Ardgay & Culrain SWI centenary
Your local branch of the SWI celebrated with style its 100 anniversary at Kincardine church **Page 12**

Betty Wright, Chairperson Ardgay & District CC (left) and Marion Turner, Secretary & Treasurer, having a break on one of the new benches.

New benches for Ardgay - Bonar straight
It is hoped that these colourful seats will encourage people of all ages and levels of fitness to walk the distance between the two villages.

A year ago, we published an article by Gloria Clarke, where she explained how having seats in the straight between Ardgay and Bonar Bridge could change people’s lives. Your Community Council then took the idea forward. Betty Wright, Chairperson of Ardgay & District CC said, “The idea for the benches came from a local resident (Continues on page 8)

New leadership at the Kyle of Sutherland Development Trust
Article from Pete Campbell **(Page 18)** Helen Houston’s farewell letter **(Page 27)**

Reduce, reuse and recycle with TEAS and Lairg Learning Centre **Page 16**

‘Tweed at Heart’ new shop at Ardgay village **Page 21**

40 pages featuring Letters to the Editor, Opening times, Telephone guide, Bus & Train timetable, Sudoku & Crossword
What's happening at Falls of Shin?

Evening Meals every Friday & Saturday Night from 5.30pm-9.00pm. To book call 01549 402 888 Or visit www.macandwild.com/booking/

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Friday 5th October 2018
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Friday & Saturday 10.00am-9.00pm

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**EDITOR’S LETTER**

Ready for Autumn

This issue features -for the first time- 40 pages of (mostly) good news. It is very rewarding as a CC member to see projects such as the new benches coming to fruition. Many of our local groups are celebrating in 2018 their 20th, 50th or 100 year anniversary, congratulations! Also a warm farewell to Helen Houston on her retirement, and all the best to David Watson, the Kyle of Sutherland Development Trust new manager. Thank you to all the volunteer distributors, particularly to David Mackay, who has recently joined us, and a big thank you to all who support the newsletter in one way or another.

Silvia Muras Editor
I would like to give a short summary of the work of the community council during the past year. It is often a valuable task to take a step back and review what has been achieved, what is still a work in progress and identify those things that seem to turn into an oft-recurring theme. Although with our excellent newsletter, we do have a good record of our undertakings.

But first, a few thank-yous: to my fellow councillors for all their voluntary efforts, attending meetings, delivering newsletters, and generally being concerned about and wanting to give something back to their community; to our Treasurer/secretary Marion who does a great job looking after our money and Leslie who was our secretary until she had to stand down for health reasons; to Linda one of our ward Highland councillors who puts in a lot of hours to attend our meetings – often driving through some pretty bad weather; to Silvia for producing our excellent newsletter; to Phil Olson who manages our website; and of course Mary, our marvellous minutes secretary. This CC really would not function without her. Also thanks to members of our community who have raised various issues with us – that is why we are here!

But it’s not all thank-yous. I must express my personal disappointment with the way all community councils have been treated by The Highland Council. I feel their actions in cutting our budget by 50% is nothing short of an attack on the most local level of democracy. Our grant this year from THC is not sufficient to run our CC. I am happy to say that we now have permission from THC to install 2 benches and have the money from Beinn Tharsuinn Wind Farm community benefit and look forward to their installation over the summer. We are also pursuing the possibility of a speed restriction along the straight as this would greatly improve the walking experience and help bring the 2 communities closer.

We have addressed several issues around the village. We are once again organising the caretaking of the toilets in Ardgay – thanks to Silvia and Marion for this and Sheena Shaw for her hard work; the flower tubs were watered by a small number of volunteers last summer - tubs have been removed for renovation and replanting by Jean Richardson and Steve Wilkinson. The polling station was temporarily moved to Gledfield school, but we are confident that it will be back to Ardgay Hall for the next election. There are now two defibrillators in our area – one outside the Hall in Ardgay and the other in the old telephone kiosk in Culrain. We again had a Christmas tree on the green and arranged for the lights to be on during the day. A lack of volunteers meant that there were no lights on lampposts as per previous years, but we are hopeful that these will reappear next winter. The road up Kincardine Hill has been resurfaced and has new extended passing places to make it up to standard for timber extraction lorries – although whether this standard is high enough remains under discussion.

Due to budget cuts, we have to reduce the number of times we meet to 6 per annum, the minimum required.

So, what changes have we seen over the last 12 months? There has been a huge impact on the centre of Ardgay with the completion of works on the Barn and stage 1 of Drovers square. Not only has this greatly improved the appearance of the village, but several businesses are housed in the Barn providing much needed job opportunities. Thanks to KoSDT for all their work on taking this and so many other projects forward on behalf of the local community.

Last summer saw the opening of the Hub which is now providing a variety of activities for children and families, including soft play area, café, youth clubs, gym, yoga classes. This is an example of a project which brings together the 2 communities of Ardgay and Bonar Bridge. The 2 villages are separated by a very fast stretch of road. We were approached by a customer at the Community Food Stop (several of the regulars come from Ardgay) asking about the possibility of providing a seat or two by the side of the pavement to make the walk less challenging for those with health or mobility problems. I am happy to say that we now have permission from THC to install 2 benches and have the money from Beinn Tharsuinn Wind Farm community benefit and look forward to their installation over the summer. We are also pursuing the possibility of a speed restriction along the straight as this would greatly improve the walking experience and help bring the 2 communities closer.

Due to budget cuts, we have to reduce the number of times we meet to 6 per annum, the minimum required.

(Continues on page 6)
The work of the Community Council

What are the issues discussed at our meetings? Did you know that Ardgay & District CC manages Beinn Nan Oighrean & Beinn Tharsuinn Community Funds? Some of your councillors also represent Ardgay & District interests on the E.ON Rosehall/SSE Achany Panel. Below are most of the items your CC has been dealing with last year. If these are of any interest to you, why not come along to our meetings? They are open to the public and you will be made very welcome. 

Ardgay

1. **Polling station**: now back to Ardgay Public Hall.
2. **Christmas tree & lights**.
3. **Speed** at South Bonar / Ardgay-Bonar straight.
4. **New seats** at the Ardgay-Bonar straight.
5. **Defibrillator** in Ardgay Public Hall.
6. Management of the **Ardgay Public Toilets**.
7. **Mobile banking**: request to stop at Drovers square.
8. **Flower tubs** maintained by volunteers.
9. **Ardgay Public Toilets**.
10. **Electronic signage for Ardgay train station**.
11. **Kincardine road improvements**.

Culrain

12. **Defibrillator** inside the decommissioned phone box.
13. Signage and train stop request for **Culrain station**.
14. Plans for the future of **Culrain Hall**.
15. **Carbisdale trails and paths** maintenance.

Wider area

16. **Meall Buidhe Wind Farm Croick**.
17. **Community Council budget reduction**.
18. **Tain 3-18 campus**.
19. **Coul Links**.
20. **Coire na Cloiche Wind Farm**.
21. **Sutherland Community Partnership**.
22. **Broadband in rural areas**.
Ardgay & District News

(Starts on page 4) – I think it highlights the problems we have with our roads and ever increasing size of lorries.

We continue to communicate with Scotrail and HITRANS about our rail service regarding timetabling and possible provision of electronic signs at Ardgay and Culrain stations.

Windfarms and Community Benefit: There has been an amount of activity over the last year. Braemore Wind Farm obtained consent from Scottish government whilst Caplich - with whom we had signed an MOU re shared ownership - was refused. There is a proposal going to planning from Meall Buidhe renewables for a WF on Croick Estate. At present, A&DCC administers application to funds from BnO (£2,500 p.a.), Beinn Tharsuinn (£14,500 pa). We also have 2 reps on SSE Achany and EoN Rosehall panel (£130k between 3 CCs = £43k)

As part of our regular meeting, we often invite others to speak on issues of particular concern. This year we welcomed: Helen Houston, updating us on the projects of KoSDT; Reps from Muireden Energy re proposed Wind Farm at Meall Buidhe; Jason Gardiner from Scottish Fire & Rescue Service – who is also a member of Sutherland Community Partnership.

Although we have not been involved directly in this, there is something we have talked about at every meeting - Broadband. BT have delivered superfast broadband to Ardgay exchange and KoSDT are now working with a local provider on a scheme to provide wireless broadband to properties who do not benefit from BT’s provision by virtue of being too remote from a green cabinet.

This is a brief summary of some of the issues dealt with by your community councillors over the last 12 months. There are full accounts of all our projects in our newsletter. I would once again like to thank Silvia for the excellent job she does; together with all our contributors and those who deliver to all houses in our area.

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:
13th OCTOBER & 10th NOVEMBER
Please stop by for a cup of tea/coffee and chat.

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

COUNCILLORS
NORTH, WEST & CENTRAL SUTHERLAND
Linda Munro 8, Munro Place, Bettyhill KW14 1TD
Tel 01641 521 366 linda.munro.cllr@highland.gov.uk

Kirsteen Currie
Rowanwood, Lamington, Kildary, Invergordon IV18 8PE
Tel 07787 221 572 kirsteen.currie.cllr@highland.gov.uk

Hugh Morrison Orcadia, Lerin, Durness IV27 4QB
Tel 07557 566 543 hugh.morrison.cllr@highland.gov.uk

MSPS
CAITHNESS, SUTHERLAND & ROSS
Gail Ross M5.13 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 5927 Gail.Rossmsp@parliament.scot

Donald Cameron M2.18 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 6989 Donald.Cameronmsp@parliament.scot

John Finnie MG.16 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 6898 John.Finnie.msp@parliament.scot

Rhoda Grant MG.06 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 5766 Rhoda.Grant.msp@parliament.scot

Edward Mountain M3.18 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 6143 Edward.Mountainmsp@parliament.scot

Douglas Ross M2.08 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 6140 Douglas.Rossmsp@parliament.scot

David Stewart MG.05 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 5766 David.Stewartmsp@parliament.scot

Maree Todd M4.05 The Scottish Parliament Edinburgh EH99 1SP
Tel 0131 348 5784 Maree.Toddmsp@parliament.scot

MP
CAITHNESS, SUTHERLAND & EASTERN ROSS
Jamie Stone House of Commons, London, SW1A OAA
Tel 01862 892 726 jamie.stone.mp@parliament.uk
LETTER SENT BY YOUR CC TO THE SCOTTISH GOVERNMENT IN AUGUST

Proposed development at Coul Links

The proposed development of a golf course which would include part of the Coul links, which is covered by several environmental protections – SSSI, SPA & RAMSAR has become an important local issue. A&DCC was approached by the developer & asked to add our support to the development. We replied that he was welcome to come and address our meeting to inform local residents of proposed development and this might give an indication of support, or opposition in our local area. We received no response to the invitation and so have not given any opinion on this issue to date. Since then there has been a lot of claims in the media and on twitter from the developers about the ‘overwhelming support of the local community’ for this development. We know of no robust data gathering that has occurred in Ardgay area so we can assume this is mere conjecture. The proposal to develop has been objected to by RSPB, Buglife, Butter-
fly Conservation Scotland, Plantlife Scotland, the Marine Conservation Society, the National Trust for Scotland and the Scottish Wildlife Trust. There have been calls from international bodies for Scotland to protect its internationally designated conservation areas. Highland Council north planning committee voted against the advice of its planning officials to grant planning permission. The Scottish government now have the option to call-in the application and make the decision at Scottish ministerial level. We would urge them to do so.

NOTE: At the time of going to press, the application has been called in by the Scottish government.

East & Central Sutherland

Volunteer Receptionists Required

Full training given

Join our team
01408 633000
advice@esvas.casonline.org.uk
Remembrance Sunday: centenary of the Armistice

The Creich and Kincardine Branch of Royal British Legion Scotland are working hard on the arrangements for local commemorations of the end of WW1 100 years ago, on Remembrance Sunday 11 November. The day will start with a solo piper playing a lament at 6 am, commemorating the hour when the Armistice of Compiègne was signed. Then after the usual parade and church services, which this year will be in Bonar Bridge, a WW1 food themed lunch, exhibition and family ceilidh will be held in the Bonar Bridge Community Hall. Hopefully there will then be a bonfire on the land in front of the War Memorial and finally the Last Post will be played on the bugle.

New benches between Ardgay and Bonar

(Starts on front page ) Gloria Clarke, who was finding the walk between Ardgay and Bonar tiring due to health problems. It seemed an ideal project for using Community Benefit funds from Beinn Tharsuinn wind farm and it has been very rewarding to work on this project jointly with Creich Community Council which will hopefully bring our two communities closer by enabling more people to walk between villages to use shared services such as the Hub, station, shops and doctors surgery.”

The project, led by Ardgay & District CC chairperson Betty Wright, received £1,278.60 from each Beinn Tharsuinn Community Benefit Fund. The two benches have been placed at roughly the third-way points, one facing towards the Kyle and the other towards the Dornoch Firth. The seats are made from coloured recycled plastic, which is a very durable material and requires no maintenance. The concrete bases were built by local firm Migdale Construction.
Many people, living on their own, sometimes do not feel able to cook for themselves. We are looking for those who can provide a meal for others living locally. If you are cooking a meal for yourself, just make an extra portion, to share with another. It’s quite simple….. Just register with us, if you wish to make or receive a meal. Participants must be over 18yrs of age.

For further information about meal sharing or to register an interest, please contact:

Beverley Hill, Project Officer, Community Food Stop

T: 01863 766190/07985626340
E: beverley@kyleofsutherland.co.uk
Advice on private water supplies

This summer, private water supplies were failing during the dry weather. The Highland Council issued a reminder to owners of private water supplies that it is their responsibility to arrange for the provision of water to their properties. However, the Council were able to provide water via Scottish Water, but the cost had to be borne by householder. The Drinking Water Quality Regulator instructed Scottish Water to provide bowsers or bottled water to properties with private water supplies which had failed due to the dry weather. Grants of up to £800 are available to upgrade existing private water supplies - to make them more resilient by for example installing a large storage tank. More info: https://www.highland.gov.uk/info/1053/private_housing/93/private_water_supplies.

Invercharron Highland Games

Unfortunately, the Invercharron Highland Games has had to be cancelled this year. The farmer, whose field we use, grows his winter feed hay crop in the field and because of the exceptionally dry weather we have had, the crops are growing too slowly and as a result he will not be able to harvest before the games. He has made the difficult decision that he cannot let us have the field. There wasn’t enough time to find another field nor to apply for a new Public Entertainment licence so there was no alternative other than to cancel this year. However plans are already underway for next year’s games. As part of this it is hoped to develop an exhibition covering the games’ history and what is involved in putting on such an event.
AGM

MONDAY 17TH SEPTEMBER

Golspie Community Centre
6.30pm for 7pm

Raffle & light refreshments
Find out about our services & volunteering opportunities
Recruiting new board members, contact us for details

* All welcome *

E: advice@esvas.casonline.org.uk   T: 01408 633000
Ardgay & District News

REPORT OF THE CENTENARY CELEBRATION HELD ON 8 & 9TH JUNE 2018

Ardgay & Culrain Scottish Women’s Institute

ARDGAY and CULRAIN SWI celebrated their Centenary at Kincardine Heritage Church on 8th and 9th of June, 2018. We are the oldest Scottish Women’s Institute (SWI) in Ross-shire.

On Friday 8th June, members of the public were invited to come for cheese and wine and view the exhibition. There were items displayed made by current and past members - some of whom are sadly no longer with us; these were kindly lent for the occasion. Also displayed were Minute books from the start in 1918 and nearly every book up to the present time; these give a wonderful history of the period. Also shown were photograph albums and two slide shows, one of the Fashion Show at Carbisdale on the 90th anniversary the other of SWI activities over the years.

On Saturday 9th June, members from Institutes from all over Ross-shire arrived during the day, plus Mrs Molly Sangster (Honorary Treasurer at HQ in Edinburgh) and Pat MacLeod, Chairman of Inverness-shire & Islands Federation, also Ann McGee, Chairman and Christine Pokorniecki, Secretary from Ross-shire Federation. Several guests visited Migdale Hospital to view the Millennium Quilt, where it is displayed, made by members of Ardgay and Culrain SWI.

Coffee and biscuits were served during the day culminating in a grand tea party at 3pm followed by the cutting of the cake by Mrs Molly Sangster.

There were about thirty six visitors plus our own membership. The visitors all enjoyed the exhibition and especially the tea party. A raffle was also held and members would like to thank local businesses and everyone who provided such lovely prizes.

Thanks must also go to our members for working so hard to set up the exhibition and decorate the venue, Thelma and Michele Easom who provided the beautiful tea and Tracey Bremner and Alison MacRae who also baked for us, Adam and Holly Wardrop who organised the drinks and donated the biscuits for the cheese and wine evening, and anyone I may have left out. Vida Laurinavicius who baked a delicious Centenary cake and Ausrele Ripley who decorated it.

Also the Rev. Mary Stobo and Mrs Valerie Mackenzie-Harris (KOSHS Committee members) who provided their support and Ian Glennie who did the printing and organised the music and slide shows.

We thank everyone for attending and celebrating with us and especially Ardgay & District Community Council (A&DCC) who helped us financially to stage the whole event.

Gillian Glennie, Secretary
Kyle of Sutherland Gala Week 2018

This year’s Kyle of Sutherland Gala Week was a huge success, kicking off with crafts and the crowning at the Hub. Stephanie Davies was crowned in front of a large crowd and we had some brilliant fancy dress outfits for the parade, as well as two brilliant pipers; Rory Scott and Daniel Murray.

It was great to see the Fruit and Veg show back, it was a successful day and turnout. The popular raft race took place with three teams battling it out, quite a spectacle! Other well attended events were the Car Treasure Hunt, Family Bingo, Pet Show, Bubble Football and Nerf Wars (both children and adults!), Clay Pigeon Shoot, sessions in the woods, Pub Quiz and the Duck Race.

Thank you to everyone who came out and supported the events. The committee welcome feedback on the week and any ideas for next year – get in touch via facebook or speak to any gala committee member. ■ Elissa Steven

Raft race winners posing with Salmon Queen Stephanie Davies (top). There were very creative fancy dress outfits in this year’s parade (bottom).
Ardgay & District News

Ardgay Public Hall outside and inside refurbishment

A grant from the E.ON Rosehall Community Fund supported by Foundation Scotland, enabled the painting of all the hall’s exterior woodwork and handrails this summer, and with the hall signage enhanced by the installation of the name board on the east gable, courtesy of financial support from the Ardgay Beinn Tharsuinn Community Fund; the planned refurbishment of the front steps due to be completed in the next few weeks, and the good effects of the weed killing treatment applied earlier in the year still evident, the outside of the hall should be looking tidy in time to celebrate its Golden Jubilee in December.

On the inside new supplementary heating has been installed in the kitchen, thanks to another Ardgay Beinn Tharsuinn award. This push button heating system is similar to that already in operation in the main hall and committee room. It turns off automatically after the designated time; handy for those groups who just want to snatch a quick cuppa, and means it cannot be accidentally left on when the kitchen is unoccupied, helping lessen the hall's carbon footprint whilst also safeguarding its fragile finances.

And its not just grant giving bodies which have enabled work to be carried out in the hall this year, the hall committee are also extremely grateful to the Ardgay Badminton Club for its very generous financial donation towards the main hall redecoration project.

For a variety of reasons there have been several unexpected calls on the hall funds, e.g. the PV panels malfunctioning and the necessity to re-prioritise some other works, e.g. the front steps deteriorating faster than anticipated. In total making it financially impossible to carry out the full redecoration of the main hall as had been envisaged at the start of the year. But, thanks to the support of the Badminton Club - one of the few original 1968 user groups still in existence – it is planned to refurbish the main hall floor in early September.

The hall committee apologizes to any group that will be temporarily unconvinced whilst this work is being done, but trust everyone will see the benefit over the long-term. The committee would also like to emphasis they will strive to complete the whole re-decoration project as soon as is practicable next year.

As you can see from all of the above everything from refurbishment to unexpected maintenance takes money. Therefore, this year as much, if not more than, any other, the income from the Annual Christmas Fair will play a big part in what can or cannot be achieved next year, because every grant application has to contain some element of self-generated finance as a demonstration of the community’s support for the hall. So, please put ‘Ardgay Fair - 2pm - Saturday 24th November’ in your diary today; the committee looks forward to seeing you there.

Another note you might like to make is ‘Hall 7pm,’ on Thursday 4th October. This is the Hall Committee AGM date. This meeting, like all management meetings, is open to everyone. Honestly, you will not

Help needed - Fridge

Your Hall fridge died in August, and we had to buy a new one. Any help by way of donations for this totally unexpected expense will be appreciated. It cost £305, including VAT & Delivery from ILM Highland in Alness, who kindly took the old one away. The fridge was expensive because it has to be a big larder type in order to cope with the functions which are held in the hall. Please leave donations in the Hall Post Box, inside the Hall, or pass onto any of the Committee. Thanks.  ■  David Hannah, Chair
end up being press-ganged onto the committee - but you would be welcomed if you wanted to volunteer. Never forget, the hall belongs to the whole community and everyone’s views are valid and sought after by the committee. So, please, come along and hear what’s been done and what’s being planned and let the committee know what you think; it’s your hall after all.

Rhonwen Copley, Secretary

Kyle of Sutherland Development Trust obtains two Highland Third Sector Interface Awards

KYLE OF SUTHERLAND Development Trust (KoSDT) has received the ‘Highland Third Sector Organisation of the Year Award’ and Director Ron Boothroyd of Altass has received the ‘Volunteer of the Year’ award at the Highland Third Sector Interface Awards.

KoSDT’s manager Helen Houston said, “Ron was nominated for volunteer of the year (...) because he was heavily involved in the Falls of Shin Visitor Attraction [and] more recently he has dedicated a huge amount of his time working with Highland Wireless to bring superfast broadband into the Kyle of Sutherland.”

On receiving the award Ron commented, “I am naturally very pleased, though somewhat surprised to receive this award, as there are many deserving volunteers throughout the Highlands, who work tirelessly to make things better for others within their communities.”
Help to reduce local carbon emissions

From The Energy Advice Service and Lairg & District Learning Centre

Members of the community are being encouraged to look at ways of reducing their carbon footprint by making more sustainable choices and actions in their everyday lives and saving themselves money in the process. The Energy Advice Service and Lairg & District Learning Centre are both funded by the Scottish Government’s Climate Challenge Fund (CCF) who provide grants for community-led organisations that aim to reduce local carbon emissions. With 42% of the UK’s carbon emissions caused by an individual’s actions, both projects believe that small actions really do add up to make a big difference.

In Scotland, the majority of greenhouse gas emissions come from housing and the energy required to heat, light and power our homes. The Energy Advice Service, managed by the Kyle of Sutherland Development Trust, offers free and impartial home energy advice to individuals in Sutherland. The team aims to improve the energy efficiency of homes and encourage sustainable energy habits, making the link between household energy usage and the impact on climate change. Free home energy advice is available to anyone in Sutherland.

The Energy Advice Service

01863 760 050
arabella@kyleofsutherland.co.uk
EnergySutherland

Lairg & District Learning Centre

01549 402 050
admin@lairglearningcentre.org.uk
LairgLC

Lairg Learning Centre

Look out for our new prospectus in the local shops and on our website and Facebook pages

www.lairglearningcentre.org.uk
Laing Learning Centre

OUT NOW!

To be added to our mailing list and be kept up to date with future classes
E: admin@lairglearningcentre.org.uk
T: 01549 402050

Greener Scotland
Scottish Government

Climate Challenge Fund
Part of the Keep Scotland Beautiful Charity
energy visits are available to any household in Sutherland where recommendations will be made to reduce home energy consumption, cut fuel costs and tackle housing carbon emissions.

Meanwhile, in Lairg and surrounding east coast villages, Lairg & District Learning Centre have been running a variety of classes, workshops and activities. Their CCF funded Train To Gain programme offers woodwork, cookery, upholstery, plarn and tarn, card making, quilting, patchwork and much more. Their creative tutors and students have been making everything from salmon coat hooks to rag wreaths, as well as running gardening workshops, growing their own fruit and vegetables, making and decorating xmas cakes and holding cookery classes.

The message from the learning centre is, “Please don’t send items to landfill if you think they can be creatively reused at any of our classes or workshops.” They also run community woodwork and social enterprise sessions. If you fancy learning a new skill then pick up a prospectus from one of the local shops or e mail: admin@lairglearningcentre.org.uk to request one and choose from their wide range of educational and hobby based opportunities that will save you pennies, reduce your carbon footprint all whilst meeting new people and having fun too.

The Energy Advice Service and Lairg & District Learning Centre help individuals and local communities commit to make small behavioural changes, encouraging Sutherland to have a collective impact against climate change.

Make your first steps by signing up for a free home energy visit with The Energy Advice Service or attend a workshop at Lairg & District Learning Centre. Get in touch to learn more about what you can do to make an impact.
So, we’re just witnessing something of the end of an era taking place at the Kyle of Sutherland Development Trust. Helen Houston, our very much trusted and highly respected Trust Manager is going to retire from her position at the end of October. Certainly, we all have to retire sooner or later, but it’s with great regret that we’re seeing Helen leaving us just now.

Helen has been with the Trust for some five years. In short, in that time she’s transformed it from little more than a burgeoning concept to the vibrant and effective community organisation it now is. She has led the Trust through about £5m of inward investment to the area, some notable and award winning capital projects – The Barn in Ardgay, Falls of Shin, the Bonar Post Office and the introduction of a Community Broadband Service - as well as life changing social improvement activities assisting our communities with fuel and food poverty, programmes for physical well being and designing strategy for community self improvement. She has also masterminded turning the Trust from being 100% grant assisted to being on the road to financial self sustainability. She is broadly regarded as being something of a steady hand in an otherwise fairly turbulent and complicated work sector. Helen has a vast network of business and social contacts - every one of which she has been more than willing to bring to bear in the pursuit of development works in our community.

This is not meant to be a listing of achievements, but I think that one statistic which demonstrates Helen’s effectiveness and, for which we should all be extremely grateful, is the fact that there are 17 jobs which directly relate to current works at the Trust and they represent a daily economic input to the community in salaries of £1,000 per day. If nothing else makes one sit up and take notice, that should.

As Chairman of the Trust, and personally, I have got to know and like Helen in some depth over the last 5 years. I have to say that there are few people whom I hold in higher regard. We have forged a lasting friendship which allows room for mutual respect, discussion and the sharing of ideas - not always in agreement - but if a friendship survives disagreement as well as agreement then it only makes it stronger. Helen, thank you for your time and effort. You will be missed by us all, Directors and Staff alike, we wish you and Rod well in your retirement. My guess is that you won’t be retired for long - how can you keep that interesting brain in the slow lane! Thank you for being such a worthwhile person.

The Trust Directors have chosen a new Trust Manager who will be in position by the end of October. His name is David Watson and he comes with a lifetime of experience in the sector. Interestingly, his origins are from Altass near Rosehall and one of his driving forces for wishing to get the job is the fact that he will be returning to his roots and able to fulfil his ambition of giving something of value back to the community which he feels he ultimately belongs to. We wish him well in his new role. People have asked me “how will you fill Helen’s boots?” He won’t and he won’t be expected to - his boots will be another pair sitting on the same rack. We can now look forward to the start of a new era of leadership at Kyle Trust.
Tweed at Heart, exciting new shop in Ardgay village

Ardgay & District CC newsletter popped in for a chat with owner Denise Brown, who speaks here about her beautiful shop.

My name is Denise Brown and I moved to Scotland in 2003 with my husband and one of my 3 sons and my daughter. We have moved around a few times, I have a bit of a passion for doing up houses and then moving on. I love fabrics and wool and it has developed into a business/hobby/obsession. Probably Obsession is the driving force as I can’t help stopping and touching and looking at and then buying fabric.

I started my business back in 2006 and it has seen many changes over the last 12 years. I started by making handbags and cushions and selling at Craft fairs and Highland Games. In more recent years when I lived in Lairg I had a large studio and started teaching sewing and doing small upholstery projects. When I moved to Bonar Bridge in 2017 I initially had a unit in the recently converted Barn at Ardgay, but although it was a fabulous place to work and spend my days it was just too small. When Chris from Heaven Bikes moved to the Post Office at Bonar Bridge and the shop became free I jumped at the chance to move into it. The space in the shop gives me the room to teach Upholstery classes on behalf of the Lairg Learning Centre on a Tuesday afternoon and Thursday evenings. I can also now take on commission work making curtains and smaller upholstery work. The space in the shop is perfect for selling local crafters work and I also sell an extensive range of Tweed fabrics, throws, scarfs and wool on behalf of Kingcraig Fabrics from Brora. I can order in their beautiful tweeds using the samples I carry in the shop. I am always on the look out for craft items to stock in the shop and currently have around 15 local Crafters work on display. I nearly forgot to mention I sell a range of patchwork fabrics and curtain and upholstery fabrics.

My opening hours are a little varied, best thing to do is follow me on Facebook @ Tweed at Heart and I put any changes to the day up. My shop number is 01863 766451. Please feel free to pop in and have a chat and browse. ∎ Denise Brown

Opening times

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
<td>10 am - 5 pm</td>
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<td>Saturday</td>
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IN THE CATEGORIES ‘BEST SOCIAL ENTERPRISE’ AND ‘APPRENTICE OF THE YEAR’

Kyle of Sutherland Development Trust shortlisted for Highland Business Awards in two categories

INVERNESS CHAMBER of Commerce has just announced the finalists for the prestigious Highland Business Awards 2018. This year 106 entries were received across the twelve categories, presenting the judges with an enormous task of narrowing down the final shortlist. Kyle of Sutherland Development Trust is delighted to have been shortlisted for ‘Best Social Enterprise’ in the Awards, which are to be held at a ceremony in Inverness on the 28th September.

Helen Houston, the Manager of the Trust said, “I am very pleased that the Trust has been recognised for the work that we have been doing in Sutherland. Some people are familiar with us because of our ‘big’ capital projects such as redeveloping the Falls of Shin Visitor Attraction and for transforming the derelict site in Ardgay. However, we are just as passionate about delivering our projects such as the Energy Advice Service which helps people out of fuel poverty; and our ‘Keep Active Together’ and ‘Community Food Stop’ health and wellbeing programmes which connect people in our rural community who might feel socially isolated... We are also immensely proud of our Contracts Assistant Beth Simco who has been shortlisted for ‘Young Apprentice of the Year.’ She is a hardworking, dedicated individual and is such a valued member of the team.”

Beth Simco from Bonar Bridge said: “Really, a year ago today I would have never thought that I would be a finalist for Apprentice of the Year at the Highland Business Awards. University was always a planned path. I could not be more grateful to The Kyle of Sutherland Development Trust and the Virtual Learning Academy for giving me buckets of support and inspiration to drive and project manage contracts in the Highlands. A massive shout out to Cath, Helen and Valerie for the amazing opportunities that have been given to me. These three ladies have inspired me, supported me and been a constant source of knowledge and advice. This nomination was so unexpected, and I am so appreciative for this! Thank you again.”

Beth Simco of Kyle of Sutherland Development Trust

Sutherland Community Engagement 2018/2019 - Ardgay

Funded by the Aspiring Communities Fund, the Community Engagement Team at Kyle of Sutherland Development Trust is assisting local communities and the Sutherland Community Partnership in creating local development plans.

We have been working in Ardgay & District since the start of July. 20.8% of the population in the community council area filled out the questionnaire, which closed for Ardgay responses on 6th of August. Analysis of responses revealed that people feel safe, are generally satisfied with their health and wellbeing and think that there is a relatively strong community spirit and identity in the area. Public transport, work and local economy, mobile/internet connection, and - to a lesser extent - housing were areas in need of improvement according to respondents. At the time of writing the follow-up workshop and surgery have not yet taken place. These are scheduled for Monday 27th and Tuesday 28th of August respectively.

The first draft of the Ardgay & District Plan, which will summarise findings from the community engagement, will be published in early October.
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

07496 908 143

MEETING ANNOUNCEMENT

KYLE OF SUTHERLAND FISHERIES TRUST
Thursday 11th October 2018
6.00 p.m. Trust annual general meeting
6.30 p.m. Trust ordinary meeting

KYLE OF SUTHERLAND DISTRICT SALMON FISHERIES BOARD
Friday 12th October 2018
9.00 a.m. Board annual meeting of qualified proprietors
10.00 a.m. Board ordinary meeting

Board meetings are open to the public

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

KEEP ACTIVE TOGETHER (KAT)

CEILIDH TEA DANCE

It’s time to dust off your dancing shoes as our popular Ceilidh Tea Dances are back. Come along and enjoy some delicious cakes and great company!

WEDNESDAY 19th SEPTEMBER
2pm-4pm
ROSEHALL VILLAGE HALL

Admission £2
(which includes refreshments)

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2pm-4pm
ROSEHALL VILLAGE HALL

Admission £2
(which includes refreshments)
One of the less known treasures of Ardgay & District Community Council area is the Wester Fearn burn, that gathers water from a wide area with a catchment of approximately 37.2 square kilometres. Its main source comes close to, but not from, Lochan-Na-Charn near the road between Kildermorie and Glencalvie, and drains into the Dornoch Firth about 3 miles east of Ardgay.

The burn contains a healthy brown trout and eel population throughout most of its catchment and a small late autumn running population of salmon in the lower sections of the river. Occasional sightings and evidence of otter activity has also been seen.

FORMIDABLE IN SPATE

“Allt Grugaig”, its Gaelic name, means ‘the surly one’. Campbell Mackenzie, author of the book “The Chronicles of the Ardochronie Children” can remember the road bridge being swept away during a spate in September 1839 and describes the burn as being “formidable in spate”. Pictured along these lines is the burn road bridge on 26th October 2006, after a spate, and below, a photo taken only three days later.

There are numerous waterfalls on the burn, the most spectacular and the highest in the district at 90 ft (27 m) is Eas a Chobhain Duibh about 1.5 miles upstream from the river mouth.

The burn is also very productive. The unpolluted, pristine mountain stream water from the Wester Fearn burn has been found to be ideal for fish farming purposes, and a successful locally operated salmon smolt rearing business has operated there for the past 20 years. It rears young salmon which are sold to salmon ongrowers in the Northern Isles and west coast of Scotland. There is also a 0.95 MW run-of-the-river hydro scheme on the burn operated by the Mid Fearn Estate, renewable electricity can be generated when water levels allow. — Gregor Laing
The Community Food Stop

SAMPLE MENU

Every Monday
Bonar Bridge Community Hall
11.30am until 2pm

Lentil Soup  ——00—
Mince Pie with Baby Potatoes  ——00—
Cream and Jam Sponge with Raspberry Ripple Ice Cream  ——00—

Toasties - Cheese/Tuna mayo/Prawn Mayo/Ham  ——00—

Childrens’ Snack Boxes (sandwich, yoghurt, raisins and fresh fruit juice)  ——00—
Cappuccino, Mocha, Latte or Hot Chocolate
Tea/Coffee
Fruit Juice, Bottled Water—Still or Sparkling  ——00—

Takeaways must be ordered before 11.30am and collected by 1pm. Please phone 0798 5626340/01863 766554 to order.

Everyone welcome
Firstly apologies. Sorry I forgot to write for the last edition. Regrets that talks have been either cancelled, postponed or replaced. Speakers sometimes have difficulties at the last minute and we have to accept and although I try to get a replacement, sometimes it has to be me.

The talks on both the Broch being built near Wick and the restoration at Kirk Michael were so interesting the group is planning to visit both sites in the next year or so. Anyone interested will be able to join us.

The building, Kincardine Old Church, will be open Monday to Saturday 5th September to 6th October 11:30 am - 4 pm. Do come, look and chat, I usually learn something from visitors to add to my own store of information.

Ashley Smith will talk on his family’s part in the preservation of our heritage at 7:30 pm on Friday 19th October. Following Graeme Muckhart’s talk on Edderton Old Church and the Preaching Ark, the possibility of a service at the Ark was wanted (please watch for posters and on the various web sites). We were advised that the Old Church was open 1st and 3rd Saturdays in July and August and that teas etc were available in Edderton Hall. Please contact Dawn Smith on 01862 821 326 for more information.

SUMMER OUTING
A big thank you to Alaistair and Hannah MacIntyre for arranging the outing which took place on Saturday 4th August. The small group who were most appreciative of the planning the event had taken. Even the weather was on our side, not too hot but remaining dry. We went along to Portmahomack, visited the Pictish Exhibition (always something added) and out to the Lighthouse - unfortunately there is no access to the premises though we were able to admire the outside revitalisations. On then to Hilton and Shandwick to view the stones and the beach sculpture. Nigg had to be left to another day.

Any information about the Society and for the building is available. Please phone 01863 766 700 for details or access.
Challange Poverty Week

Community Food Stop’s

The Big Brunch

Sunday 7th October
11am-1pm
Bonar Bridge Community Hall

Admission free

Everyone welcome

“Challenge Poverty Week is a time for us to join together to challenge the existence of poverty in our communities. Our vision is to end child poverty- to listen to those affected by poverty, to invest in high quality education for every child, liveable wages for families and a social security system which make respect for human rights and dignity the cornerstone of a new approach to welfare.”

Satwat Rehman, Director, One Parent Families Scotland.

East Sutherland Citizens Advice Bureau and The Energy Advice Service and will be present at this event. If you require any advice please come along and speak to their representatives, who will be happy to help you.
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
- Next deadlines: 5 October & 7 December

**PROJECTS UNDER £2,000**

The Beinn Tharsuinn Windfarm Community Benefit Fund
- Go to http://ardgayanddistrictcommunitycouncil.org.uk/funding/windfarmcommunitybenefit/ to download the guidelines and application form.
- Send your completed application form to phil.tomalin@highland.gov.uk and to secretary@ardgayanddistrictcommunitycouncil.org.uk
- Next deadlines: 5 October & 7 December

**BETWEEN £2,000 AND £10,000+**

SSE Achany Community Fund
- Visit the fund’s page sse.com/beingresponsible/responsiblecommunitymember/localcommunity-funds/achany for more info and to download the application form. Please note that there are two different forms: £2,000-£10,000 and £10,000+.
- Complete and return to fiona.morrison@sse.com or by Royal Mail to: Fiona Morrison, Corporate Affairs, SSE, 10 Henderson Road, Inverness, IV1 1SN
- Next deadline: 31 October 2018

**BETWEEN £2,000 AND £25,000+**

E.ON Rosehall Community Fund
- Foundation Scotland administers E.ON Rosehall Community Fund. Visit www.foundationscotland.org.uk/programmes/eon-rosehall.aspx for details. You can apply online or download the application forms (£2,000-£25,000 and £25,000+).
- Alternatively, you can contact Carol Elliot by email carol@foundationscotland.org.uk or call 07500 779 227 if you require any further information or advice.
- Next deadline: 31 October 2018

**Defibrillator Seminar and CPR training session**

With support from Beinn Tharsuinn Community Benefit, your CC organised a free training event that took place on Sunday 24th June. Steven Gorman, from Scottish Ambulance Service and Jason Gardiner from Scottish Fire & Rescue Service, provided the course. A total of 20 residents of all age groups attended the event. It is hoped that a refresher course will take place next year.
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.

Farewell from Helen Houston

Dear Editor

I would like to take this opportunity to say farewell to the folks in the Kyle who have supported the work of the Trust during my tenure. It has been a busy five years and much has been achieved. The achievements have only been possible because of the vision and determination of the board of directors so ably led by Pete Campbell. The Kyle is very fortunate to have such a group of people whose aim is to redress the lack of investment experienced over the last twenty five years. Ideas and vision come to nothing if there is not commitment from the people who are paid to deliver the outcomes. I have been surrounded by a great team, some have come and gone, but all have given of their best to bring about change either to the economy of the area or to the lives of some of our most vulnerable residents - I thank each and every one of the team members.

But I now handover to the new Trust Manager who I am sure will carry on the good work. It is pleasing that the new man at the helm grew up in the Kyle. David Watson hails from Altass and he is currently the Economic Development Manager at the Cairngorm National Park. The Trust is fortunate to have attracted someone with such great credentials. I wish my team, directors and David the very best for the future and I shall watch with joy as the Kyle continues to prosper.

Helen Houston

Ardgay & District representation in local boards

Since taking over the Chair of Ardgay & District Community Council from Tony Gibbs I have represented Ardgay, and the Kyle of Sutherland on the following organisations:
Voluntary Groups East & Central Sutherland - as a Board Member. This is almost eight years and I feel that it is now time to step down from representing our community and let someone else bring new ideas and enthusiasm to these roles.

They are important to the ongoing impact our very small community can have within the larger scheme of Central & Local Government to ensure that we are not forgotten, or overlooked. Considering our very remote rural location, especially if you do not have access to your own vehicle and the nationally recognised problems we have with fuel poverty, lack of housing and employment opportunities for our young people it is important that we have a voice, someone to speak up for us and to make sure that we receive equal consideration.

If you would like to consider representing our community on the Board of any, or all of these valuable organisations please speak to me and I will be happy to make your application as easy as possible.

Thank you all for your ongoing support during the years. I will continue to represent our community on the Boards of: Highland Senior Citizens Network, UNISON, Legion Scotland, Sutherland Care Forum, Gearrchoille Community Wood Ardgay and as Chair of Ardgay Public Hall Committee. I look forward to your continued support and I hope that you will all be speaking up for Ardgay, and the Kyle of Sutherland in whichever roles you have in sustaining our community.

David Hannah, Ardgay
Gearrchoille pond dwellers get some help

THE DRY WEATHER WAS CONCERNING FOR THE SURVIVAL OF AMPHIBIANS AND OTHER CREATURES

The hot dry weather in May and June was much enjoyed by most. But not the amphibians and mud dwellers in the Gearrchoille pond, who saw their habitat shrink with each glorious day. Until there was little left but mud. Lots of it, which had been piling up behind the sluice since the pond was dug in 2010. So we decided that it was time to use something other than volunteer manpower to remedy the situation and hired a man with a digger to excavate the mud. It was a difficult decision to make as there would never be a perfect time – we would always be interfering with some part of the ecosystem. But most of the frogs had emerged from the pond and there was almost no water left! Fortuitously, it rained a few days after the digger had done its work and the brown mud started showing signs of returning vegetation and the water level started to rise. During Gala week Ian Paterson did some pond dipping with a group of enthusiastic children and found dragonfly larvae, froglets, beetles and lots of pond skaters; so life returns!

During our volunteer afternoons we have started work on the boardwalk to raise the path over the mud in the NW corner of the wood. This work will carry on into the autumn. The information panel near the car park has had a makeover – thanks to Stuart MacCarroll for re-edging the panel using wood that Andy had milled from a fallen tree in the wood. We also used some of that timber to make a noticeboard in the shelter where we have displayed some info about the wood and you can find a supply of membership forms.

We have received two generous donations recently. One local resident arranged for the awkward fence at the entrance to the container to be replaced with a gate – which makes access a lot easier and safer. The other donation allowed us to buy the leaflet dispensers and netting to cover the new boardwalk. A big thank-you to both!  ● Betty Wright

gearrchoillecommunitywoodardgay.org.uk
gearrchoille@gmail.com
01863755316
Gearrchoille Community Wood
ARDGAY & DISTRICT Community Council newsletter

AUTUMN CONCERTS

SUTHERLAND SESSIONS:

22
SEPT.
Pons Aelius
Edderton Hall, 7:30 pm. Ambitious young instrumental sextet exploring the traditional and contemporary folk.

Salt House
The Pier, Lairg, 7:30 pm. Scottish trio setting old words to new melodies, re-working ancient ballads or writing their own.

30
NOV.
Adam Sutherland
Carnegie Hall, Clashmore, 7:30 pm. Loch Ness international fiddler, composer, storyteller, entertainer and teacher.

For more info visit www.sutherlandsessions.com

ADROSS COMMUNITY HALL

Rob Kemp: The Elvis Dead
8 pm. Rob Kemp knows about horror movies and Elvis Presley, so he created this audio/visual mash-up concert show. Tickets on the hall booking line: 01349 880 591 (free) or on: https://www.ticketsource.co.uk/ardrosscommunityhall (booking fee) £10 and £8 conc.

Dog Behaviour Help
Dog Training
Puppy Training & Early Learning

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

Group Workshops
Group workshops on various topics – Reactivity, Nutrition, Puppies, Aggression etc. Details at www.pawsability.co.uk/workshop

For more information please see www.PawsAbility.co.uk or call 07906 173993 / 01863 760004

PLUS
Free On-Line Help & Advice pages.

Scots Ts
Morar, Ardgay Hill - Stephen Bird

T shirts, sweats, mugs, etc; personal campaign or promotional, Stag or Hen nights, etc.

IT'S YOUR SHIRT OR YOUR MUG SO GIVE IT YOUR MESSAGE

Call on 07876 155 113 or visit www.scotsts.net

Anna Patfield
Dog Behaviourist & Trainer

Pawsability®
www.PawsAbility.co.uk

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Call on 07876 155 113 or visit www.scotsts.net
What’s on in the area

**Dornoch Whisky Festival**
From 26 to 28 October

The Festival offers a relaxing weekend of whisky related activities. At last year’s Festival, it welcomed over 100 people from all over the world to the Main Tasting Event. This year there will be 22 tables representing various whiskies, gins, vodka, beers, non-alcoholic drinks and food. This year’s VIP for the festival is Stephen Rankin, UK Sales Director of Gordon & MacPhail.

**ARDGAY PUBLIC HALL**
**Christmas Fair**
From 2 pm. Come along to our traditional Christmas Fair: Carols, Santa’s Grotto, Raffle, Various Stalls, Teas, Coffee & Scones.

**ROSEHALL VILLAGE HALL**
**Ceilidh tea dance**
From 2-4 pm. £2 admission. Come along and enjoy a dance, tea, cakes, and a wee blether. Organised by Keep Active Together.

**BONAR BRIDGE HALL**
**Whist**
Kyle of Sutherland Whist Drives are back on Wednesdays at 7:30 pm. Admission £2 including tea.

**From 16 November**

**16 NOV.**

**Tantalus and a Pair of Genes**
Performed by Neil Joseph Price and Artistic Director, Frank McConnell. This new, witty dance theatre duet explores how our genetic make-up contributes to a sense of identity. Frank and Neil are related by blood but one exhibits an additional chromosome. The show also explores the gradual, worldwide, de-population in recent years of people with Down Syndrome. Tickets can be bought on the hall booking line: 01349 880591 (free) or online on: https://www.ticketsource.co.uk/ardrosscommunityhall (booking fee) £10 and £8 conc

**From 3 November**

**3 NOV.**

**Dornoch Bonfire Night**
Torchlight parade, Bonfire and Fireworks display. Sideshows and refreshments. 6:30 pm to 8 pm. Firework display will start between 7:15 – 7:30 pm (weather dependent). Soups and snacks for sale. Sparklers available to buy at soup stand. Donations for entry.

**From 19 September**

**9 NOV.**

**Falls of Shin Christmas Fair**
Food, stalls and great family fun at the Falls of Shin. More details nearer the date on the Facebook page ‘Falls of Shin Visitor Attraction’.
What's on in the area

Highland Archaeology Festival 2018
From 29th September to 19th October

For more info and full programme visit www.highlandarchaeologyfestival.org - 07788 835 466

30 Sept.
FINDON HALL, CULBOKIE 2:5 PM

Another Dance Around Some Heritage Sites

Dingwall Scottish Country Dance Club is holding a Tea Dance to recorded music with heritage themes. Experienced dancers and spectators are welcome. Charge £3 which includes a cuppa and a biscuit. Children with adults welcome. Dingwall Scottish Country Dance Club. Phone 01997 421241.

6 Oct.
BLACK ISLE SHOWGROUND, MUIR OF ORD

Experimental Archaeology Crafting Day

From 11 am to 3 pm. Join us for a range of crafts including basketry, flint knapping and green woodworking. Drop in session suitable for all ages, with opportunities to have a go. Free/donations welcome. Wheelchair accessible. Children with adults welcome. Packed lunch suggested. ARCH: 07788 835 466 / info@archhighland.org.uk

4 Oct.
ALSO 11TH & 19TH OCTOBER, 2:23 PM

Tour of St Duthus Church and Churchyard

A guided tour around the medieval church and churchyard of St Duthus in Tain including the Ardjachie Pictish stone. Free/donations welcome. Wheelchair accessible. Children with adults welcome. Tain & District Museum & Clan Ross Centre. Phone 01862 894 089

6 Oct.
CAMORE WOOD, DORNOCH, 10:30 AM-12

Camore Wood Walk

Join Anne Coombs for a guided walk and talk through Camore Wood to explore the Bronze Age hut circles. Meet at the Forestry Commission south car park (NH 7672 8887). Free/donations welcome. Children with adults welcome. Dogs on leads welcome. Bookings: 01862 811 275 / enquiries@historylinks.org.uk

6 Oct.
EDDERTON, 2 PM - 5 PM

Edderton’s Historic Stones

Guided visit to both Clach Biorach and the Edderton Pictish stone in the Old Church graveyard. The Old Church will also be open. Meet at Edderton Old Church. Free/donations welcome. Children with adults welcome. Dogs on leads welcome. Edderton Old Church Preservation Trust. Phone 01862 821325

6 Oct.
STRATHPEFFER, 12 NOON- 2 PM

Victorian Medicine and Remedies

Highland Museum of Childhood in Strathpeffer. Drop in between 12 & 2 pm to try out Victorian remedies made from natural materials. Children are welcome to come along and look for plants in the gardens to make remedies from. Free/donations welcome. Dogs on leads welcome. 01997 421 031 / alison@highlandmuseumofchildhood.org.uk
Adult Clubs & Societies

Ardgay Badminton Club
At Ardgay Public Hall. ADULTS: Thursday evenings 8 - 10 pm. £2 per night, starting on 4th October. Monday evenings, 8 - 10 pm £2 per night, starting on 29th October. Contact Gregor Laing 01863 766 223 JUNIORS: (P4 upwards): Thursday evenings at Ardgay Hall, 7 - 8 pm. £1, starting on 4th October. Contact Patricia Hannah 01863 766 061 Please let us know in advance if you are interested in the junior’s class. Alternative sessions by KAT, Pilates - Mondays 7:30 pm, Admission £2 including tea. Contact: David Hannah 01863 766 061 dhanah559@hotmail.co.uk

Ardgay Scottish Country Dancing Club
Ardgay Public Hall, Tuesdays at 7:30 pm. New season starts on Tuesday 2nd October. Beginners and returners are always welcome. Contact: David Hannah 01863 766 061

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

Bonar Bridge Ardgay Golf Club
Market Stance, Migdale Road, Bonar Bridge. 01863 766 199

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. 23TH SEPTEMBER John o’Groats Trail, Stage 8, Helmsdale to Berriedale. OS17. Cliff top walk 9 miles one way, car sharing for return. Leader Jon Jenkins 01862 810 382. Meet for car share at Bonar Bridge PO 08:45, Golspie Toilets 09:30. The Walk starts from Helmsdale Harbour at 10:15. Contact the Walk Leader the day before the walk to confirm that it is taking place. New members and walk leaders are always welcome. Contact: David Hannah 01863 766 061 Facebook: Sutherland Walkers Group

Kyle of Sutherland Cinema Club
Bonar Bridge Hall, 7:30 pm. Film nights every 2nd and 4th Friday of the month starting on 29th September. Free admission / £2 Refreshments. Contact: Silvia Facebook: Kyle of Sutherland Cinema Club 01863 766 690

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. 24 SEPT: Bulbs, Corms and Tubers. 29 OCTOBER: Growing Cut Flowers. 26 NOVEMBER: Growing Wildflower Meadows. Beginning gardeners are especially welcome. Contact: Jean 01863 760 190

Ardgay & Culrain SWI
All ages welcome. SWI meetings on the 3rd Tuesday each month. Ardgay Public Hall 7:30 pm. Contact: Mrs Gillian Glennie 01863 766 674

Pilates
Bonar Bridge Hall, Mondays 10-11 am. Contact: Moira Chisholm 01862 810 786

Kyle of Sutherland Heritage Society
With Bonar Bridge History Group. Tuesdays 7:30 pm at the Heritage Centre, Ardgay. 19TH OCTOBER Talk by Ashley Smith - preservation of our heritage. Contact: Valerie Mackenzie-Harris 01863 766 700

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

Edderton & District Gardening Club
First Monday of each month. Edderton Community Centre, 7:30 pm. Anyone interested in gardening is welcome. Normally we have a guest speaker, and during the growing season there is the opportunity to swap plants and cuttings. Members enjoy discounts at Scotsburn and Dornoch Garden Centres. Patricia 01863 766 061 01863 766 288

Kyle of Sutherland Whist Club
Bonar Bridge Hall. Wednesdays at 7:30 pm. Admission £2 including tea. Drives: 19 SEPT Rosehall SWI. 26 SEPT Bonar Bridge Christmas Party. 3 OCT Bonar Bridge QAP Fund. 10 OCT Bradbury Centre. 17 OCT Bonar Bridge Indoor Bowling Club. 24 OCT KoS Flower and Vegetable Show. 31 OCT Bonar Bridge/Ardgay Golf Club, 7 NOV TBA. 14 NOV KoS Guiding Unit. 21 NOV Rosehall Youth Club. 28 NOV Bonar Bridge Christmas Lights. 5 DEC Nepal Relief Fund. 12 DEC Bonar Bridge Group for Tidying up the Village. Contact: Rosemary Logan 01549 421 282
KEEP ACTIVE TOGETHER (KAT)
WEEKLY ACTIVITY PROGRAMME
SEPTEMBER/OCTOBER 2018

MONDAY

Singing For Fun
ARDGAY VILLAGE HALL
7pm-8.15pm
FREE

Music Practice Group
BONAR HALL
7pm-9pm
FREE

Ballroom/Latin
ROSEHALL VILLAGE HALL
2pm-4pm
£2

Latin Cardio Fit
BONAR BRIDGE PRIMARY
7pm-8pm
£2

TUESDAY

Badminton
ARDGAY VILLAGE HALL
10am-12pm
FREE

WEDNESDAY

Childrens’ Play Time
ARDGAY VILLAGE HALL
12.15pm-1.30pm
FREE

THURSDAY

FRIDAY

Yoga
BONAR HALL
10am-11am
£2

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

Keep Active Together (KAT) is funded by the Scottish Government. It is part of the Kyle of Sutherland Development Trust, which is a company Limited by Guarantee Scottish Registration:SC401019 & Scottish Charity:SC043587. VAT registration number: 251 4030 5

Registered office: The Trust Office, The Barn, Drovers Square, Ardgay, Sutherland, IV24 3AL
Hedgehog

**ERINACEUS EUROPAEUS**

- Hedgehogs are **PROTECTED**. Since 2002 it is estimated that we have lost 30% of the UK’s population.
- The **SPINES** are actually modified hairs and the average hedgehog has about 16,000 of them.
- Hedgehogs usually **HIBERNATE** from October/November through to March/April.
- They eat all kinds of invertebrates, as well as amphibians, bird’s eggs and anything else they can catch; they particularly like beetles, earthworms and **SLUGS**. Chemicals or slug pellets can make them sick.
- Hedgehogs are **NOCTURNAL**. If you ever see a hedgehog out during daylight it could be a sign of distress.
- If you want to **HELP** hedgehogs, offer them meaty cat or dog food or complete cat biscuits, and leave log and leaf piles for them in your garden.
- Its main defence against threats is to **CURL INTO A BALL**, an effective technique against predators, sadly not cars! More info: scottishwildlifetrust.org.uk

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**Make a simple hedgehog house**

**You will need:**
- Medium-sized plastic storage box
- Stanley knife
- Leaf litter
- Dry grass or straw
- Carrier bag
- Twigs and dry leaves

1. Cut two side air vents and an entrance into the plastic box.
2. Put some leaf litter inside the box, with clean, dry grass or straw on top.
3. Tuck the box near a hedge (with the entrance facing south if possible).
4. Put an opened-up carrier bag over the top of the box, then cover with twigs, dry grass and leaves.

More info: www.wildlifewatch.org.uk
Children & Young people

**GLEDFIELD PRIMARY SCHOOL**

Anne Wemyss, Clerical Assistant, Gledfield Primary School

**NURSERY STARTS**
We have had two new starts in the Nursery this term. They are Rosanna Rodriguez and Santiago Mackenzie.

**NEW P1 PUPILS**
From left to right – Brooke Shaw, Hope Tripney, Annabelle Macrae, Hannah Mentin, Olivia Allan, Nixie Macdonald.

by Andymack & Sil

**MEET HAMISH THE TARTAN DRAGON**
A shy veggie dragon who lives on Carn Bren

One autumn morning Morag and Hamish were playing with the fallen leaves. Crunch, crunch, made the leaves. They suddenly heard a “Shhh. Be careful!”

Under a mushroom at the bottom of an old oak tree, Tom nae Hurry was pointing at a pile of twigs. “Look, Morag and Hamish, our friend the hedgehog is sleeping here!”
 Churches

The Kyle of Sutherland Churches

The process is well underway in our search for a new Minister to cover our three congregations based in Bonar, Ardgay, Edderton and Rosehall, including the setting up of a new website to let everyone, including our local communities, know what we get up to. We have been working hard to renovate the Manse including the installation of a new kitchen, downstairs shower room and the renewal of the floor coverings in many of the rooms and repainting everywhere. This will ensure the house is a welcoming place ready for a new family to move in. We are very grateful for the help received from many folk in the communities and look forward to welcoming everyone to an open day when the work is complete. Please come along. It will be good to hear what you think!

We hope you will support us as we plan various fundraising events to cover the cost of the manse work.

It’s an exciting time for the congregations as we look forward to the future and look for new ways to reach out to everyone. Let us know if there is something you think we could be doing to meet the needs of people in our area. Your churches are not just the buildings used for Sunday services but are the people who are called to show care to our neighbours seven days a week in different ways including supporting the Highland Food Bank.

The monthly meeting at the Hub is an opportunity which brings together people from different denominations and none. It’s a welcoming space for everyone, whether attached to a congregation or not. ➔ Rev Mary Stobo, Session Clerk Kincaidine Croick and Edderton Church of Scotland

### THE SCOTTISH EPISCOPAL CHURCH - EAST SUTHERLAND AND TAIN MINISTRY

<table>
<thead>
<tr>
<th>St. Curetân’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.</th>
<th>Sunday Services at St. Finnbarr’s, Dornoch (11 am) and St. Andrew’s, Tain (11 am), each Sunday. St Maeruba’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. <a href="https://episcopaldornochtain.wordpress.com">https://episcopaldornochtain.wordpress.com</a>. Revd James Currall: 01862 881737</th>
</tr>
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</table>
| **St Trolla’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 | **THE HUB**

**Prayer & Praise** – informal fellowship gathering – every 4th Tuesday 5:30 pm. Everyone welcome

**CREICHPARISH CHURCH**

**BONAR BRIDGE**

**Sunday Service times**

11:30 until 30th Sept then 10:30 to end March

**Harvest Thanksgiving**

30th September 11:30 am. All produce to the Highland Food Bank.

**Remembrance Sunday 11th November** – Ceremony at War Memorial 10:55 followed by **Service of Remembrance** at Creich Parish Church 11:15 am

**KINCARDINE, CROICK AND EDDERTON**

**Sunday Services** - normally 11 am – Kincardine church, Ardgay except for 2nd Sunday each month in Edderton Parish Church

**Harvest Thanksgiving** – Ardgay 21st Oct 11 am. All produce to the Highland Food Bank.

**Remembrance Sunday 11th November** – Wreath laying at War Memorial 10:30 followed by joint Service of Remembrance at Creich Parish Church 11:15 am

**ROSEHALL PARISH CHURCH**

**Sunday services** – 10:00 am until 30th Sept then 12 noon to end March

**Sale of Work** - Saturday 22nd September from 12 noon to 2 pm in the village hall.

**Harvest Thanksgiving** - Sunday 30th September 10 am. All produce to the Highland Food Bank.

**Sunday 11th November** - laying of wreaths and crosses at Rosehall war memorial at 10:15 am, followed by a Service of Remembrance in Rosehall church starting at 10:45 am.
Guide to local services

Mobile Library
GLEDFIELD, CULRAIN CARBISDALE
27 September 2018
18 October / 8 November 2018
29 November 2018
Gledfield School 9:30 10:40
Grumards 10:55 11:10
The Craigs 11:30 11:50
Corvost 11:55 12:10
Braeangwell 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
26 September 2018
17 October 2018 / 7 November 2018 / 28 November 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

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

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

Local mini digger hire
Most ground work catered for, ditching, trenching, foundations material handling, rock breaker for stubborn boulders, concrete etc, 3 tonne rubber track machine ideal for sites with restricted access.

Phone Dave
07860675194
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
01863 766 221
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 866 439
S
Scottish Water 24Hr
Emergency
0845 800 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
06:45 ➔ 11:15
11:20 ➔ 16:40
16:45 ➔ 21:00
Laigh
17:10 ➔ 22:30
Laigh
00:00 ➔ 05:00
TAIN ➔ LAIRG

920 - TUESDAY
Bonar Bridge
to Dornoch
via Spinningdale
Bonar Bridge
09:30
Dornoch
14:40
Spinningdale
via Spinningdale
via Spinningdale
09:38
14:31
Clashmore
Clashmore
09:54
14:05
Edderton
13:33
Ardgay
13:33

167 - MON TO FRI
LAIRG ➔ DORNCH
Laigh
07:30 ➔ 18:40
Invershin
opp Hotel
07:39 ➔ 18:39
Bonar Bridge
Post Office
07:46 ➔ 18:26
Ardgay
07:49 ➔ 18:26
Ardsay
07:59 ➔ 18:29
Spinningdale
08:02 ➔ 18:05
Clashmore
08:10 ➔ 18:05
Dornoch
08:27 ➔ 15:40

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

Medium

Hard

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

Crossword

Across

4. Very eager or curious to hear or see something. 5. Temporary stopping of open acts of warfare by agreement between the opponents. 6. Expose the falseness or hollowness of (an idea or belief). 8. A pattern consisting of columns of short parallel lines, with all the lines in one column sloping one way and all the lines in the next column sloping the other way, for example as used in the weave of cloth. 9. So lacking in originality as to be obvious and boring.

Down

1. (Plural) An unexpected and inexplicable change in a situation or in someone’s behaviour. 2. Having or expressing a lively, cheerful, and self-confident manner. 3. Three-metre Standing Stone located near the village of Edderton in Easter Ross. 7. A shiny silicate mineral with a layered structure, found as minute scales in granite and other rocks, or as crystals. It is used as a thermal or electrical insulator. 8. (Scottish) A piece of flat alluvial land by the side of a river, forming part of the floor of the river valley.

Solutions can be found at: www.ardgayanddistrictcommunitycouncil.org.uk
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.