

ARDGAY & DISTRICT

Community Council *newsletter*

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Andy Waugh (right) and Calum MacKinnon. © LATEEF OKUNNU

Mac & Wild comes to Falls of Shin

London's favourite Scottish restaurant Mac & Wild announce the launch of their third restaurant, opening late June 2018.

TAKING MAC & WILD BACK to its Highland roots, founders Andy Waugh and Calum MacKinnon are delighted to announce they have taken over the site at the Falls of Shin visitor centre. *Pages 8 & 9*

TO INCREASE COMMUNITY RESILIENCE

Ardgay & District CC: Two Public Access Defibrillators for Ardgay and Culrain

THE TWO NEW PADs are designed to be used by anyone in the event of a sudden cardiac arrest. CPR training will be offered by the Scottish Ambulance and the Scottish Fire & Rescue Services on Sunday 24th June, from 10 am to 3 pm, at Ardgay Public Hall. Photographed: Silvia Muras, Vice Chair of Ardgay & District CC and leader of the project, alongside the recently installed defibrillator at Ardgay Hall. *Pages 4 & 5*



New Central Sutherland Outreach Programme from Citizens Advice Bureau local branch *(Page 14)*

Ardgay Post Office is back with new opening times *Page 10* New Postmaster in Bonar Bridge *Page 12*

Your essential guide to local events for all tastes and ages

Page 25

100 years ago Ardgay was 'invaded' by North American lumberjacks

Page 18



36 pages featuring
Opening times,
Telephone guide,
Bus & Train timetable,
Sudoku & Crosswords



Volunteering Opportunities

At East & Central Sutherland Citizens Advice Bureau

We are looking for people of all ages with a wide range of skills and backgrounds to help us with the following roles;



Advising

Fundraising and Events

Social Media & Website

Social Policy Campaigns

Marketing & Promotions

Research and Statistics

Full training is available

**Treasurer required to join
our Board of Directors**

Further information & how to apply

TEL: 01408 633000

EMAIL: advice@esvas.casonline.org.uk



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Ardgay & District photographs



Looking out from Bonar Bridge by Janis Hedley

The building in the photo -now demolished- was the netman's bothy, a visual reminder of the netting station, a seasonal activity which ceased in 1997 but had underpinned the local economy for around 400 years. More photos from Janis Hedley here: <https://www.instagram.com/janishedleyphotography/>

EDITOR'S LETTER

Good news

Thank you all for your continued support. It is my pleasure to present this edition, packed with outstanding contributions and good news for Ardgay & District. I wish all the best to Falls of Shin new caterer Mac & Wild, to the new Postmaster Chris Bowden, to Tracey Campbell from the Care Forum, to the new Outreach team from our local CAB branch, and to the new Energy Advice team. It's also good news to have defibrillators in our villages. I hope people will engage with the June CPR training sessions. There is plenty to see and do this summer, the 'what's on' pages are not to be missed. ■

Silvia Muras *Editor*



Ardgay & District News

TWO NEW DEFIBRILLATORS HAVE BEEN INSTALLED IN ARDGAY HALL & CULRAIN PHONE BOX

New Public Access Defibrillators (PADs)

Cardiopulmonary resuscitation (CPR) training will be offered by the Scottish Fire & Rescue and Scottish Ambulance Services in Ardgay Hall on Sunday 24th June, 10 am to 3 pm.

TWO AUTOMATED External Defibrillators (AEDs) are now available to use by emergency services or members of the community. The defibrillators are located in Ardgay Public Hall porch and inside the decommissioned Culrain phone box.

The project is an initiative of Ardgay & District CC, made possible thanks to our funders SSEN Resilient Communities Fund (£3,000), and Beinn Tharsuinn Community Benefit Fund (£1,880). BT Adopt a Kiosk Scheme enabled the community of Culrain to take on the disused phone box. The Community Heartbeat Trust has given advice and helped provide and set up the defibrillators.

WHEN TO USE THEM

Sudden cardiac arrest (SCA) is a leading cause of premature death, but with immediate treatment many lives can be saved. Many SCA victims can be saved if persons nearby recognise what has happened, summon the ambulance service with the minimum of delay, perform basic cardiopulmonary resuscitation (CPR) and use an AED to restore the heart's normal rhythm. Each of these stages is a link in a chain of events that provide the best chance of success, but the critical factor is the speed with which the shock is given.

The PAD is designed to be used by anyone regardless of training as the unit will talk the user through every step and will not shock anyone who does not require it. However, the more people that know



From left to right: Marion Turner, Secretary/Treasurer of Ardgay & District CC, Betty Wright, Chairperson, and Silvia Muras, Vice Chair and leader of the project. © PHIL OLSON

AEDs have been used successfully by untrained persons, and lack of training should not be a deterrent to their use

how to perform Cardio Pulmonary Resuscitation (CPR) and to use the defibrillators installed in our community, the more chance there is of saving the life of a victim of sudden cardiac arrest.

Ardgay & District CC, alongside Scottish Fire & Rescue and Scottish Ambulance Services is organising a Defibrillator Seminar and CPR training event. This will take place

on Sunday 24th June from 10 am to 3 pm. Everybody is welcome to attend.

MAINTENANCE OF THE AEDS

The two Zoll 3 defibrillators are registered in the Scottish Ambulance Service database and the community is responsible of their maintenance. The PADs have a Webnos governance system. Volunteers will regularly check the state of the AEDs and send online reports with a very straightforward software, so the emergency services may know at any given time that the PADs are ready to be deployed. If you live locally and would like to help by sharing the task of giving



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these reports, please get in touch with Silvia on 01863 766 690.

Silvia Muras, Vice Chair of Ardgay & District CC and leader of the project, said, "I am delighted to see the project coming to fruition and I hope the community will come along to the training sessions. We live in a remote area and it's very important for us to work together towards improving people's resilience."

Colin Pirie, Head of Region for the Highlands and Islands at SSEN, said, "We are delighted to support Ardgay & District CC with funding from our Resilient Communities Fund to provide two public access defibrillators for Ardgay and Culrain. The fund is vital to help our communities better prepare and improve their own resilience plans and this is of particular significance to some of the more remote and rural communities in the Highlands. As a responsible operator, by proactively supporting local resilience projects like this one, we can truly make a difference to the communities we serve and it's great to see our funding being put to good use by the local Community Council."

Jason Gardiner, from Scottish Fire & Rescue Services said, "The Scottish Fire and Rescue Service, is working hard with partners, including our Ambulance Service colleagues, NHS and British Heart Foundation as well as communities, to increase awareness and training centred around CPR and early intervention. By knowing what to do and how to intervene, someone trained in CPR can make a real difference and significantly increase a casualty's chance of survival. All fire stations across Scotland contain a British Heart Foundation training pack, and Scottish Fire and Rescue Service personnel will be happy to support communities to run



(Left) The PAD in Culrain has been installed in a decommissioned phone box. (Right) Both defibrillators are protected from the weather inside heated rotoid cabinets.

training events in partnership with the ambulance service, and teach individuals basic life-saving skills. Almost 3,500 people in Scotland undergo attempted resuscitation each year after an out-of-hospital cardiac arrest, with only one in 20 who live to return home. Scottish Fire and Rescue Service supports this kind of initiative that makes a real difference in communities across Scotland."

CPR training will be offered in Ardgay Hall on Sunday 24th June, from 10 am to 3 pm

Steven Gorman, from Scottish Ambulance Service said, "The Scottish Ambulance Service has a dedicated team leading our efforts to improve survival from sudden cardiac arrest which supports Scotland's unique national Out of Hospital Cardiac Arrest strategy to train more people in CPR and save more lives. We aim to improve performance at every stage of the chain of survival. For every minute that no CPR is performed and someone

isn't breathing, the chance of survival reduces by 10%. We are happy to work alongside our partners, including the Scottish Fire and Rescue Service, on raising awareness of CPR in the community and hold various events across the year throughout Scotland on promoting safety, general first aid skills and how to use AEDs. These two new defibrillators which have been installed in Ardgay and Culrain are vital life-saving tools. We support this initiative and would encourage anyone wanting to know how to use one to either attend the CPR training event on June 24 or visit their local ambulance station to find out more information."

Martin Fagan, from The Community Heartbeat Trust said, "The Community Heartbeat Trust is delighted to have supported the community in this project. Defibrillators are a key part of the chain of survival, along with good community training programmes and good CPR. We hope the sessions in June are well attended and, although we hope the defibrillator is never needed, the community will be well prepared just in case." ■ **Silvia Muras**



Ardgay & District News

Local Access Forum

THE HIGHLAND COUNCIL is looking for new members to fill its vacancies on the local outdoor access forums. These are set up to advise the Council on matters relating to outdoor public access and play a key role in resolving access disputes and in Core Path Planning. Anyone wishing to apply must have the support of a recognised body whose interest they would represent. Application forms are available from THC website or via email (access@highland.gov.uk). Applications should be returned by Friday 25 June 2018. ■

AGM and dates of next meetings

ONE OF THE ISSUES addressed at our AGM in June is how to take the work of the CC forward within the constraints of the budget cuts imposed by The Highland Council. As reported in the last newsletter, the budget your Community Council will receive to run our meetings and meet all expenses has been cut by 50%. This means we will have to make some changes in order to try to stay within the new, very limited budget.

The proposal put to the June meeting is: 'In order to comply with THC restricted budget, it is proposed that A&DCC reduce the

number of meetings to 6 p.a.' (minimum required by THC). We will also endeavour to limit the length of the meetings to one and a half hours while still maintaining a meaningful level of discussion. We will continue to fund the section of the meeting where we discuss grant awards from Beinn Tharsuinn & Beinn nan Oighrean Community Benefit funds with monies from those funds.

Please note: grant applications to Community Benefit funds will only be considered at our regular meetings, now to be held every two months.

■ **Betty Wright**, Chairperson

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

ARDGAY & DISTRICT COMMUNITY COUNCIL



By phone

01863 766 100 (Marion Turner, Secretary)



By mail

Marion Turner, Secretary A&DCC
Oldtown, Ardgay IV24 3DH



Email

secretary@ardgayanddistrictcommunitycouncil.org.uk



Website

www.ardgayanddistrictcommunitycouncil.org.uk



Facebook

Ardgay & District Community Council



Drop-in Sessions

We will be holding clinics from 1 to 4 pm at the Ardgay Stores on the following dates:
14th JULY & 11th AUGUST
Please stop by for a cup of tea/coffee and chat.



In person

Just contact any member you know or come along to our meetings at Ardgay Public Hall, at 7 pm. Next meetings:
13th AUGUST, 8th OCTOBER, 10th DECEMBER

COUNCILLORS NORTH, WEST & CENTRAL SUTHERLAND

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MP CAITHNESS, SUTHERLAND & EASTER ROSS

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FOLLOWING THE INSTALLATION OF TWO PADs IN ARDGAY & CULRAIN
ORGANISED BY ARDGAY & DISTRICT COMMUNITY COUNCIL:

Community Defibrillator Seminar & CPR training

SUNDAY 24TH JUNE
ARDGAY PUBLIC HALL 10 AM - 3 PM

EVERYBODY IS WELCOME
NO SPECIAL SKILLS NEEDED TO USE THE DEFIBRILLATORS



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Scottish
Ambulance
Service
Taking Care to the Patient

Representatives from the Scottish Ambulance Service
and Scottish Fire & Rescue Service will be:

- **Promoting CPR** and showing training models available
for those wishing to learn CPR techniques using The British Heart
Foundation Training Pack.

- **Demonstrating the use of defibrillators**

Explaining how the equipment works and its benefits to the community
in saving precious minutes in the treatment of sudden cardiac arrest.

**THE MORE PEOPLE WHO KNOW HOW TO PERFORM CARDIO PULMONARY
RESUSCITATION (CPR) AND TO USE THE PORTABLE DEFIBRILLATORS
INSTALLED IN OUR COMMUNITY, THE MORE CHANCE THERE IS
OF SAVING THE LIFE OF A VICTIM OF SUDDEN CARDIAC ARREST**

WITH SUPPORT FROM:



Scottish & Southern
Electricity Networks

RESILIENT COMMUNITIES FUND



Ardgay & District
Community Council

BEINN THARSUINN
COMMUNITY
BENEFIT
ARDGAY

IN PARTNERSHIP WITH:



The Community HeartBeat Trust



Ardgay & District News

OPENING THEIR THIRD RESTAURANT IN WHAT WAS ONCE KNOWN AS THE 'HARRODS OF THE NORTH'

Mac & Wild head home to the Highlands

Taking Mac & Wild back to its Highland roots, founders Andy Waugh and Calum Mackinnon are delighted to announce they have taken over the site at the Falls of Shin visitor centre.

THE LATEST VENTURE sees Mac & Wild venture back to the heart and soul of the Highlands, where their story first began, continuing to showcase the best of Scottish produce and suppliers. Each supplier to the new restaurant will be handpicked to support the local community, while guaranteeing extreme traceability and provenance of all the meat, fish and vegetables on offer. As in their London restaurants, Mac & Wild at Falls of Shin will predominantly serve meat sourced and butchered with care by Andy's family's game-butchering business, Ardgay Game, which has been in existence for over 30 years and is located just six miles away from the new site.



Andy Waugh at one of his restaurants in London. © LATEEF OKUNNU

MAC & WILD EXPERIENCES

Mac & Wild at Falls of Shin will feature a 50-cover restaurant, a pavilion with outside seating (x 60 outside covers), a gift shop, and an exciting schedule of Mac & Wild experiences. Throughout the year, Mac & Wild will host foraging walks and talks, haggis-making masterclasses, whisky masterclasses and meet the maker masterclasses, where guests can meet Mac & Wild's producers and suppliers, while learning about the provenance of the produce. Later in the year Mac & Wild plan to introduce additional workshops and immersive experiences; with the likes of sheep shearing sessions and curing classes on the agenda.

The menu in the restaurant (due to open late-June 2018), will feature a selection of Mac & Wild's signature dishes such as their award winning Veni-Moo Burger (voted London's and UK's Best Burger

2016), Haggis Pops, Venison Sunday roasts and Deep-Fried Mars Bar Sundae. The new menu will focus on seasonal Scottish produce available throughout the year from local farmers and fisherman with dishes including; Beef, Venison or Pork flatbread, filled with Homemade Scottish Slaw, Red Pepper Miso, Salsa Verde, Picked, Chilli and Herbs, Venison and Pork Sausage Rolls, as well as a selection of homemade salads and soups throughout the day. Diners can tuck into breakfast dishes such Eggs and Avocado, Scottish Oats and a traditional Full Scottish Breakfast featuring Bacon, Tattie Scone, Venison Sausage, Black Pudding, Mushrooms, Lorne Sausage, Eggs and Bone Marrow Beans, offering both Scots and visitors alike, a true taste of the Highlands.

The latest venture is truly a homecoming for Mac & Wild and will provide a real hub for the local com-

munity, creating 20 jobs and, bringing a large amount of footfall to the area. Alongside the restaurant, Mac & Wild will serve hot and cold drinks, ice creams and a selection of street food dishes within the pavilion; while the shop at Falls of Shin will stock and support local brands and producers selling an array of edible treats and artisan products.

Mac & Wild began its journey as a Scottish street food sensation, serving up one of Scotland's finest exports to Londoners. From a market stall on Whitecross Street, to a pop-up on Charlotte Street, Mac & Wild opened their first permanent restaurant in London's Fitzrovia on Great Titchfield Street in September 2015. Since launching, Mac & Wild has continued to champion and celebrate Scottish produce and personality. Mac & Wild have won 'Street Food of the Year' at The Young British Foodies Awards, Best Signature Burger at the



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National Burger Awards 2016, were named by The Evening Standard as one of the top five places to eat game in London and the Veni-Moo burger was awarded UK's Best Burger 2016. Mac & Wild now have two permanent restaurants in Central London - Mac & Wild Fitzrovia, located in the heart of London's West End, and Mac & Wild Devonshire Square, just a stone's throw from London Liverpool Street station.

What Andy Waugh (Co-Founder of Mac & Wild) says of the latest project: 'Falls of Shin is an incredibly exciting project for us at Mac & Wild and offers us the opportunity to work even more closely with our producers and the ingredients growing on the doorstep. At Falls of

Opening times

THE PAVILION

7 days a week: 10 am - 3 pm

RESTAURANT

(Opening late June 2018)

Sunday to Thursday: 10 am-5pm

Friday - Saturday: 10 am - 8:30 pm

MONTHLY POP UPS AND EVENTS

Coming soon. Dates and timings TBC

Mac & Wild at Falls of Shin



*Achany, by Lairg
IV27 4EE*

📞 01549 402 888

www.macandwild.com/fallsofshin

✉ info@macandwild.com

🐦 @macandwild

📷 @macandwild_falls_of_shin

Shin the seasons will dictate what is available to us at the restaurant and we will continually pickle, ferment, dehydrate and cure ingredients to make the most of the best produce while it is in season.'

Pete Campbell, Chairperson Kyle of Sutherland Development Trust said 'We are delighted to welcome local lad Andy Waugh along with Calum Mackinnon and their award-winning Mac & Wild team to Falls of Shin. We were very impressed with the brand they have established and the traceability they showcase around their food and drink offering. This will be an exciting time for the local community and visitors alike and we wish them every success in their new venture. ■



Cllr Linda Munro

MEMBERSHIP COMMITTEES AND BOARDS

● Highland Council Care, Learning & Housing Committee

This committee oversees all children's services in Highland including Education, Early Years provision School Nurses, Health Visitors, Educational Psychologists, Speech & Language Therapists, Adult Social Care and Housing.

● Member of The Highland Council Young Carers Improvement Group

● Member of The Highland Council Additional Support Needs Improvement Group

● Committee member of The Highland Children's Forum (Independent Body)

● Chair Sutherland County Committee

● Member Sutherland Community Partnership

● Director Highlife Highland

● Director Caithness and North Sutherland Fund

Telephone surgery Saturday morning 9 am – 11 am

Tel 01641 521366

Email linda.munro.cllr@highland.gov.uk



Ardgay & District News

POST OFFICE OUTREACH SERVICE COMES BACK TO ARDGAY WITH NEW OPENING TIMES

Updates & upgrades for Ardgay Public Hall

THE NEW OPENING TIMES for the Post Office Outreach Service in Ardgay Hall are; Tuesday 2.30 pm to 5 pm and Thursday 1 pm to 4 pm. The Post Office apologises for the inconvenience caused by the interruption to this service in recent months. But say that now that the technical problems thrown up by their new equipment have been overcome, a reliable service should ensue. They also thanked the Ladybird Club for their co-operation in making the new Tuesday opening hours possible.

And on the subject of thanks, the committee would like to thank all the volunteers who recently cleaned up, or transported to the dump, the rubbish, moss, etc, which had accumulated on the hall car park and pathways. After this work was completed, Duncan Wemyss, Environmental Forest Services, treated the whole area for

weed control, totally free of charge; the committee are grateful for his very generous donation.

The subject of opening hours is a timely reminder that many groups also change their pattern of hall use over the summer months; some groups have already confirmed the dates they require the hall during the coming autumn session. But, many have not. To ensure that there are no 'fixture' clashes, the committee would ask all regular users to contact booking secretary, Fiona Venters, as soon as possible

to avoid any disappointment - Fiona's good, but she can't read minds!

In fact none of us on the committee can. So, if you have any suggestions or ideas about the future of the hall, you have to tell us. The easiest way is to come to the next meeting; it will be advertised as usual in the hall and on the Facebook page. These meetings are the place to be if you want to know what progress is being made on the hall's 'To Do' list. Some of the current issues are the front entrance steps; car park wall and chimney

head. With improving the insulation, installing supplementary kitchen heating; redecorating the main hall and refurbishing the Ladies toilets also under discussion, alongside how to finance it all, of course.

Remember, the hall doesn't belong to the committee; it belongs to the whole community. So, your views are valid and valuable and the committee would welcome you to its meetings. ■

Rhonwen Copley, Secretary

LIKE US ON FACEBOOK!



Ardgay Public Hall



Community consultation on the Hall wall

It has been noted that the 'harling' is coming off the big wall around the car park. Initial estimates for stripping off and renewing it, and replacing the rotted coping have come in at around £2,500, this seems a lot but it is what it is. This has led us to come to you, the community and hall users for an opinion on what we should do about the wall. Suggestions are:

1 - Go ahead and repair the existing wall.

2 - Knock down and remove the wall completely and replace it with a light metal fence.

3 - Knock down and remove wall completely and replace it with a modern block wall with harling.

4 - Your suggestion as to how to improve the wall.

Please respond with your preference and/or suggestions to our Secretary (r49323@yahoo.co.uk). Thanks. ■

Energy Advice Team

KYLE OF SUTHERLAND Development Trust is delighted to welcome a team of three new staff to run The Energy Advice Service (TEAS) In March 2018, the Trust was awarded £101,415 from the Climate Challenge Fund which will allow the team to expand its service of providing home visits across all of Sutherland. Clients who sign up will receive a free and impartial energy check and a written report.



From left to right: Pat Sprowl, Arabella Kennard, and Lynn Munro.

The team can help people with matters such as: understanding heating controls, energy bills and tariffs, and switching suppliers. They can also assist people with fuel debt, and can check eligibility for benefits or grants, and funding for new heating systems and insulation. The new team bring their combined and varied experience of working in environmental research and sustainability projects, outdoor education, and the financial advice sector to the project. ■

The Community Food Stop



Come and join us at our monthly evening café. An evening of food and entertainment! We will be serving beef curry and naan bread, teas and coffees. This month's entertainment will be our very popular Quiz Night. There will be prizes for the winner and runner up. Payment is by donation. Everyone welcome, including families.

FRIDAY 29th June

Food will be served 6pm-7pm

Entertainment 7pm-8pm

SPAR KYLE BAKERY & GROCERS SHOP



www.facebook.com/communityfoodstop T: -01863 766190 E: -beverley@kyleofsutherland.co.uk

The Community Food Stop 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 Barn, Drovers Square, Ardgay, Sutherland, IV24 3AL.

Community Food Stop Café



VOLUNTEERS NEEDED!

Monday 9am-2.30pm, or whatever hours you can work. Bonar Bridge Community Hall.

No experience is necessary. You will, however, have the opportunity to do a Level 2 Food Safety and Hygiene Course, which is City and Guilds accredited.

"After almost 2 years of living in the area I was struggling to meet new people and was finding life very lonely. Since volunteering, at the Community Food Stop, it has allowed me to meet new people and make friends. It has also given me the opportunity to do a Level 2 Food Safety and Hygiene for Catering course and regain a skill I haven't used in 15 years."

Amanda Morrison, Community Food Stop volunteer.

www.facebook.com/communityfoodstop T: -01863 766190 E: -beverley@kyleofsutherland.co.uk

The Community Food Stop 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 Barn, Drovers Square, Ardgay, Sutherland, IV24 3AL.



Ardgay & District News

BONAR BRIDGE MIGHT BE HOME TO THE FIRST POST OFFICE & BIKE SHOP IN THE UK

New Postmaster at Bonar Bridge Post Office

ON THE 18TH APRIL Bonar Bridge welcomed a new Postmaster into its fold. Chris Bowden from Tain has taken over the running of the Post Office after the previous Postmistress - Abaigeal Milne decided to move on.

Bonar Bridge's Post Office was purchased by local charity the Kyle of Sutherland Development Trust in May 2014. This opportunity enabled the community to secure the Post Office in its current location at a time when the trend was for post office branches across Sutherland to close and be relocated into grocery shops or newsagents. Community consultation was overwhelming in its support for the Post office to remain in its position on the Lairg Road as one of the key services in the village.

When Chris heard about the opportunity at the Post Office he decided to apply for the position. However, his pitch to the Royal Mail was that he wanted to move his Ardgay based business 'Heaven Bikes' in to the Post Office too! After several weeks of interviews he won the contract.

Chris said, "Heaven Bikes is delighted that we have merged the Post Office and bike shop as one. Although there are lots of Post Offices that double as Newsagents or Chemists I think we might just be



Chris Bowden at Bonar Bridge Post Office

Opening times

Monday	Closed
Tuesday	8:30 - 1:30 2:00 - 5:30
Wednesday	8:30 - 1:30 2:00 - 5:30
Thursday	8:30 - 1:30 2:00 - 5:30
Friday	8:30 - 1:30 2:00 - 5:30
Saturday	8:30 - 1:30 2:00 - 3:30
Sunday	Closed

the only Post Office/ bike shop in the UK! We hope all our customers are happy with the merge... I would like to thank all my previous customers for their continued support over the years allowing me to do something I love, and I welcome all my previous and new customers to come and check out

their new look Post Office. I'd also like to inform people that I'm in the retained Fire Brigade and I will be on call on Wednesdays and Saturdays so on the odd occasion the Post Office may have to close if I get a shout. I hope people will be understanding."

Helen Houston, Development Manager of the KoSDT said, "Post Offices are so important in rural communities, so the Trust is delighted that Bonar Bridge Post Office is under new management with Chris from Heaven Bikes at the helm. We think that it is great that the Post Office will also function as a bike shop!" ■

"Friends of the John o'Groats Trail" book

A NEW GUIDE BOOK has been published by Andy Robinson & Jay Wilson describing the whole of the 147 mile coastal walking route from Inverness to John o'Groats. For more information on the Trail check out "Friends of the John o'Groats Trail" on Facebook (Registered Charity - SC0467737). Walk the Trail and/or volunteer to help improve and maintain it. ■

Stafford Trust Grants

THE STAFFORD TRUST supports general charitable projects in the UK. Though registered charities are eligible to apply, the Trust has a preference for organisations based in Scotland. Grants of between £50 and £5,000 are available. The deadline for new applications for the Autumn 2018 meeting will close on 30 June 2018. More info at www.staffordtrust.org.uk ■



Ardgay & District News

Superfast broadband for rural communities is here

ON THURSDAY 26TH April a public meeting was held at Bonar Bridge Community Hall by the Kyle of Sutherland Development Trust to inform people how they can benefit from a new Superfast Broadband Service that has just arrived in the area.

Around 40 people attended the event to find out more about the service which will be provided by Edderton based company Highland Wireless.

Helen Houston, Development Manager, said, "In 2015 Kyle of Sutherland Development Trust worked with Community Broadband Scotland to try and bring a community owned broadband ser-

vice to the area but due to changes in funding streams and Government Broadband strategy it wasn't possible for the Trust to take that initial project forward. Recently the opportunity to work in partnership with Highland Wireless came about, and thanks to a grant from the SSE Beatrice Fund, the Trust will be leasing the equipment to Highland Wireless who will be delivering and managing the service across the area. Although people have to pay for this service – they may be eligible to submit a 'BDUK' Government Grant Voucher application to assist them with the installation costs."



Cameron Warren, from High-

land Wireless added, "We have been working for a number of months to secure transmission sites, which can provide best coverage across the Kyle of Sutherland. The local landowners have been very co-operative in helping us secure these transmission sites. Residents in the coverage areas will now be able to enjoy superfast reliable broadband. This will ensure that people are able to make the most of online services whether this be for business or residential use!" If residents wish to find out more or place an order they should log on to: www.highlandwireless.co.uk ■

Kirstin Langlois, Marketing Officer
Kyle of Sutherland Development Trust



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Ardgay & District News

Central Sutherland Outreach Programme

East & Central Sutherland Citizens Advice Bureau have launched their Central Sutherland Outreach programme, employing an adviser to cover Lairg, Ardgay & District and Creich CC areas following a £30,000 grant award from the E.ON Rosehall Community Fund.

SIX REGULAR DROP IN outreach advice clinics per month are held with additional sessions in the Bradbury Centre and other venues as advertised. Home visits are undertaken for clients who are not able to attend the outreach clinics due to health reasons.

The new outreach advice clinics launched on 3rd April and in 6 weeks the project has helped 25 people who have contacted the project 56 times about 115 different issues. Help and support provided so far includes applying for Attendance Allowance, checking benefit entitlement and sorting out issues with benefits, resolving consumer issues, applying for charitable grants, completing housing applications, dealing with creditors and financial problems, helping with council tax and rent arrears, disputing utility bills, how to deal with estates following bereave-

ment and employment issues.

Rhionna Mackay, Manager, says 'I am delighted with the success of the project; we have been able to reach people who have never engaged with our services before and to provide a more regular and reliable advice service to the communities across Central Sutherland. Our adviser has been able to engage with a number of different groups and organisations in Central Sutherland and this will continue through the lifetime of the project. As a local, independent advice charity who has recently had cuts to our core funding we are very grateful to have been awarded the grant from the E.ON Rosehall Community Fund which has enabled us to deliver this increased level of service across Central Sutherland.'

As a charity East & Central Sutherland Citizens Advice Bu-

reau relies on volunteers, grants and donations to deliver some services. Volunteering opportunities are available to support both the Central Sutherland Outreach programme and the Client Access project and roles available include advising, marketing and promotions, fundraising and community engagement. Full training is provided and development opportunities are available.

For further information about the project, to book an appointment for a home visit if you are unable to attend an advice clinic or to enquire about volunteering with us please email advice@esvas.casonline.org.uk or call 01408 633000. ■ Rhionna Mackay



East & Central Sutherland
Citizens Advice Bureau

☎ 01408 633 000

✉ advice@esvas.casonline.org.uk

AT THE WEDDING OF PRINCE HARRY AND MEGHAN MARKLE

Kyle of Sutherland Development Trust employees 'have a ball' at Windsor Castle

ON 19 MAY 2018, the wedding of Prince Harry and Ms. Meghan Markle took place at St George's Chapel, Windsor Castle. 2,640 people were invited to watch the wedding from inside the Castle Grounds. Many came from charities close to the couple, as well as over 1,200 who were nominated by their Lord Lieutenants.

In Sutherland, the Lord Lieutenant Dr Monica Main nominated Helen Houston, Development Manager of the Kyle of Sutherland Development Trust, to attend the wedding in recognition of her work in the community. Helen's colleague Beverley Hill, who runs the Trust's 'Keep Active Together'

and 'Community Food Stop' projects to promote health and wellbeing accompanied her.

Both Helen and Beverley are still buzzing after their incredible weekend in London. They flew to London on Friday and spent the night in the capital; documenting the highlights of the wedding on the Trust's Twitter. ■



From left to right: Beverley Hill and Helen Houston.



AT THE BRADBURY CENTRE BONAR BRIDGE

Spring entertainment and Fun Day

THE LAST FEW months has been very busy with lots of visitors to the centre including Dornoch Academy Braw Chocolate who showed us how to make their delicious chocolates. We also had a bash at making the chocolates and then tasting them, which was the best bit! We were very lucky to have lots of entertainers including Duncan & Kirsty Macleod, whilst home from university to sing and play their instruments for us. We also had Jon Jessop, Jim McCreight, Monica & Trish, Michael Farmer, Sean Anderson with Ruairidh Scott and Elma MacInnes all who either sang or played instruments. Our flower arranging with Betty Mackay is very popular with lots of lovely arrangements going home.

We have our monthly church service kindly organised by Irene Chisholm. We are also fortunate to have the Cit-

izens Advice Bureau who are now holding quarterly outreach clinics for clients at the centre. A workshop for the Bonar Bridge Locality plan was held at the centre in May to allow clients to have their say.

To mark the centre's 20th Anniversary we will be having a Fun Day on Saturday 7th July from 12 to 4 pm. We hope the local communities will come along and support us. On the day we will be having lots of fun activities including live music, barbecue, free glass of Fizz from Wild Highland Drinks Prosecco van, afternoon tea, children's fancy dress, treasure hunt, craft stalls and lots more. During this week we have lots of activities including our summer outing and a visit from Helmsdale Hub all of which have been made possible by the award received from the National Lottery awards for all Scotland Big Lottery fund. ■ **Lorraine Askew**



The Bradbury Centre

☎ 01863 766 772 www.bradburycentre.co.uk

✉ bradburydaycare@btconnect.com

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Ardgay & District News

Foot Care Service launched

Sutherland Care Forum's report on its services in your area

LAST YEAR WE LET READERS know we were launching our new foot care service in Central Sutherland. In December 2017 we were delighted to welcome our new footcare co-ordinator Tracey Campbell to the SCF staff team. Tracey comes to us with a wealth of experience and enthusiasm in dealing with older clients both in their own home and in a care home setting.

Her work began in earnest in January 18, and to date we are delighted to report that we have 3 active volunteers working alongside Tracey. They make regular visits to the Bradbury Centre to see clients and also visit people in their own homes when necessary.

We have currently grown this service to over 40 clients in the area of the e.on Rosehall Community Fund catchment. We are now keen to develop this service further.

If you wish to contact Tracey you can email her on traceyscf@gmail.com or you can ring her on mobile number. – 07399614470.

Our Friends at Home service also operates in the Bonar Bridge and Ardgay area and for any referrals or for more information about this service please contact Isobel Murray: email her on isobeleccf@yahoo.co.uk or you can ring her on mobile number 07907 595962

It has been a busy year for us and we now have an office base



Tracey Campbell at work.

for the Forum in Golspie. The address is Craig House, Main Street, Golspie, KW10 6TG and you can contact us there on telephone number 01408 634171. ■ **Val Gale**
Development Worker Sutherland Care Forum

EAST & CENTRAL SUTHERLAND CITIZENS ADVICE BUREAU

Client Access Project helps over 300 people in 3 years

EAST & CENTRAL Sutherland Citizens Advice Bureau have successfully secured funding to continue delivering the Client Access project. This hugely successful service is vital to people across East & Central Sutherland who suffer from poor mental health.

A Client Access Officer is available three days per week to provide welfare rights advice and support to vulnerable people suffering from poor mental health. Services include completion of benefit applications and benefit health forms, disability benefit applications and renewal forms, requesting reconsideration of benefit decisions where

the client has not been awarded a benefit/level of benefit appropriate to their needs and helping clients prepare for and submit appeals of benefit decisions to the First Tier Tribunal.

The Client Access project has been running for over 3 years and has built up great relationships with local services, including the Community Psychiatric Nurses, enabling the organisation to reach people and receive referrals in for people who would not normally approach the service on their own.

Between April 2017 and March 2018 the Client Access project was able to help over 100 people with

over 560 issues and secured almost £400,000 through successful benefit applications and appeals. Since the project started in March 2015 over 300 people have received advice and support and over £1million has been gained for people locally with mental health conditions.

Many clients, especially those suffering from poor mental health, find the application and assessment processes involved in applying for sickness and disability benefits to be hugely stressful and the feedback from the Client Access project has been very positive with many clients stating that the help and support

provided through this project has eased their worry and stress and the results gained from the applications have made a big difference to their life both in terms of their health and their financial situation.

This service was previously partially funded through the Highland Council but this funding stopped in March 2018. Grant awards from the National Lottery Awards For All Scotland, Foundation Scotland Express Grants and Henry Duncan Grants ensure that this service continues through to March 2019 after which further funding will be sought. ■



Ardgay & District News

ARCHITECTURAL AWARD IN THE TOURISM AND LEISURE CATEGORY

Falls of Shin wins a Scottish RICS Award 2018

OVER 37 OF SCOTLAND'S most impressive and community beneficial property schemes battled it out for top honours at the RICS Awards on the 19th April 2018. BBC Scotland presenter, Catriona Shearer hosted this year's ceremony, held at The Sheraton Grand Hotel in Edinburgh, which attracted over 200 property professionals. The eight categories for 2018 were: Building Conservation, Commercial, Community Benefit, Design through Innovation, Infrastructure, Regeneration, Residential, and Tourism & Leisure.

After being destroyed in a fire in 2013, the Falls of Shin Visitor Attraction reopened in May 2017 to much acclaim from both the community and further afield. Built by the Kyle of Sutherland Development Trust and designed by local architect Catriona Hill of CH Architecture, the unique building is based on the concept of a salmon, inspired by the fish regularly seen leaping at the falls.

Commenting on the Falls of Shin, the Awards judges said: "Located in a northern part of the Highlands, this project demonstrates how a remote community can provide sustainable employment for local people as well as managing a well-loved natural resource... The Trust has demonstrated sound commer-



From left to right: David MacLeod, Valerie Houston, Catriona Hill and Helen Houston.

cial judgement to local economic development, emphasised by using local skills and experience in the design, delivery and operation of this excellent visitor attraction."

Helen Houston from the KoSDT said, "We were fortunate because we had the most amazing, creative team with CH Architecture, WSD Inverness and William Gray Construction who bought into the idea that this was about creating a sustainable community facility. We could not have delivered this project without them. It's wonderful that this has been recognised."

Catriona Hill from CH Architecture added, "I am delighted that Falls of Shin has won this award

given the calibre of the other nominees in this category."

The Falls of Shin will go on to compete against other regional winners at the national RICS Awards Grand Final in November 2018, for the chance to be crowned the overall UK winner in their respective category. ■



KoSDT

The Barn, Drovers Square, Ardgay
IV24 3DH

☎ 01863 766 190

✉ development@kyleofsutherland.co.uk

🐦 @KOSutherland

📘 Kyle of Sutherland Development Trust



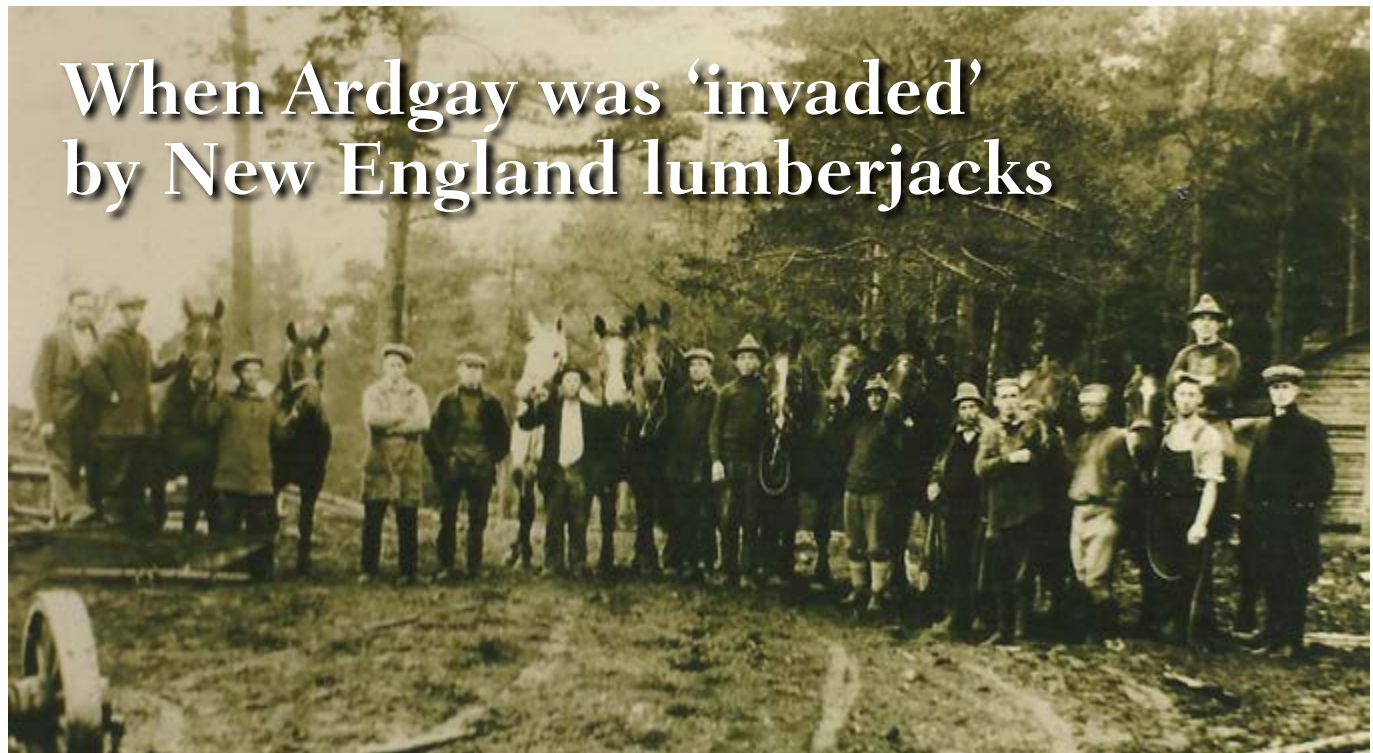
Ru Emslie charging the Trust's Car.

New Electric Car Charging point

KYLE OF SUTHERLAND Development Trust is delighted to inform the public that there is now an Electric Car Charging point in Ardgay. Thanks to funding from the Energy Saving Trust, members of the public can use the charging point 24/7, free for the first year. All standard electric cars can use the charging point, it is a tri-rapid charger. The Charging point is located in the car park outside the The Barn. ■



Ardgay & District News



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When Ardgay was 'invaded' by New England lumberjacks

355 hard-working lumbermen from the United States (250 expert wood workers, besides engineers, sawmillers, carpenters, blacksmiths, clerks, timekeepers, cooks, waiters, other camp followers... and one pet grizzly bear!) arrived in Ardgay in July 1917 with a 12-month contract.

THE NORTHERN TIMES reported: "Their project is to cut down and dress the timber in Strathcarron, on the Balnagown estate, which they think will occupy a twelve-month; then they will denude of its timber Mr Littlejohn's adjacent estate of Invercharron. Thereafter they will cross to Sutherland and deal similarly with the woods on the estate of Mr Andrew Carnegie of Skibo, and Mrs Hadwen of Balblair, so that the country will not by any means be enhanced in appearance by the time this wholesale stripping is finished."

Soon after the arrival of the men, a large consignment of machinery and other equipment arrived by train. There were ten sawmills and a proportionate number of lumbermen, sawyers, artificers, horses etc. allocated to each. The sawmills had a 50 or 60 horse-power portable steam engine and boiler, driving a four-blade saw bench each. Each sawmill's log-

ging unit, which felled the trees and transported them to the mill, had 10 to 12 horses. They used crosscut saws, the big two-man hand saws used in those days, long before chain saws.

They initially camped near Syall but, using entirely their own resources, the Americans in their spare time built at each sawmill a cookhouse, sleeping camps, a stable, a blacksmiths shop and outbuildings.

The dwelling house of Seabank was converted into a hospital for men and the premises attached into a veterinary hospital for horses. Seabank is the former name of Grianach, the house down at the shore line as you head out of Ardgay towards Bonar.

As winter set in, the Board of Trade offices, the hospital and the veterinary hospital moved into the much roomier property of Ardgay House. As well as paying the men, the Board of Trade was also responsible for the men's supply of food. At first the lumbermen,

despite the rationing, were allowed unlimited supplies of food; but when the men discovered they were feasting while the locals were being kept short, they voluntarily agreed to cut back their own food consumption.

They enjoyed their time in the Kyle of Sutherland and many wrote home saying they had been welcomed by locals. There was occasionally a little incident such as this: "Lively Americans fined for breach of the peace cider and sherry mixtures at Bonar Bridge." (NT, December 2017). Some of the lumbermen found time to become sufficiently well acquainted with the locals that several marriages took place.

In February 1918 the Northern Times reported: "Unit No. 5 of the New England sawmills, obtained a record day's sawing probably never before equalled in the British Isles by a portable sawmill. The total 10 hours work netted 2,028 cubic feet of sawn boards, scantlings, and sleepers."



Ardgay & District News



(Left page) Workers posing with their horses. (Top left) Logging unit. (Top right) The YMCA hut. (Centre right) The workers were credited with doing "twice the work at half the cost". (Bottom left) One of the sawmills. (Bottom right) Timber lorries and railway wagons at the station in Ardgay (then called Bonar Bridge).

To facilitate transport, the goods platform at Ardgay station was increased to accommodate up to 30 wagons at a time, and a new road was driven through the goods yard, coming out somewhere near to today's entrance to Oak Wood Place. Very little has changed: Telford's Bridge across the Carron had to be overhauled and

strengthened after the severe strain upon it from the timber lorries.

The lumbermen had left behind them a long-lasting impression on both the geography of the area and its people. The Board of Trade had originally hoped that between them the 10 mills might produce 4 million board feet of timber during the

one-year contract, but the New Englanders produced almost five times that amount. After the lumber contract ended, Ardgay House returned to being a private residence and pay clerk Isobella Fraser found work in the Ardgay Post Office, where she remained a familiar figure for a great number of years. ■ SM/DB/GL



Ardgay & District News



Lt Col Colin Gilmour laying the wreath with standard bearers Rob Pope (left) and David Hannah beside the original oak cross brought from France.



Major General Patrick Marriott, Robert Howden, Day Howden, Henrietta Marriott with Alice, Sarah Orrell, Peter Orrell (half hidden), Jonathan Brett-Young.

AT INVERSHIN IN REMEMBRANCE OF LT COL WILLIAM HERBERT (BERTIE) ANDERSON

100th anniversary of Victoria Cross award

ANYONE VISITING Invershin cemetery will have noticed a white oak cross standing five feet high, which is somewhat unusual in that it was brought over from France. It was originally in the Commonwealth War Graves cemetery at Maricourt on the Somme, until it was replaced by a uniform headstone. The cross there marked the grave of Lt Col William Herbert (Bertie) Anderson VC, who was married to Gertrude, a daughter of Mr W E Gilmour of Rosehall Es-

tates. She asked if the cross could be brought over to Scotland and hence it was placed in Invershin cemetery, close to her family home. Later she and their son Allan were buried at the site of the cross. On 24th March 2018, 100 years to the day before Lt Col Anderson VC died, a service was held at Invershin cemetery to mark the centenary of his death. He died leading his men of the 12th Battalion Highland Light Infantry at Maricourt Wood, on the Somme and was

awarded the Victoria Cross for his most conspicuous bravery, determination and gallant leadership.

The service was organised by the Creich and Kincardine Branch of Legion Scotland. Branch president Lt Col Colin Gilmour, for whom Gertrude Anderson was a great aunt, gave a eulogy, while Major General Patrick Marriott read out the citation for the award of the VC.

Colin Gilmour laid a wreath on behalf of Bertie's grandson Allan Anderson, who was unable to attend, and local people laid crosses. Branch chairman Tony Osborne played the Last Post and Reveille while branch treasurer David Hannah and committee member Rob Pope lowered the branch Standard and Queen's Colour for the silence. Branch secretary Fiona Porter recited the Exhortation and Kohima Epitaph.

Lt Col Bertie Anderson was born in Glasgow, and as it is the custom to commemorate the award of the Victoria Cross to individuals in the place of their birth, a commemorative stone was unveiled on 25th March 2018 at a ceremony organised by the Provost of Glasgow in the People's Palace. ■ **Fiona Porter**

Courage, bravery and leadership

Born on 1881, Bertie was son of William and Nora Anderson who lived in Glasgow. Bertie used to spend much of his summer holiday in Rosehall. In 1902 Bertie joined the 1st Lanark Rifle Volunteers. He served in the Army for eight years before leaving to join his father's firm. In 1909 he married Gertrude Gilmour of Rosehall and they had two sons both of whom made the army their careers. Soon after the outbreak of WW1, Bertie was recommissioned as a captain in the 17th Battalion, The Highland Light Infantry. By 1917 he was promoted to Lieutenant Colonel and in command of their 12th Battalion, who were part of the British 35th Division on the Somme. Following a winter lull, some of the heaviest fighting of the War started in March 2018. The Division's task was to halt the German spring offensive within its sector. Bertie's Battalion was tasked to drive them from Maricourt Wood and a nearby timber yard. It was here Bertie died, leading on his men and fighting within the enemy lines. He was awarded a posthumous VC for his courage, bravery and leadership. Bertie's widow Gertrude received the Victoria Cross from King George V at an investiture in Leeds on 31st May 1918. ■



Meeting of your local branch of the Royal British Legion Scotland

Plans to commemorate the end of the First World War on Remembrance Sunday 2018

THE CREICH and Kincardine Branch Committee of the Royal British Legion Scotland met on 5 March. They were joined by member Rob Pope who was voted onto the Committee, which is now made up of 12 members. The Branch now has 51 members in total. The Committee noted with great sadness that Nellie Mackay, a very long standing Family member, had recently died and several Committee members had attended her funeral. Nellie was, and her family are, great supporters of Legion Scotland and Poppy Scotland. She will be sorely missed.

Christmas parcels had been delivered to our pensioners and widows, including Spar vouchers, and the Lairg and Rogart recipients, for the first time. Everyone seemed delighted.

£144 had been raised at the December whist in Bonar Bridge. The February whist had to be cancelled due to the severe weather but was re-arranged to 25th April, raising £120.

Branch Treasurer and

Area Representative David Hannah attended the Area AGM in December and is now Area Vice Chairman and also the Area rep on the National Board of Trustees.

The main topic of discussion was plans for commemorating the end of WW1 on Sunday 11th November, including national plans for lighting bonfires/beacons across the UK, with pipers and buglers playing at set times during the day, which are being supported by the Church of Scotland. The Committee decided it would also support these plans and hold its normal Remembrance Sunday services. In addition it would arrange a family ceilidh including a WW1 food themed lunch with an exhibition, school based competition (eg poster), dressing up and red cross parcels. A small subgroup was set up and this has met twice since to work up these ideas. The community are welcome to provide ideas and help. Please contact Branch Secretary Fiona Porter on 01863 766349. ■



Royal British Legion Scotland
Creich & Kincardine Branch

Fiona Porter, Secretary

✉ f.porter514@btinternet.com ☎ 01863 766349



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
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Ardgay & District News

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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**

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- Send your completed application form to **secretary@ardgayanddistrictcommunitycouncil.org.uk** and to **alex.macmanus@highland.gov.uk**

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- 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 2018**

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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 2018**

LATEST BEINN THARSUINN FUND AWARDS (ARDGAY)

- **Gearrchoille Community Wood-** £900 towards running costs.
- **Ardgay & District CC-** £1,880 to purchase and install two PADs.
- **KoSDT-** £1,500 towards KAT.
- **KOSDT-** £230 towards provision of MIDAS training.
- **Ardgay Public Hall-** £1,200 towards heating and signage.
- **Heart of Sutherland Tourism-** £1,000 towards its website.
- **KOSDT-** £2,000 towards the community broadband provision.
- **Ardgay & District CC-** £1,278.70 towards seats in Ardgay straight.
- **Kyle of Sutherland Hub -** £750 towards its activity programme.

LATEST E.ON ROSEHALL FUND AWARDS RELEVANT TO ARDGAY & DISTRICT

- **Invercharron Highland Games,** £2,500. To purchase a storage container.
- **Kyle of Sutherland Development Trust,** £7,000. To fund professional qualifications in project management and digital marketing for Trust staff.
- **East and Central Sutherland Citizens Advice Bureau,** £30,000. To contribute to the salary of part time adviser and the delivery of outreach clinics.
- **Ardgay Public Hall Committee,** £1,230. To repaint exterior woodwork, downpipes and handrails.

LATEST SSE ACHANY FUND AWARDS RELEVANT TO ARDGAY & DISTRICT

- **Rosehall and District Action Group,** £4,448. To take on the management of the Rosehall Forest Trails.
- **Kyle of Sutherland Development Trust,** £20,000. Towards the project management team.
- **KoSDT,** £25,037. Towards an outdoor refrigeration unit.
- **Edinburgh International Science Festival,** £2,000. Towards Science workshops within local primary schools.
- **Heart of Sutherland Tourism,** £6,274.50. Towards its marketing project for the Kyle of Sutherland.



Ardgay & District News

AT LEDMORE AND MIGDALE WOODS

New event 'A Taste of the Wild'

AFTER WHAT FELT like a very long winter, it is a great relief to see Spring well under way in the woods at Ledmore and Migdale. The winter weather does push me into the office a bit more, giving time to plan for work in the coming months, improving the woodland habitat, access for work and visitors, and planning a few events.

This year, we are going to trial a new event in the wood that we are calling 'A Taste of the Wild.' These events, happening on the 28th of July and the 12th of August, will be a mix of bushcraft, foraging, and activities. They will be split into a morning session from 10am to 12pm, aimed at 11 to 14 olds and their families, and an afternoon session from 1:30 to 3:30pm aimed at younger children from around 8 to 11 and their families. There will be a barbeque in between the two sessions where all

participants are invited to attend. As part of the event, you could be doing anything from cooking venison in an underground oven to throwing Tomahawks! Places are limited to 14 per session and cost £7 person. For further information or to book, please contact me.

In late August and September, there will be some sensitive thinning of Scots Pine taking place in part of the wood just on the edge of Spinningdale to increase light and space for other tree species and forest ground flora. During this time, there will be machinery and saws operating and warning signage that will instruct visitors how to access this part of the wood around the works. The work is being undertaken by Ardgay based contractor Duncan Wemyss and is being carried out to restore ancient woodland.

At around the same time as the thinning,

work will be carried out along the track between the Achue road and Fairy Glen road to improve the surface for all users, and some small scale work on the track out to Loch Migdale. This work is part of the ongoing improvement works to the tracks network throughout the wood.

If you are a regular visitor to the wood and would like to become more involved in the work there, please get in touch. There is always something to do! Whether it be a guided walk, setting up a Facebook page, or more practical work clearing cross drains, running a trail camera, etc. For any queries or questions on Ledmore and Migdale, or the Woodland Trust, please use contact details below. ■ **Ross Watson**



Ross Watson

☎ 0343 770 5483 / 07585 995 300

✉ rosswatson@woodlandtrust.org.uk



Thistle welding & fabrication

All light welding and fabrication projects undertaken.
Auto restoration and repair performed to high standards.

Hours: 0830 - 1630 (Mon - Fri)
0900 - 1300 (Sat)

**Contact us on Facebook
at Thistle Welding and Fabrication**



Torroy bothy this winter.

07496 908 143



Gearrchoille Community Wood

VOLUNTEERS WILL PROVIDE BOARDWALKS TO MAKE THE ROUTE EASIER

Upgrading the paths

OUR BAND OF volunteers has continued with birch thinning throughout the late winter, but it's now time to move onto summer tasks. Our main project this year will be to install boardwalk over some of the mud-dier stretches of the path in the NW corner of the wood. A big thank you to Ardgay & District Community Council for awarding us a grant

from their Eon path fund which will cover the majority of the materials. As with past projects, the construction work will be done by volunteers when we meet on the first Thursday of each month at 2 pm. We are hoping to welcome back the Highland Council Ranger who will be organising events in the wood on Thursday 9th August – check for details nearer the time, either on the village noticeboard, Facebook or our website. We will also be holding our AGM in July, so come along with your ideas.

■ Betty Wright

gearrchoillecommunitywoodardgay.org.uk

✉ gearrchoille@gmail.com

☎ 01863755316

f Gearrchoille Community Wood



Unlike most reptiles, adders do not lay eggs. Young snakes are born about the size and shape of an earthworm, but a perfect miniature of the adult snake.

Wildlife

Adder

VIPERA VERUS

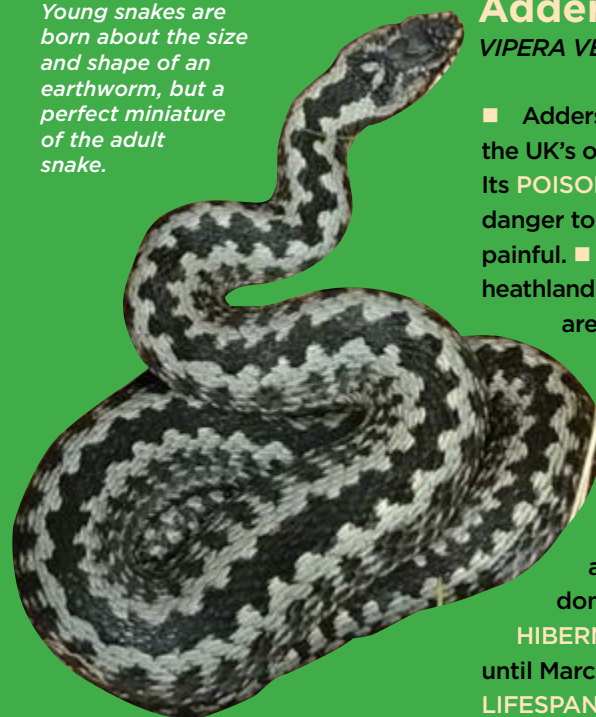
■ Adders are Scotland and the UK's only venomous snake. Its **POISON** is generally of little danger to humans, although very painful. ■ They prefer woodland, heathland and moorland. ■ They are **PROTECTED** and classified as priority species. ■ Adders are **SECRETIVE** animals and prefer to slither off into the undergrowth than confront and bite humans and domestic animals. ■ They **HIBERNATE** from October until March. ■ Their average **LIFESPAN** is 8-10 years. scottishwildlifetrust.org.uk



Most people who are bitten were handling the snake. Treat adders with respect and leave them alone.



The 'dance of the adders' was thought to be a mating display, but it is a larger male attempting to drive off a smaller one.





SUTHERLAND SESSIONS:

23 *Dorec-a-Belle*

JUNE

Rosehall
Hall, 8 pm.

Highland indie-folk band. Winners of Sunday Herald Best Unsigned Band competition.



18 *Barluath*

JULY

Doll Village
Hall, 7:30

pm. Glasgow-based Scottish folk band, who embrace both traditional and contemporary music.



25 *Baile*

AUG.

Invershin
Hall, 8 pm.

Based in the hub of the Glasgow trad scene, Baile brings new and exciting sets of old and new traditional tunes.



For more info visit www.sutherlandsessions.com

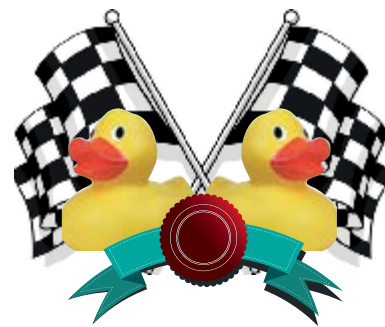


7 *The Alistair McCulloch Trio*

SEPT

ARDROSS HALL, 8 PM

Featuring champion fiddler McCulloch, alongside former Capercaillie whistle wizard Marc Duff, and past Scottish folk musician of the year, Aaron Jones of Old Blind Dogs. £10 and £8 conc. Tickets: 01349 880591 or www.ardrosscommunityhall.ticketsource.co.uk.



DUCK RACE

INVERSHIN HALL

SATURDAY 18TH AUGUST

- 3pm** Come along to Invershin Hall and make some duck crafts then join the procession down to the river to start the race!
- 4pm** **The Annual Duck Race**
ducks on sale soon (£2 each)
- 4.30pm** onwards - **BBQ and Family Ceilidh** back at the Hall

ALL WELCOME

Taste of the wild

At Ledmore and Migdale

28 July & 12 August

10am-12pm (11-14 years + families) & 1:30-3:30pm (8-11 years + families)

From cooking venison underground and shelter building to lighting fires and throwing tomahawks, these family events allow you to learn about the woodland around you. Cost £7 per person.

To book and for more information visit woodlandtrust.org.uk/events or call 0330 333 3300



WOODLAND
TRUST SCOTLAND

Woodland Trust Scotland is a registered charity (No. 403941) and a company limited by guarantee (No. SC039955). It is a member of the Woodland Trust Group, which also includes Woodland Trust England (No. 240290) and Woodland Trust Wales (No. 240291). Woodland Trust Scotland is a member of the Woodland Trust Group, which also includes Woodland Trust England (No. 240290) and Woodland Trust Wales (No. 240291).



What's on in the area



FROM UNTIL KYLE OF SUTHERLAND

10 18
AUG. AUG.

Gala Week

The villages of Ardgay, Bonar Bridge, Culrain, Invershin and Rosehall play host to our annual Gala Week. Packed full of fun events for young and old.

More info: see advert on opposite page.

FLOWER SHOW: TUE 14th - THU 16th;

Creich Parish Church Flower Festival,

10 am - 4 pm. Pancakes and sales table

on the Tuesday. **FRUIT & VEG SHOW:** is

back to Ardgay Hall on the 11th August

10 am to 4 pm. (See posters for details).

DUCK RACE: 3 pm: Come along to Invershin Hall and make some duck crafts then join the procession down to the river to start the race! 4 pm: The Annual Duck Race. Ducks on sale soon (£2 each) 4:30 pm onwards: BBQ and Family Ceilidh back at the Hall. All welcome.



21
JULY

OPEN GARDENS FOR CHARITY

Gardens of Dornoch

Four gardens that are located very close to Dornoch, all opening for the first time under Scotland's Gardens Scheme. £5 admission, children free.

42 ASTLE - IV25 3NH (Fay Wilkinson): Organic wildlife garden at the edge of boggy moorland.

AUCHLEA - IV25 3HY (John & Fiona Garvie): Created from a wetland of rushes and whins, the resulting overall feel is that of a maturing cottage garden.

SKELBO HOUSE - IV25 3QG (Alison Bartlett): Extensive woodland garden with spectacular views over Loch Fleet.

THE OLD SMITHY IV25 3RW (Donald and Mary Kennedy): This quite wild garden overlooks the Dornoch Firth.

8

JULY

SPONSORED BY GLENMORANGIE PLC

Tain Highland Gathering

A traditional Highland Gathering with all the usual events - Highland Dancing, Piping, Track & Field Events, Cycling, and, of course, the Heavies and a special Caber event. Local Events commence 11 am - Open Events from 2 pm. Adults £6.00; Under 16 £2.50, Car Park £2, Programme £1. Toddlers free.



UNTIL

EXHIBITION AT TIMESPAN MUSEUM

26

AUG.

Made in Helmsdale

Those that have contributed to this living and historical collection include botanists, weavers, Barbara Cartland's pals and family, the best chippy in the Highlands, polytunnel veg whizzes, shell picture makers, the knitting gals, fastidious weather recorders, seamstresses, local historians, geology enthusiasts, painters, archaeologists, fossil collectors, joiners, potters, jewellers and fishermen.

27

JULY

AT TAIN TRACC - RUN BY EQ SPORTS

Train Summer Adventure Sports Camps

Camps run 9 am-3 pm each day, for children aged between 5 - 12

years. The Camps will be jam

packed with activities including Nerf Wars, laser tag, bubble football, dodgeball and more! £20 per day.



3

AUG.

MOY ESTATE

Highland Field Sports Fair

3rd & 4th August. 10am to 5.30pm. Entertainment and activities for all of the family. £15 per person (includes a programme per car and free parking) Children under 16 free.





What's on in the area

12

JULY

STRATHPEFFER PAVILLION

Falstaff (Verdi) by Opera Bohemia

7:30 pm. Based on Shakespeare's Merry Wives of Windsor, the opera revolves around the plump Sir John Falstaff and his farcical attempts to seduce women in order to gain access to their husbands' wealth. £16



21

JULY

DORNOCH LINKS

Sutherland Show

Sutherland Agricultural Show is a great day out for all the family. Well behaved dogs are welcome on leads. Admission: Adults: £7. Child (5 to 14)/concessions: £4. Under 5s: free Family ticket: £17. Parking: free. Saturday night marquee dance – 9 pm start. Tickets: £8



28

JULY

LEDMORE & MIGDALE WOODS

Taste of the Wild

Two sessions: 28th July and 12th August.
10 am - 12 pm (11-14 years with their families), and 1:30 - 3:30 (8-11 years + families). From cooking venison underground and shelter building to lighting fires and throwing tomahawks, these family events allow you to learn about the woodland around you. £7/person. Booking: 0343 770 5483 (Ross) or 0330 333 3300.

Kyle of Sutherland Gala Week 2018

BONAR BRIDGE, ARDGAY, CULRAIN, INVERSHIN & ROSEHALL AREAS

Lots of Fun Family Events for Everyone

Friday 10th August - Saturday 18th August

FRIDAY 10TH AUGUST

Craft making for the fancy dress parade: 12 noon - 3:30 pm.
Crowning of the Queen: 2:30 pm
Fancy Dress parade: 3pm

SATURDAY 11TH AUGUST

Fruit & Veg Show: 10 am - 4pm
Raft Race: TBC

SUNDAY 12TH AUGUST

Big Tea Party: 2 pm-4 pm
Car Treasure Hunt: 4 pm

MONDAY 13TH AUGUST

Family Bingo: 10:30 am
Book Bug: 2-2:30 pm (pre-school age)
Kyle of Sutherland Joggers
Open Night: 7 pm Run

TUESDAY 14TH AUGUST

Flower Festival, Pancake Day & Sales table: 10 am - 4 pm
Pet Show: 11 am.

Bubble Football (children): 3:30 pm-4:30pm
Nerf Wars (adults): 7-8 pm

WEDNESDAY 15TH AUGUST

Flower Festival: 10 am-4 pm
Kids Film: 4 pm.
Clay Pigeon Shoot: 6 pm
Whist Drive: 7:30 pm

THURSDAY 16TH AUGUST

Flower Festival: 10 am-4 pm
Bingo: 7:30 pm

FRIDAY 17TH AUGUST

Pond dipping: 10 - 11 am

Obstacle Course Making:

11am - 12:30
Balance Bikes: 11:30am-12:30pm
Family Afternoon; BBQ, Bouncy Castle and Games: 12:30 - 4pm
Pub Quiz (max 5 per team): 8 pm

*** GRAND RAFFLE PRIZE
DRAW AFTER PUB QUIZ ***

SATURDAY 18TH AUGUST

Gardens Open Day: 12:30 - 3 pm
Duck Crafts & Procession: 3 pm
Duck Race: 4 pm
BBQ & Family Ceilidh: 4:30 pm

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

GALA QUEEN &
ATTENDANTS
2017



KYLE OF SUTHERLAND *Gala week*

www.spanglefish.com/kyleofsutherlandgalaweek/



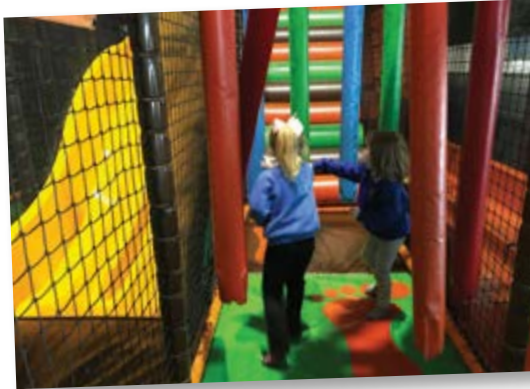
Kyle of Sutherland Gala Week

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

Children & Young people



GLEDFIELD PRIMARY SCHOOL



NURSERY SUMMER TRIP

The Nursery class had a very enjoyable summer trip on Monday 23/04/18 to Frankie & Lola's indoor soft play in Inverness and then onto Inshes Play park for their packed lunch.



SLIME FUN - Our P1-3 class enjoying a "Slime making" day on Miss Macneils last day. We hope she is enjoying her travels.



SUMMER TRIP P1 - P7 Our P1-7 classes had a great day out on Thursday 26/04/18 at Roller bowl, Inverness, lunch at Inshes park and then onto David Walliams hilarious Gangster Gran show at Eden court. A good day was had by all pupils and staff.



GARDENING A huge thank you to our gardening club volunteers, Jean & Jenny for all their hard work in helping us improve the school ground.



NEW OUTDOOR BENCHES

Our pupils having lunch on our lovely new outdoor benches and tables that have been purchased using the money kindly donated by the family of the late Jack Campbell, Ardgay.

Children & Young people



GLEDFIELD PRIMARY SCHOOL



CROSS COUNTRY

Gledfield took part in the Sutherland schools cross country event on Thursday 22/04/18 at Bonar Bridge Golf club. Very well done to you all.



DANCING Our dancing team had an excellent evening at the Tain ASG country dancing competition, held at Tain Royal Academy on Thursday 19/04/18.

Our P6 pupils represented Gledfield P.S at the Junior Road Safety officer event at Eden court, Inverness on Wednesday 16/05/18

NURSERY START

In our last newsletter, we published a photo of Ethan Macaskill instead of Brodie Campbell. Brodie Campbell (pictured below) started Nursery in January.

Nursery pupils enjoying a nature walk on Thursday 03/05/18.



- Our team did excellent at the annual Rotary club quiz on Wednesday 01/03/18 at Balintore Hall.
- Our pupils in P1-3 had a visit from Generation science on Wednesday 02/05/18. The pupils were totally engaged with the show.
- Pupils and staff had a school open morning on Wednesday 23/05/18 and welcomed Parents/Carers into the classrooms to view the pupils work. A very enjoyable morning was had sharing pupils work.

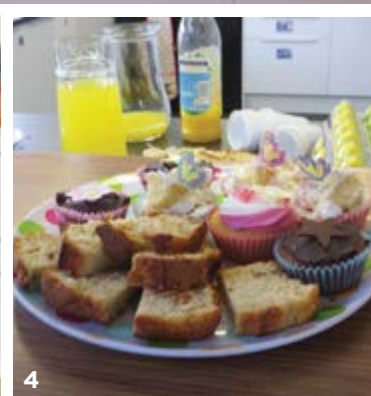
- P7 pupils from Gledfield & Edderton ,as part of the developing the young workforce project – visited the new Ardross distillery site with Morrisons Construction.
- A huge thank you to Plant Services Ardgay and Environmental Forestry Services, Ardgay for clearing the Beast from the East from the school grounds therefore allowing to school to reopen on the Monday. ■ **Anne Wemyss**, *Clerical Assistant, Gledfield Primary School*

Children & Young people

RESULTS OF THE 2ND ARDGAY & DISTRICT CC
NEWSLETTER CHILDREN'S ART COMPETITION

Exhibition and prize-giving ceremony at Ardgay Hall

ON WEDNESDAY 28TH MARCH, around 100 children from Gledfield and Bonar Bridge Primary Schools attended the exhibition and prize-giving ceremony for our Art competition. A warm thank you to Doreen Bruce who presented the prizes, to Kirsten Macneil and Lisa Mackenzie for their support, to Vicky Whittock, Ann Strong and Rachel Hooper for the teas and cakes, to all competitors, and to those who came along. We hope we can make the competition even better next time! ■



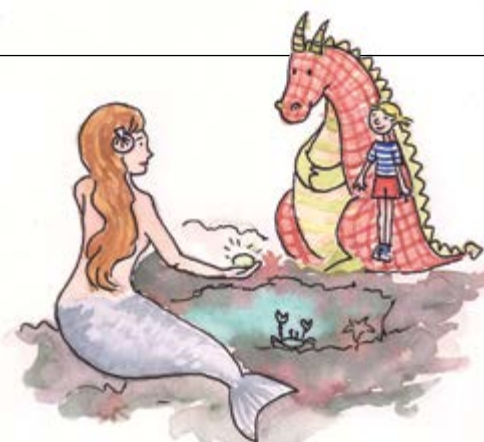
1 Winners posing with their prizes & certificates. **2** Some of the artworks on display. **3 & 5** Children were thrilled to find their own entries in the exhibition. **4** There were yummy cakes and Easter eggs. **6** Doreen Bruce and Silvia Muras (left) presenting prizes.

PHOTOS © MARION TURNER

by Andymack & Sil



On a warm summer evening Morag & Hamish went for a walk down to the little beach in a cove below Morag's croft. They both stared into a rock-pool to study all the tiny creatures that lived there. They walked around the rocks and sitting at a large



round boulder at the water edge was a beautiful mermaid. "Hello, Faye!", exclaimed Hamish, "This is my friend Morag." "Hello Morag, it's nice to meet you. I have a gift for you." And she gave Morag a beautiful shiny stone from the bottom of the sea.

MEET HAMISH THE TARTAN DRAGON

A shy veggie
dragon
who lives
on Carn Bren

Adult Clubs & Societies



Pilates

Bonar Bridge Hall, Mondays
10-11 am. Contact: **Moir Chisholm**
☎ 01862 810 786

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

Ardgay Scottish Country Dancing Club

Ardgay Public Hall at 7:30 pm. Classes until 24th April. It will re-start on Tuesday 2nd October. New dancers always welcome.
Contact: **David Hannah**
☎ 01863 766 061

Bonar Bridge Ardgay Golf Club

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

Ardgay Badminton Club

Adults and Juniors sessions will re-start in October.
Contact **Gregor Laing**
☎ 01863 766 223
Alternative sessions by KAT, Wednesdays 10 am - 12 pm.
☎ 01863 766 702

Tai Chi

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



Sutherland Walkers Club

We meet the 4th Sunday of the month, all year round.
24TH JUNE Canisp. OS 15 204 188 Rough hill, some streams to cross, 7.5 miles, linear. David Hannah : 01863 766061. **8TH JULY** Summer Special. Lochinver to Achmelvich. OS 15 088 228. Variable walking distances, up to 10 miles, linear. Leader: Jon Jenkins: 01862 810382. **22 ND JULY** Beinn Tharsuinn OS 21 607 793. Stream, bank and rough hill, 6 miles, circular. Leader: David Hannah : 01863 766061.
26TH AUGUST Glas Bheinn and Eas a' Chual Aluinn. OS 15 238 285. 7.5 miles, circular. Leader: Stan Holroyd: 01408 621370 / 07890 352804
Contact the Walk Leader the day before the walk to confirm that it is taking place.
Contact: **David Hannah**
☎ 01863 766 061

Sutherland Radio Control Club

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

Kyle of Sutherland Whist Club

Will be back in September. 7:30 pm, Bonar Bridge Hall. Admission £2 including tea.
Contact: **Rosemary Logan**
☎ 01549 421 282

Ardgay & Culrain SWI

All ages welcome. SWI meetings on the 3rd Tuesday each month will be back in the Autumn.
Contact: **Mrs Gillian Glennie**
☎ 01863 766 674

Kyle of Sutherland Growing Group

Meetings last Monday of the month at Invershin Hall from 7-9 pm. all aspects of growing fruit, vegetables and flowers, including gardening for wildlife. **25 JUNE:** Ponds and water gardening. **30 JULY:** Garden herbs and their uses. **27 AUGUST:** Preserving and Cooking Crops. Beginning gardeners are especially welcome.
Contact: **Jean**
☎ 01863 760 190



Kyle of Sutherland Joggers

Facebook page: **Kyle of Sutherland Joggers**
Contact:
Elissa ☎ 07743 228 661
Naomi ☎ 07818 482 341
Catriona ☎ 07929 886 105

Kyle of Sutherland Cinema Club

Our film nights will re-start in September. Contact: **Silvia**
Facebook: **Kyle of Sutherland Cinema Club**
☎ 01863 766 690



Edderton & District Gardening Club

The new 2018-2019 session will start in Edderton Hall on the **3RD SEPTEMBER** at 7:30 pm. In the meantime we hope to be enjoying summer weather in our own gardens, and also visiting other gardens. Some of our members will be busy preparing to open their gardens to the public: **21ST JULY**, Gardens of Dornoch, 10 am-5 pm. Fay Wilkinson is looking forward to seeing us all when 4 Dornoch gardens open under Scotland's Gardens Scheme. The 4 gardeners and gardens are: Fiona Garvie, Auchlea, IV25 3HY. Mary Kennedy, the Old Smithy IV25 3RW. Alison Bartlett, Skelbo House IV25 3QG. Fay Wilkinson at 42 Astle IV25 3NH.
Patricia ☎ 01863 766 061 pahannah@hotmail.com
Esther ☎ 01862 811 381 esther@bumblebeecottage.me.uk

Kyle of Sutherland Heritage Society

With Bonar Bridge History Group. Tuesdays 7:30 pm at the Heritage Centre, Ardgay.
10TH JULY Edderton Preaching Ark. **11TH AUGUST** Kilimanjaro (Cameron Munro)
11TH SEPTEMBER AGM and some music. Contact: **Valerie Mackenzie-Harris**
☎ 01863 766 700
Facebook: **Kyle of Sutherland Heritage Society**

Churches



Church is where you find it

HAVING MOVED TO Sutherland from North Ayrshire almost three years ago, it's interesting to reflect on how ideas of Worship, Church and Denomination differ between the two areas. It would make the job easier if I were able to take them one at a time, but it's not that easy, they are very much inter-related. In North Ayrshire, although Churches sometimes come together for specific events, they generally each stick to their own style and do their own thing. That approach is often seen as a strength, but I suspect that it's actually a handicap.

Many of the Christians that I meet in this part of the world are Christian first and members of particular Churches or Fellowships second. This may be born out of the necessity of being flexible, because in many parts of the Country, services in a particular building take place infrequently. But I think that it's actually something more positive. Quite a lot of committed Christians will fill in the gaps, by attending other Churches or Fellowships, which actually gives much greater unity to the Christian family than that often seen in urban Scotland.

I have some responsibility for six or seven congregations, only two of which have services every week. The remainder meet once, twice or three times a month and what I really love is that most of those attract people



Bishop Mark Strange and congregation at the Crask Inn.

from several denominations (I've counted up to five denominations of clergy at one gathering:-) together with folk who're not really attached to any. Some of these Services take place in rather unconventional settings: somebody's house, a community centre and, in the case of the St Trola's, the dining room of the Crask Inn.

In the Episcopal tradition, most of our services involve the Eucharist, although the style of that Celebration varies widely. For many years we have operated what's called 'an open table,' which means that all the Baptised are welcome to share in the Lord's Supper, no matter what allegiances they have. I think though, that the fluidity (with regard to denomination) of Christians in the rural parts of Scotland, is helping us as a denomination

to rediscover the breath of styles of worship across the denominations.

For some time we've had a 'house church' in Ardgay, but at a gathering there in January, a variety of Christians decided to start a new Fellowship at the Kyle of Sutherland Hub once a month as well. The first Service of Prayer and Praise took place appropriately enough during the Week of Prayer for Christian Unity and there's been a well attended gathering ever since. The style varies from month to month, but it's relaxed and not particularly 'churchy', so maybe you might like to come along some time and find out for yourself. You'd be very welcome. ■ **Revd James Currall**
Revd James Currall is the Episcopal Priest in Charge of Dornoch, Tain and Lairg (and a handful of other places)

THE SCOTTISH EPISCOPAL CHURCH - EAST SUTHERLAND AND TAIN MINISTRY

St. Curretân's Mission, Ardgay: a prayerful gathering. House services at Hollybank, Ardgay every 2nd Tuesday of the month, at 10:30 am. Services of prayer and praise at The Hub, every 4th Tuesday at 5:30 pm.

St Trola's at the Crask Inn: gathering from around the diocese to share worship and hospitality. Holy Eucharist at Noon on the 3rd Thursday of each month. There is also a Sunday evening Eucharist at 5:30pm

once a month (week varies, see web site for details).

Sunday Services at St. Finnbarr's, Dornoch (11 am) and St. Andrew's, Tain (11 am), each Sunday; St Maelrubha's, Lairg (8:15 am) on the 1st, 3rd and 5th Sundays.

Midweek Services at St Finnbarr's at 10:30 am each Wednesday and St Andrew's at 6:00 pm each Thursday. <https://episcopaldornochtain.wordpress.com>.

Revd James Currall: 01862 881737



Guide to local services



Village Halls & Venues for hire

Ardgay Public Hall

Fiona Venters / 01863 766 602
fcm11@hotmail.com

The Hub

Adele Newlands / 01863 769 170
info@kyleofsutherland.com

Kincardine Heritage Centre

Valerie Mackenzie-Harris /
01863 766 700

Ardgay Church Hall

Mary Stobo / 01863 766 868

Croick Church

enquiries@croickchurch.com

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

Mobile Library

GLEDFIELD, CULRAIN CARBISDALE

14 June 2018
5 July 2018 / 26 July 2018
16 August 2018 / 6 Sept. 2018

Gledfield School	9:30	10:40
Gruinards	10:55	11:10
The Craigs	11:30	11:50
Corvost	11:55	12:10
Braelangwell	13:15	13:30
Cornhill	13:40	13:55
Culrain	14:10	14:45
Mr & Mrs Charge	14:55	15:10
Wester Badarach	15:20	15:40
Housebound service	16:00	16:30

EDDERTON - ARDGAY

13 June 2018 / 4 July 2018
25 July 2018 / 15 August 2018
5 September 2018

Ardvannie	13:00	13:25
Oakwood	13:40	14:00
Ardgay Hall	14:10	15:10
Housebound	15:15	15:35
Arabella	16:30	16:50



Bonar Bridge Recycling Centre



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

Post Office Ardgay

Ardgay Public Hall
TUESDAY: 14:30 - 17:00
THURSDAY: 13:00 - 16:00

Post Office Bonar Bridge

MONDAY: Closed
TUES: 8:30-13:30 / 14:00-17:30
WED: 8:30-13:30 / 14:00-17:30
THUR: 8:30-13:30 / 14:00-17:30
FRI: 8:30-13:30 / 14:00-17:30
SAT 8:30-13:30 / 14:00-17:30

Train times



From 20/05/2018 to 08/12/2018

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)
18:30 (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

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



AGRICULTURAL MACHINERY HIRE

HAY TURNING

CONVENTIONAL BALING

TOPPING, ETC

CROFT HOUSE, DOUNIE, ARDGAY

ANDY: 01863 766 690



Guide to local services

B

Bradbury Centre

01863 766 772

BUSES

Bradbury Centre Bus

01863 766 772

Stagecoach Highlands

01463 233 371

C

CAB Golspie

01408 633 000

CHURCHES

Church of Scotland

01863 766 868

Scottish Episcopal Church

01862 881 737

D

DVLA Inverness

0300 790 6801

E

ELECTRICITY

Power Cuts

105

SSE Customer Help

0345 026 2658

F

Fire Brigade Dornoch

01862 810 297

Fisheries Trust (KoS)

01863 766 702

Forestry Commission

01309 674 004

G

Bonar Bridge-Ardgay Golf Club

01863 766 199

H

HIGHLAND COUNCIL

Customer service

01349 886606

Drummuie Golspie

01408 635 370

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

The Hub

01863 769 170

K

KoS Development Trust

01863 766 190

L

LIBRARIES

Bonar Bridge Library

01863 760 083

Mobile Libraries

01349 852 698

N

NHS

Doctors Creich Surgery

01863 766 379

Nurses Creich Surgery

01863 766 237

Migdale Hospital

01863 766 211

P

PHARMACY

Mitchells Chemist Bonar

01863 760 011

POLICE

Non Emergency: 101

Emergency: 999

POST OFFICE

Post Office Bonar Bridge

01863 766 219

PRIMARY SCHOOLS

Gledfield

01863 766 580

Bonar Bridge

01863 766 221

Rosehall

01549 441 348

Edderton

01862 821260

R

Recycling Centre Bonar

01349 868 439

S

Scottish Water 24Hr

Emergency

0845 600 8855

Customer Help

0845 601 8855

T

Ronnie's Taxis Ardgay

01863 766 422

TRAINS

National Rail Enquiries

0845 748 4950

V

VETS

Rogart Vets

01408 641 352

Easter Ross Vets Tain

01862 893 142

Johnston & Farrell Tain

01862 894 223

Stagecoach

67 - MON TO SAT

TAIN → LAIRG

Tain Lamington St 06:45¹ 07:00² 08:32² 11:48
08:00 10:11 09:27 14:42*
13:11* 15:45 17:27¹ 17:42
16:30³ 18:45 17:57³ 20:12

Edderton ↓ Edderton ↑
06:55¹ 07:10² 08:22² 11:38
08:10 10:20 09:17 14:32*
13:20* 15:55 17:17¹ 17:32
16:40³ 18:55 17:47³ 20:02

Ardgay Hall ↓ Ardgay Hall ↑
07:07¹ 07:22² 08:10² 11:26
08:22 10:33 09:05 14:20*
13:32¹ 16:07 17:05¹ 17:20
16:52³ 19:07 17:35³ 19:50

Bonar Bridge ↓ Bonar Bridge ↑
07:10¹ 07:25² 08:07² 11:23
08:25 10:36 09:02 14:17*
13:36¹ 16:10 17:02¹ 17:17
16:55³ 19:10 17:32³ 19:47

Invershin ↓ Invershin ↑
07:15¹ 07:30² 08:02² 11:18
08:30 10:41 08:57 14:12*
13:41* 16:15 16:57¹ 17:12
17:00³ 19:15 17:27³ 19:42

Lairg Post Office ↓ Lairg Post Office ↑
07:27¹ 07:42² 07:50² 11:00
08:42 10:55 08:45 14:00*
13:57* 16:29 16:45¹ 17:00
17:12³ 19:29 17:15³ 19:30

00:00¹ Mon-Fri when Academy is open. 00:00² Mon-Fri when Academy is Closed. 00:00 Mon-Sat 00:00³ Mon-Fri 00:00 Does not operate on Fridays when Academy is open. 00:00 Saturday only.

Stagecoach

167 - MON TO FRI

LAIRG → DORNOCH

Lairg Football Ground 07:31 16:42
Invershin o/s Hotel 07:39 16:34
Bonar Bridge Post Office 07:46 16:29 ↑

Ardgay opp Ardgay Hall 07:49 16:26
Ardgay o/s Ardgay Hall 07:59 16:16 ↑
Bonar Bridge o/s Police Station 08:02 16:13

Spinningdale o/s Post Office 08:10 16:05 ↑
Clashmore Telephone Kiosk 08:19 15:56
Dornoch Cathedral Square 08:27 15:40

Bradbury Centre Bus

920 - TUESDAY

Bonar Bridge to Dornoch via Spinningdale

Bonar Bridge ↓ Bonar Bridge ↑
Cherry Grove 09:40 10:20
13:30 14:20

Spinningdale ↓ Spinningdale ↑
Layby at Post Box 09:48 10:12
13:38 14:11

Clashmore ↓ Clashmore ↑
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 09:30 14:40

Spinningdale ↓ Spinningdale ↑
Layby at Post Box 09:38 14:31

Clashmore ↓ Clashmore ↑
Carnegie Hall 09:54 14:19

Tain ↓ Tain ↑
Bus stop at Co-Op 10:02 14:08

Tain ↓ Tain ↑
Lamington Street 10:04 14:06

Edderton ↓ Edderton ↑
10:17 13:53

Ardgay ↓ Ardgay ↑
10:39 13:33

Bonar Bridge ↓ Bonar Bridge ↑
Cherry Grove 10:42 13:30

Mobile Banking

Royal Bank of Scotland



TUESDAY

Bonar Bridge War Memorial
Arrive 12:05 Depart 12:20

Bank of Scotland



TUESDAY

Bonar Bridge War Memorial
Arrive 10:00 Depart 12:00

Puzzles



Sudoku

Easy

Grid n°856 easy

9			1		2	6		
8					7			
		6		9			8	
	2			4	6			
		7		5	8		4	
7			8		1		5	
		5	4	6				
2	6	1						

Medium

Grid n°1916526477 medium

		6		5	1		8	4
	1				8	7		
			9		5			
			4				7	1
	7							9
	6	9			5			
		5		6				3
8	4			7				

Hard

Grid n°29746 hard

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

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

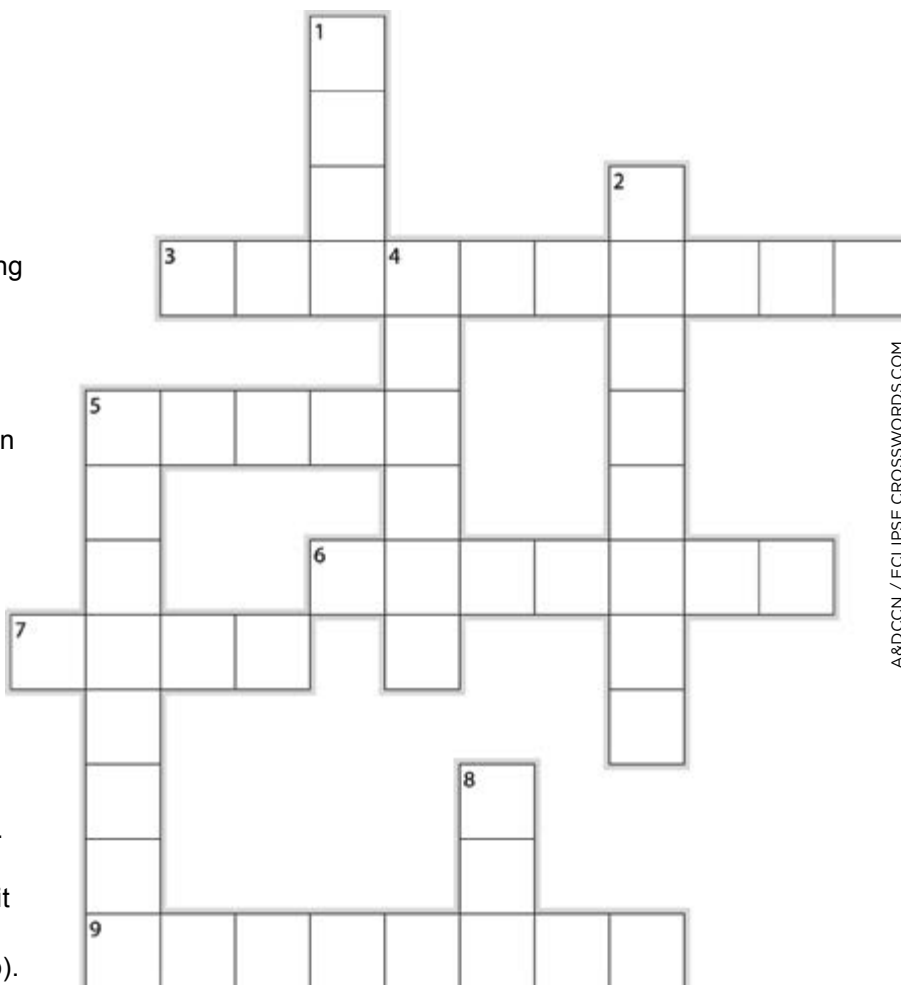
Crosswords

Across

3. A person who cultivates an area of interest, such as the arts, without real commitment or knowledge.
5. An ointment used to promote healing of the skin or as protection.
6. Martial music with variations; to be played by bagpipes.
7. Reveal secrets by indiscreet talk.
9. A light axe used as a tool or weapon by North American Indians.

Down

1. A black powder, usually antimony sulphide or lead sulphide, used as eye make-up especially in Eastern countries.
2. A person who wanders from place to place without a home or job.
4. (Of a substance) Causing vomiting.
5. Loyal, reliable, and hard-working.
8. An Egyptian and former Turkish unit of weight, variable but now usually equal to approximately 1.3 kg (23/4 lb).



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ARDGAY & DISTRICT Community Council *newsletter*

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COUNCILLORS: **Linda Munro, Hugh Morrison, Kirsteen Currie** (*More details on page 6*)

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