

ARDGAY & DISTRICT

Community Council *newsletter*

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The new Kyle of Sutherland Hub is now up and running

The community building is a great achievement for the group of volunteers who came up with the idea more than 10 years ago. Photographed: Martin Cawley (Big Lottery Scotland), Maureen McGinn (Big Lottery Scotland), Hayley Bangs (KOS Hub Chair), Kathy Smith (KOS Hub Treasurer), Catriona Hill (CH Architecture). *Page 10*

THE SERVICE CEASED TWO YEARS AGO

Community complaints as the 9 am train no longer stops at Culrain

Page 4



NEWS FROM KOSDT

Unprecedented development in the Kyle of Sutherland

OVER THE LAST FEW months the Kyle of Sutherland Development Trust has welcomed many visitors. Falls of Shin Visitor Attraction is up and running and the Business Barn in Ardgay is well underway. (*Page 14*).




David Stewart MSP visited the Business Barn building site in Ardgay.

OBITUARY

Heatherlea, the legacy of Robin Ross

Former Chairman of Ardgay & District Community Council, he will be remembered *Page 12*



Our two War Memorials win Best Kept competition

Page 16



Highland Archaeology Festival events near you

Pages 24 & 25



36 pages featuring
What's on in the area,
Opening times,
Telephone guide,
Bus & Train timetable,
Crosswords, Sudoku...

INVERCHARRON HIGHLAND GAMES

SATURDAY 16TH SEPTEMBER 2017

Commencing 10am Balblair Farm

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(on A836 Bonar Bridge/Lairg Road, Sutherland)

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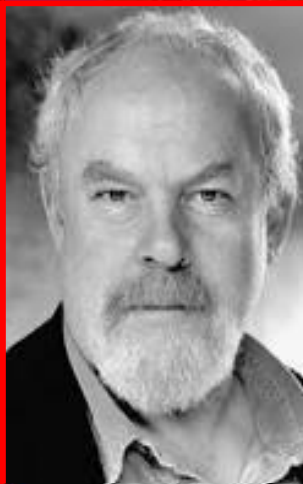
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**CHIEFTAIN
JIMMY
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- Invershin (Hall)

Admission: £6 Adult: £1 Child £1 Car

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Ardgay & District photographs



By the railway by Gregor Laing

Autumn colours by the railway and dusting of snow on the Struie. Photo taken in November 2016. The train station in Ardgay opened on 1st October 1864 as "Bonar Bridge", but was renamed Ardgay in 1977.

EDITOR'S LETTER

Amazing volunteers

Looking at these pages, I realise how volunteering is at the heart of our community. Volunteers distributing this newsletter; imagining the new Hub; working on projects of the Kyle of Sutherland Development Trust; organising Ardgay Public Hall's excellent auction; maintaining the Gearrchoille Wood; taking care of our War Memorials; giving a hand from time to time at the Bradbury Centre; trying to save Culrain Hall; organising events at the Kyle of Sutherland Heritage Society; running the site Craic N' Gigs; and running so many other clubs and charities. Thank you all for your amazing work. ■

Silvia Muras *Editor*



Ardgay & District News

Culrain: The train no longer stops here!

A few years ago, Scotrail ceased the 9:04 request stop at Culrain without warning. Since then, local people have been writing to different bodies trying to restore this most useful stop, but their petitions have been unsuccessful so far.



Railway station at Culrain.

AT THE END OF 2014 Scotrail changed their timetable and the most useful 9:04 train stop at Culrain ceased, leaving passengers stranded. With no warning, people turned up for a train that no longer stopped. When complaints were made to Scotrail various excuses were given such as the stop at Canon Bridge, track problems, needing to travel slowly in places, lack of passing places. Until December 2014 it had not been a problem. None of the other southbound services have been affected nor have any northbound services been affected.

While there is an earlier train about 6:45 am, part of the Invernet system, the 9 o' clock train was the most useful for people. It enabled people to attend medical appointments in Inverness, Tain or elsewhere, and also dental or opticians appointments, the latter especially important as quite often you cannot drive after an eye examination. There was enough time for appointments and then be able to return to Culrain at

a reasonable time on the 2 pm northbound service. If someone was only going to Tain shopping, there was time to shop and return on an earlier service. Now there is no train stop at Culrain until 10:48 am which leaves little time to do anything anywhere in order to return on the 2 pm service. In Inverness there is only an hour and a half.

The next train to Culrain, also the last, is not until 6:30 pm. Culrain has the advantage over Ardgay of providing wheelchair access to all trains as there is no line crossing involved. Also money was poured into modernising Culrain station, both Scotrail and Network Rail are regularly working there. The 9 o'clock train linked with trains to Aberdeen and Edinburgh/Glasgow and further south.

DISCOURAGING REPLIES

Since this timetable change occurred, different local people have contacted Scotrail, Hitrans (the body responsible for advising on Highland transport), and the Highland Council, receiving discouraging replies and nothing done. I contacted Scotrail, Transport Scotland and Hitrans earlier this year asking for a resititution of the 9 o' clock halt at

Train troubles from Ardgay

Troubles continue with trains not running on time or not running at all resulting in disruption for travellers from Ardgay. The Community Council has written to Scotrail to highlight the disruption this causes and to request that they consider installing an electronic board on the platform which will show when a train is expected. In the meantime, it is probably a good idea to check the punctuality of the train using the free Scotrail app which you can download from www.scotrail.co.uk or by using the phone which is on the right as you enter the station. That way you will know what is happening and is especially helpful to do before you cross the rail bridge. ■ **Marion Turner**





Ardgay & District News

Culrain and received replies from all three bodies acknowledging the problem but there has been no action. As the train is already travelling slowly at this point because of the Invershin Bridge and the curves in the line, a brief halt when requested would cause little problem. This is a time when people are being encouraged to use public transport, the policy of the Scottish Government.

The train is the only public transport we have in Culrain. Anybody interested in helping to restore this 9 o'clock halt at Culrain, perhaps they could contact Hitrans at info@hitrans.org.uk, or telephone 07921 161 995. ■
Janet Mackay

THE TRUST ORGANISED AN EMERGENCY SERVICE IN AUGUST

Ardgay: KOSDT steps in to ensure that the 900 bus service is not suspended

ON TUESDAY 22ND August, school transport contractor Andrew's Shetland Ltd collapsed. While The Highland Council was able to organise a school emergency bus, the public service 900 was about to be suspended "for a day or two".

The KOSDT stepped in to ensure that local people could still access the service from Lairg to Tain, until it was finally taken over by D&E coaches on Monday 28th August. The evening service on the 23rd ran with support from the Bradbury Centre who kindly donated their bus

and Trust director Graeme Askew drove ensuring that people working in Tain could get home. Using a bus hired from Focus and volunteer drivers, the Trust was able to run the full bus timetable free to all passengers. William Gray Construction financially supported the provision of this lifeline service. 107 passengers used the bus, evidence of the need for this line to continue to operate.

The public service has now been restored and is operated by D&E coaches with the same timetable as Andrew's (see page 34). ■

☎ 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



Kyle of Sutherland Fisheries
Maintaining a relationship between a healthy river system and a prosperous community



MEETING ANNOUNCEMENTS

KYLE OF SUTHERLAND DISTRICT SALMON FISHERIES BOARD

Monday 2nd October 2017

9.00 a.m. Board annual meeting of qualified proprietors

10.00 a.m. Board ordinary meeting

Board meetings are open to the public

KYLE OF SUTHERLAND DISTRICT SALMON FISHERIES TRUST

Monday 2nd October 2017

1.30 p.m. Trust annual general meeting

2.00 p.m. Trust ordinary meeting

T: 01863 766702
E: admin@kylefisheries.org
W: www.kylefisheries.org

"Protecting salmon and sea trout stocks in the Kyle district since 1865"



Ardgay & District News

Message from the Chairperson A&DCC

AT our AGM in June we were sorry to accept the resignation from Sheila Lall due to other commitments. I would like to thank Sheila for her input to the cc and hope that she may return at a later date. This means that we now have a vacancy on the cc and would be pleased to hear from anyone who is interested in joining – contact any CC member, or come along to a meeting.

As reported in the minutes of recent meetings, we were invited to comment on a scoping report re Meall Buidhe windfarm – a poten-

tial development near Croick. Angus Elder of Muirden Energy will be attending our November meeting – Monday 13th at 7 pm to discuss the proposal and associated Community Benefit and the possibility of a shared ownership arrangement involving the local community.

Whilst the turbines themselves remain a controversial addition to our locality, there can be no doubt about the opportunities the community benefit has brought. This newsletter is funded by Eon Rosehall and Beinn Tharsuinn funds – the last issue had news of some 10

local groups that are supported by these and SSE Achany funds. The 3 major projects of 2016/17 – Falls of Shin, The Hub and Ardgay Regeneration all had significant support from local funds, and the total amount of match funding brought into the area by KoSDT has reached some £5 million. This translates into jobs for the area – between 20 and 30 for the projects mentioned.

Shared ownership could open up more opportunities allowing us to address some of the issues around fuel poverty and local transport issues. ■ **Betty Wright**, *Chairperson*

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

HOW TO CONTACT

ARDGAY & DISTRICT COMMUNITY COUNCIL



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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:
14 OCTOBER & 11 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:
13 NOVEMBER & 11 DECEMBER

COUNCILLORS NORTH, WEST & CENTRAL SUTHERLAND

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MP CAITHNESS, SUTHERLAND & EASTER ROSS

Jamie Stone House of Commons, London, SW1A 0AA
Tel 07748 111 328 jamie.stone.mp@parliament.uk



KEEP ACTIVE TOGETHER (KAT) WEEKLY ACTIVITY PROGRAMME SEPTEMBER/OCTOBER 2017



MONDAY

MUSIC PRACTISE GROUP	7pm-9pm	BONAR HALL, CINEMA ROOM	FREE
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TUESDAY

CIRCUIT TRAINING (September only)	9.30am-10.30am	ROSEHALL VILLAGE HALL	£2
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BALLROOM/LATIN	2pm-4pm	ROSEHALL VILLAGE HALL	£2
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CRAFTERNOONS (Commences 3.10.17)	2.30pm-4.30pm	BONAR BRIDGE HALL	FREE
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LATIN CARDIO FIT	7pm-8pm	BONAR BRIDGE PRIMARY	£2
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WEDNESDAY

BADMINTON	10am-12pm	ARDGAY VILLAGE HALL	FREE
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CEILIDH TEA DANCE (Wednesday 13th September)	2pm-4pm	ROSEHALL VILLAGE HALL	£2
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SINGING FOR FUN	7pm-8pm	ARDGAY VILLAGE HALL	£2
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THURSDAY

THE THURSDAY CLUB	10am-12pm	BONAR BRIDGE HALL	FREE
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FAMILY TEA DANCE	2pm-4pm	BONAR BRIDGE HALL	FREE
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www.facebook.com/keepactivetogogether | www.twitter.com/KeepActiveKOS
T:01863766554 | E:beverley@kyleofsutherland.co.uk

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: SC401019 & Scottish Charity: SC043587. VAT registration number: 251 4030 53
Registered office: The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB



Ardgay & District News



The straight between Bonar Bridge and Ardgay would be a less challenging walk, if there was somewhere to sit down halfway.

How a bench between Ardgay and Bonar could make a difference

Gloria Clarke shares her inspirational story on how she came up with the idea of roadside seats for the Ardgay straight.

SOME OF US go through the rigours of modern day life of commuting, housework etc, without thought to those with disabilities unless they are in constant contact with someone who has them. Like most, I carried on in my own little "bubble", I could walk miles for exercise whenever I wanted, managed to work, run the other, bring up three boys and everything else in my world, until it all changed.

In July 2012, after a few weeks of what I thought of backache from digging the garden, I went to the doctor for a blood test. The following day I was called into Raigmore immediately as my creatinine levels were so high and my kidney function was so low. After two weeks of endless tests, it was discovered I had multiple myeloma in my bones and chronic kidney disease, stage 5.

After that, my life became more challenging. I had no energy to do much, as I was having to make

the trip to Inverness three times a week for dialysis, sometimes being out of the house for more than eight hours. The chemo and dialysis were both changing my lifestyle. I had no energy to work, walk or complete normal tasks. It was very hard on the family.

Luckily, I received a kidney transplant in December 2016. I still lacked energy and slept a lot, but after a while, I no longer had to go to Inverness three times a week.

After three months of being in isolation, I volunteered to help at The Food Stop in Bonar Bridge on a Monday, it gave me a sense of worth and helped me connect back with people in the area. It wasn't always easy but I enjoyed it.

I joined a Kidney Support group on Facebook, and discovered that there was going to be a sponsored walk in Glasgow on the 8th October. I wanted to take part in it, to help raise funds for Kidney Research, as it's not support-

ed as much as cancer charities. I wanted to be able to help other people get to have the opportunity to receive either a transplant or a better quality of life.

I am going to do the 7 mile walk with my son Struan MacLean and his girlfriend Kirsty Matheson, but to be able to do this I had to relearn to walk distances. As you can imagine, after a spell of being in hospital, and another few months of feeling awful, your leg muscles get lazy.

One day I managed to walk the Ardgay straight. Before, it would have taken less than an hour to go both ways, now it took a very long time walking very slowly, but I was determined to prove I could do it. I managed it but by the time I got back to Ardgay, my legs were like jelly. I was exhausted but I had done it.

I had never really noticed before that it was a fair distance, and I started to wonder if other people get exhausted after walking it. I wondered whether it would be worthwhile to see if two chairs could be put up at equal distances between Ardgay and Bonar Bridge, to give others a chance to rest. I contacted Ardgay Community Council to see if there were ways to go about it.

I have since spoken to a few people with limited walking capabilities and they've said they would be interested in being able to walk across the straight if there were a few chairs, as it would give them somewhere different to walk.

Maybe we as a community could fundraise and ask the Council for permission to put up the chairs. I would be willing to help with fundraising and maintenance of the chairs if we were able to get them, although I am sure a lot of people would be grateful for them.

■ Gloria Clarke

Gloria Clarke contacted the CC suggesting roadside seats between Ardgay and Bonar Bridge. At our August meeting, we all agreed that it was an idea worth taking forward, and we will explore the possibility with The Highland Council. ■



Ardgay & District News



Bidding during the auction (left). Attendees taking a look at the great selection of items for sale, more than 300 lots. (right).



Winners of the raffle (left). Our great auctioneer Ian Tolmie (center). One of the items for sale was an old painting of Ardgay (right).

Great success of Ardgay Hall's auction

Ardgay Hall's Biennial Auction 2017: a big selection of items, a large crowd, an extensive raffle... all made for a successful and a highly enjoyable evening.

Wow! THE COMMITTEE would like to thank anyone from the local community who volunteered to help; donated goods or finance and last, but by no means least, came and supported the Ardgay Hall Biennial Auction & Grand Raffle on August 26th. All your combined efforts resulted in £2,255 being raised for hall funds; monies which will be employed towards the hall's on-going running costs and helping maintain a viable level of hire charges for all hall users.

Whether you currently use the

hall or not, the committee would welcome you at this year's AGM. Your views and participation would help inform the ongoing management of the hall for everyone. The meeting will be held in the hall at 7 pm on Wednesday, October 4th. The present committee will be reporting on the activities of the last year; the 2017-18 committee will be elected and plans for the future discussed.

There is one future date you don't have to think twice about when it comes to filling in the

Notable Events on your calendar and that's the last Saturday in November – it falls on the 25th this Year. 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 766 602) or Rhonwen (01863 766 174) soon. ■ **Rhonwen Copley, Secretary**

LIKE US ON FACEBOOK!



Ardgay Public Hall





Ardgay & District News



Meet your new Kyle of Sutherland Hub

The doors of the new Kyle of Sutherland Hub are finally open after thirteen years of steely determination and commitment from local volunteers.

IN 2004 A GROUP of volunteers came together to set up The Kyle of Sutherland Youth Development Group. With a passion to address the lack of services for children and young people, the group ran clubs and activities from temporary accommodation. When they outgrew an old double decker bus, the group purchased the old coal yard on South Bonar Estate and ran services from two donated modular classrooms.

During the next ten years, members carried out extensive community consultations to determine the needs and aspirations of local residents. This organic process resulted in the design of a multi-use, intergenerational facility for the whole community. Enormous efforts were made by volunteers to secure a funding package of £1.9m ensuring the project became a reality. The Big Lottery offered £1.4m and the remaining £500,000 was secured through People and Communities, Robertson Trust, SSE, Eon and Beinn Tharsuinn wind-farms, HIE, Leader and the Highland Council.

Today the Hub, designed by Adams & Sutherland Architects, is running as a social enterprise. The Kyle of Sutherland Hub Ltd, a registered charity with a volunteer management committee, has created six new jobs to operate the facility. The colourful Hub is built



The new facility opened to the public on Monday 8th August.

to exacting standards using state of the art materials and technology. Amenities include a fitness suite, space for family support services and remedial therapies, café specialising in crepes and healthy snacks, multi-use area for hire, second hand donation point, soft play facility, youth room and outdoor games area.

Chair of the project and long serving volunteer of many of the clubs Hayley Bangs, said "This is an absolutely phenomenal achievement by a small group of volunteers with a huge ambition. To see the project finally come to fruition

after all these years of hard work and commitment is just amazing and we couldn't have done it without the strength and support of our community backing us all the way and keeping us going through some pretty tough moments. It is great to now see people enjoying the project."

Kathy Smith a founding member of the Youth Group and Treasurer of the Hub added "After all the years of planning, researching and fundraising it is a very proud moment for all those involved in the development. MacGregors Construction Ltd has done an exceptional job in



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difficult circumstances. We are also grateful to HISEZ for their continued support and expertise with social enterprise training."

Liz Phelps another founder of the Youth Group and current Board member said "I first got involved with the youth group when my children were young - they now have children of their own! To have this facility to take my grandchildren to is definitely worth all the hard work. I have been humbled by the support we have received in taking this project forward and especially during the construction phase, Ca-triona Hill of CH Architecture as our Project Manager really pulled us through. We are so thankful to her for her expertise and support."



The last day of "Bus Club".

The Hub hosts a range of facilities that will support healthy life styles. The core and income generating features provide an accessible and affordable hub of activity and support for the Kyle of Sutherland, surrounding areas and visitors. Through the implementation of activities, clubs, volunteering programmes, training opportunities, employment and social enterprise, the project will

support and encourage aspiration, well-being and engagement across all generations now and in the future. ■ **Hayley Bangs**



Adele Newlands,
Hub Manager

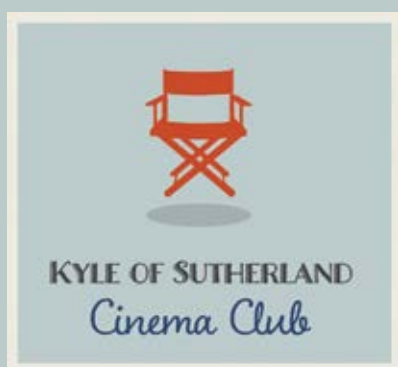
☎ **07514 220 471**

✉ adele.newlands@kyleofsutherland.com
www.kyleofsutherland.com



Kyle of Sutherland Hub

NEW CINEMA CLUB SEASON starting on Friday 15th September



»» FILM NIGHTS »»

2nd and 4th Friday of each month

🎫 **BONAR BRIDGE COMMUNITY HALL**

7:30pm **FREE entry** Refreshments: £2

Become a member for only £15 /year



Kyle of Sutherland Cinema Club

Email koscinemaclub@gmail.com
to receive the full programme



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Price on request for bulk copying.



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Ardgay & District News

OBITUARY

ROBIN ROSS (1930 - 2017)

Dedicated to improving the croft - Heatherlea

ROBIN was born in 1930 on Heatherlea croft, the son of Geordie, a crofter and his wife Nan. He was to become the fourth generation to work this part of the beautiful Strath.

He and his sister Sybil were brought up in the way typical of life at the time. Home grown oats for oatcakes, milk from their cow made into crowdie and of course there were hens, a pig and sheep. Summers were often enjoyably spent with his cousins at Lubchonich roaming the hills and fishing the river.

Primary schooling was nearby, Croick primary school was on Heatherlea croft, which meant lunch was across Illiums' heather field to Nans' meal.

He had to cycle to Gledfield for his years at secondary school in Ardgay. Not for the Strath folk in those days the luxury of being picked up by the school bus! He was one of the brightest in his class and left at 14 years.

He and his cousin George from the neighbouring croft were known to supplement the usual diet with the occasional deer taken from the hill on a dark night. The challenge of carrying a carcass over the hills and boggy ground made for good tales – including the relief when they fell into the cool wet bog!

As a youngster living on the croft he learned how to look after animals from his father. Sometime after he left school and after various estate jobs, he studied at Craibstone Agricultural College, Aberdeen, where he honed his skills.

Robin was assigned the tenancy of Heatherlea croft by his father when he was twenty years old. Back then the croft had very little in the way of good ground and only supported a puckle blackface sheep, a pig and a cow. It was well known to be the poorest croft in the strath. As the croft would not support him he had to earn a living away from the croft.

Robin was the relief postie and he created a very successful contractors' business, fencing and reclaiming land from heather before liming and reseeding it as grazing for sheep. He did this over a wide area in the

north and west of Scotland. Robin told me recently that he turned down a job of reclaiming land in the Middle East! He also constructed miles of fencing across Scotland, from Mull and Skye in the west, to Sutherland and Easter Ross.

WHEN the contracting business was quiet, he would get his men together and do fencing and hill reclamation on Heatherlea. In the space of a few years he turned the poorest croft into perhaps the most productive unit in the strath. All of which would not have been possible without his dedication to "always improve the croft" (his almost daily advice to me) and of course the Crofting Community Agricultural Grant Scheme (CCAGS), which allowed crofters to get a discount on their croft improvements.

The heather used to run right down to the public road and is now grass and clover, allowing over one and a half thousand sheep to graze in the summer.

Taking advantage of the CCAGS again Robin employed the MacLean brothers some thirty years ago to excavate hill tracks across Heatherlea, where no access existed before, which allowed for access solely to improve sheep husbandry. Robin enjoyed taking part in it with his latest Ford County and blade.

He said that he created about ten miles of fencing across Heatherlea, which is no mean feat considering there were none when he took on the croft. Robin was not work shy. That would be the main thing people would say about him – "Robin was a hard worker". I can certainly say he was never ever seen standing still.

Everyone knew that Robin was dedicated to improving the croft and I admire him greatly for this. I think it would be very hard to find a crofter or farmer who has improved their land to the extent that Robin did, especially when you consider almost 100% of today's grass was heather 50 years ago.

He could still mull in a fence post at the age of 80! And that same year a heart doctor said he had "the heart of an



Robin was never one to stand in front of the lense.



Ardgay & District News

athlete”, which shows us how active he was on the croft. He was a good machine sheep shearer, learning it in his 60’s – age was just a number to Robin.

He loved his boys’ toys and had at least three large and powerful Ford tractors from Robertson’s of Tain, bulldozers and Land Rovers. These vehicles combined with his experience were well used to improve the croft land. He and George Pavola were well known for their steep and dangerous hill climbs with Robins’ Ford County tractors and lime spreaders putting out slag and lime. Robin did a lot in Easter-Ross including improving Nigg Hill for the Whitefords.

A very practical man, he would turn his hand to anything. He was not only a tractor-man, shepherd, dog handler (although he always said that he was no good with dogs) but could also turn his hand to welding, tractor mechanic, fank builder and shed improver. He collected all kinds of bits and pieces which were put to use in make-shift constructions. He was good at finding ways of fixing things that could not always be considered orthodox – but they worked!

ROBIN’S idea of a good day out was a rummage round a scrapyard. Like many folk that work on the land more concerned with getting the job done, Health and Safety didn’t feature high on Robin’s radar. He was mightily upset when Health and Safety legislation prevented people from getting into scrapyards!

He was an active member of the Scottish Crofters’ Union (SCU) and was chairman of the local branch. Donald Macleod of the Crofters’ Union – and editor of *Am Bratach*, a local rural publication, – remembers Robin as a fit and able man and a great crofter whose company he always enjoyed. When they travelled to conferences and meetings, it was Robin who saw the amusing side of things, and pointed out things that passed the rest of them by.

He was invited to Brussels to represent the SCU. Talking to “Mr Sheep” as he called him, Robin explained the system of shepherding in the Scottish Highlands and, among other issues, emphasised that EU legislation needed to be more flexible for those in severely disadvantaged areas.

About twenty years ago, he travelled on his own to Canada to visit relatives and learn of their farming lives. He told me plenty stories including how he was very nearly mugged by native Americans, and of how a com-

bine he got to drive would take an entire day to make one circuit. Our tractor was slow too! Everything was bigger, he said, but the farmers were poorer, making Robin even more grateful for his own little patch of the World.

Robin’s years in agricultural contracting enjoyed the talents of many local lads: George Pavola, Ernest Mathe-son, Robbie and Johnny Lowe, Jimmy Burnett, Jimmy Farquhar and Alec Campbell, David Gordon and Ronnie MacLeod to name but a few. And his Saturday schoolboys James and Reg MacGregor, Duncan Wemyss, Scott Bruce and many more had to quickly learn skills to earn their pennies. Gavin Young from Edinburgh, kept coming back for more during his school holidays.

SEVERAL Youngsters under driving age enjoyed the thrill of behind the wheel experience on tractors and pickups. His love for repairing vehicles lead to him having head scars from catching his head underneath, likening him to Mikhail Gorbachev – Robin used to say!

To name but a few inventions he can be proud of: wool packer, sheep turn over crate, sliding race gate, various fencing tools, stock trailers.

Robins’ appearance didn’t change much over the years apart from occasionally he might be sighted wearing a blue army jer-



Heatherlea, the legacy of Robin Ross.

sey instead of the customary green.

He was a proud Dad, though perhaps not the most hands-on of fathers, and he was a very loving grandfather to Molly and Archie.

Sadly, in the last couple of years, his illness prevented him from being more involved in life but he still retained his sense of humour and the twinkle in his eye almost to the end.

Robin leaves a legacy of a loving family. My wife Sabrina and I are privileged to be involved as the fifth generation of Rosses in the croft on which he spent so many happy years and brought such wonderful memories to so many local folk. Robin will always be loved and respected by those who knew him as a friend and work colleague. Many will have special memories of him to share with each other and with the generations that follow on.

Tell the tales – perhaps some of them no doubt unsuitable for telling in this publication. Talk of him often. Robin was special and will never be forgotten. ■ **George Ross**



Ardgay & District News

KOSDT: Unprecedented development in the Kyle of Sutherland

It has been a busy time at the Trust with Falls of Shin up and running and Ardgay Regeneration well underway. There is a lot of interest in what is happening in the Kyle at this time so over the last few months the Trust has welcomed many visitors.

IN JUNE WE WELCOMED representatives from ARK, a community organisation based in Kingussie, who were interested to hear about our project planning development for the Falls of Shin and how the attraction is being marketed. Culbokie Development Trust, another group which is looking to develop a similar facility in their village, were interested to know how Falls of Shin project came to fruition, who were our partners and also about potential funding streams.

It was a pleasure to also welcome Lord Lieutenant, Monica Main and husband Bill to Falls of Shin. It was a good opportunity to describe all the exciting community led developments happening in the Kyle: the Falls of Shin; Ardgay Regeneration Project; Community Food Stop; KAT; ESEAS and also the Youth Group's new Hub.

Many of you will remember Calum Couston who joined the Trust for one year as our Scotgrad Associate. Calum visited the Trust in July and had time to see the Ardgay Regeneration project and had lunch at Falls of Shin with team members. Now working for Ayrshire Leader it was great to see him and to hear how his career is progressing.

VISIT FROM KEVIN STUART MSP

The last week in July was particularly busy with visitors. The Minister for Local Government and Housing, Kevin Stewart MSP, was



Maureen McGinn and Martin Cawley, from Big Lottery Scotland, and David Stuart MSP, with Trust directors, stakeholders, funders and the Falls of Shin project team.



JK Simmons at the Falls of Shin.

especially welcome. He was able to see how the various Scottish Government's funding streams have assisted with the physical regeneration of the Kyle and the crea-

tion of programmes which benefit the well-being of the community. Whilst having refreshments at Falls of Shin, Kevin met recipients, participants and volunteers from the Community Café, Keep Active Together and East Sutherland Energy Advice Service, (ESEAS).

In his letter of thanks Kevin said: "Many thanks for organising the visit to Falls of Shin and the opportunity to speak with those delivering and benefiting from projects first-hand. (...) "I must also take the opportunity to compliment the quality of the home baking –the cakes were delicious".

The following day Helen Curry and Mark Hilton from Big Lottery Scotland came to see the result of



Ardgay & District News



The Minister for Local Government and Housing Kevin Stuart MSP met recipients, participants and volunteers of the Trust at Falls of Shin (left and centre). He also visited Ardgay Regeneration site and met the team (right).

the vision which the Trust shared with Big Lottery three years ago. The support of the Big Lottery team has been outstanding and it was good to have the opportunity to thank them over refreshments at Falls of Shin.

VISIT FROM BIG LOTTERY

On a visit to the area in August Maureen McGinn, Chair of Big Lottery Scotland along with Martin Cawley the Director of BIG, met Trust directors, stakeholders, funders and the Falls of Shin project team. Maureen and Mark expressed their delight at how the new visitor attraction was helping to regenerate the area through job creation and community involvement. Also in August David Stewart MSP visited the Kyle of Sutherland. While in our area he visited the Ardgay Regeneration project, The Hub and Falls of Shin Visitor Attraction.

While we are delighted to have visitors, and enjoy showing them

the Kyle of Sutherland at its best, the day to day work of the Trust goes on. We are delighted to report that William Gray Construction is making good progress on Ardgay Regeneration of the new village square and it is anticipated that the Business Barn will be ready for occupation winter 2017/18. There are still a few desk spaces available

Ardgay Regeneration is progressing well and the Business Barn will be ready for occupation this winter 2017/2018

should any business be looking for accommodation. Work continues also on our Kyle View Extra Care project. For several years now the Trust has been exploring the possibility of building an extra care housing facility in the Kyle. As yet no firm proposal is in place but should further work show that a development would be financially

sustainable then community consultation will commence.

As the activities of the Trust diversify it will become necessary, by the end of the year, to establish a trading arm. Money made by the trading arm will come back to the Trust to help it continue its development work in the community. The Trust is seeking directors for this new company and would welcome enquiries from anyone in the area with a strong business background and a commitment to the ethos and values of the Trust.

Contact Helen Houston for further information about the work of the Trust. ■ **Helen Houston**, KOSDT Development Manager



KoSDT The Trust Offices,
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Bridge IV24 3EB
☎ **01863 766 190**

✉ development@kyleofsutherland.co.uk

🐦 @KOSutherland

📘 Kyle of Sutherland Development Trust



Ardgay & District News

Creich and Kincardine War Memorials have both won this year's Best Kept Memorial competition

Ardgay in the "Memorial without Garden Highlands & Islands" category, and Bonar Bridge in the "Small Community with Garden H&I". Both are in pristine condition.

THE CREICH AND Kincardine War Memorials have an impressive record in the Best Kept War Memorial Competition, run by the Royal British Legion Scotland. This year the Creich War Memorial in Bonar Bridge has won the Small Community with Garden Highlands and Islands Area category with a perfect score of 103/103. The judge described the Memorial as beautiful and pristine, in an idyllic setting. He noted the borders were beautifully maintained and very colourful, including the Legion Scotland colours of blue and gold.

The Kincardine War Memorial in Ardgay won the Memorial without Garden H&I area category, jointly with Duffus, Forres. Both achieved a score of 102/103. The judge said "This monument is in pristine condition each year and a credit to those looking after it. The clarity of the lettering was excellent - recently renewed." This was done by David Hannah, Treasurer of the local Legion Scotland Branch, with help from others in the Community, help which is very much appreciated.

Creich War Memorial won the same category last year and came second in the national judging. Both War Memorials were judged in the national competition and the result should be known early September.

Fiona Porter, Branch Secretary of the Creich and Kincardine Branch of Legion Scotland,



Kincardine War Memorial in Ardgay: "the clarity of the lettering was excellent."



At Creich War memorial the judge noted the beautifully maintained borders.

looks after the Creich War Memorial. She said "Remembering the fallen has always been a top priority for Legion Scotland and our Branch. In the last few years we have worked hard to restore and maintain all three memorials in our patch and all have won

recognition in this competition in recent years. While it is great to have our work recognised this way, the really important thing to us is to show our respect to those who gave their lives for us all and to ensure their sacrifice is never forgotten. This is especially poignant now on the 100th anniversary of the deaths of so many in WW1, with the names of some who fell at Passchendaele on the Memorials." ■ **Fiona Porter**



Fiona Porter Secretary

✉ f.porter514@btinternet.com

☎ 01863 766349

Graveside Service Private Campbell

The Creich and Kincardine Branch of Royal British Legion Scotland have been holding graveside services on the 100th anniversary of those who died in WW1 and are buried in local cemeteries. The next service will be held at 11am on 20th September at Creich Old Churchyard for Private Campbell. Until a few weeks ago very little was known about him, not even his christian name. But after an appeal in the Northern Times, the Golspie History Soceity provided information that enabled more research to be done.

We now know his name was George and he was born in Tongue in 1893. When age 4 his mother Hughina died and at age 7 the family were still in Tongue. At that point one daughter and 4 sons were with their father, also George. Father was a crofter and a sister the house keeper. The boys were in school.

But by age 17 the family were at Ardjackie in Tain; father, daughter and 3 sons, including George. There had been 9 children but at this point 7 were alive. Father (now 68) and two sons were farm labourers (including George) and another son a farm servant while daughter was housekeeper. Before enlisting George was a wood labourer at the local sawmills.

George enlisted 9.5.15 into the Argyll and Sutherland Highlanders and embarked Southampton 1.10.15 for France. He was later diagnosed with TB, contracted in France, and transferred back to England 18.3.16. On 22.4.16 he was in London General Hospital, Wandsworth and was discharged on 10.5.16.

George was living with his father at 21 Academy Street, Tain when he died on 18th Sep 1917 of TB aged 23. His father was working at Pulrossie farm near Skibo Castle, within the Creich parish which is why we think George was buried in Creich old Churchyard. However youngest son Hector had already died of acute bronchitis at the farm so may be buried there too.

George's brother John was killed in action in 1916 and is named on the Tain War Memorial. We do not know why George's name is not on the Memorial. George senior died 9 July 1918.

The service on 20th September will enable us to remember and commemorate Private George Campbell. Everyone in the community is welcome, especially any relatives. For further information please contact Fiona Porter f.porter514@btinternet.com. ■



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Ardgay Stores & Highland Café

OPENING TIMES:
Monday 7am-8pm
Tuesday 7am-8pm
Wednesday 7am-8pm

Thursday 7am-9pm
Friday 7am-8pm
Saturday 8am-8pm
Sunday 8:30-7pm



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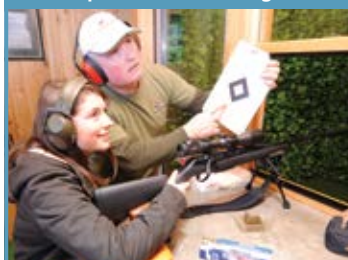


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Ardgay & District News



Photos from the Caledonian Canal trip (left and centre). Making glitter bottles (right).

CLIENTS ENJOYED OUTINGS TO NORTH KESSOCK HOTEL AND THE CALEDONIAN CANAL

Summer activities and future projects at the Bradbury Centre

THE LAST FEW MONTHS have been busy here at the centre with lots of activities to keep us active and entertained. We had James McCreight singer/entertainer from Glasgow and Michael Farmer with his accordion with everyone enjoying singing along and we're looking forward to the next musical event. The friends of Bradbury Centre received funding from Creich Community Council (Beinn Tharsuinn fund) and are also waiting for the outcome of their application to Lairg CC & Ardgay CC. These monies are to provide reflexology and a musical entertainment programme.

We have had visits from Citizens Advice Bureau, Police, Fire brigade, Dental Health nurse, Dentist, Lairg Learning Centre, and also the hairdresser.



Flower arrangement.

Our summer outing this year was a trip around the old A9 to Inverness stopping at North Kessock hotel for a lovely lunch. We are very grateful to SSE at Loch Buidhe Substation for the donation of £1000 towards the cost of the outing.

This year we have had three trips on the Caledonian Canal thanks to the Seagull Trust who provide this service and look after us so well.

The Bradbury centre has been successful in receiving a grant from the East & West Sutherland Ward Discretionary Fund which has allowed us to continue with our Music and Movement activity; this is of great benefit to the members as they are exercising without realising.

The centre has now become too small for our service and it has

been decided to extend the building, adding a dining room and extra Livingroom space. This will allow us to continue our activities right up to lunch time enabling us to deliver our service to more clients. E.on Rosehall Community Fund awarded us £4,982 to allow us to produce plans and apply for planning permission. This will help us to get quotes which will enable us to apply for funding to various funders. We will be fundraising to help with the building costs and would appreciate any help from the community.

If you would like to attend the Bradbury centre or volunteer please contact Lorraine on 01863 766 772.

Please follow us on Facebook and take a look at our new web page below. ■ **Lorraine Askew**



The Bradbury Centre,
Bonar Bridge

www.bradburycentre.co.uk



01863 766 772



bradburydaycare@btconnect.com



Ardgay & District News

REPRESENTATIVES OF THE HIGHLAND COUNCIL AND FOUNTAIN FORESTRY MET STAKEHOLDERS AT ARDGAY

Public meeting on timber extraction at Kincardine Hill

A MEETING ORGANISED by The Highland Council regarding the roadworks at Kincardine Hill and timber extraction in Garvary was held at Ardgay Public Hall on Tuesday 29th August. Graham Mackenzie, from The Highland Council, and Douglas Murray, from Fountain Forestry, addressed the meeting and answered questions raised by residents, users and members of the Community Council.

Graham Mackenzie reported that works have started on the road from the junction with the A836 to widen passing places, replace draining, resurface and strengthen the edges

of the road. Culverts will be replaced to increase their capacity. Passing places will be widened to allow two lorries. Residents were assured that The Highland Council will avoid road closure during these works, but delays of 15-20 min are to be expected on the day of resurfacing.

A particular concern for locals are blind spots on the road, small passing places, and how timber haulage might make the road more dangerous for horse riders, walkers, cyclists, and motorists. The possibility of new road signage was discussed, with the promise of temporary / advisory signs.

Douglas Murray reported that once these roadworks are finished, the collective owners of the forest will plan and find finance to upgrade the internal tracks, with the timber extraction not starting for 12 or possibly 24 months. Then the extraction might continue for 20 to 25 years in 3-year blocks, from April to September.

The Highland Council and Fountain Forestry will continue to engage with the community and involve residents in further consultations, for example on how many loads a day will be extracted. ■ **Silvia Muras**

Bonar Bridge Gaelic Playgroup

Croileagan a' Chaolais

Winter Term programme

15th September: Gearrhoille Wood leaf printing and bark rubbings

22nd September: In service day

23rd September: Car boot sale.

29th September: Book Bug session & normal play.

6th October: Earth Time Forest School in Gearrhoille Wood.

27th October: Halloween Party

3rd November: Messy play

10th November: Christmas gift making (tea towels & mugs)

17th November: Normal play

24th November: Book Bug session & normal play.

1st December: Messy Ness Christmas session

8th December: Christmas crafts

15th December: Christmas baking

22nd December: Christmas party

CHILDREN & BABY CAR BOOT SALE

IN AID OF CROILEAGAN A' CHAOLAIS
BONAR BRIDGE GAELIC PLAYGROUP

SATURDAY 23rd SEPTEMBER 2017

BONAR BRIDGE HALL
10 am – 12 noon

£5 per table

(To book please contact
Lucy 07917 202 383)

TEAS AND HOME BAKING SERVED





Ardgay & District News

ESEAS CAN GIVE YOU GUIDANCE ON HOW TO REDUCE CARBON EMISSIONS

Climate Change, there is hope

CLIMATE CHANGE is happening, the scientific evidence is clear. Loch Morlich's water temperatures reached 20°C in July, when they are usually between 12-13°C, Edinburgh had the driest April on record, followed by the wettest June, and Ben Nevis has no snow on it for the first time in 11 years. This is just in our corner of the world, scientists are still debating whether Hurricane Harvey, the catastrophic flooding in Houston and the Lucifer heatwave in Europe this summer are a result of global warming.

David Attenborough recently said at the Edinburgh Television festival, he is more encouraged about the future health of Earth than he has been for some time after a "worldwide shift" in attitudes about concern for the natural world and the



Climate change increases the probability of extreme floods.

damage that humans are doing to the planet. He has hope and so does East Sutherland Energy Advice Service.

ESEAS hopes that more people will start thinking about the effect they have on the natural world and what they can do to reduce carbon emissions. For my part I try and follow low carbon lifestyle, doing my bit to slow down spiralling carbon emissions but what exactly does that mean? Everything we do in our day to day lives produces carbon – how we heat

our homes, the clothes we wear, our transport and the food we eat. We must try to adapt our lifestyle to produce less carbon dioxide.

- Reduce your energy consumption. A home visit from East Sutherland Energy Advice, funded by Scottish Government's Climate Challenge Fund, will help you reduce the fuel you use, as well as save you money on fuel bills.

- Reduce, reuse and recycle. Lairg Learning Centre, is running classes that will help you reuse and

upcycle items instead of sending them to landfill.

- Drive less, arrange a car share, cycle or walk.

- Follow a low carbon diet – eat less red meat, eat more locally sourced produce and seasonal food.

- Avoid buying anything with plastic packaging that cannot be recycled – this will go to landfill and as plastic can never decompose fully, it ends up in the ocean and can enter the food chain.

If you would like to learn more about climate change then contact East Sutherland Energy Advice Service. We will be opening a community library in the autumn from which you can borrow books and DVDs on climate change and living a low carbon lifestyle. ■ **Cat Wright**

East Sutherland Energy Advice Service

Sarah Forrest / Cat Wright
 ☎ 01863 760 050

 East Sutherland Energy Advice Service

First ever Business Breakfast in Sutherland

IN CONJUNCTION WITH the Inverness and Caithness Chambers of Commerce the Kyle of Sutherland Development Trust organised and hosted the first Sutherland Business Breakfast Networking event. Held at the Falls of Shin Visitor Attraction representatives from businesses from Caithness to Inverness met to hear about the role of the Chambers of Commerce and

how they can support businesses throughout the Highlands.

Liam Christie, Chairman of Inverness Chamber and Trudy Morris, CEO of the Caithness Chamber gave presentations covering the many aspects of their work. Cecilia Grigor from Planit Scotland gave a member's perspective outlining the assistance she has received to enable her to grow her business. ■



From left to right: Trudy Morris, Liam Christie, Cecilia Grigor.

Ardgay & District News



Culrain Hall might face closure

AT ARDGAY & District Community Council August meeting, we were informed that Culrain Hall Committee is having to consider the closure of the hall due to lack of support in the local community. Most of the present committee is now standing

down, and new members willing to make the commitment to the hall are difficult to find.

The building is outdated and in need of major refurbishment or even replacement. Some feel that a smaller unit is essential to maintain social contact

and perhaps a number of interested locals can be found to take this idea further. A large project requiring serious funding is, at the moment, out of the question. The CC wishes to support the Culrain community to operate a smaller, practical venue, an idea that has already generated positive feedback from the community.

If you would like to get involved in the future of this facility, please get in touch. Contact Leslie Pope, telephone 01549 421 344. ■

Consultation on free bus travel

The Scottish Government is launching a consultation to seek your views on the concessionary travel scheme for older and disabled people and modern apprentices. Those with a bus pass will continue to access the benefits of the scheme. Closing date: 17 November. <https://consult.scotland.gov.uk/partnerships-and-concessionary-travel/national-concessionary-travel-scheme>. ■



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
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- 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**



Ardgay Post Office

The staff just after the building was completed in 1906. Back row left to right: Mr Ellis (local businessman and owner of the Post Office), David Ross (by-name - Collins), Donald MacGregor (Daisybank), 'Humpy' Duff, Hugh Ross (Ivy Cottage), Tom Ross (Ardgay Hill), Robert Ross (Oldtown -brother of Hugh), John and Bob Macgregor (Oldtown), Willie Ross (Airdens), Mr E.Taylor (Postmaster). Front row: Miss Maclean (later became Mrs Tommy Matheson), Mrs Ellis, Miss Catherine M. MacDonald (later became Mrs Polson). David Ross -with the white beard and stick- originally walked from Ardgay Post Office to Skibo Castle with Andrew Carnegie's mail. ■

© DONALD BROWN / TAINMUSEUM.ORG



Ardgay & District News



'National Volunteers Week'

The Community Food Stop and all of their café volunteers, attended lunch at the Falls of Shin Visitor Centre on the 1st June to celebrate 'National Volunteers Week'. The lunch was to acknowledge and thank our volunteers, who work so hard at the Community Food Stop café in Bonar Bridge Hall every Monday. The Falls of Shin restaurant staff did a wonderful job in waiting our tables and the food served was of an excellent standard. The Community Food Stop relies heavily on volunteers to ensure the smooth running and efficiency of the café. If you could spare a few hours now and again on a Monday, please contact Beverley Hill at fftffofficer@kyleofsutherland.co.uk or on the phone 01863 766 554. ■

Can you design a flag for Sutherland?

The Lieutenancy of Sutherland, in conjunction with local Highland Councillors, is promoting a plan for a Flag for Sutherland. It was decided that, given the size and the wide diversity of the County, the best way to produce a relevant design would be to run a Sutherland-wide competition. This is a community competition which is open to any community group or club, or school, either as a whole for a very small primary school, or by school class, for those with more

pupils. Entries may be constructed in any medium and submitted in A4 size. Electronic entries will not be accepted. All entries, which must be received at the address shown in the guidelines by Friday 29th September 2017, must be the original work of the entrant(s) and must not infringe the rights of any other party.

Guidelines for the competition are available from the Voluntary Groups - East Sutherland or online at www.vges.org.uk/Downloads. ■

September-November calendar from Craic'N'Gigs

CraicNGigs is a volunteer based free collective calendar helping to provide a central location where we can all find out about and remember gigs and social events in the area. Please get in touch to add your events or find out more: www.CraicNGigs.co.uk.

- **22nd September** - Women on the verge of a T junction !, Ardross Hall
- **7th October** - Ivan Drever, Ardross Hall
- **26th October** - Session A9 with Peach & Skeoch, Clashmore Hall / Sutherland Sessions
- **4th November** - Peter Price, Rosehall Arts & Kyle Live

Plus regular sessions in the Invershin & Achness & other places. [Facebook.com/CraicNGigs](https://www.facebook.com/CraicNGigs). ■

ARDGAY & DISTRICT

Community Council newsletter

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Next edition:
15th December

BOOKING & ENQUIRIES:
Silvia Muras
01863 766 690

ardgaynewsletter@gmail.com



What's on in the area

Archaeology Festival to showcase Highland's historic past

Starting on Friday 29th September and for two weeks, the Highland Archaeology Festival will offer throughout the Highlands a range of walks, talks, workshops, exhibitions, the annual conference, special children's activities and other events for all ages.

NOW IN ITS 24TH YEAR, the much anticipated festival, organised by The Highland Council's Development and Infrastructure Service, this year features over 80 events, special exhibitions at museums throughout the Highlands, a Museums Trail and a geocache trail exploring our rich heritage from prehistoric times through to the 20th century.

The Highland Council's Archaeologist Kirsty Cameron said: "We're delighted that so many organisations and museums have again offered such a range of activities which celebrate archaeology, history and archaeology from earliest settlers to modern times."

16 museums have chosen a special object in their collections. A passport is available in the festival brochure or from the website where participating museums will record the visit – and the person with the most stamps will win a prize. New this year is a HAF2017 geocache trail, where geocaches have been hidden at sites related to Highland heritage. A special afternoon at the Highland Council headquarters in Inverness on the 13th October provides an opportunity to learn new skills, from photography to building survey, and how to use the Historic Environment Record. For full details visit the festival website <http://www.highlandarchaeology-festival.org>. Highland Archaeology Festival is part of Scotland's Year of History, Heritage and Archaeology 2017. ■ **Susan Kruse, ARCH**



Ardross Castle gardens.

4
OCT.

GOLSPIE

Diary of an engineer

7:30 - 9 pm. Golspie Heritage Centre. Bruce Field will talk about his work as an engineer in the Highlands, including the refurbishment of Telford's Mound. Golspie Heritage Society.



4
OCT.

PITTENTRIL, ROGART

Walk to Rhaoin Settlement

2-5 pm. Using information from estate archives we will link the ruins of the cleared settlement at Rhaoin with the people who lived there. Free but donations welcome. Rogart Heritage Trust. Phone 01408 641265.

6
OCT.

ARDROSS

Ardross Through the Ages

10:30 am - 4:30 pm. Join us for a walk exploring prehistoric and more recent sites at Ardross including prehistoric sites in the morning and the church and castle with its superb gardens in the afternoon. Free but donations welcome. ARCH. Phone 077888 35466. Email info@archhighland.org.uk

6
OCT.

THE BEATRICE PROJECT

Visual Artist Sue-Jane Taylor

7:30 - 9pm. Lairg Community Centre. A presentation on the work of visual artist Sue-Jane Taylor to record the people and places involved in the cutting edge technologies of the Beatrice Project. Entry £2. Lairg Local History Society. 01549 402212.



What's on in the area

WALK

7

OCT.

Lairg Historic Buildings

1 - 3:30 pm. Meet at Ferrycroft Visitor Centre Car Park. Explore the history of Lairg. A copy of the new 'Historic Map of Lairg' will be supplied to each walker. Free but donations welcome. Lairg Local History Society. 01549 402212.



GUIDED WALK

7

OCT.

Dornoch Light Railway Line

10:30 am - 2:30 pm. Guided walk along the disused railway line to Coul and Skelbo. Discover the history of the Highland Railway on this guided walk. HistoryLinks Museum. 01862 811275. enquiries@historylinks.org.uk

LAIRG

12

OCT.

Dola Walk

2 - 4:30 pm. Explore the remains of Dola pre-Clearance township and earlier remains of hut circles and burnt mounds. Free but donations welcome. Lairg Local History Society. 01549 402 212.

DORNOCH

14

OCT.

Halloween Workshop

2 - 4 pm. History Links Museum, Dornoch. Festivals in late October have been important in many societies and cultures. Join us for a Halloween craft workshop. Cost: £2. HistoryLinks Museum. 01862 810275.



A MAJOR NEW KOSH EXHIBITION

If Stones Could Talk

AS PART OF THE Highland Archaeology Festival, Kyle of Sutherland Heritage (KOSH) are presenting the latest results of their ongoing research into the Picts. The exhibition charts the rise and fall of these enigmatic people through the evolution of their Sculptured Stones, Metalwork and their Brochs. The exhibition will be open every day throughout the Archaeology festival which this year runs from the 30th of September to the 15th October inclusive.

The KOSH exhibition will be showing the latest photographs of a selection of Pictish Sculptured stones, metalwork and Brochs, which demonstrate the Picts unrivalled artistry in these 'Dark-Age' art forms.

Another truly captivating display asks "Where did the stones the Picts so skilfully used - and Scotland itself - come from?" You will be amazed that while it is true that stones can not speak, the minerals they contain can tell us a great deal about the forces that have shaped Scotland as it made a journey half-way around the globe to get to where we are today. Other images bring us face to face with a Pict.

Also on display will be a composite image, put together by Steve Copley, from images of similar Pictish Stones, and other sources, showing how Kincardine's own Pictish stone would have looked

before it suffered from a millennium of erosion and the destructive hand of man.

Copies of the KOSHS History book, 'The Kyle of Sutherland, a brief history' an ideal Christmas (or any other time) present for all residents, ex-residents and other lovers of the Kyle of Sutherland, will be on sale during the exhibition.

The exhibition is being staged at the Kyle of Sutherland Heritage Society's exhibition centre, the former Kincardine parish church, one mile east of Ardgay on the A836. Sat-Nav users IV24 3DJ. Opening times are Monday to Saturday 10am to 4pm: Sundays 1 pm to 4pm.

The exhibition space has level access, however wheelchair users and other disabled people are advised to phone 07944 179532 to arrange for the easy access door to be opened. There are both disabled and able toilets within the centre. ■ **Steve Copley**

KOSH, ARDGAY

4

OCT.

If Stones Could Talk

Monday- Saturday 10 am -4 pm, Sundays 1 - 4 pm. Special exhibition at Kincardine Old Parish Church of photographs of Pictish stones. Organised by Kyle of Sutherland Heritage Society. Free but donations welcome.



What's on in the area



FROM VARIOUS VENUES, DORNOCH

27 *Dornoch Whisky Festival*

OCT. Throughout the weekend and throughout the town there are events including whisky and gin tastings, dinners, masterclasses, live music, and a ceilidh in the Castle on Saturday night, when the grand prize draw takes place – which is your chance to win A North Coast 500 Tour Package for Two. <http://www.visitdornoch.com/whats-on-in-dornoch/event/whisky-festival/>

23 *Children & baby car boot sale*

SEPT. In aid of Croileagan a' Chaoilais (Bonar Bridge Gaelic Playgroup). Great opportunity to have a clear out and make some cash! 10 am - 12 pm, £5 a table. To book please contact: Lucy Williams 07917 202 383. Teas and home baking.



FROM NORTH WEST HIGHLANDS GEOPARK

1 *Earth Science Festival*

OCT. A month long program of events, all with an Earth Science twist. Includes Earth Science Week 2017 with the theme of 'Our Restless Earth', in honour of the 50th anniversary of plate tectonics theory. Family friendly events all over the Geopark. More details: info@nwhgeopark.com

ARDGAY PUBLIC HALL

25 *Ardgay Christmas Fair*

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



26 *Session A9 with Peach/Skeoch*

THE CARNEGIE HALL, CLASHMORE
OCT. 7:30 - 10 pm. This is a rare opportunity to see the previous winners of "Best Live Act" at the Scottish Traditional Music Awards. An event brought to you by Sutherland Sessions. Kid Friendly. £16 / £10 conc. Tickets available at www.eventbrite.co.uk.

7 *Upcycle your lampshade*

OCT. 10 am to 4 pm. This free workshop will show you how to create your own new lampshade from recycled and upcycled materials. With Denise at the Cabin. Booking essential. More info: www.lairglearningcentre.org.uk / 01549 402 050.

LAIRG LEARNING CENTRE, LAIRG

16 *Invercharron Highland Games*

BALBLAIR, BONAR BRIDGE

SEPT. The last Games of the season. Featuring on this year's programme: Heavy Events Senior & Beginner; Finals of the Highland Heavy League; Piping; Tug O War; National Finals 110 stone Tug O War; Cycling; Hill Race; Children's races & activities; Mr Clive Magician... Chieftain's parade at 12 pm. £6 adults / £1 child / £1 parking.





What's on in the area

7 FOLK MUSIC *Ivan Drever* OCT.

Ardross Community Hall, at 8 pm. Ivan Drever is a Scottish folk singer, songwriter and guitarist. Drever has mixed traditional folk with some rock and roll sounds. Tickets: 01349 880591 or on www.ardrosscommunityhall.ticketsource.co.uk. £10 and £8 conc.



22 THEATRE - ARDROSS COMMUNITY HALL *Women on the Verge of a T Junction!* SEPT.

Presented by MsFits. 8 pm. Three women, three generations, three agendas, one lapse of concentration, all it takes to reduce a grown Policewoman to tears! Tickets: 01349 880 591 or www.ardrosscommunityhall.ticketsource.co.uk. £10 and £8 conc.



22 EDEN COURT, INVERNESS *In the Spirit of Django* SEPT.

It's swing time in September as the SNJO welcomes renowned guitarist Martin Taylor to celebrate the extraordinary music of gypsy jazz legend Django Reinhardt, one of the most perennially popular figures in jazz. 7:30 pm. Eden Court Theatre. Contact: 01463 234 234



8 RANGER EVENT - LOCH FLEET *Beginners Birdwatch* OCT.

We'll walk through Balblair Woods to the birchhide overlooking Loch Fleet. Here we will identify the birds congregating at a high tide roost. Meet at entrance to Balblair Wood, Loch Fleet. 1 pm - 3 pm. Adult £4.50, conc. £3.50, family £15. Booking required. Marcia Rae. Marcia.Rae2@highland.gov.uk. Tel. 01349 868563



© PAUL CAMPBELL

FROM THE PIER, ULLAPOOL

29 *Loopallu Festival* SEPT.

After 12 years, Loopallu is moving as the festival venue will no longer be made available. The main event will be moving on to Ullapool Pier. Activities for all ages in addition to the music. Start Date: 29 September 2017 - 10 am / End Date: 30 September 2017 - 5 pm. Ullapool Pier IV26 2UH. Tel: 01854 612 020

4 ACHNESS HOTEL, ROSEHALL *Peter Price* NOV.

Kyle Live and Rosehall Arts present Peter Price singer/blues, folk and jazz guitarist. 7:30 pm. Guitar workshop 11 am (£10). Concert 7:30 pm. £8 / £6 conc. Combined workshop and concert admission £15. Bookings: 01549 402 888



23 BONAR BRIDGE COMMUNITY HALL *Dance to the Rogart Ceilidh Band* SEPT.

8 pm to 1 am. Come along for a dance to the Rogart Ceilidh Band, while supporting Macmillan Cancer Support. Tickets can be bought on the night at the door. All ages welcome but ID required for over 18s. BYOB.



Adult Clubs & Societies



Ardgay Badminton Club

ADULTS: Thursday evenings at Ardgay Hall, 8 - 10 pm £2 per night, starting on Thursday 19th October.

Contact **Gregor Laing**

☎ 01863 766 223

JUNIORS (P4 upwards):

Thursday evenings at Ardgay Hall, 7 - 8 pm. £1, starting on Thursday 26th October.

Contact **Patricia Hannah**

☎ 01863 766 061

Please let us know in advance if you are interested in the junior's class.

Alternative sessions organised by KAT, Wednesdays 10 am - 12 pm.

☎ 01863 766 702

Ardgay Scottish Country Dancing Club

Starts on Tuesday 3rd October in Ardgay Public Hall at 7:30 pm. Experienced dancers, refreshers and beginners are welcome. This season we are able to offer completely free classes until the New Year.

Contact: **David Hannah**

☎ 01863 766 061

Bonar Bridge Ardgay Golf Club

Market Stance, Migdale Road, Bonar Bridge.

☎ 01863 766 199

Kyle of Sutherland Cinema Club

Starts Friday 15th September. 2nd and 4th Friday of each month. Bonar Bridge Hall at 7:30 pm. Free entry. £2 Refreshments.

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: **Doreen Bruce**

☎ 01863 766 852

Sutherland Walkers Club

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

SUNDAY 24 SEPTEMBER

Quinag : Sail Ghorm 6 miles, linear. Starts from old quarry on east side of A894. OS 15 233 274 Leader: Cliff Beck: 01862 810 033. Optional low level walk to Loch na Gainmhich. *Contact the Walk Leader the day before the walk to confirm that it is taking place.* More information on Facebook page.

Contact: **David Hannah**

☎ 01863 766 061

Kyle of Sutherland Joggers

Facebook page: **Kyle of Sutherland Joggers**

Contact:

Elissa ☎ 07743 228 661

Naomi ☎ 07818 482 341

Catriona ☎ 07929 886 105



Edderton & District Gardening Club

Meetings start at 7:30 pm in Edderton Community Hall and include refreshments, a small raffle to raise money for gardening charities and a plant and seed swap.

MONDAY 2ND OCTOBER: Phil Gurr, "Know your plants".

MONDAY 6TH NOVEMBER: Cliff Beck, "Flora and fauna on the hills, and using native plants."

Patricia ☎ 01863 766 061
pahannah@hotmail.com

Esther ☎ 01862 811 381

esther@bumblebeecottage.me.uk

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

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: **Maira Chisholm**

☎ 01862 810 786

Tai Chi

Ardgay Public Hall Monday 2:30 pm £2

Contact: **Angela**

☎ 01549 421 336

Sutherland Radio Control Club

By Ardgay Garage.

Facebook: **Sutherland Radio Control Club**

☎ 07703 196 005



Kyle of Sutherland Whist Club

Whist Drives. Wednesdays at 7:30 pm, Bonar Bridge Hall. Admission £2 including tea.

20 SEPT: Rosehall SWI.

27 SEPT: Bonar Bridge

OAP Fund. **4 OCT:** Brad-

bury Centre. **11 OCT:** Cul-

rain Hall. **18 OCT:** Highland

Hospice. **25 OCT:** Bonar

Bridge/Ardgay Golf Club.

1 NOV: Invercharron High-

land Games. **8 NOV:** Bonar

Bridge Indoor Bowling

Club. **15 NOV:** Rosehall

Youth Club. **22 NOV:** Bonar

Bridge Christmas Lights.

29 NOV: Northern Coun-

ties Blind. **6 DEC:** Nepal

Relief Fund

Contact: **Rosemary Logan**

☎ 01549 421 282



Gearrchoille Community Wood



Pond dipping session organised by the Highland Council Rangers (left). Green algae at the pond (right).

Annual General Meeting at the Gearrchoille

Our volunteer afternoons continue through Autumn and winter on the first Thursday of each month. We meet at the Car Park or at the shelter at 2 pm.

AT OUR RECENT AGM we paid tribute to Robin Ross who died in July. Robin was a crofter at Heatherlea and always had an eye for a bargain. It was when he was chairperson of Ardgay and District Community Council and negotiating with Balnagown estates about extending the lease of the Gearrchoille wood that the woodland was gifted to the community. Robin was one of our founding directors and first Chairman. He will be missed.

The rest of the business of the AGM consisted mainly of a slide show of activities through the past year and a discussion about plans for the coming year. We will be looking at obtaining funding for extending the board walk at the top of the wood over the boggy ground and providing wooden sculptures/



playthings around the main path. We would like to organise more events for children and young people – we would be delighted to hear from anyone willing to join in!

NEW COMMITTEE MEMBERS

Two of our regular volunteers, Anna Patfield and Stewart Mc-

Carroll have agreed to join us as directors.

The pond continues to pose a challenge! The bags of barley straw are there to control the green algae, with a somewhat limited effect. There is also a large amount of sediment collecting behind the wooden sluice. This meant that we were collecting as much mud as pond creatures when the Highland Council ranger organised a pond dipping session.

Our volunteer afternoons continue through autumn and winter – 2-4pm first Thursday each month, meeting at Car Park or shelter. ■ **Betty Wright**

gearrchoillecommunitywoodardgay.org.uk

✉ gearrchoille@gmail.com

☎ 01863755316

📘 Gearrchoille Community Wood

Children & Young people



Family Treasure Hunt at Falls of Shin Visitor Centre

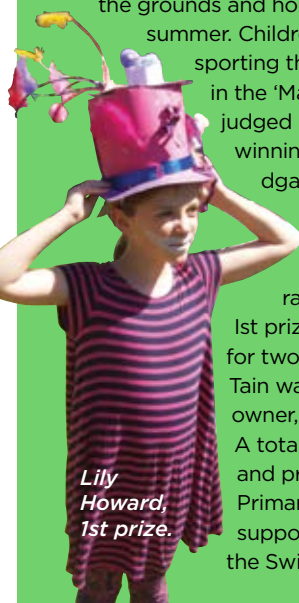
KEEP ACTIVE Together held a family Treasure Hunt at Falls of Shin in July. Each family followed a route with clues to find along the way. When they had found every clue and provided the correct answers, the children opened the Treasure chest and were awarded a pirate loot bag. There were also two prizes for the first two families to return to the Treasure chest. Pictured below are our two top winners.

Lindsays Ironmongers in Golspie very kindly provided a gift token, which Keep Active Together matched. We are sure the children bought some wonderful toys, from Lindsays with their tokens. A huge thank you to Richard McKenzie in Tain, for sponsoring the event. The money donated by the company ensured that every single child received a well packed loot bag. ■ **Beverley Hill, KAT**



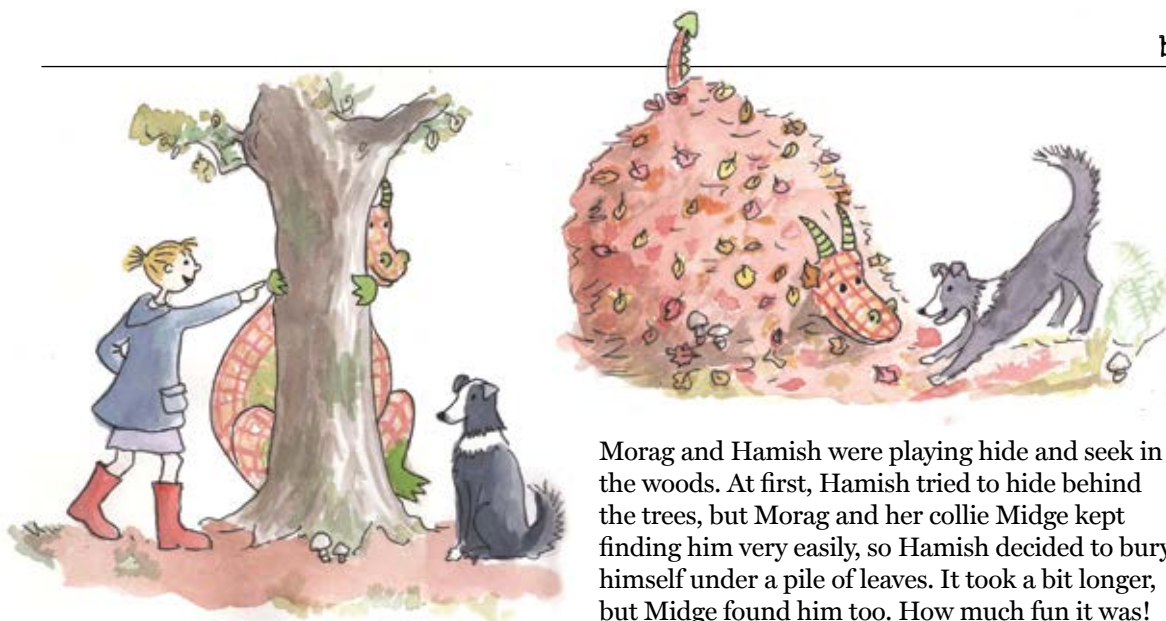
Mad Hatter's Tea Party & Family Fun Day

The 'Mad Hatter's Tea Party & Family Fun Day' was held in the grounds and house of the Manse at Ardgay this summer. Children of Gledfield Primary school sporting their creations for the best bonnet in the 'Mad Hatter's' competition were judged by Mark Sutherland-Fisher. The winning 'Hatters' were Lily Howard, (Ardgay, children's 1st prize), and Rhona Macfarlane (1st prize) and Rene Knott (2nd Prize) in the adult section. The winner of the Rotary raffle prize was Vicky Whittock. The 1st prize in the Rotary raffle of one night for two at the Morangie House Hotel in Tain was kindly donated by the hotel's owner, John Shearer. A total of £500 was raised by the event and proceeds were donated to Gledfield Primary School, Ardgay and charities supported by the Rotary Club including the Swimathon for the Disabled. ■



Lily Howard,
1st prize.

by Andymack & Sil



Morag and Hamish were playing hide and seek in the woods. At first, Hamish tried to hide behind the trees, but Morag and her collie Midge kept finding him very easily, so Hamish decided to bury himself under a pile of leaves. It took a bit longer, but Midge found him too. How much fun it was!

MEET HAMISH THE TARTAN DRAGON

A shy veggie dragon who lives on Carn Bren

Children & Young people

GLEDFIELD PRIMARY SCHOOL



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



PI PUPILS Our new starts in P1, from left to right: Amelie Wojtunik, Grace Barnett, Innis Macdonald, Shea Maclean



NURSERY This term, we welcomed two new pupils: Robbie Grant and Vinnie Wood.

Wildlife

Red deer

CERVUS ELAPHUS

■ Red deer are the **LARGEST** native land animal in the UK. ■ Males have large, branching **ANTLERS**, increasing in size as they get older. ■ Not long after shedding old antlers, new ones start to grow covered in a soft skin called **VELVET**, which nourishes the antlers with blood vessels. ■ During the autumnal breeding season, **THE RUT**, males bellow to proclaim their territory and will fight over the females, sometimes injuring each other. ■ Males can measure up to 1.2 m at the shoulder.

■ Some red deer live exceptionally up to **18 YEARS**. ■ A male Red Deer is called a **STAG**, a female is called a **HIND**. ■ Stags **ROAR** and grunt during the rut. Hinds **BARK** when alarmed and **MOO** when searching for their young. ■ Males and females stay in separate groups for most of the year; stags group into unrelated **BACHELOR HERDS**, while hinds live in groups consisting of a dominant female and her daughters. ■ They are active throughout the day but tend to be most active in the **EVENING** and at night.



Antlers take about 100 days to grow.



A hind with a fawn. They are born with reddish brown coats scattered with white spots.

Stag roaring during the rut.



From the Manse...



Recent 'Heritage Service' held at Edderton Old church and supported by the congregations of the churches of the Kyle of Sutherland.

Very good reasons to come to church

DEAR Friends,
People often exclaim: "Why go to church? I can live a perfectly good life without it!" Well, here are some very good reasons why you should come to our lovely church at Ardgay.

First of all - we would love to see you. I often see you on sad occasions like funerals when there has (like many a Highland church) been known to be a full congregation.

Secondly - maybe you would like to 'tie the knot' or seek a blessing and make a special occasion of your life long union together. There are very special happy occasions that the Church can help you with. If you have not considered taking the step - wouldn't it be lovely to be baptised or to have your children or grandchildren baptised in church. A baptism is a wonderful family occasion and sets you up for life. Children benefit greatly in future life as well by being baptised. If nothing else it 'officially' welcomes them into the worldwide church of Jesus Christ. It is still not unknown for a church minister to request to see your baptism certificate as a passport to marriage!

Third - the Church is a place of

'celebration'. Please check the noticeboard outside the Church for services. Each Sunday we meet at Ardgay Church at 11 am, it is an important opportunity to learn more of what the Bible has to say to you and how it can help you in your life. The service is not too long and includes joyful songs of praise and a time for young children.

Fourth - your Church is a vital part of the community of Ardgay and as such has regular contact with the school. We cherish the happy, fun times we have at the school Christmas services that are often held in the Church. I always enjoy the opportunity of visiting and supporting the school as Chaplain and on key occasions.

Fifth - the church community integrates with that of the village. This happens for us at times of celebration like lambing time and fetes like the 'Mad Hatter's Tea Party' and Christmas fayres and also on happy family occasions like baptisms and weddings, Easter, Harvest and Christmas time.

Sixth and perhaps best of all - if you come to Church you will discover warm fellowship and develop long lasting friendships that stem

from deep personal 'faith' and are strengthened by the 'continuity' of belief that has stood the test of time.

Seventh - the Church needs you and needs your support! Times are especially hard and as a community we need to pull together under the banner of the Christian Church. We have a beautiful Church at Ardgay that needs to be appreciated by everyone. Wouldn't it be nice if you were there? It would be great to see you! It is a big building to upkeep and needs practical help as well. If you can't come or are prevented by coming to Church from ill health - remember we are there for you and we still need your support.

I hope I have persuaded you in some way to consider the real benefits of attending the Church in the village. Visit us, bring your friends, and enter into this special 'hallowed' place and see for yourself. God can do great things if we seek His help. With every blessing. ■

Rev. Anthony

Rev. Anthony M. Jones

Parish Minister

The Manse, Ardgay

☎ 01863 766 285

✉ revanthonyjones@yahoo.com



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 James Curral: 01862 881 737

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

4 October 2017
25 October 2017
15 November 2017
6 December 2017



Oakwood Place, Ardgay
Arrive 13:40 Depart 14:00

The Lady Ross, Ardgay
Arrive 14:10 Depart 15:10

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

Various workshops helping you to understand more about how dogs and puppies think, and therefore how to help with their behaviour and training issues.

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.



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 osteopath and physiotherapy therapy clinics.

TREATMENTS:

Sports & remedial massage with posture position & alignment ■ Myofascial release & trigger point therapy ■ Sports stretching ■ Swedish massage
Hot stones ■ Indian head massage
Reflexology

lowerory@hotmail.com



Member of the Scottish Massage
Therapist Association



Insured through
Balens Ltd.



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 James Currall
01862 881 737

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

D & E Coaches

ARDGAY → TAIN

900 - 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°188814028 easy

3		8						
9		2	5			7	1	
4			9	3		2		
2					9			
	8	9	1		2			
		5		4				
5	1			7				9
		7		8				2

Medium

Grid n°24833 medium

				3		8		
		2				4	7	
8	1				5		3	
4	8	7	1					
5	2	3			4			
		1	4	2		6		
	6				3			
2						5		

Hard

Grid n°537102090 hard

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

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

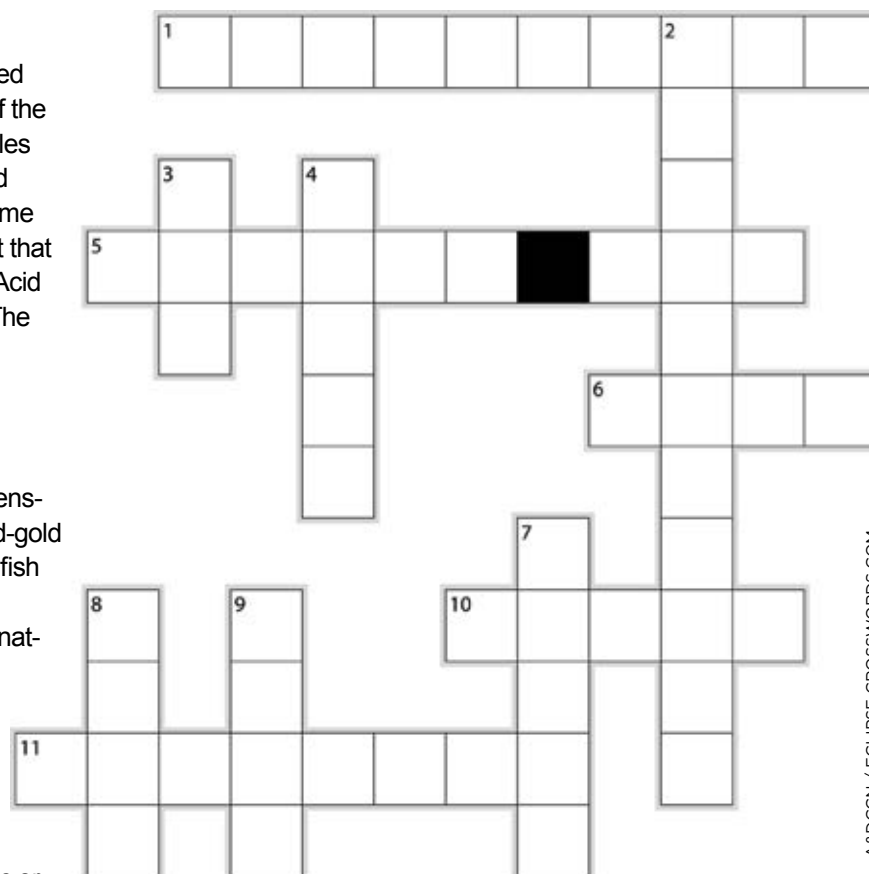
Crosswords

Across

1. Acting in strict regard for what is considered right or proper. **5.** (Two words) A mountain of the Freevater Forest in Sutherland that lies 7 miles (11 km) west of the head of Strathcarron and reaches a height of 822m (2696 feet). Its name means 'Great Man'. **6.** A salmon or sea trout that is weak and emaciated after spawning. **10.** Acid pertaining to, or obtained from, apples. **11.** The realization or fulfilment of a plan or project.

Down

2. A person who practises the occupation of measuring eyesight, prescribing corrective lenses, and detecting eye disease. **3.** A large red-gold or white fish that people sometimes keep in fish ponds because of their beautiful colour. **4.** Loosely twisted hemp or jute fiber impregnated with tar or a tar derivative and used in caulking seams and packing joints. **7.** The farm attached to a mansion house. **8.** the national church of Scotland as distinguished from the Church of England or the Episcopal Church in Scotland. **9.** A long poem narrating the deeds and adventures of heroic or legendary figures or the past history of a nation.



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ARDGAY & DISTRICT Community Council *newsletter*

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