**. More info: scottishwildlifetrust.org.uk



Research found that great crested newts are native to the Highlands.



A newt larva.

Ticks & Lyme disease



Ticks are very small spider-like creatures which feed on blood. Some ticks carry the bacteria which causes Lyme disease, that can cause serious illness in humans. The risk of catching Lyme disease is small but you need to be aware of the areas where there could be ticks and what to do if you get bitten.

To prevent getting bitten:

- Try to avoid walking through bracken, long grass and heather.
- Protect exposed skin and tuck trousers into boots. Use insect repellent.
- Check yourself for ticks thoroughly. Ticks often crawl into warm areas of the body: around the waist, groin and armpits. Children are commonly bitten on the head and neck.

I've been bitten, what do I do?

- Don't panic. Even if the tick is infected, it is unlikely to transmit the infection in the first few hours.
- Carefully remove the tick using a specialist tool or tweezers.
- Wash the bite area and apply antiseptic.
- Keep an eye on the bite area for several weeks after being bitten.
- If you have any concerns, contact your GP.

Children & Young people



GLEDFIELD PRIMARY SCHOOL



■ **Kirsten Macneil** Cluster Headteacher Rosehall & Gledfield Primary Schools



INVER FUN RUN Some of our pupils took part in the Inver Fun Run. They were all delighted to receive their medals.



Our P4/5 pupils enjoy taking their learning outdoors in the sun.

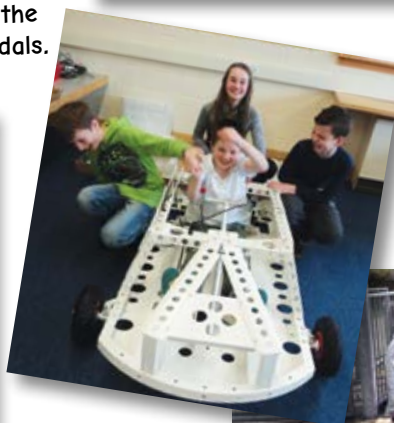
OUTDOORS ACTIVITIES

Our pupils are loving getting their hands dirty helping Jean with our school garden. A huge thank you to Jean for volunteering to help us develop our school grounds.



DRUMMING

Edderton pupils joined us at Gledfield for a fantastic drumming workshop.



GOBLIN CAR

Our electric car is running smoothly. Now our pupils are working on decorating the body of the car. We can't wait to race our car in Alford on the 17th June.



by Andymack & Sil



The crows were making a mess of Morag's father's oat field, so he asked her to make a scarecrow. Morag went to see Hamish to see if he could help. She brought along some of her father's old clothes, and they stuffed them with hay.



the the sticks. It certainly seemed to work!



Hamish tied two sticks together to hold up the scarecrow and stuck them in the ground, then Morag tied the scarecrow

MEET HAMISH THE TARTAN DRAGON

A shy veggie dragon who lives on Carn Bren

From the Manse...



A crowd gathered to give thanks and sing at the 'Lambing Service' at Bonar Bridge, hosted by Betty Ross and the family at Migdale Country Stores. The service included readings about the role of the shepherd.



Promises, promises

A very topical question as I write this message is 'who do we trust to do what is right for the country? By the time you read this you will know the answer. It has of course been a time of a general election. Asking people to trust you is one thing - getting them to do so is quite another!

Trust is of course an essential element, not only at the time of an election but, in life itself. Like loving or believing, trust has to be voluntary. You can't force anyone to love another or to believe in something. To take a simple example, guide dogs do a fantastic job guiding their visually impaired owners along crowded pavements and across busy roads. This is absolute trust! It is the person's relationship with the dog that proves itself worthy in trust. The same is true of trust from a Christian perspective. It is based on our personal relationship with God. Today, there is a conspicuous absence of trust, not only in the political process, but in the spiritual and moral areas of life. Many people and often especially younger folk are cynical and disillusioned about life and find nothing to place their trust in. With the decline in religious faith and any hope in God,

people feel uncertain and very often find themselves losing sight of any spiritual or moral direction. This may be because the things they once had trust in have let them down - the Government, scientific progress, the rule of law and yes, even the established Church. Instead, they witness a world and a society dominated by violence, terrorism, and greed, its environment destroyed and its peoples ravaged by war, with millions being dispossessed and left hungry and homeless.

But, in the end we all have to trust in something or someone or life becomes impossible. So what is the answer? Well, it seems to me the only One who has the right to say "trust Me" is God himself. And God has said just that in His Son Jesus Christ. "I am the light of the world. He who follows me shall not stumble but shall have the light of life." (John 8.12)

God does not however compel our

trust. He gives us freewill to give our trust or to withhold it. He has however surely proved Himself worthy of our trust through the many blessings we receive. Every day we receive gifts (perhaps unknowingly) but, the greatest gift to each of us is the forgiveness of sins through our Lord Jesus Christ.

The writer of the book of Proverbs gives us this wise advice: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight." (Proverbs 3. 5-6).

Wishing you every blessing for the holiday season. ■ **Rev. Anthony**

Rev. Anthony M. Jones

Parish Minister

The Manse, Ardgay

☎ 01863 766 285

✉ revanthonyjones@yahoo.com

FORTHCOMING SPECIAL EVENTS & CHURCH SERVICES

■ **Saturday 17th June -**

From 12 pm to 2 pm. Kyle Churches 'Picnic and Praise by the Kyle' near the stone circle at Bonar Bridge. Bring your own picnic and an instrument.

■ **Sunday 18th June - 11**

am. 'Heritage' Service at Edderton Old Church. You are warmly invited to attend dressed in a period costume for this celebration of our history.

■ **Sunday 25th June -**

Rosehall Parish Church Flower Festival 'Songs of Praise' Service at 6pm. A celebration in hymns and readings of women in the Bible



Guide to local services

VILLAGE HALLS & VENUES

Ardgay Public Hall
Fiona Venters / 01863 766 602
fcmm11@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

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
Ann Malone / 01549 441 345

AULD KIRK OF EAST SUTHERLAND AND TAIN

Part of the Scottish Episcopal Church. House services at Hollybank Ardgay every 2nd & 4th Tuesday at 10:30 am. Father Chris Mayo: 07860 333 892

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.

Mobile Library Ardgay

EVERY 3RD WEDNESDAY

21 June 2017
12 July 2017
2 August 2017
23 August 2017



Oakwood Place, Ardgay
Arrive 13:45 Depart 14:00

The Lady Ross, Ardgay
Arrive 14:00 Depart 15:15

Post Office Ardgay

Ardgay Public Hall
MONDAY: 1:30 pm - 4:30 pm
FRIDAY: 10 am - 1 pm

Post Office Bonar Bridge

MONDAY: 8:30 am - 4:30 pm
TUESDAY: 8:30 am - 5:30 pm
WEDNESDAY: 8:30 am - 1 pm
THURSDAY: 8:30 am - 5:30 pm
FRIDAY: 9 am - 12:30 pm
SATURDAY: 9 am - 12:30 pm

Train times



From 21/05/2017 to 22/10/2017

INVERNESS → ARDGAY

Monday to Saturday:

07:00 (08:33) Catering serv. available
10:41 (12:05) Catering serv. available
14:00 (15:29) Catering serv. available
17:12 (18:39)
18:28 (20:01) Catering serv. available

Sunday:

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

ARDGAY → INVERNESS

Monday to Saturday:

06:14 (07:43)
06:43 (08:12)
09:07 (10:35) Catering serv. available
10:54 (12:26) Catering serv. available
15:30 (17:02) Catering serv. available
18:52 (20:10) Catering serv. available
19:28 (20:57)

Sunday:

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



Anna Patfield
Dog Behaviourist & Trainer

Pawsability®

www.PawsAbility.co.uk

Dog Behaviour Help Dog Training Puppy Training & Early Learning

Prevent puppy problems arising with puppy early learning and puppy socialisation & training. Sort out lead pulling and jumping with your dog. Or resolve more complex behaviour problems from aggression to separation issues or barking.

Pet Shop

On line pet shop with toys, leads, collars, chews etc – Please look at the shop and call to arrange pick up.

Group Workshops

Next Behaviour Workshop – July 2017 – date & time tba. This 2 part workshop will help you to resolve your dog behaviour problems. Details at www.pawsability.co.uk/workshop

For more information please see
www.PawsAbility.co.uk
or call Anna on 07906 173993

PLUS

Free On-Line Help & Advice pages.

01863 766 231

ARDGAY GARAGE

MOTs on cars and bikes, welding, tyres,
servicing, diagnostics and much more...

Main dealer warranted servicing



HOURS OF BUSINESS: Monday to Thursday 8:30 – 5:30
Friday 8:30 – 4:30 Saturdays by appointment only



Contact us on Facebook: Ardgay Garage





Guide to local services A-Z

BRADBURY CENTRE

Bradbury Centre
01863 766 772
Bradbury Centre Bus
01863 766 772

BUSES

Andrew's Buses
01408 641 354

CITIZENS ADVICE

CAB Golspie
01408 633 000

CHILDREN & FAMILY

Kyle of Sutherland Hub
01863 766 310

CHURCH OF SCOTLAND

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

FISHERIES

KoS Fisheries Trust
01863 766 702

EPISCOPALIAN CHURCH

Father Chris Mayo
01408 600 818

FORESTRY COMMISSION

F. Commission Scotland
01309 674 004

GOLF CLUB

Bonar Bridge-Ardgay GC
01863 766 199

HIGHLAND COUNCIL

Drummuie Golspie
01408 635 370
Service Point Bonar Bridge
01863 766 083
Service Point Dornoch
01862 810 594
Tain Registration Office
01349 886 644

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
0773 330 0761

NHS

Migdale Hospital
01863 766 211
Doctors Creich Surgery
01863 766 379
Nurses Creich Surgery
01863 766 237

PHARMACY

Mitchells Chemist Bonar
01863 760 011

POLICE

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

POST OFFICE

Bonar Bridge Post Office
01863 766 219

PRIMARY SCHOOLS

Gledfield
01863 766 580
Bonar Bridge
01863 766 221
Rosehall
01549 441 348
Edderton
01862 821260

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

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

Andrew's Buses

ARDGAY → TAIN
Monday to Saturday

Ardgay	Ardgay
09:08	10:35
11:26	13:35
14:23	16:35
17:20	19:09
	↓
Edderton	Edderton
09:20	10:20
11:38	13:20
14:35	16:20
17:35	18:54
	↓
Tain Lamington St	Tain Lamington St
09:30 *	10:11
11:48 *	13:11 *
14:45 *	16:11
17:45	18:45 *
	↓
Tain ASDA	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

Royal Bank of Scotland
Mobile Timetable TUESDAY
Bonar Bridge War Memorial
Arrive 12:05 Depart 12:20

Bradbury Centre Bus 920 - TUESDAY

Bonar Bridge to Dornoch
via Spinningdale

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
09:40	10:20
13:30	14:20
	↓
Spinningdale	Spinningdale
Layby at Post Box	Layby at Post Box
09:48	10:12
13:38	14:11
	↓
Clashmore	Clashmore
Carnegie Hall	Carnegie Hall
09:54	10:06
13:44	14:05
	↓
Dornoch Sq	Dornoch Sq
10:00	10:05
13:50	14:00

920 - WEDNESDAY

Bonar Bridge circular to Dornoch
via Spinningdale, Tain & Edderton

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
09:30	14:40
	↓
Spinningdale	Spinningdale
Layby at Post Box	Layby at Post Box
09:38	14:31
	↓
Clashmore	Clashmore
Carnegie Hall	Carnegie Hall
09:54	14:19
	↓
Tain	Tain
Bus stop at Co-Op	Bus stop at Co-Op
10:02	14:08
	↓
Tain	Tain
Lamington Street	Lamington Street
10:04	14:06
	↓
Edderton	Edderton
10:17	13:53
	↓
Ardgay	Ardgay
10:39	13:33
	↓
Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
10:42	13:30

Operates every Tuesday and Wednesday apart from Christmas and New Year weeks.

The minibus has a wheelchair lift which will be available as part of the service.

Bookings: 01863 766 772

Puzzles



Sudoku

Easy

Grid n°100027116 easy

		7				5		
	9	5						8
					3			
	3				1		9	
		9	6				7	
6				7		2		
						3	8	6
5	1							9
		8					2	

Medium

Grid n°100023729 medium

1				8			7	
	7			4	6			
	6	3	2					
	8					9		
6	9					3	1	
		1		3				4
			9	2	4			3
					1		8	

Hard

Grid n°1074 hard

	4	1		7		2		
	5				3		1	
		3	2		9			
			3					
						4		1
						9	5	7
6				5				9
		7		9	4	3		

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

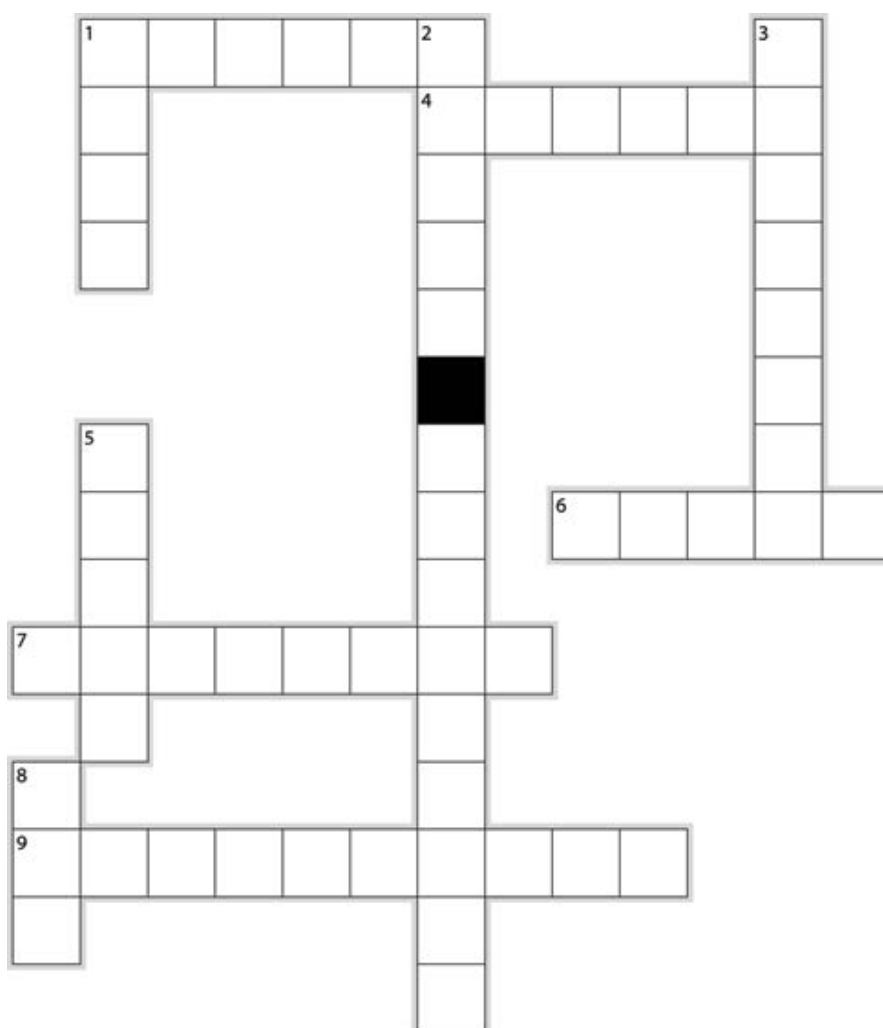
Crosswords

Across

1. (*Informal*) A mad or crazy person.
 4. A room, portico, or arcade with a bench or seats where people may converse, especially in ancient Roman and Greek buildings.
 6. (*Scottish*) Askew; awry. 7. A soft boggy area of land that gives way underfoot. 9. Relating to, living in, or suited for both land and water.

Down

1. Near in place, time, or relationship. 2. (*Two words*) Graham situated between Ardgay & District and Ardross Community Council areas. Its name in Gaelic means "Transverse Hill". 3. Trade or transport in coastal waters or airspace or between two points within a country. 5. (*Zoology*) The terminal segment of a forelimb, corresponding to the hand and wrist in humans. 8. Not strict or careful enough.



Kyle of Sutherland Gala Week 2017

BONAR BRIDGE, ARDGAY, CULRAIN, INVERSHIN & ROSEHALL AREAS

Lots of Fun Family Events for Everyone

Saturday 29th July - Sunday 6th August

SATURDAY 29TH JULY

Gala Fete: 12 noon - 3:30 pm.
Crowning of the Queen: 4 pm
Gin Tasting: 7 pm (TBC)
Gala Dance to Eclipse: 8:30 pm

SUNDAY 30TH JULY

Dry Stone Dyking Demo: 10:30 am.
Raft Race: 2 pm (TBC)
Car Treasure Hunt: 4 pm

MONDAY 31ST JULY

Family Bingo: 2 pm-3:30 pm
Children's Football session:
4-5 pm. Kyle of Sutherland Jog-
gers Open Night & BBQ: 7 pm

TUESDAY 1ST AUGUST

Book Bug: 9:30-10 am
Flower Festival, Pancake Day &
Sales table: 10 am-4 pm

Bubble Football (P5-S2): 3-4 pm
Nerf Wars (P5-S2): 4:30-5:30 pm
Bubble Football (Adults): 7-8 pm

WEDNESDAY 2ND AUGUST

Flower Festival: 10 am - 4 pm
Pet Show: 1:30 pm.
Clay Pigeon Shoot: 6 pm.
Whist Drive: 7:30 pm

THURSDAY 3RD AUGUST

Bus to the Black Isle Show:
9 am-5:30 pm. Flower Festival:
10 am - 4 pm. Family Cycle:
6:30 pm. Bingo: 7:30 pm

FRIDAY 4TH AUGUST

Sports Day & BBQ: 10:30am
Kids Film: 4 pm

SATURDAY 5TH AUGUST

Beasties & Bugs: 10 - 11:30 am
Gardens Open Day: 2-4 pm
Kids Crafts for Duck Race & Duck
procession: 3 - 3:45 pm. Duck
Race: 4 pm. Buffet & Family Cei-
lidh: 5-8 pm. Pub Quiz: 8:30 pm

SUNDAY 6TH AUGUST

Speedcrafting: 10 am - 12 noon
Gardens Open Day: 2-4 pm

*All events are subject to change and more are to be added!
The programme will be available very soon in local shops*



www.spanglefish.com/kyleofsutherlandgalaweek/

Kyle of Sutherland Gala Week

See Programme (coming soon) or email elizasteven@hotmail.com for a copy

ARDGAY & DISTRICT

Community Council *newsletter*

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