# ARDGAY E゚ DISTRICT Community Council newsletter 

## The transformation of Ardgay

 100 years separate these two images．Let＇s take a look at the history of our vil－ lage Page 6 Kyle of Sutherland Development Trust＇s The Barn is now open Page 4
## The attentive restoration of Carbisdale Castle

 Great care is being taken to re－ store Carbisdale Castle to its for－ mer glory．The clock tower is now fully restored．The owners were particularly pleased to be able to engage the original company that built the clock to handle its refur－ bishment．Page 5

## Fixed Wireless <br> Superfast broadband ready in Edderton

The providers，Highland Wireless \＆IT，will work in partnership with the KoS－ DT to service Rosehall and Strathcarron Page 10

Celebration of the official opening of The Hub

Page 10

Red Robin， our favourite Christmas bird

Page 26

## KEEP ACTIVE TOGETHER (KAT)


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Keep Active Together (KAT) is funded by the Scottish Government. It is part of the Kyle of Sutherland Development Trust, which is a company Limited by Guarantee Scottish Registration:SC401019 \& Scottish Charity:SC043587. Registered office:The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB

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## Ardgay

 \& District photographsArdgay by Donald Bain
A stunning view of Ardgay with a snowy Carn Bren in the background. The photo was taken on the 7th March 2016. For more photos from Donald Bain, please visit the Facebook page Kyle of Sutherland's Scenery.

## EDITOR'S LETTER

## Renewal

Thanks for your continued support, and a very warm thank you to those who have contributed to this edition for the first time. This
winter we have many things to celebrate in our area, as most of the developments we have been following on these pages over the years are coming to fruition. The long awaited Hub is now part of our everyday lives, as will be the
business Barn in Ardgay. For those living in Culrain, it's nice to see the clocks giving the correct time, and it's a testimony to the work being done to refurbish Carbisdale Castle. I hope you will enjoy the peek into the past from
our pages about the history of Ardgay, now that the village centre is being renewed. Certainly Ardgay has seen quite a few buildings rise from their ashes in the last century! -

Silvia Muras Editor

## Ardgay \& District News



## Ardgay Barn open for business

## The new development which has transformed the centre of Ardgay is now up and running.

Bullt on the site of the old Lady Ross Hotel in the middle of the village, The Barn provides six business spaces which opened at the beginning of December and are all already rented out to local businesses. A new village square, to be known as Drovers Square, has also been created as part of the project work carried out by contractors William Gray Construction Ltd on behalf of local development group the Kyle of Sutherland Development Trust.

The Barn is now home to a variety of local businesses, ranging from holistic massage therapists Kyle of Serenity and hairdresser Hair @ The Barn to Business Gateway, CH Architecture and upholstery, craft and design studio Tweed at Heart. Heaven Bikes are renting storage space while the Kyle of Sutherland Development Trust has moved all its team into one large office. The Barn is fully equipped with Wi-Fi, photocopying and scanning facilities and the Trust also provides a call answering and general office services.

Marion Turner, Board Director, said: "We are delighted that The Barn is opening for business right on schedule and that Drovers Square is such an attractive addition


Exterior and interior images of The Barn. / © AWFIE BONNIE PHOTOGRAPHY
to the village. We had always hoped that local businesses would want to set up in Ardgay but we have been overwhelmed by the demand which proves that this was a timely and much needed development.
"We're also pleased to be able to offer assistance to existing and new businesses with services which they might otherwise have had to find outwith the Kyle. Bringing this regeneration project to fruition has only been possible with the generous support of the Scottish Government, Highland

Council, Highlands and Islands Enterprise, SSE Regional Fund, Achany Community Benefit Fund and E.ON Rosehall Community Benefit Fund." - Jenny MacPherson


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Kyle of Sutherland Development Trust

The Trust welcomed four new team members in December. Kirstin Langlois joins as marketing officer. Kirstin lives in Dornoch with her family and has a strong track record in marketing within the social enterprise sector. To assist the Sutherland Community Partnership

## New KoSDT team members

to engage with communities to create locality plans, Martin Thomsen joins our team to take on the role of Community Engagement Officer. Martin is moving to the Highlands from Denmark but he already
has a strong tie to Tain and has worked in Scotland on other community based projects. James Turner is currently studying for his BSC in Sustainable Development at UHI and he will be the full time Communi-
ty Engagement Assistant, James and his family live in Dingwall. Taking on the part time Community Engagement Assistant position is Jodie Ross from Dornoch. Jodie brings her talent in advertising and public relations to the team. $\quad$ Helen Houston, Development Manager

# Ardgay \& District News 



# Carbisdale Castle is being restored to its former glory 

## The works on the castle are progressing well and completed to the highest standards.

A spokesperson for FCFM Group Limited said:
"The renovation of Carbisdale Castle is progressing well and work has already been completed in a number of important areas. The structural damage has been rectified, the building is watertight and the clock tower, for example, is now fully restored along with the main staircase, stained glass windows and the unique ceilings in all of the rooms. We were particularly pleased to be able to engage the original com-
pany that built the clock to handle its refurbishment. All three faces of the clock now tell the time again and the bells chime perfectly once again. Work is now focused on restoring the living quarters within the castle and selecting furniture and fittings to show the castle off at its very best. While the structural and building work continues, all of the castle's paintings have been sent for restoration and we look forward to receiving them back in the near future so they can be re-hung in their rightful place.

[^0]Carbisdale Castle is one of the finest buildings in Sutherland and we take very seriously the restoration of this magnificent building. All of the work is being completed to the highest standards, using skilled tradesmen and professional architects and engineers. We are mindful of the grounds and the wider estate also and look forward very much to working with the local community to develop these for the wider benefit. It is very important to us that the community is involved in securing and sustaining the castle for the future and to that end we plan to invite the community into the castle in the Spring or Summer 2018, once works are completed, so that everyone can see the work that has taken place, the magnificence of the castle and of course to meet with you and share some time together."

## Ardgay \& District News

# The deep transformation of Ardgay 


(Left) Balnagown Arms Hotel in 1918, Church Street with the old Hall and smiddy. The two buildings on the right are the general merchants owned at the time by David Mackay, and the Post Office. (Centre) 1930: The hotel's main building has been extended with an additional gable hidden to the rear (with extra chimney pots visible). There are two new porches, the windows on the right have been turned into bay windows and curiously one of the new windows in the roof has a chimney built in front of it. The photo also shows a clear view of Church

## 1812

Opening of
Telford's 1st
Bonar Bridge.

## 1850s

A fair or market that lasted three days in November is at this point established in Kincardine/Ardgay.

## 1892

Lady Ross of Balnagown gifts a Public Hall to the people of Ardgay District, built just behind the hotel.

## 1943

A thriving Balnagown hotel burns to the ground. Its ruins will stand in the centre of the village for many years.

1817
A farm house is converted in the Balnagown Arms Hotel. In the following years, the parish centre will move from Kincardine to this junction of roads by the hotel, marking the beginning of 'Ardgay'.
1810
1817
A farm house is converted in the Balnagown Arms Hotel. In the
following years, the parish centre will move from Kincardine to this
junction of roads by the hotel, marking the beginning of 'Ardgay'.

1893
Opening of the Second Bonar Bridge.
$1870 \quad 1880$
1890

1958
The Lady Ross Road House Bar \& Café is built on the site of the hotel.

(Left) William Daniell (1769-1837), aquatint on paper depicting the first Bonar Bridge. (Centre) The Balnagown Arms hotel before undergoing extensive renovations. The old hotel was built in 1817 and was originally a farmhouse. We can see Ivy Cottage, which dates from 1790. (Right) The Lady Ross after its opening. The old barn from the Balnagown farm can be seen in the background.

[^1]1918, 1930, 1900 © PHOTOS COURTESY OF DONALD BROWN. 1972 © PHOTO COURTESY OF GREGOR LAING. 1960 © HIGHLAND PHOTOGRAPHIC ARCHIVE

## Ardgay \& District News



Let's take a look at the history of Ardgay, now undergoing profound change. Witness of the times, the old barn from the original farm house is now refurbished as a business hub. $■ S M$


Street with the old hall, blacksmith's workshop run by Donald Aird, and the blacksmith's house. The house which is now Noranside was originally The Commercial Bank (it's the building with a dormer window in the roof). (Right) In 1975 there was a bank, grocer, Lady Ross café and pub, paint shop, butcher, paper shop, post office, and two garages with petrol pumps. By the mid seventies Nigg oilrig yard was the big employer, with workers commuting from Golspie and Brora. The bus would pass daily through the village picking up workers on the way.

## 1966

The original Balnagown Public Hall is declared condemned as unsafe.

## 1968

The local community builds a new Public Hall on adjacent land donated by Balnagown Estates.

## 2008

The Lady Ross closes two years after suffering a fire that damaged the building.

## 2014

A café and two new shops open in the village. A year later, the KoSDT launches the project Gateway to Sutherland.


1973
Opening of the Third Bonar Bridge.

## 1991

The Dornoch Bridge opens and the traffic through Ardgay reduces drastically. From now on, the majority of Ardgay \& Bonar Bridge hotels, $B \& B s$, shops, and all of the filling stations will close down.

## 2017

The new commercial centre 'The Barn' brings several new business to the village. The development includes a new Drovers Square.

(Left) The 2000s saw the loss of almost all of the village's shops: Ardgay last filling station closed in 2006, The Lady Ross Post Office, in 2008. (Right) The Barn, with several business spaces, brings new life into the village. The project includes the creation of the new Drovers Square and a terrace of houses.

[^2]
## FROM SSEN RESILIENT COMMUNITIES FUND

## Ardgay \& District Community Council receives grant to purchase two defibrillators

Your Community Council's recent bid for funding to the Scottish and Suthern Electricity Networks Resilient Communities Fund has been successful. Ardgay \& District CC has been awarded $£ 3,000$ towards the costs of purchasing and installing two defibrillators for Ardgay and Culrain. We would like to thank our funders for this award.

The aim is to install the defibrillators in the porch of the Hall in Ardgay, and also by the Hall in Culrain. The two defibrillators will be regis-
tered with Scottish Ambulance Service. The Community Council will organise free courses of CPR to all those interested in understanding how to use these lifesaving devices.
A cardiac arrest can happen to anyone, anywhere, at any time, and a person's chance of survival falls by about $10 \%$ for each minute that passes without defibrillation. It's important that members of the community know where it is and how to use it. - Silvia Muras, Vice Chair

## Speed limit on the

 A836 Ardgay to BonarArdgay \& District CC and Creich CC are working together to secure a safer limit in the A836 between Ardgay and Bonar Bridge. Following the opening of The Hub, traffic has increased with children involved when attending the facility. Councillor Linda Munro has raised the formal request for a traffic speed analysis with a view to having the speed reduced to 30 mph limit. However, it is highly unlikely that the full stretch would be approved for restriction.

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

## HOW TO CONTACT

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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:
13 JANUARY \& 10 FEBRUARY
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 FEBRUARY \& 13 MARCH

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## Ardgay \& District News



## Remembrance Sunday at Ardgay

Local children played a central role at the Remembrance wreath laying service at the Kincardine War Memorial in Ardgay.

Eight boys and girls from Bonar Bridge and Gledfield Primary Schools volunteered to read the names of the 32 men from Creich and Kincardine parishes who fell in WW1 between 12 November 1916 and 11 November 1917. 11 girls from the newly formed 1st Kyle of Sutherland Rainbow, Brownie and Guide Unit joined the parade and Paige Matthews laid their wreath. While around 30 children laid crosses in remembrance.

The day began with a wreath laying service at the Creich War Memorial in Bonar Bridge and ended with a service at Ardgay church. Music was a moving feature throughout. Tony Osborne played the Last Post and Reveille on the bugle, the first time he had played in public for 50 years. Piper Chris Bowden played Highland Cathedral as the lament. The singing of Psalm 23 at the Ardgay Memorial was lead by Minister Karl Weidner and organist Euan Stewart, who also accompanied the hymns and National Anthem in the church. And the Singing For Fun Choir sang a remembrance anthem, conducted by local musician John Brozovsky who had written the piece specially for the occasion.

The services were organised by the Creich and Kincardine Branch of Royal British Legion Scotland. Eric Porter oversaw proceedings as Parade Commander, while David


The girls from the Rainbow, Brownie and Guide Unit. Rebekah Lall is holding the wreath. Front row from left is Rhianna Lall, Maree Munro, Amy Grant, Milly Grant, Chloe Sawyer and Rhea Vetters. Back row from left Kayleigh Chalmers, Holly Mackenzie, Cameron Chalmers and Paige Matthews.

Hannah and Carl Claridge King were the standard bearers. Fiona Porter laid the Legion Scotland wreaths at both War Memorials. Wreaths were also laid by the Ardgay and Creich Community Councils, the Scottish Fire and Rescue Service, Highland Council, the Rotary Club, and Kay Smart.

## POPPY APPEAL

The Branch also organised the local Poppy Scotland appeal for the first time this year, collecting an impressive $£ 1,344$. The total was higher than last year because volunteers went collecting door to door in Ardgay and Culrain for the first time in years and Gledfield Primary School also did a collection.

Branch Secretary Fiona Porter said "Remembrance is a key priority for Legion Scotland. It was good to see so many from the local community attend the services to pay their respects to those who gave their lives for us, especially at this time when we are remembering those who fell in WW1 100 years ago. We are also very grateful for their generosity in giving to the Poppy appeal, which raises vital funds to help veterans". Fiona Porter

## $\rightarrow$ Legion <br> Scotland

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# Ardgay \& District News 

WITH SUPPORT FROM THE BEATRICE PARTNERSHIP FUND AND SUPPLIED BY HIGHLAND WIRELESS

# Partnership with the KoSDT to deliver broadband to the Kyle of Sutherland and Strathcarron areas 

Readers will remember that two years ago the Kyle of Sutherland Development Trust consulted with the community on the need for a community broadband scheme but due to changes out with our control it was not then possible to go ahead with the proposed scheme.

The results from the community consultation at that time were: $50 \%$ of the total respondents couldn't achieve 2 MBps with households in Rosehall and The Craigs being unable to achieve speeds greater than 0.512 Mbps.

These two exchanges service 260 homes and 11 non-residential premises. The survey showed a clear desire for an improved service across the area. Some of the comments from the surveys were:
"At present it is not possible to conduct business, children's homework, watch YouTube clips." "Disgraceful service! There's many households away from the East Coast corridor who require and demand parity." "Almost impossible to download anything" "Although I am fortunate as I have battled
with BT to providemewith higher speeds than most in this area, the service is inadequate for present day needs and also limits me to one supplier." "Speed very poor, sometimes total loss of signal for no apparent reason. Not reliable at all." "The appalling speeds make working from home near impossible. Breaks in service, poor quality email provision. Bad for getting new residents." "Possibly interested, depends what is offered. As we are obliged to interact with government online, e.g. DVLA, VAT, Tax etc. High

Speed Broadband should be a priority to $100 \%$ of population and not exclude rural areas."

With funding from the Beatrice Partnership Fund the Kyle of Sutherland Development Trust will now be able to commission a microwave system to provide superfast broadband across the Kyle of Sutherland. Highland Wireless will commence work on the scheme in January 2018 and there will be a gradual rollout across the area during the year. ■ Helen Houston, KoSDT Development Manager

## Joint Ardgay \& Culrain Scottish Women's

## Institute

Ardgay and Culrain institutes have now amalgamated. It will now be known as "Ardgay and Culrain SWI" and we meet on the 3rd Tuesday of the month at 7:30 pm from September until the end of May annually. The institute looks forward to celebrating 2018 as it will be the 100th Anniversary of Argay SWI.

## Christmas at the Bradbury Centre Bonar Bridge

The centre will be having its Christmas party on the 20th December, and a Carol service on the 22nd December. We will be closed from 4 pm on the 22 nd December until 9 am on the 8 th January. We wish everyone a Merry Christmas and a Happy New Year.

## THE FIXED WIRELESS PROJECT IS IN THE FINAL BUILD STAGE

# Edderton premises are getting superfast broadband this winter 

 As announced in the last The order process will inissue of the Edderton Community Council Newsletter, the company is now in the final build stage and will be ready to accept orders very soon. They will be delivering flyers to each property within the Edderton Coverage Area with all the relevant details.The project uses fixed wireless point to point technology. Residential users will receive up to 50 Mbps download and 20 Mbps upload. Business users will have a range of speeds available -up to 50 Mbps , 80 Mbps and 120 Mbps .
volve carrying out a survey to see if the property can get a clear line of sight of the nearest transmission station. The instalation consists in fixing a small antenna on the side of the property. Those who currently receive a poor broadband service (2Mbps or below) or who have not benefited from fibre rollout through Digital Scotland / Highlands \& Islands Enterprise, will be eligible for a Government grant to cover all but $£ 40$ of the installation fee. For more information, visit www.highlandwireless.co.uk.

# Ardgay \& District News 



## KOSAS scheme Co-ordinator's Progress Report for 2017

The Kyle of Sutherland Apprenticeship Scheme has been going from strength-to-strength over the past year, with all apprentices making good progress and two new apprentices joining the scheme, making seven in training. One apprentice completed his training and fully qualified a year early. Another apprenticeship terminated early with the youngster achieving a level 2 SVQ. Every young person improved their practical, onsite skills, and all college exams and skills tests were passed.

Promotion of the scheme has been via leaflets, press releases, attending events such as the Sutherland Jobs Fair, and the KoSAS Facebook page.

There has been serious interest from a few local organisations which has not transferred into apprenticeships, some employing a young person for fixed term or seasonal work, others, such as a local hotel, struggling to recruit an apprentice, although this is a common problem in the hospitality industry. Surveying the 15 apprentices that have engaged with the scheme, 5 apprentices have fully qualified and are still in post, 6 are still apprentices, living locally, although two have moved to organisations outside of the scheme's remit area, 1 is a fulltime mum and another is self-employed. Only two did not fully qualify and moved out of the area, which equates
to $13 \%$ of grant recipients, which is far lower than the $22 \%$ Skills Development Scotland dropout rate for Scottish apprentices in 2016/17.

The scheme successfully gained a further grant and are about to embark on an employer engagement initiative, to capture possible Christmas school leavers. If any business or young person is interested in an apprenticeship within the community council areas of Ardgay, Creich and Lairg, then please contact Jane Dixon, the Co-ordinator.

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jane@lairglearningcentre.org.uk


## Ardgay \& District News



## ON SATURDAY 21ST OCTOBER OVER 600 PEOPLE ATTENDED THIS DAY OF CELEBRATIONS

## Official opening of KoS Hub

The Kyle of Sutherland Hub officially opened on Saturday 21st October. Over 600 people attended to join The Hub in a day of celebrations. With craft stalls, music, crepes and smoothies, a DJ and mocktails, canvas art, soft play, football shoot off and gym sessions - showcasing all the things the Hub has to offer. There were also fantastic dance and cheerleading displays from Jan Trumbles Dance School. The day was a huge success.

The opening saw each child residing at a Sutherland postcode get a raffle ticket upon entry, the winning holder was Lee Holden aged 7 from Bonar Bridge Primary school who was given the opportunity of cutting the opening ribbon, declaring the hub officially open. The day ended
on a high with the most spectacular firework display from Fireworxs Scotland, with many of the children lying down on the soft play surface looking up to the sky.

Hayley Bangs, Chair said, "It was an emotional day for myself and the Management Committee to finally see the

## HUB OPENING TIMES

November 2017

| Monday to Thursday | 9 am | $7: 15 \mathrm{pm}$ |
| :--- | :--- | ---: |
| Friday | 9 am | $8: 30 \mathrm{pm}$ |
| Saturday | 9 am | 5 pm |
| Sunday | 9 am | 4 pm |

Hub officially open after an incredible journey of 14 years. To see so many people join us on the day to celebrate was fantastic. I want to say a huge thank you to everyone who has helped us get here. We look forward to seeing the project grow and develop further and achieve the aims that we have set in place in tackling issues that affect this remote area."

Adele Newlands, Hub Manager said, "it was a very humbling day, the Hub was buzzing with

ARDGAY $\mathcal{E}$ DISTRICT Community Council newsletter

people of all ages doing something in every area of the building. The weather held out and we have had some really lovely feedback from the community and further afield. We are now looking forward to setting up a calender of events for the year ahead which I'm sure will include a further one year anniversary of this fantastic project to the community of Sutherland."

We would like to say a huge thank you to all our volunteers, our funders, McGregors Construction,

Adams \& Sutherland Architects and the design team and Catriona Hill for making the Hub become a reality. Here's to 2018 and all the exciting projects and adventures the Hub will take us on.

Soft Play costs $£ 4.50$ PAYG, there are membership options available that reduce the rate to $£ 3$ per child. We have different Gym Memberships, if you are looking to book an induction or would like more information please call 01863 769 170.

[^3]Bonar Bridge Post Office
POST

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- Post Office® card account
- Postal orders
- Moneygram
- Electronic bill payments
- E top-ups
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## Ardgay \& District News




On Friday 10th November around 600 visitors defied the cold rainy weather to attend the event.

It was certainly a fantastic night for all in attendance. With a range of stalls in the shopping village accompanied with food services from both the restaurant and pavilion there was a great family feel to the event.

The event, which had been heavily publicised and well-received on social media, attracted around 600 visitors on the night amid the cold, and rainy conditions. Liam Christie, of North Highland Events, kept the crowds entertained with some music, and the Christmas Lights were officially turned on at 6.30 pm by Councillor Linda Munro.


Over 100 people sat to meals in the restaurant and 12 businesses displayed their products within the shopping village. There was also the Christmas Prize Draw, which would see the Bradbury Centre and Kyle of Sutherland Development Trust, both benefit from the £1,400 raised in ticket sales from the draw. However, the highlight of the night was an incredible display of fireworks from Fireworx Scotland that left everybody in amazed.

The night was an incredible success for the new centre and Experience Officer, Dale Pryde-MacDonald, wanted to thank everybody for their involvement. He said "Everybody involved tonight was in fantastic spirits and it contributed to an unforgettable night for us all. This is our first time doing an event like this and there will be lessons to learn but we can not detract from the positives of tonight as well. I can not thank everybody involved enough, from the stall holders to the catering staff to the fireworks team and especially Beth Simco and Valerie Houston who were sensational in helping to make this event a success."

The KoSDT would like to thank the following for their support: Bradbury Centre, Fireworx Scotland, Catering 1864, North Highland Events, Councillor Linda Munro, Mark Shaw, Invercharron Highland Games, Herchers Funfair, Little Lads \& Lassies, Isla's Jewellery Box, Kilted Fudge Company, Glenwyvis Distillery, Alison Cuthbertson, Highland Candles, Loch Ness Gin, Cocoa Skye, Highland Bake House, Scottish Unbakery, Sonsie, Highland Home Cook, Anta Pottery, Tain Pottery and everybody that attended the event. - Dale Pryde-MacDonald, Experience Officer - Falls of Shin
f Falls of Shin Visitor Attraction

## Ardgay \& District News



AS PART OF THE IAA CONFERENCE AT CARNEGIE HALL, OVER 20 ARCHITECTS VISITED THE NEW ATTRACTION

## Visit of the Inverness Architects Association

Friday 3Rd November 2017 saw over 20 architects from the Inverness Architects Association flocking to the new Visitor's Centre as part of their conference which took place at Carnegie Hall, Clashmore. Organised by Catriona Hill, architect of Falls of Shin Visitor's Centre and Director of CH Architecture, the visit received fantastic feedback.

The Inverness Architects Association is the Northern Chapter of
the Royal Incorporation of Scottish Architects. The professionals spent around 30 minutes discussing various points of building and its construction. They were joined by Falls of Shin Experience Officer Dale Pryde-MacDonald, who expressed what the new facility meant to the visitors and which parts had stood out to them over the summer months. Dale Pryde-MacDonald, was delighted with the endorsements the
new centre received. He said, "It's a real testament to Catriona and her team for having the vision and determination to see the concept through. I think sometimes, being in the far north of Scotland its easy to get lost amongst the rest of the world, but this is a moment where CH Architecture need to take the praise they deserve. We have always had a knack of finding great people in Sutherland, regardless of whether it be
in sport, art, cookery, the list is endless, but this visit shows that we have found a gem in CH Architecture."

Dale felt that they had made something that sets them aside: "you can go right across the North of Scotland and see 40 castles that all look similar, Falls Falls is totally different to anything in the North of Scotland and that is what makes us stand out to people." ■ Dale Pryde-MacDonald, Experience Officer Falls of Shin

## 〔通01863766231

## $\overline{\text { ARDGAY }}$ ( CAPAGE

## 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



## RORY LOWE BODYWORKER

Mob. 07598727400

RORY LOWE<br>Msc, Bsc (hons) Adv SRM.<br>Over 18 years of experience in alternative therapies, sports and remedial massage. I travel throughout the highlands providing services to individuals including Beauly Shinty team, Rangers F.C. and osteopath and physiotherapy therapy clinics.<br>TREATMENTS:<br>Sports \& remedial massage with posture position \& alignment ■ Myofascial release \& trigger point therapy $\square$ Sports stretching $\square$ Swedish massage Hot stones ■ Indian head massage Reflexology lowerory@hotmail.com

## Ardgay \& District News



ORGANISED BY LAIRG \& DISTRICT LEARNING CENTRE

## Ardgay Upholstery Class

Lairg Learning Centre were delighted when they were awarded funding to run free classes and workshops until March 2018 and over the last 3 months, they have had 576 people engage with their classes, workshops, energy cafes and Harvest Celebration.

The upcycling classes and workshops have proven very popular, with waiting lists for many subjects. Woodworking with their Upcycling Tutor, at their kitted out Cabin in their grounds, is always oversubscribed, and students have converted old pallets into planters, trugs, saw horses,
and more arty items like Highland Coos!
Upholstery is another popular subject and the recent class is Ardgay had seven students ripping apart old foot stools and chairs, updating them into lovely new pieces of furniture. Some items were destined for landfill, others were heirlooms that had seen better days, but all benefitted from being transformed with new or upcycled textiles. One student became so enthused by her upholstery work that she stopped a static caravan from going into landfill and is now completely renovating it instead! New Upholstery sessions
are now running in Invershin and more will be held in the new year, the venues and times being released in early January.

As well as running upcycling and recycling classes, there are also cookery and gardening classes, and 'Energy cafes' - this is where staff visit local groups and can either give a talk or run a bespoke workshop. The Ardgay SWRI requested a talk last month, but did not 'want a green talk'. The Manager, Jane, gave an animated talk about the centre's Climate Challenge Fund project, and all of the exciting free classes, and they became completely engaged in ways they could reuse all sorts of materials. They also liked the community volunteering sessions, where upcycled wood is being turned into benches and planters for community use, under tutor tuition.

The centre are currently taking donations of wood and textiles, for further classes, and are also planning a swishing event in January. Their classes until Christmas are mostly full, although some additional workshops have just been added. If you would like more information, please contact using the details below.

| LIRG\& | Lairg \& District |
| :--- | :--- |
| DISTRICT |  |
| leaning |  |
| centre |  | | Learning Centre 01549402050 |
| :--- |

$\boxtimes$ admin@lairglearnincentre.org.uk www.lairglearnincentre.org.uk Lairg Learning Centre

## Closure of Bonar Bridge Police Station

Police Scotland is seeking the views of the communities on the future of some police stations, including Bonar Bridge and Lairg. The online survey gives the public the opportunity to learn more about the premises being considered for disposal and their future. Available here: https://consult.scotland.police. uk/consultation/estates/. Until 18th January.

## Education Bill Consultation launched

For anyone with an interest in the future of education in Scotland, please contribute to the Scottish Government's new consultation on the Education (Scotland) Bill. Decisions to be made as close as pupils as possible. The consultation is available here: https://consult.gov.scot/learning-directorate/edu-cation-scotland-bill/. Until 30th January.

## Ardgay \& District News



KYLE OF SUTHERLAND HERITAGE SOCIETY WITH BONAR BRIDGE HISTORY GROUP

## About History and Heritage

Please do not be put off by the title of the organisation. It was chosen to encompass all those dwelling within the area refered to as the Kyle of Sutherland. Heritage is not just History (as some think), it refers to all things belonging to people and places, and can include climate, environment, language (written and spoken), art in all its forms, local fauna and flora, etc. etc.

History is not just dates, politics and battles. It refers to people, places, events, things people make and do and achieve. All ages and times, even as I write, history is being made not only on the international and nation stages but in your lives too.

Speakers are as varied as their topics. Do you have something of which you could speak? A hobby, a house, a family? Or some idea you would like to hear about more fully? Someone you know who is a good speaker who might be persuaded to give an hour or so of their time?
Alternatively, come along to an evening of open discussion, "Your memories of Ardgay, Bonar Bridge and Edderton et al in not too far off times" at the Bradbury Centre on Tuesday 13th February at 7 pm .
Do you play an instrument? Or otherwise perform? Do you want an audience? A venue? We could help. An artist? Want a place to show your
pictures? Contact Hilary Gardiner for our Art Show hold over Easter, newcomers are always welcome.

An appeal: Found amongst our archive there are pamphlets, etc refering to another Kincardine in Canada. Does anyone know how we acquired those? Any family with relations in that place? Please contact Mary Stobo or myself.

Any more information required, or for a visit to the Heritage Centre, Kincardine Old Church Ardgay, please contact me. For any talk or exhibition all are welcome. Valerie Mackenzie Harris Elmbank, Lairg Road, Bonar Bridge

Kyle of Sutherland Heritage Society


Bonfire night
Great firework display in Dornoch on the night of the 4th November. It was a cold and bitter evening but that didn't spoil the fun of the people there. © STEVEN LAMB

SSEN PRIORITY SERVICE REGISTRATION

## How to get extra support in the event of a power cut

Scottish \& Southern Electricity Network's free priority service offers extra help to those who need it most during a power outage.

Some reasons you might want to be on the register:

- you are deaf or hard of hearing
- You are disabled
- You have children under the age of five at home
- You are blind or partially sighted
- You are chronically ill
- You rely on powered medical equipment
- You are over 60

The service offers:

- A Priority Services line available 24 hours a day. SSEN will contact you,
or a nominated contact, if they need to switch off your power to carry out essential maintenance.
- Safety advice tailored to your needs.
- Connection to local emergency services.
- Provisions for your community during severe weather events and prolonged power outages.
- Emergency power supplies (e.g. for home medical care).
- Security password to keep you safe.
If you'd like to register for Priority Services, even if only temporarily, please call SSEN on 0800294 3259 or visit www.ssen. co.uk/priorityservices.


## 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


## BETWEEN £2,000 AND $£ 10,000+$

## SSE Achany Community Fund

- Visit the fund's page sse.com/beingresponsible/ responsiblecommunitymember/localcommunityfunds/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: 30 April 2018


## PROJECTS UNDER <br> £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 and to alex.macmanus@highland.gov.uk


## 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 07500779 227 if you require any further information or advice. Next deadline: 30 April 2018


## Summary of awards relevant to Ardgay \& District from the E.ON Rosehall Community Fund last year

During year 5, from August 2016 to July 2017, E.On Rosehall made the following awards relating to Ardgay:

- Kyle of Sutherland Hub, $\mathbf{£ 4 , 1 4 8}$. To employ a part-time general assistant for one year.
■ Kyle of Sutherland Development Trust, $£ 15,874$. To contribute to the cost of converting an outhouse on the Lady Ross Hotel site.
- Creich Croick and Kincardine District Day Care Association, £8,840. To employ a part-time support worker over two years.
■ Creich Croick and Kincardine District Day Care Association,
$£ 4,982$. To contribute to the cost of architect fees and other costs for an extension.
$\square$ Kyle of Sutherland Development Trust, £6,000. To provide support to people in need in the area

The Panel at 31 July 2017 was:
Ardgay: Community representatives: David Hannah and Betty Wright. CCIIrs: Silvia Muras and Marion Turner.

Creich: Community representatives: Lorraine Askew \& Rosie Baxter. CCllrs: Pete Campbell and Ron Boothroyd. Lairg: community representatives: Anne Morrison and David Ross. CCllrs: Andrew MacKay and Jeff Norrie.

## Latest Beinn Tharsuinn Windfarm Community Benefit Fund Awards (Ardgay)

Since last reported, in the summer 2017 edition, the following awards have been made:

## - Ardgay Public Hall - £418

towards the cost of providing a free Wi-Fi service in Ardgay Public Hall.

■ Kyle of Sutherland Gala Week

- £330 to support various events at this year's Gala.
- Ardgay Public Hall- $£ 1,700$ towards the cost of essential refurbishments of the gents' toilet facilities.


## 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.

## Heating oil buying clubs in the area: Can you help?

Citizens Advice Scotland are running a project looking into heating oil buying clubs in different regions of Scotland and the potential savings there could be for customers and East \& Central Sutherland CAB are involved in researching for the project. We would like to hear from anyone in the
local area who is involved in or uses an oil club for their domestic heating oil. We would also like to hear from anyone who uses oil but is not currently a member of a buying club. Get in touch by email: Susannah.Munro@esvas. casonline.org.uk. Golspie office: 01408633000 (Monday \& Tuesday 10am -1 pm to speak with Su sannah).
Susannah Munro, Oil Project Research Worker

## BENCHES AND

 TABLES FOR SALEGood quality benches and tables available for viewing by arrangement. For details contact 01863766285.

## Sutherland CP

The Sutherland Community Partnership started off as being a better alternative to the previously run Sutherland District Partnership. However, it is losing momentum and it's not
reaching the communities it is supposed to be serving. Few of the partners actually live in Sutherland, and almost all of those attending are paid employees of one of the partners. There is no voluntary input from the communities and although members of the public are 'permitted' to input at the end of the meeting, their comments are not minuted and therefore have no action points against them. David Hannah, Ardgay


## Bonar Briclge Gaelic Playgroup

 Croileagan a' Chaolais
## Charities \& Volunteering

SUTHERLAND CARE FORUM IS EXPANDING ITS SERVICES IN CENTRAL SUTHERLAND

## New SCF nail cutting and advice service

The Sutherland Care Forum (SCF) is delighted to announce the launch of a new service in central Sutherland.

With thanks to the E.ON Rosehall Community Fund we will be introducing a new nail cutting and advice service in Central Sutherland soon. By listening to our service users and carers this new service will plug a gap of unmet local need. In community feedback to the Forum it was established that people often had problems accessing foot care services for a whole host of reasons,

for example:

- lack of transport to access services, - financial constraints,
- nail cutting not being part of the NHS podiatry services in some areas.

The recent Lairg Community consultation (independent of the SCF findings) also mirrored the need for such a service in the Lairg area.

Recruitment is now in progress to appoint a Service Co-ordinator to run this new Sutherland Care Forum service.■ Valerie Gale, Development Worker


## Universal Credit Outreach Services

From 1st December, East \& Central Sutherland Citizens Advice Bureau will deliver outreach clinics to help people who are claiming or looking to claim Universal Credit.

Following a successful funding bid to the Community Capacity and Resilience Fund through the Scottish Council for Voluntary Organisations ECSCAB are delighted to have secured $£ 10,000$ to deliver outreach clinics and services for people who are claiming or are looking to claim Universal Credit across East \& Central Sutherland. The project starts on 1st December 2017 and runs for 12 months. The project will be delivered by the current Client Access Officer, James Sutherland, who has 8 years of experience in delivering welfare and benefits advice.

Universal Credit is the new benefit which replaces Tax Credits, in-
come related Job Seekers Allowance/Employment and Support Allowance, Income Support and Housing Benefit. The Highlands became a Universal Credit full service area on 5th July 2017; this means that most people who needs to make a new application for a means-tested benefit will have to claim Universal Credit. Claims for this benefit need to be made and maintained online and this can pose problems for people who don't know how to use a computer or who don't have access to the internet at home. Additionally it can be up to 6 weeks before claimants receive their first payment which can result in hardship for
some clients. ECSCAB can support claimants by providing information on sources of help and funds that they can access until their first payment comes through. The clinics will offer a place for claimants to come and learn how to make a claim, access their online journal, update their journal and receive help resolving any issues that they are having with their claim. In addition clients will be offered benefit checks to maximise their income and ensure they are receiving all benefits that they are entitled to and
information on the nearest places to them with computer access to will be available. The project will empower clients to be able to take control of their Universal Credit claim and to fully understand the commitments that come with it.

Clinics are currently being planned for Ardgay, Bonar Bridge, Lairg, Dornoch, Golspie, Brora and Helmsdale. Full details will be available locally, as soon as they are finalised, through the ECSCAB Facebook page and by contacting the office. ■ Rhionna Mackay

[^4]
## Charities \& Volunteering

## East \& Central Sutherland CAB need you to volunteer

## The new group Friends of ECSCAB will organise events and activities around East and

 Central Sutherland to help raise funds for your local Citizens Advice Bureau.Did you know that East \& Central Sutherland CAB is a registered charity? You may also not be aware that all CABs in Scotland are independent and receive different levels of funding from different sources. In order to deliver parts of our service, including outreach clinics and generalist advice, we rely on grants and fundraising as well as the time dedicated by our fantastic volunteers.

We are setting up a 'Friends of ECSCAB' group whose focus will be on organising and running
events and activities around East \& Central Sutherland to raise funds to help us deliver our service. We are looking for volunteers of all ages with all different kinds of experience to join the group. Bureau Manager Rhionna Mackay will be on hand to provide support when necessary so do not let a lack of experience put you off from becoming involved. If you would like to fundraise for us as a one off instead of being involved in the group please let us know.

We are also recruiting for volunteer advisers. This varied role involves comprehensive training through our online Adviser Training Programme and on site learning to prepare you for face to face interviews with clients with a wide range of enquiries. If this is something you'd like to know more about please get in touch.


East \& Central Sutherland Citizens Advice Bureau.
(D) 01408633000
$\boxtimes$ advice@esvas.casonline.org.uk

## East \& Central Sutherland Citizens Advice Bureau

Your local, independent advice charity

We need volunteers to help plan and organise fundraising events and activities throughout the area as part of our new 'Friends of ECSCAB' group. All funds raised will go towards running our service.


People of all ages and from all areas will be welcome to join. If you would like to be involved please get in touch.

[^5]

# Ardgay Public Hall Christmas Fair 2017 

The Committee wishes to thank everyone who supported the Fair, and invites anyone who would like to help maintain the hall to come along to our next meeting on the 9th January.

If you didn't manage to get to the hall AGM last October you may not know that the committee of David Hannah (Chairman), Fiona Venters (Booking Secretary), Rhonwen Copley (General Secretary / Treasurer), Jockie Hewitt, Sinead MacFarlane, and Silvia Muras (A\&DCC Rep.) was re-elected, and that it is their clear aim and intention to continue to maintain and enhance the hall building for everyone in the community. If you would like to help them in this endeavour, please, come along to their next meeting; notices will be posted as usual, but this is currently scheduled for Tuesday, 9th January, 2018, at 7 pm , in the hall. You would be made most welcome.

Meanwhile, a big "Thank You" is due to everyone who supported November's Christmas Fair in any way; this is an essential fundraising event for the hall, and you achieved a clear profit of $£ 738$ Well done! The children from Gledfield Primary School certainly set the Christmassy tone with their wonderful carol singing, and with all that festive retail therapy on offer it was no wonder that reviving refreshments were in such high demand; Rhona, Margaret and all the kitchen team - Many Thanks, we needed you!

The committee were also pleased to have been able to deliver the provision and installation of new stage curtains and a new kitchen extractor fan in time for the fair. These were both self-financed from hall funds. However, the upcoming refurbishment of


Gledfield pupils singing Christmas carols at this year's Christmas Fair.
the gents toilet, including internal insulation within the external wall to help mitigate running costs and the building's carbon footprint, has only been made possible with the ongoing support of Ardgay \& District Community Council and the Beinn Tharsuinn and Beinn nan Oighrean windfarm funds, for which the committee is most grateful.

As the New Year approaches and the on-going hire of the building by a wide variety of user groups confirms that the hall provides a much needed service to the local area, the committee feel optimistic that, with community support, more projects will come to fruition in 2018. Things like the redecoration of the main hall, and the plans which are afoot to investigate refurbishing /
insulating the remaining toilet areas and installing name signage on the exterior of the building. But, to achieve any of these financial help has to be secured, and an inescapable element of any grant application is a degree self-generated funding. So, if you have any fund-raising ideas which would benefit the hall, please, get in touch with anyone on the committee, or better still come along to a hall meeting. After all, the hall belongs to everyone: Not to the committee.

Finally, everyone on the committee would like to wish you a very happy \& peaceful 2017 festive season. - Rhonwen Copley, Secretary

## LIKE US ON FACEBOOK!

FArdgay Public Hall


## ARDROSS COMMUNITY HALL, 8 PM

## The Busquitos

JAN.
The Busquitos play a very catchy mix of brilliantly played music, sing with an impressive Louis Armstrong-like hoarse voice, and dazzling, funny entertainment that will put a smile on everyone's face! Tickets available on: 01349880591 or on: www.ardrosscommunityhall.ticketsource.co.uk $£ 10$ and $£ 8$ conc.


BONAR BRIDGE COMMUNITY HALL

## Sweet \& Soup lunch

FEB.
Come along on Saturday 24th February from 12 noon until 2 pm for a warm soup and homemade baking. In aid of the Gaelic Playgroup Bonar Bridge.


## BRADBURY CENTRE, BONAR BRIDGE

FEB.

## Evening of open discussion

Come along to the evening "Your memories of Ardgay, Bonar Bridge and Edderton et al in not too far off times" at the Bradbury Centre on Tuesday 13th February at 7 pm . Organised by Kyle of Sutherland Heritage Society with Bonar Bridge History Group.


## UNTIL <br> GOLSPIE GALLERY



DEC.

## 'Polar' Exhibition

Until 24 December, Monday to Saturday 10 am to 5 pm. Lots of new craft and art including beautiful embroidered textile work by Rachel Wright (pictured) and series of daily paintings by FE Clark. Free entry.
 ACHNESS HOTEL, ROSEHALL 7:30 PM

## Gillian Frame with Anna Massie

The ever-popular mid-winter concert in the Achness Hotel this year features multi-talented musicians Gillian Frame and Anna Massie. Tickets from www. gillianframe.eventbrite.co.uk, from Lindsay's in Golspie and the Pier, Lairg. Organised by Sutherland Sessions.

## 炏枫



## Pilates

Bonar Bridge Hall, Mondays 10-11 am. Contact: Moira Chisholm
(J) 01862810786

## Ardgay Scottish Country Dancing Club

Ardgay Public Hall at 7:30 pm. The free sessions from October to December was a great success and we attracted enough new members to make up 2 sets every Tuesday. New Year Classes start again on 9th January Contact: David Hannah (J) 01863766061

## Ardgay Badminton Club

ADULTS: Thursday evenings at Ardgay Hall, 8-10 pm £2 per night. Adult's badminton sessions will stop during Christmas from 21st December until 4th January. Contact Gregor Laing (J) 01863766223 JUNIORS (P4 upwards): Thursday evenings at Ardgay Hall, 7-8 pm. £1. Juniors' sessions will stop for Christmas on 14th December and will resume on 11th January. Contact Patricia Hannah (D) 01863766061

Please let us know in advance if you are interested in the junior's class.
Alternative sessions organised by KAT, Wednesdays $10 \mathrm{am}-12 \mathrm{pm}$.
(J) 01863766702

## Sutherland Walkers Club

We meet the 4th Sunday of the month, all year round.
SUNDAY 28 JANUARY
Kinhrive. OS 21685737
8.5 miles, circular. Leader: Caroline Dallman. Enquiries: Fiona MacDonald 01862810275.
SUNDAY 25 FEBRUARY
Sleastery to Overskibo. OS 21642 962. 8 miles, track, low level, one way. Leader: Jean Mezzetti 01862810422.
WEDNESDAY 7 MARCH
AGM. Golspie Community Centre, 7:30 pm. Contact the Walk Leader the day before the walk to confirm that it is taking place. Contact: David Hannah (J) 01863766061

## Bonar Bridge

Ardgay Golf Club
Market Stance, Migdale Road, Bonar Bridge.
(J) 01863766199

## Creich \& Kincardine Art Group

Meets in Bonar Bridge Hall tearoom on Wednesdays from 10 am to 3 pm . All welcome. Contact: Doreen Bruce (J) 01863766852

## Kyle of Sutherland Cinema Club

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
(D) 01863766690


## Edderton \& District Gardening Club

Meetings start at 7:30 pm in Edderton Community Hall. JANUARY: Members meet for a social lunch at Luigi's in Dornoch. MONDAY 5TH FEBRUARY: Our annual light-hearted gardening quiz night at 7:30 pm in Edderton Community Centre.
MONDAY 5TH MARCH: JayJay Gladwin will be talking about garden design and the gardens at Old Allangrange. New members and visitors are always welcome. Club members benefit from a 50\% discount on Suttons seeds orders, and 15\% discount on other products. During the growing season there is a plant swap of surplus plants.
Patricia (J) 01863766061 pahannah@hotmail.com Esther (D) 01862811381 esther@bumblebeecottage. me.uk

## Kyle of Sutherland Joggers

Facebook page: Kyle of Sutherland Joggers Contact:
Elissa (J) 07743228661
Naomi (D) 07818482341
Catriona (J) 07929886105

## Tai Chi

Ardgay Public Hall.
Monday 2:30 pm $£ 2$
Contact: Angela
(J) 01549421336

## Ardgay \& Culrain SWI

All ages welcome. Ardgay Public Hall 7:30 pm. Meets on the 3rd Tuesday each month from September until the end of May.
Contact: Mrs Gillian Glennie
(J) 01863766674

## Kyle of Sutherland Heritage Society

Kincardine Old Church, Ardgay. Organising events, exhibitions, lectures, workshops and history walks.
Contact: Mary Stobo
(J) 01863766868

Facebook: Kyle of Sutherland Heritage Society

## Sutherland Radio Control Club

By Ardgay Garage.
Facebook: Sutherland Radio
Control Club
(D) 07703196005

## Kyle of Sutherland Whist Club

Whist Drives Wednesdays at 7:30 pm, Bonar Bridge Hall. Admission $£ 2$ including tea. 20 DEC: RBLS, Creich \& Kincardine Branch. 10 JAN: Bonar Bridge Hall Funds, 17 JAN: KOS Joggers, 27 JAN: Ardgay Scottish Country Dancers, 31 JAN: Ladybird Club, 7 FEB: Ardgay \& Culrain SWI, 14 FEB: KOS Heritage Society, 24 FEB: RBLS, Creich \& Kincardine Branch, 7 MAR: Gledfield School PTA, Contact: Rosemary Logan
(D) 01549421282

# ARDGAY $\xi^{\circ}$ DISTRICT <br> Community Council newsletter 2ND CHILDREN'S ART COMPETITION 

## CATECORIES

NURSERY TO P1, P2 TO P4, AND P5 TO P7


THEMES
FRIENDS

- trees

IST PRIZE
P2 to P4


IST PRIZE
P5 to P7


DE日DLINE
WEDNESDAY 31ST JANUARY

## RULES

- The competition is open to all children from Gledfield, Bonar Bridge and Rosehall Primary Schools, from Nursery to P7. Entries are grouped by age (Nursery-P1, P2-P4 and P5-P7).
- Each artist may submit a maximum of 4 entries. - The size of the artwork and the painting/ drawing technique are the artist's choice. - The artists should choose one of the following themes for their artworks: FRIENDS or TREES, or HOME. Artworks should be submitted at their Primary School before the 31st January 2015. All artwork submitted to the competition must be the original idea and creation of the credited artist. Please do not copy (e.g. your favourite cartoon character), or colour in an outline printed or drawn by someone else. Winning artworks and the name of the artists will be published on the Spring issue of Ardgay \& District newsletter (\#39 Spring 2018). Prize giving will be after 15th February date TBC.


## Children \& Young people



## 

We have lots in the diary so far! We have had some exciting events over the last few weeks and lots more to come. Thanks to everyone for their continued support of the school. We are grateful for all everyone does to help us. We look forward to seeing you all for lots of fun Christmas events. E Anne Wemyss, Clerical Assistant, Gledfeld Primary School


OUTDOOR FOOTBALL
Our football team played extremely well and had a great time at the competition in Brora.

## SAFE HIGHLANDERS our P7 pupils

 had a very interesting and informative day at the Safe Highlander event. They learnt all about how to keep themselves safe and healthy.
## CHPSTMAS

EXTRAVAGANZA \& CHRISTMAS PLAY:
We are holding our Christmas Extravaganza and play on the 21st December at 1 pm in Ardgay Village Hall. If you would like a ticket for this event, please contact the school office. All welcome.
CHRISTMAS CHURCH SERVICE It will take place in the church at 10 am on Friday 22nd December. As last year we will then go back to the school for our Christmas party.

## Wildlife

## Red robin

## ERITHACUS RUBECULA

- Our beloved robin redbreasts are present ALL YEAR ROUND, but may just be overlooked by most people. Males and females look
identical, and young birds have no RED BREAST and are spotted with golden brown. Despite their cute appearance, they are aggressively TERRITORIAL and are quick to drive away intruders. - Our resident robins are joined in the winter months by MIGRANTS FROM SCANDANAVIA, meaning that the number of robins does
actually increase in the winter. It is thought that robins' association with Christmas originated in the Victorian era. At that time, BRITISH POSTMEN uniforms were emblazoned red, and the postmen earned themselves the nickname 'Robins'. After this, robins began to appear on Christmas cards. More info: www.rspb.org.uk and www. scottishwildlifetrust.org.uk.


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Male and female look
``` identical.

\section*{Children \& Young people}

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\section*{BENCHBALL COMPETITION}

Another fantastic effort by our Benchball team. Lots of fun and amazing teamwork!

\section*{MUSIC}

All our pupils have been enjoying some specialist music input. Our pupils in P1-4 have been getting Kodaly music and our pupils in P5-7 have been enjoying more traditional lessons through Feis.


1A MOTH \(=1\) The pupils from P1-7 joined the Nursery Pupils for a bowl of pumkin soup at Halloween. On the right photo: Nursery pupils making gloop.


by Andymack \& Sil
MEET HAMISH THE TARTAN DRAGON
A shy veggie dragon who lives on Carn Bren

That winter, Hamish had learnt everything there is to know about Christmas. He wished he could get a visit from Santa. It was Christmas day in the morning, Hamish looked under his tree
and... nothing! But then Morag came, carrying a wrapped packet. "Father Christmas left this for you in our house", she said. Hamish opened it quickly. It was a beautiful fluffy dragon-size scarf!

\title{
From the Manse...
}


\title{
Ask not what you can get out of it
}

Christmas time is often misunderstood as a time of getting, when in fact it is better understood as a time of giving. We celebrate the birth of Jesus Christ in very lowly circumstances - God's greatest gift to the world. It should be a time of joy, a time of peace, and a time of love. Real love is shown as a two way thing - there is the one who receives, but there is also the one who gives. The old saying has it that it it is "more blessed to give than to receive".
'Ask not what you can get out of it but, what you put into it' or 'You have to put out to get owt'. These are two expressions which have passed into our every day language and every day lives. This can also be applied to going to church. Sometimes people are heard saying "I don't get anything out of going to church. It does not do anything for me", as if going to church was a kind of quick fix. Too often we want easy answers, we want an instant reply from God. As if He were a kind of medicine that has to lift us off our feet and be a 'cure all' for every dilemma. It is a well known fact that our prayers are not always answered or at least not in the way we would like and expect. No, God is a God of surprises indeed, He is constantly surprising us with all kinds of answers to our prayers and not the way we want. Often he sends us pains and afflictions, illness even, but, if we remain faithful then he is a faithful God in the end. There is another saying perhaps more apt for our fast moving times 'when the going gets tough, the tough get going'. God is in there with us, believe it or not, if we trust him. When we come to church whether feeling strong or weak - God is with us and we each have something valuable to contribute. It is not who we are, what background we are from, or even how we are feeling on


Gledfield Primary School Christmas Story Celebration at Ardgay Parish Church.
any given day. It is what we bring to the fellowship of faith and God knows nothing of a solitary religion. You cannot be a christian in isolation. We share our gifts and help each other. Church of course is much more than the sharing of gifts and the encourage-

\section*{SPECIAL CHRISTMAS CHURCH SERVICES}

■ Sunday 17th December - Children's Crib Service. Ardgay Parish Church at 6:30 pm.
- Tuesday 19th December - Bonar Bridge PS Annual Christmas Service. Creich Parish Church at 10 am
■ Wednesday 20th December - Edderton PS Christmas School Service. Edderton Parish Church at 10 am ■ Friday 22nd December - Gledfield PS 'Time to celebrate the Christmas story'. Ardgay Parish Church at 10 am CHRISTMAS EVE 24th December - Family Service with children's Nativity. Creich Parish Church at 10:30 am - Family Service at Edderton Parish Church at 11 am
■ Early evening Watchnight Service at Edderton Parish Church at 7 pm - Watchnight Service at Rosehall Parish Church at 11:15 pm
CHRISTMAS DAY 25th December ■ Short Children's Toy Service at Ardgay Parish Church at 10:30 am Children are invited to bring a favourite present to the service.
NEW YEAR'S EVE 31st December - Family Service at Ardgay Parish Church at 11am
■ Sunday 7th January Combined Service for the Kyle of Sutherland Churches. Ardgay Parish Church at 11 am.
ment of friendships. Church is much more than the preacher, whoever they happen to be. I am fortunate to have others who can assist me with Sunday services, each with differing skills. If this were not the case, my ministry would be impossible. Our churches are all increasingly 'stretched' in the local area and the national church has seen an enormous shortage in the recruitment of full time ministers. Each Sunday is a window of opportunity to meet with God and when we come to church we seek him. There are no perfect ministers - thank goodness! When we come to church, we come above everything else to worship God. To put Him above all other. Much as we might pray, the church is not a doctors' surgery where we are given instant cures. The problems of life will not all go away. When we come to church, we come to give back, to honour the legacy of faith we have earned and to Give God the glory that only is his due.

I pray that your Christmas will be blessed as you seek to give back praise for all you receive.

A Happy Christmas and a Bright and Healthy New Year to you all. Rev. Anthony

\footnotetext{
Rev. Anthony M. Jones
The Manse, Ardgay
(D) 01863766285
revanthonyjones@yahoo.com
}

\section*{Guide to local services}


\section*{VILLAGE HALLS \＆VENUES}

\section*{Ardgay Public Hall}

Fiona Venters／ 01863766602 fcmm11＠hotmail．com

\section*{Ardgay Church Hall}

Rev．Anthony Jones／ 01863766285
Culrain Village Hall culrainmains＠gmail．com

\section*{Croick Church}
enquiries＠croickchurch．com
Kincardine Heritage Centre
Mrs．Mary Stobo／ 01863766868
Bonar Bridge Community Hall
Sally Thompson／ 01863766883
Bradbury Centre
Lorraine Askew／ 01863766772

\section*{Invershin Hall}

Elissa Steven／ 01549421369

\section*{Rosehall Hall}

Ann Malone／ 01549441345

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 Currall： 01862881737
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|l|}{Mobile İibrary} \\
\hline \multicolumn{3}{|l|}{GLEDFIELD，CULRAIN CARBISDALE} \\
\hline 18 January 2018 & & \\
\hline 8 February 2018 & & \\
\hline 1 March 2018 & & \\
\hline Gledfield School & 9：30 & 10：40 \\
\hline Gruinards & 10：55 & 11：10 \\
\hline The Craigs & 11：30 & 11：50 \\
\hline Corvost & 11：55 & 12：10 \\
\hline Braelangwell & 13：15 & 13：30 \\
\hline Cornhill & 13：40 & 13：55 \\
\hline Culrain & 14：10 & 14：45 \\
\hline Mr \＆Mrs Charge & 14：55 & 15：10 \\
\hline Wester Badarach & 15：20 & 15：40 \\
\hline Housebound service & 16：00 & 16.30 \\
\hline \multicolumn{3}{|l|}{EDDERTON－ARDGAY} \\
\hline \multicolumn{3}{|l|}{17 January 2018} \\
\hline \multicolumn{3}{|l|}{7 February 2018} \\
\hline \multicolumn{3}{|l|}{28 February 2018} \\
\hline Ardvannie & 13：00 & 13：25 \\
\hline Oakwood & 13：40 & 14：00 \\
\hline Ardgay Hall & 14：10 & 15：10 \\
\hline Housebound & 15：15 & 15：35 \\
\hline Arabella & 16.30 & 16：50 \\
\hline
\end{tabular}

\section*{Bonar Bridge Recycling Centre}

MONDAY： \(1 \mathrm{pm}-4: 30 \mathrm{pm}\) TUESDAY： \(1 \mathrm{pm}-4: 30 \mathrm{pm}\) WEDNESDAY：Closed THURSDAY： \(8 \mathrm{am}-12 \mathrm{pm}\) FRIDAY： 8 am－ 12 pm SATURDAY： \(9 \mathrm{am}-1 \mathrm{pm}\) SUNDAY：Closed

\section*{Post Office Ardgay}

Ardgay Public Hall
MONDAY：1：30 pm－4：30 pm FRIDAY： \(10 \mathrm{am}-1 \mathrm{pm}\)

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－ \(5: 30 \mathrm{pm}\) FRIDAY： 9 am－12：30 pm
SATURDAY： \(9 \mathrm{am}-12: 30 \mathrm{pm}\)

\section*{Train times \\ From 10／12／2017 to 19／05／2018 \\ INVERNESS \(\rightarrow\) 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） \\ 18：30（20：01）Catering serv．available \\ Sunday： \\ 17：54（19：23）Catering serv．available ARDGAY \(\rightarrow\) 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）}

\section*{Sunday：}

14：49（16：16）Catering serv．available


Photocopying Prices
May 2017

\section*{Black and White}
\begin{tabular}{lccc} 
A4 single sided & \(15 p\) & A4 double sided & \(20 p\) \\
A3 single sided & \(20 p\) & A3 double sided & \(25 p\) \\
& \multicolumn{3}{c}{ Colour Copies } \\
A4 single sided & \(25 p\) & A4 double sided & \(35 p\) \\
A3 single sided & \(35 p\) & A3 double sided & \(45 p\)
\end{tabular}
\begin{tabular}{cc}
\multicolumn{2}{c}{ Laminating } \\
A4 & 60 p \\
A3 & \(£ 1\)
\end{tabular}

Price on request for bulk copying．
 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 07906173993

Free On－Line Help \＆Advice pages

\section*{Dog Behaviour Help Dog Training Ding \＆Early}

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


BRADBURY CENTRE
Bradbury Centre 01863766772 Bradbury Centre Bus 01863766772

\section*{BUSES}

Andrew's Buses
01408641354
CITIZENS ADVICE
CAB Golspie
01408633000
CHILDREN \& FAMILY
Kyle of Sutherland Hub 01863766310

CHURCH OF SCOTLAND
Rev. Anthony M. Jones 01863766285

\section*{DVLA}

DVLA Inverness
03007906801

ELECTRICITY
24Hr Emergency
0800300999
Customer Help
0800300111

\section*{FIRE BRIGADE}

Fire Station Dornoch 01862810297

\section*{FISHERIES}

KoS Fisheries Trust
01863766702

EPISCOPALIAN CHURCH
Father James Currall
01862881737

FORESTRY COMMISSION
F. Commission Scotland

01309674004

\section*{GOLF CLUB}

Bonar Bridge-Ardgay GC
01863766199

HIGHLAND COUNCIL
Drummuie Golspie 01408635370
Service Point Bonar Bridge 01863766083
Service Point Dornoch
01862810594
Tain Registration Office
01349886644

HIGH SCHOOLS
Tain Royal Academy
01862892121
Dornoch Academy
01862810246

\section*{KOSDT}

KoS Development Trust
01863766190
Keep Active Together
01863766554
\begin{tabular}{|c|c|}
\hline \multicolumn{2}{|l|}{D \& E Coaches} \\
\hline \multicolumn{2}{|l|}{ARDGAY \(\rightarrow\) TAIN} \\
\hline \multicolumn{2}{|l|}{900 - Monday to Saturday} \\
\hline Ardgay & - Ardgay \\
\hline 09:08 & 10:35 \\
\hline 11:26 & 13:35 \\
\hline 14:23 & 16:35 \\
\hline 17:20 \(\downarrow\) & 19:09 \\
\hline & \(\uparrow\) \\
\hline Edderton & - Edderton \\
\hline 09:20 & 10:20 \\
\hline 11:38 & 13:20 \\
\hline 14:35 & 16:20 \\
\hline 17:35 \(\downarrow\) & 18:54 \\
\hline & \(\uparrow\) \\
\hline Tain Lamington S & St Tain Lamington St \\
\hline 09:30 * & 10:11 \\
\hline 11:48* \({ }^{\text {* }}\) & 13:11* \\
\hline 14:45* & 16:11 \\
\hline 17:45 & 18:45* \\
\hline & \(\uparrow\) \\
\hline Tain AsDA & - Tain ASDA \\
\hline 09:33 & 10:03 \\
\hline 11:53 & 13:03 \\
\hline 14:48 & 16:03 \\
\hline 17:48 & 18:37 \\
\hline \multicolumn{2}{|l|}{* Connects with Stagecoach bus to / from Inverness} \\
\hline
\end{tabular}

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

LIBRARIES
Bonar Bridge Libray 01863760083 Mobile Libraries
07733300761

\section*{NHS}

Migdale Hospital
01863766211
Doctors Creich Surgery
01863766379
Nurses Creich Surgery
01863766237
\begin{tabular}{|c|c|}
\hline \multicolumn{2}{|l|}{Bradbury Centre Bus} \\
\hline \multicolumn{2}{|l|}{920 - TUESDAY} \\
\hline \multicolumn{2}{|l|}{Bonar Bridge to Dornoch via Spinningdale} \\
\hline ar Bridge & - Bo \\
\hline & \\
\hline :40 & 10:20 \\
\hline 3:30 & 14:20 \\
\hline inningdale & le Sp \\
\hline & \\
\hline :48 & \\
\hline :38 * & \(\downarrow\) \\
\hline Clashmore & Clas \\
\hline & 10.06 \\
\hline & \\
\hline & \\
\hline & \\
\hline :50 & \\
\hline
\end{tabular}

920 - WEDNESDAY
Bonar Bridge circular to Dornoch via Spinningdale, Tain \& Edderton


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: 01863766772

\section*{PHARMACY}

Mitchells Chemist Bonar 01863760011

\section*{POLICE}

Local Police (Inverness)
08456005703
Non Emergency: 101
Emergency: 999

\section*{POST OFFICE}

Bonar Bridge Post Office 01863766219

\section*{PRIMARY SCHOOLS}

\section*{Gledfield}

01863766580
Bonar Bridge
01863766221
Rosehall
01549441348
Edderton
01862821260

\section*{RECYCLING CENTRE}

\section*{Bonar Bridge}

01349868439

\section*{SCOTTISH WATER}

24Hr Emergency
08456008855
Customer Help
08456018855

\section*{TAXIS}

Ronnie's Taxis Ardgay 01863766422

\section*{TRAINS}

National Rail Enquiries 08457484950

\section*{VETS}

Rogart Vets
01408641352
Easter Ross Vets Tain
01862893142
Johnston \& Farrell Tain
01862894223
Kessock Equine Vets
01463731107

\section*{Puzzles}

\section*{Sudoku}

\section*{Easy}

Oid m-21474509es easy
\begin{tabular}{|l|l|l|l|l|l|l|l|l|}
\hline & 3 & 8 & 2 & 6 & & 9 & 1 & \\
\hline & & 4 & & & & & & \\
\hline & & & & 4 & & 6 & & \\
\hline & & & & 9 & & 3 & & \\
\hline & & & 1 & & & 2 & 5 & \\
\hline & 9 & & & 5 & 6 & & & \\
\hline & & & & 1 & & 5 & 3 & \\
\hline & & & 4 & 3 & & & & 1 \\
\hline & & 3 & & & 9 & & 8 & \\
\hline
\end{tabular}

\section*{Medium}

Oid n'sop194197 nedum
\begin{tabular}{|l|l|l|l|l|l|l|l|l|}
\hline & 1 & & 6 & & & & & 7 \\
\hline 7 & 2 & & & & 1 & & 6 & \\
\hline & & & & 3 & & & 2 & 4 \\
\hline & 9 & 1 & & & 4 & & & \\
\hline & 7 & & & & & 4 & 9 & 2 \\
\hline & & & & & 8 & & & 6 \\
\hline & & & & 1 & 9 & & & 8 \\
\hline & & 9 & & & & & & \\
\hline & & & 2 & & 7 & & 4 & 3 \\
\hline
\end{tabular}

\section*{Hard}

Ond metest 1514 hatd
\begin{tabular}{|l|l|l|l|l|l|l|l|l|}
\hline 2 & & & & 6 & & 5 & & 9 \\
\hline & 3 & & 8 & & & & & \\
\hline & & 6 & & & 3 & & & 4 \\
\hline 4 & & & & 5 & & 6 & & 2 \\
\hline 9 & & & & 2 & & & & 5 \\
\hline & & & & & & & & \\
\hline 1 & & & 4 & & & & 2 & 3 \\
\hline & & & & & 1 & & & \\
\hline & & 8 & & & & & 4 & \\
\hline
\end{tabular}

A number may not appear twice in the same row or in the same column or in any of the nine \(3 \times 3\) subregions.

\section*{Crosswords}

\section*{Across}
3. Vulgar, using or given to coarse language. 6. A Russian country cottage used especially in the summer. 8. Forest situated in the confluence of the four glens of Strath Cuileannach, Alladale, Gleann Mor and Glencalvie. 10. Quick-cooking egg noodles usually served in a broth with bits of meat and vegetables.

\section*{Down}
1. (Informal) Showing poor taste and quality. 2. (Two words) A statement -such as a response- that does not follow logically from or is not clearly related to anything previously said. 4. (Scottish) The workshop of a worker in metals. 5. A light mauvishcrimson which is one of the primary subtractive colours, complementary to green. 7. A maker of bits, spurs, and metal mountings for bridles and saddles. 9. A ball of thread, yarn, or cord.



\section*{HOW BUSINESS GATEWAY CAN HELP you be your own boss}

Starting up your own business could be the best career move you ever make. If you want to make your business dream a reality, but don't quite know where to start, we can help.

Business Gateway Highland offers the information, advice, workshops and online tools you need to help you set up your business with confidence. Whatever stage you're at, we can help. All of our services are provided FREE of charge.

So if you're thinking about starting a business, make us your first call.

Business Gateway's advice and assistance was crucial to my business success Lorna Campbell, Capaldi's of Brora

We can help with:
Free Business Plan Template

Free Business Plan Checklist

Start Up Business Advice

Routes to Finance

\section*{ARDGAY छ DISTRICT \\ Community Council newsletter}

\section*{Editor: Silvia Muras Sanmartin}

Design \& Layout: Silvia Muras Graphic Design ardgaynewsletter@gmail.com

Contributors to this issue: Andymack, Donald Bain, Hayley Bangs, Donald Brown, Rhonwen Copley, Jane Dixon, Valerie Gale, Gillian Glennie, David Hannah, Patricia Hannah, Helen Houston, Anthony Jones, Gregor Laing, Steven Lamb, Rosemary Logan, Dale Pryde-MacDonald, Rhionna Mackay, Valerie Mackenzie-Harris, Jenny MacPherson, Susannah Munro, Adele Newlands, Fiona Porter, Anne Wemyss, Catherine Williams, Betty Wright.

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ARDGAY \& DISTRICT COMMUNITY COUNCIL:
Betty Wright (Chairperson), Silvia Muras (Vice Chair), Marion Turner (Treasurer / Secretary), Rob Pope, Andy Wright, Dr Buster Crabb, Leslie Pope.
COUNCILLORS: Linda Munro, Hugh Morrison, Kirsteen Currie (More details on page 8)

\section*{NEXT EDITION: 15TH MARCH}

COPY DATE: THIRD WEEK OF FEBRUARY
www.ardgayanddistrictcommunitycouncil.org.uk
ADVERTISING, LETTERS \& CONTRIBUTIONS: 01863766690
ardgaynewsletter@gmail.com
Facebook: Ardgay \& District Community Council
```


[^0]:    Following an initial approach several months ago by the new owners of Carbisdale Castle via an intermediary, representatives of the Community Council were invited to the castle to view the renovation works. The works are indeed impressive. The owners indicated that once the renovation is complete they would like to establish discussions with the local community about potential future involvement with the castle and any associated developments.

[^1]:    © SILVIA MURAS / ARDGAY \& DISTRICT COMMUNITY COUNCIL NEWSLETTER

[^2]:    To know more: Copley, Stephen (2015) The Kyle of Sutherland, A brief history. Published by the Kyle Of Sutherland Heritage Society, this $200+$ book contains a wealth of information about the Kyle of Sutherland.

[^3]:    

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    f Kyle of Sutherland Hub

[^4]:    citizens
    itivice
    bureay
    East \& Central Sutherland CAB.
    (J) 01408633000
    advice@esvas.casonline.org.uk
    East Sutherland CAB

[^5]:    Call or email for further information
    Telephone: 01408633000
    Email: advice@esvas.casonline.org.uk

