This autumn, visit the Gearrchoille

Enjoy the autumnal colours at your community woodland. After a fun-packed summer, activities continue every Wednesday (Family Nature Trail), Friday (Walk’n’Talk) and the regular volunteer afternoons (1st Thursday of the month 2 pm - 4 pm). (Pages 12 & 15)

Ardgay Public Hall: three years of achievements

From the completion of the building refurbishment program to changes in its legal structure and successful funding applications, Ardgay Public Hall committee has been working very hard to ensure we can all enjoy our Public Hall. Show your support by attending this year’s AGM at 7 pm on Thursday, 29th October. (Page 6)

TAIN & DISTRICT ROTARY CLUB

Local charity sent the amazing sum of £3,000 to Bhattidanda Village in Nepal after the earthquake (Page 9)
Patient Friendly Tuition
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Out and about

Thanks as always to our sponsors, advertisers, distributors and contributors: we could not make this newsletter without their support. The CC elections are almost here: would you like to represent your local community? Then please consider standing for election, you will find all the details you need to know on page 6. I am glad to hear very good news from Ardgay Public Hall: thanks to the hall committee for their hard work. And let’s hope that the mild weather will stay a bit longer, because there are so many outdoors activities programmed, a chance to be out and about!

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Silvia Muras Editor
Community Council Elections 2015

This Autumn is your opportunity to get involved in the community by becoming a member of your local Community Council.

(Starts on front page)

Community Councils act as a voice for the local area: they meet regularly to discuss issues affecting their area, including planning and licensing applications and one of their core functions is to represent the views of the local community. Many also involve themselves in a wide range of other activities for the benefit of the community. This is your opportunity to work with other people to represent the views of your community.

The Community Council Election Results meeting will be held on Wednesday 18th November at Ardgay Public Hall.

Each community Council is made up of a number of people living within the local area. Every four years there is an election where a new Community Council is elected. There will be an election this year and so we would like to encourage people to come forward to be part of their local Community Council. If you want to find out a bit more about what being a community councillor involves you can contact your local ward manager for more information. Please contact Andrew Mackay Ward Manager for North, West and Central Sutherland on andy.mackay@highland.gov.uk or telephone 07776 465844 or 01854 613902.

Anyone can become a member of their Community Council provided they are:

- Over 16 years old
- Live within the specified Community Council boundary
- Are on the electoral register within the boundary

If you are interested in becoming a Community Councillor, you can nominate yourself between Tuesday 22nd September and Tuesday 6th October 2015. Nomination forms will be available on the Council’s website or from local Service Points. If there are more nominations than places on the Community Council then there will be an election ballot in that local area.

If you are interested then you can check which Community Council area you live in on the Highland Council website. You should also refer to the elections pages of the Highland Council website for more information about the nomination process. If you have any questions please email policy6@highland.gov.uk or contact your Ward Manager. Andrew Mackay Ward Manager andy.mackay@highland.gov.uk 07776 465844

THE ROLE OF A COMMUNITY COUNCIL

- Community Councils are voluntary organisations that act as a voice for their local area. They express the views and concerns of local people within their area across a wide range of issues from new buildings and roads to local services and facilities.
- They also have statutory duties: by law, the Highland Council must consult with Community Councils on planning and licensing applications in their area.
- Community Councils also work to make positive changes in their local communities. Some Community Councils have worked to improve patient transport, dental services and care services as well as looking at ways to improve their environment for the good of the community and visitors to the area.
- In some areas, Community Councils receive Community Benefit money from windfarm projects which they can reinvest in the community. Others are involved in setting up Community Development Companies which can lead on larger scale projects to improve the area.
Ardgay & District News

SPECIAL THANKS TO ALL THE VOLUNTEERS WHO KEEP OUR COMMUNITY FACILITIES NICE AND TIDY

A message of thanks from the Community Council Chair

VILLAGE FLOWER TUBS: This has been a great year for them - no watering required and Patricia Hannah has been looking after them, dead-heading and replacing as necessary. Thanks to her for this. Thanks too to Jocky Hewitt for keeping an eye on the tubs, in case they were too dry.

STATION FLOWER TUBS: Thanks to Carol Laver and Doreen Bruce for keeping them nice and fresh, despite having some stolen again this year. Carol has been named ‘Station Adopter’ by Scotrail - well done Carol & Scotrail for their appreciation.

ARDGAY TOILETS: Thanks to Jeannie & Gordon Sparling for their very hard work keeping our toilets nice for visitors, including the cruise ship bus tours which stop on their way to Falls of Shin, for a welcome break. They often pass a few minutes looking at Clach Eitig, the Community Notice Boards and the War Memorial.

GEARRCHOILE COMMUNITY WOOD ARDGAY: Despite many efforts, free bags and a very large bin many selfish dog owners are allowing their dogs to foul the footpaths. However, thanks to all of those who really care and pick up after their dogs. The Highland Council deserve thanks too for emptying the bin regularly. This is a thank you from the community to those very, very few volunteers who work so hard to give Ardgay this lovely woodland.

BOYS BRIGADE: The whole of this community, and other areas add grateful thanks to the two Donalds for all their hard work, it will not pass unrecognised or unappreciated. ■ David Hannah, Chair

Falls of Shin progress

The Falls of Shin Community Project moves forward. We have our planning permission for the new building and we will soon submit our bid to Big Lottery for funding. The decision to put a catering van on site during the summer has proved popular with both locals and visitors who have enjoyed a hot or cold drink and something good to eat in the picnic area. It has been a great summer too for experiencing leaping salmon with some wonderful video put up on our facebook page by visitors. Why not visit our facebook page @FallsOfShin and ‘like’ it. ■

Lowcroft Catering Opens at Falls of Shin.
Ardgay & District News

FROM THE BUILDING REFURBISHING PROGRAM TO CHANGES IN ITS LEGAL STRUCTURE

Three years full of achievements from the Ardgay Public Hall committee

The committee wishes to thank various grant bodies for their generous donations. Local support has been -and will be- crucial for the future of our community hall.

This article is being written in the last week of August 2015, when the World Athletic Championships are on TV and there is much talk of the 2012 London Olympics. Can that really have been three years ago? And what was happening in Ardgay then?

Well, the nineteenth edition of this newsletter, published in Autumn 2012, contained a Hall Committee report on the first stages of the Building Refurbishment Program. Please take a look at the following list to see what has been achieved since then.

- Removal of hazardous Asbestos material
- Installation of additional fire detection
- Upgrading of fire protection
- Total rewire of whole building
- Installation of PV array
- Installation of new water main
- Installation of new kitchen

SEPTEMBER 2015 double glazed windows will be installed throughout the building

OCTOBER 2015 the extant heating will be totally replaced by a new all-electric system.

Whilst the committee have been extremely grateful for the very kind and generous donations that the hall has received in the last few years, to achieve all of the above works the committee still had to raise over £58,000 from various grant bodies including The SSE Achany Community Fund; The Peoples Postcode Trust; Awards for All Scotland; The HC Ward Discretionary Budget; The Ardgay-Beinn Tharsuinn Community Fund and the Ardgay-Beinn Na Oighrean Fund.

This is alongside the fund-raising efforts required to finance the hall’s own percentage of the installation costs, which, of course, are in addition to the money needed for the essential day-to-day running costs e.g insurance, licences, etc.. To date there has been some small grant aid available from Highland Council towards these on-going expenses, but as everyone knows the Council itself has financial issues, which may well have an adverse effect on hall funding in the future, thus making local support for the likes of the biennial auction or even small events like Beetle drives more crucial than ever.

And speaking of the hall’s future: Following the public meeting in March 2014, when the community voted in favour of changing the status of the hall’s current legal structure to a SCIO (Scottish Charitable Incorporated Organisation), the hall committee secured a further £2,000 of funding to engage a solicitor to take the matter forward. To date the SCIO structure has been agreed
but, due to the complex nature of the current Trust, the changeover has yet to be approved by OSCR, the Scottish Charities regulator. The solicitor is still working on this and it is hoped the issues will soon be overcome.

Meanwhile, you too can play your part in securing the hall’s future; either by supporting events held in the hall, e.g. the Christmas Fair on 28th November or by attending this year’s AGM at 7pm on Thursday, 29th October. When not only the user groups have the opportunity to vote a rep on to the management committee, but anyone resident in the parish is able to both vote and/or stand for election too.

In 2012, the committee assured user groups that all charges would stay as low as possible, for as long as possible.

The committee look forward to seeing you there, because back in the Winter 2012 edition of this newsletter the committee assured user groups that hall charges would stay as low as possible, for as long as possible. Today, three years on, this is a subject that is going to have to be revisited and reviewed in the very near future; the AGM will give you a good platform to air your views not only on this subject but also on anything else you would like to raise regarding the hall’s future.

Remember – without an active committee and community support Ardgay would soon be without a community hall. Rhonwen Copley, Secretary

Armaday Harvest Supper and Boys Brigade Presentation

On Saturday 12th September in the evening some 50 or so folk of all ages gathered in Ardgay Village Hall to share a Harvest Supper. It was also an opportunity for the villages of Ardgay and Bonar Bridge and the churches of Kincardine, Croick and Edderton to pay tribute to the many years of dedicated service given by Donald Simmonds and Donald Brown to the Ardgay and Bonar Bridge Boys Brigade Company. The company was formed in 1980 by the Rev A. M. Rennie, with the first officers being Mr Hugh Chalmers and Mr Donald Simmonds. One of the first boys to sign up was a young Donald Brown who was an enthusiastic member of the company and who then went on to serve as an officer until earlier this summer when both he and Donald Simmonds stepped down as leaders. Sadly, as yet, no one has come forward to continue the tremendous work that the ‘Two Donalds’ have dedicated themselves to for over 35 years.

Free Bus travel in Scotland and half price rail travel within Highland

The National Entitlement Card allows people over 60 and people with a disability to travel for free on local and Scottish long distance buses. In Highland you can also use your card to travel on Highland trains for half price. Get your free National Entitlement Card by contacting The Highland Council.
New improved blue bin service begins

Residents can now put plastic pots, tubs and trays (excluding black plastic), cardboard, food & drink cartons, aerosols and envelopes into the blue bin.

The Highland Council’s new improved recycling service begins this Autumn. From 31st August residents can also put plastic pots, tubs and trays (excluding black plastic) into the blue recycling bin – in addition to cardboard food & drink cartons, aerosols and envelopes which were added in earlier in the summer. The new materials supplement the original four categories - paper, cardboard, tin cans and plastic bottles. Householders and business customers are asked to ensure that all items are clean, dry and loose with no plastic bags. Glass should continue to be taken to one of The Highland Council’s network of glass Recycling Points.

Residents should have received a new recycling guide attached to their blue recycling bin by 29th August. Anyone who has not received their guide can request one by calling 01349 886603 or emailing recycle@highland.gov.uk.

Zero Waste Scotland have helped fund communications for the improved service which will help The Highland Council meet Scottish Government’s waste reduction targets.

Chair of The Highland Council’s Community Services Committee, Councillor Allan Henderson said, “The addition of these new materials to the blue bins will help improve landfill diversion and conserve non-renewable resources. More materials in the blue bin is something residents have been requesting for a while and so this is excellent news all round.” He added, “I must, however, re-emphasise to residents the need to ‘keep it clean’ and in particular to rinse out items such as yoghurt pots, ice-cream tubs and fish and meat food trays. It is important that we maintain the excellent quality of the material recycled in The Highland Council area.”

During the next few weeks the Waste Awareness Team will be helping monitor the blue bin collections to minimise the risk of dirty or incorrect material entering the recyclate stream. The Waste Awareness Team are also available to talk to community groups and commercial customers about the new service and offer free training.

For further information about the new items that can be recycled in the blue bins visit: http://www.highland.gov.uk/ . To contact the Waste Awareness Team email: recycle@highland.gov.uk or call 01349 886603.
Local initiative raises vital funds to help village in Nepal after the earthquake

Money has been mostly spent on food and building materials, as well as repairing the school, which has now reopened. Pram Lama and the villagers of Bhattidanda in Nepal would like to thank all those who kindly contributed.

Prem Lama and the villagers of Bhattidanda Nepal would like to thank everyone who contributed to the amazing sum of three thousand pounds which was sent out to help them after the earthquake. Here are some pictures to show you how your money has been spent.

Firstly they bought rice as they had very little food. Then they bought plastic raincoats for the children as it is the rainy season which is cold and wet. Most of the money went on lightweight building materials from which they have constructed small huts in which they now live.

Everyone was too frightened of more earth tremours to go back into the few old houses that survived. In the picture of the school you can see in the distance the modern buildings of the wealthier Brahmin community which were only damaged whilst the old mud dwellings of the Tanang were almost completely all destroyed.

When the rainy season is over they will start re-building new ecological and earth tremor-resistant buildings designed by an architect from Australia who has worked extensively with the Aborigine communities over there. The remainder of the money will go to help this. The school has been repaired and it has reopened. They have had to buy new books and school uniforms as everything had been destroyed. The Tanang people place a huge value on education as it is for them the only way out of the poverty trap.

Prem Lama. Above, images of the school and the repair works. Below, some pictures of the damage caused by the earthquake and the temporary plastic tents used by the villagers soon after the devastating earthquake.

Prem Lama

Ardgay & District News
Ardgay & District News

Community Council Members and Contact Details

David Hannah
Chair

Marion Turner
Vice-Chair

Alan Lawrence
Treasurer

Phil Olson

Betty Wright

Bob Sendall

Silvia Muras

Contact the Community Council Secretary:
Secretary@ardgayanddistrictcommunitycouncil.org.uk

Councillors Representing the Highland Council North, West and Central Sutherland Ward 1

George Farlow

Hugh Morrison

Linda Munro

Latest Beinn Tharsuinn Community Benefit Awards:
Since the last newsletter the following awards have been made:

- Kyle of Sutherland Heritage Society - £940 towards the cost of publishing and promoting a local history book.
- Kids' Football Development - £1184 towards the cost of equipment & training for kids’ football.

How to apply for Community Benefit money

The Beinn na Oighrean Windfarm Awards
Small projects under £250
1. Go to Ardgay & District CC website:
   www.ardgayanddistrictcommunitycouncil.org.uk/funding where you can find full details.
2. Or send a letter to David Hannah (see column left)

The Beinn Tharsuinn Windfarm Community Benefit Fund
Projects under £2,000
1. Go to Ardgay & District CC website:
   www.ardgayanddistrictcommunitycouncil.org.uk/funding where you can find full details.
2. Send an email to communitybenefit@ardgayanddistrictcommunitycouncil.org.uk
3. Or send a letter to David Hannah (see column left)

SSE Achany Community Fund
Between £250 and £10,000 +
1. Visit sse.com/beingresponsible/responsiblecommunitymember/localcommunityfunds/achany for more info and to download the application form.
2. Complete and return to fiona.morrison@sse.com or by Royal Mail to: Fiona Morrison, Corporate Affairs, SSE, 10 Henderson Road, Inverness, IV1 1SN

E.ON Rosehall Community Fund
Between £2,000 and £25,000 +
2. 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.
Ardgay & District News

PRESENTATION OF THE FUNDS RAISED AT THE HATTER’S TEA PARTY & COMMUNITY FUN DAY HELD AT THE MANSE. The presentation was made to Kirsten MacNeill in June by Rev. Anthony Jones and his wife Beverley. The total raised by the day’s event was £500 and was shared between Gledfield Primary School and the Himajyolti School, Nepal. Thanks must go to all the children and mums and dads for turning out in force and for helping make the event such a great day out.

LOTs HAPPENING OVER THE NEXT FEW MONTHS

News from the Bradbury Centre - Bonar Bridge

A recent coffee morning in Bonar Bridge Hall raised £276.00 for the Bradbury Centre.

This summer clients enjoyed a bus outing to Inverness Botanical Gardens and the Pavilion Café in Strathpeffer.

On 1st October Bradbury clients are going on a Seagull Trust Trip by boat from Inverness and in December there will be two trips to the pantomime in Inverness on 10th and 12th December.

At the Centre there will be music engagement activities once a month for clients and we will be having a sales table selling knitted scarves, handbags etc - date to be confirmed. Tickets go on sale soon for the Bradbury Raffle.

Our bus has been doing the various shopping runs as usual and the Centre is currently updating the local telephone directory. If you want to place an advert or if you were missed last time and want to be included, please contact us before 1st October 2015. ■ Barbara Hartshorn, Bradbury Centre

New KoSDT project: Ardgay - Gateway to Sutherland

Ardgay - Gateway to Sutherland is the name of the bid made recently by the Kyle of Sutherland Development Trust for funding to improve the village centre / Lady Ross site.

Following a successful Stage 1 bid the Trust has been invited to take the application to Stage 2 and if successful could see funding of £1.5M to improve the village centre.

Mobile “Foot Care” Therapist

Treatments Are Carried Out In The Comfort Of Your Own Home.

Basic Pedicure
Nail Trim and File £15

Treatment Lasts Approx 1/2 Hour

Full Pedicure
Scrub, Foot Massage, Nail Trim and File £20

Treatment Lasts Approx 1 Hour

To Book An Appointment Contact Carrie

07928 177291
Gift Vouchers Are Available
Kyle of Sutherland Development Trust

KEEP ACTIVE TOGETHER WEEKLY ACTIVITY PROGRAMME

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>Hour</th>
<th>Venue</th>
<th>Price</th>
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<tbody>
<tr>
<td>Ballroom / Latin class</td>
<td>2 pm - 4 pm</td>
<td>Ardgay Public Hall</td>
<td>£2</td>
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| TUESDAYS |   |   |   |
|----------|   |   |   |
| Family Lego Fun | 10 am - 11 am | Bonar Bridge Community Hall | FREE |
| Workout plus | 2 pm - 3 pm | Ardgay Public Hall | £2    |
| Ballroom / Latin class | 2 pm - 4 pm | Rosehall Hall | £2    |

| WEDNESDAYS |   |   |   |
|------------|   |   |   |
| Family Nature Trial | 10 am - 11 am | Gearrchoille Community Wood | FREE |
| Walk’n’Talk | 11 am - 12 pm | Meet at KoS Trust Office | FREE |

| THURSDAYS |   |   |   |
|-----------|   |   |   |
| Family ABC Fitness | 10 am - 11 am | Ardgay Public Hall | FREE |
| OTAGO | 2 pm - 3 pm | Ardgay Public Hall | £2    |
| Latin Cardio Workout | 7 pm - 8 pm | Bonar Bridge Community Hall | £2    |
| Income Maximization Clinic 29/10/15 | 10 am - 1 pm | Bonar Bridge Community Hall | FREE |

| FRIDAYS |   |   |   |
|----------|   |   |   |
| Over Fifties Fun Fitness | 10:30 am - 11:30 am | Ardgay Public Hall | £2    |
| Walk’n’Talk | 11:30 am - 12:30 pm | Gearrchoille Community Wood | FREE |
| Pilates | 1:45 pm - 2:45 pm | Ardgay Public Hall | £2    |

| SATURDAYS |   |   |   |
|-----------|   |   |   |
| Junior Joggers 4-7 years | 10:30 am - 11 am | Bonar Bridge Pitches | £1    |
| Junior Joggers 8-12 years | 11 am - 11:45 am | Bonar Bridge Pitches | £1    |
| Cheerleading 5-8 years | 10 am - 10:45 am | Ardgay Public Hall | £1    |
| Cheerleading 9-12 years | 11 am - 11:45 am | Ardgay Public Hall | £1    |
| Cheerleading 13-18 years | 12pm - 1 pm | Ardgay Public Hall | £1    |
| Streetdance 5-11 years | 2 pm - 2:45 pm | Bonar Bridge Community Hall | £1    |
| Streetdance 12-18 years | 3 pm - 4 pm | Bonar Bridge Community Hall | £1    |

| SUNDAY |   |   |   |
|--------|   |   |   |
| Silver Sunday 04/10/2015 | all day | Bonar Bridge Community Hall | FREE |

MORE INFO: Beverley Hill Project Officer (KAT) katoffice@kyleofsutherland.co.uk 01863 766 554

Big Lunch event

The Kyle of Sutherland Development Trust were delighted to celebrate the end of a successful Gala Week with a ‘Big Lunch’ event in Bonar Bridge Community Hall on the 9th August. The Trust team members helped Yvonne Lowe, of Lowecroft Catering, prepare and serve lunch for 101 members of the Community.
Pumpkin Festival

A fun event for all of the family. Come along to view the exhibition entries and enjoy a free pumpkin themed lunch cooked by Lowecroft Catering

Saturday 24th October
11am—2pm
Bonar Bridge Community Hall
FREE Lunch 12pm—1.30pm

Competition Categories

- Heaviest pumpkin grown
- Best carved pumpkin
- Best pumpkin monster (under 12’s)

Plus many more!

Pick up an entry form and exhibition categories leaflet at local shops or contact us for one

Contact gkassistent@kyleofsutherland.co.uk for an entry form or further information

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www.facebook.com/greeningkyle  T: 01863 766554  E: gkassistent@kyleofsutherland.co.uk

Greening Kyle is funded by the Scottish Government through the Climate Challenge Fund. It is a part of the Kyle of Sutherland Development Trust, which is a Company Limited by Guarantee Scottish Registration: SC401019 & Scottish Charity: SC043587

Registered office: The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland, IV24 3EB
Greening Kyle

GREENING KYLE SECURES FUNDING TO INSTALL DRAUGHT PROOFING MEASURES

Warm Homes Practical Service

The service will run alongside the free Home Energy Assessment and Energy Advice Services. The project runs until 31st March 2016.

Greening Kyle, a carbon reduction project in the Kyle of Sutherland, are delighted to announce that they have secured funding of £5169.20 from Energy Action Scotland to install draught proofing measures, room thermostats for oil heated homes and other energy efficiency measures. The funding is available to householders in the Ardgay and Creich Community Council areas and is open to homeowners, private tenants and council/housing association tenants, subject to eligibility.

This service will run alongside the free Home Energy Assessment and Energy Advice Services and will enable Greening Kyle to install measures for householders who do not qualify for any current government grants or schemes but are not in a position to install the measures themselves.

TACKING FUEL POVERTY

Recent research by Changeworks has indicated that in Sutherland there are between 50% and 92% of householders living in fuel poverty, where more than 10% of household income is spent on fuel bills. Installing simple draught proofing measures can save between £25.00 and £50.00 per year and installing a room thermostat can save between £80.00 and £165.00 per year.

Funding is limited and will be allocated on a first come, first served basis. The Greening Kyle project runs until 31st March 2016 and all measures must be installed by 29th February 2016.

ENERGY ADVICE

Greening Kyle have City & Guilds trained energy advisers who are here to help you reduce your energy usage, save money on your bills and lower your carbon footprint. The best way to do this is through a free Home Energy Assessment conducted by one of the team. They only take around an hour and will be scheduled for a day and time that suits you. Greening Kyle also have a thermal imaging camera which can be used during the assessment to show where cold air is coming in, warm air is leaking out and can detect any areas of missing insulation such as in roofs or walls. The project is only funded until March 2016 so take advantage of this local, impartial and free service while it is here.

For further information on the Greening Kyle Warm Homes Practical Service and any of Greening Kyle’s services and events call 01863 766554, email gkofficer@kyleofsutherland.co.uk or drop into the office on Dornoch Road, Bonar Bridge directly opposite the Bank of Scotland.

Rhionna Mackay Project Officer
 gkofficer@kyleofsutherland.co.uk
 01863 766 554

The free Home Energy Assessment only takes around one hour.
Winter Events in the Gearrchoille got off to rather a cold start! Our first attempt at moth identification only attracted 1 moth to the traps. Moth recorders Margaret & Andy reported that this had been a slow start throughout the Highlands. They very generously offered to return when the weather had (hopefully) warmed up a wee bit. So we arranged for their return visit the same morning as our Playing with Willow event, and were rewarded with a much better turnout of moths, sunshine and people! A total of 39 species—totalling 200 individual—moths were trapped, including 8 species not previously recorded in the Gearrchoille. Pippa Tran was our willow teacher for the day and brought along lots of samples for us to choose what we wanted to make. We mostly made fishes and the children each made a dream catcher. If anyone would be interested in a whole day workshop to learn how to weave a basket, please contact us on gearrchoille@gmail.com and we can organise this.

During Gala week, Andy Murray led a den building workshop. We played games in the wood as well as constructing hide-outs—some elaborately decked out with bracken, others perfect for sun-bathing.

Throughout the summer we have continued with our regular volunteer afternoons (1st Thursday of the month, 2-4pm) when we have been dealing with fallen limbs, grass cutting, bracken bashing and clearing some of the algae from the pond. Everyone welcome—tools and gloves provided. Over the next few months we will do more birch thinning and begin construction of our new shelter.

Follow our Facebook page—Gearrchoille Community Wood—for news of upcoming events.

Betty Wright

gearrchoillecommunitywoodardgay.org.uk

gearrchoille@gmail.com

01863755316

Building a den with Andy Murray (left and centre). Checking the traps set for the moths (right).
## Adult Clubs & Societies

### Scottish Women’s Rural Institute
All ages welcome. Ardgay Public Hall 7:30 pm 3rd Tuesday each month / Culrain Hall 7:30 pm 4th Thursday of the month.

**Contact:** Mrs. Jean Jack  
① 01863 766 646

### Bonar Bridge Ardgay Golf Club
Market Stance, Migdale Road, Bonar Bridge. Sutherland IV24 3EJ  
① 01863 766 199

### Creich & Kincardine Art Group
Meets in Bonar Bridge Hall tearoom on Wednesdays from 10 am to 3 pm. All welcome. Contact: Joan Mulligan  
① 01549 421 321

### Sutherland Walkers Club
We meet the 4th Sunday of the month, all year round.

**SUNDAY 27 SEPTEMBER**  
Golspie Circular 9 miles - Part of Dornoch Walking Festival (booking essential, £2.00 donation)

**SUNDAY 25 OCTOBER**  
Glen Loth Circular 7 miles (car share from Golspie/Brora)

**SUNDAY 22 NOVEMBER**  
Glen Cassley Circular 6 miles, (car share from Rosehall)

**SUNDAY 13 DECEMBER**  
Clashmore Circular 4 miles & Christmas Lunch at Morangie House Hotel, (booking essential).

We are pleased to welcome occasional walkers or new members to any of these walks, but please contact us in advance.

**Contact:** David Hannah  
① 01863 766 061

### Ardgay Badminton Club
Starts again in October.

**Contact:** George Ross  
① 01863 755 329

### Ardgay Scottish Country Dancing Club
Starts again in October.

**Contact:** Doreen Bruce  
① 01863 766 852

### Tai Chi
Ardgay Public Hall - Wednesdays 7 pm £2.

**Contact:** Marion  
① 01863 766 100

### Kyle of Sutherland Joggers
Leaders trained by Jog Scotland. All levels of fitness are welcome. Facebook: Kyle of Sutherland Joggers

**Contact:** Eliza / Caroline / Gemma  
① 07743 228 661  
② 07799 391 281  
③ 07545 929 768

### Kyle of Sutherland Whist Club
Bonar Bridge Hall, Wednesday evenings at 7.30 pm. Admission £2 including tea.

**Contact:** Rosemary Logan  
① 01549 421 282

### Kyle of Sutherland Cycling Club
If you fancy a ride out seeing some great scenery or fancy just getting fit or even just getting a natter then feel free to come out for a ride with all at Koscc

**Website:** www.koscc.co.uk

**Facebook:** Kyle of Sutherland CC  
① 07543 466 699

### Kyle of Sutherland Cinema Club
Starts again in November.  
Second and fourth Friday of each month. Bonar Bridge Hall.  
**Contact:** Silvia Muras  
① 01863 766 690

### Edderton & District Gardening Club
From September to May in Edderton Community Hall.

**Gardening Club Autumn programme 2015:**

- **MONDAY 5 OCTOBER**  
Daytime visit to Lael Forest Garden

- **MONDAY 2 NOVEMBER**  
Morning visit to Inverness Botanic Gardens, with guided tour.

- **MONDAY 7 DECEMBER**  
Evening talk about bulb forcing, and Christmas Social, in Edderton Community Centre.  
**Contact:**  
① 01863 766 061  
② 01862 811 381

### Kyle of Sutherland Whist Club
Bonar Bridge Hall, Wednesday evenings at 7.30 pm.

**Admission:** £2 including tea.

**Contact:** Rosemary Logan  
① 01549 421 282

### Pilates
Bonar Bridge Hall, Mondays from 10 to 11 am. Please call in advance.

**Contact:** Moira Chisholm  
① 01863 810 786

### Edderton & District Gardening Club
From September to May in Edderton Community Hall.

**Gardening Club Autumn programme 2015:**

- **MONDAY 5 OCTOBER**  
Daytime visit to Lael Forest Garden

- **MONDAY 2 NOVEMBER**  
Morning visit to Inverness Botanic Gardens, with guided tour.

- **MONDAY 7 DECEMBER**  
Evening talk about bulb forcing, and Christmas Social, in Edderton Community Centre.  
**Contact:**  
① 01863 766 061  
② 01862 811 381

### Kyle of Sutherland Cycling Club
If you fancy a ride out seeing some great scenery or fancy just getting fit or even just getting a natter then feel free to come out for a ride with all at Koscc

**Website:** www.koscc.co.uk

**Facebook:** Kyle of Sutherland CC  
① 07543 466 699

### Kyle of Sutherland Walking Club
We meet the 4th Sunday of the month, all year round.

**SUNDAY 27 SEPTEMBER**  
Golspie Circular 9 miles - Part of Dornoch Walking Festival (booking essential, £2.00 donation)

**SUNDAY 25 OCTOBER**  
Glen Loth Circular 7 miles (car share from Golspie/Brora)

**SUNDAY 22 NOVEMBER**  
Glen Cassley Circular 6 miles, (car share from Rosehall)

**SUNDAY 13 DECEMBER**  
Clashmore Circular 4 miles & Christmas Lunch at Morangie House Hotel, (booking essential).

We are pleased to welcome occasional walkers or new members to any of these walks, but please contact us in advance.

**Contact:** David Hannah  
① 01863 766 061
What’s on in the area

**What’s on in the area**

### Highland Archaeology Festival

**2 to 18 Oct.**

Whether you are a complete beginner or an archaeology expert, the events in this Festival will help you explore and enjoy an amazing range of archaeological sites and collections in Highland, many with the bonus of superb scenery and fresh Highland air, and all offering special insights into this area’s past.

### Exploring the Picts

**3 Oct.**

Join Rev Graeme Muckart for a tour of the places where the Picts left their mark in Edderton - including a standing stone, stone circle and a Pictish cross slab in the graveyard of Edderton old Parish Church. Meet at Edderton Village Hall car park. FREE. Edderton Old Church Preservation Trust Tel 01862 881715

### Hidden Tain: the story so far

**ALL WEEK**

A display of the Scotland’s Urban Past project work on ‘Hidden Tain’. A project co-ordinated by Tain Civic Trust. Mon-Fri 10.30 am - 4.30 pm (Closed Saturdays and Sundays) Tain and District Museum with Tain Civic Trust Tel 01862 894089 Email info@tainmuseum.org.uk.

### Canadian Forestry Camp

**6 Oct.**

Guided walk around the remains of a Canadian Forestry Camp at Loch Migdale. Recent survey and investigation have revealed the remains of the sawmill, railway for moving timber within the woods, and the site of the accommodation huts. Stout footwear and waterproofs needed. Children must be accompanied by adults. Tel 07788 35466 Email info@archhighland.org.uk

### Kyle of Sutherland local history book launch

**ALL WEEK**

Kyle of Sutherland local history book launch

The recent project undertaken by one of the Kyle of Sutherland Heritage Society members to put together a book covering the history of the Kyle of Sutherland has been completed. The book Launch will take place at the beginning of Archaeology fortnight on 2nd October in the Heritage Centre and everyone will be welcome to come along and share in this event. Refreshments and nibbles will be available from 2 pm to 8 pm. The book will be available at the special price of £10 during the Archaeology Festival when the centre will be open every day.

Come along to the Heritage Centre and see our archive of local photos, old maps and documents and join us for a talk, “Transforming the Kyle” by Susan Kruse on Tuesday 2nd at 7:30 pm. The talk is about how the building of roads and bridges under the supervision of Thomas Telford affected life in the area.

### September/October Classes

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Class</th>
<th>Times</th>
<th>Duration</th>
<th>Cost</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 8 Sept 2015</td>
<td>Nutrition and Weight loss</td>
<td>7-9 pm</td>
<td>8 weeks</td>
<td>£45</td>
<td>Laig</td>
</tr>
<tr>
<td>Wed 9 Sept 2015</td>
<td>Skype workshop</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>FREE</td>
<td>Laig</td>
</tr>
<tr>
<td>Thu 10 Sept 2015</td>
<td>Financial Planning</td>
<td>7-9 pm</td>
<td>2 weeks</td>
<td>£15</td>
<td>Laig</td>
</tr>
<tr>
<td>Thu 10 Sept 2015</td>
<td>Nutrition and Weight loss</td>
<td>7-9 pm</td>
<td>8 weeks</td>
<td>£45</td>
<td>Brora</td>
</tr>
<tr>
<td>Mon 14 Sept 2015</td>
<td>Kids Craft Class - Autumn</td>
<td>3:15-4:15 pm</td>
<td>4 weeks</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Tue 15 Sept 2015</td>
<td>Photography</td>
<td>7-9 pm</td>
<td>6 weeks</td>
<td>£35</td>
<td>Laig</td>
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<tr>
<td>Wed 16 Sept 2015</td>
<td>Online buying workshop</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£35</td>
<td>Laig</td>
</tr>
<tr>
<td>Thu 17 Sept 2015</td>
<td>Introduction to Psychology</td>
<td>7-9 pm</td>
<td>8 weeks</td>
<td>£45</td>
<td>Laig</td>
</tr>
<tr>
<td>Thu 17 Sept 2015</td>
<td>IT for the terrified</td>
<td>10-11 am</td>
<td>4 weeks</td>
<td>£10</td>
<td>Laig</td>
</tr>
<tr>
<td>Fri 18 Sept 2015</td>
<td>Introduction to Spreadsheet</td>
<td>1:30-2:30 pm</td>
<td>4 weeks</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Fri 19 Sept 2015</td>
<td>Introduction to Word processing</td>
<td>3-4 pm</td>
<td>4 weeks</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Sat 19 Sept 2015</td>
<td>Extending the harvest in your polytunnel</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£7.50</td>
<td>Rogart</td>
</tr>
<tr>
<td>Wed 23 Sept 2015</td>
<td>Emails workshop</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£45</td>
<td>Laig</td>
</tr>
<tr>
<td>Fri 25 Sept 2015</td>
<td>Massage</td>
<td>10-1 pm</td>
<td>3 weeks</td>
<td>£28</td>
<td>Laig</td>
</tr>
<tr>
<td>Sat 26 Sept 2015</td>
<td>Gardening with ornamental grass</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£15</td>
<td>Rogart</td>
</tr>
<tr>
<td>Wed 30 Sept 2015</td>
<td>Introduction to Bookkeeping</td>
<td>7-9 pm</td>
<td>4 weeks</td>
<td>£25</td>
<td>Laig</td>
</tr>
<tr>
<td>Wed 30 Sept 2015</td>
<td>Emergency aid in the workplace</td>
<td>9.30am-9pm</td>
<td>1 day</td>
<td>£25</td>
<td>Laig</td>
</tr>
<tr>
<td>Mon 5 Oct 2015</td>
<td>Conversational German (FULL)</td>
<td>2-4 pm</td>
<td>8 weeks</td>
<td>£45</td>
<td>Laig</td>
</tr>
<tr>
<td>Wed 7 Oct 2015</td>
<td>Sewing beginners/intermediate</td>
<td>10-12 noon</td>
<td>6 weeks</td>
<td>£35</td>
<td>Laig</td>
</tr>
<tr>
<td>Sat 10 Oct 2015</td>
<td>Leather working</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Thurs 12 Oct 2015</td>
<td>Literature studies/communication</td>
<td>10-12 noon</td>
<td>1 day</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Sat 24 Oct 2015</td>
<td>Reverse glass painting</td>
<td>10-2 pm</td>
<td>1 day</td>
<td>£30</td>
<td>Laig</td>
</tr>
<tr>
<td>Mon 26 Oct 2015</td>
<td>IT virus protection and maintenance</td>
<td>7-8 pm</td>
<td>4 weeks</td>
<td>£10</td>
<td>Laig</td>
</tr>
<tr>
<td>Tue 27 Oct 2015</td>
<td>Family History</td>
<td>10.30-11.30 pm</td>
<td>4 weeks</td>
<td>£25</td>
<td>Laig</td>
</tr>
</tbody>
</table>

Pick up our prospectus for further information or call us on 01549 402050
What’s on in the area

3 OCT.
THEATRE - ARDROSS

What Goes Around

A new adaptation of Arthur Schnitzler’s La Ronde, written by Liz Lochhead and directed by Tony Cownie. What Goes Around Comes Around is a contemporary sex comedy which examines the guilt, the lure of the forbidden and the real story behind these numerous infidelities. Cumbernauld Theatre, Saturday 3rd October 8pm Tickets £10, £7 conc. Booking line: 01349 880591 or online on: www.ardrosscommunityhall.ticketsource.co.uk

21 NOV
COMMUNITY CENTRE, LAIRG

Lairg Winterfest

Lairg & District Community Initiative is holding a Winterfest for the first time and would like to make it really special. This year there will be a real live reindeer pulling Santa’s sleigh, Santa’s grotto, Craft Fair, Puppet Theatre, remote control racing cars, amusements, local photographer taking family and friends photos, bouncy castle, BBQ, hot chocolate, mulled wine, music, raffles, tombolas, evening dance and many more attractions for everyone to enjoy. “Light Up Lairg” will hold their official festive lighting ceremony on the day as well.

3 OCT.
LEDMORE & MIGDALE

Silvery boats

Artist Zoe Walker & Neil Bromwich are known internationally for their large scale public events and exhibitions that re-imagine the world around us. Join them for a fantastic adventure as they re-discover the lost story of John Bethune of Spinningdale in his quest for lost treasure. We will be making boat shaped hats to wear while searching for treasure, before floating them on Loch Migdale. Come to see if you can make the best boat! www.walkerandbromwich.org.uk. FREE and booking essential. Aged over 7 please. Bring outdoor clothing. Choose one of two sessions: 10.30 - 12.30pm or 1.30 – 3.30pm. To book a place, contact Juliet on 07810 027556 or ledmeremigdale@woodlandtrust.org.uk

24 OCT.
BONAR BRIDGE COMMUNITY HALL, 11 AM

Pumpkin Festival and Lunch

A fun event for all the family. View the competition entries and enjoy a free pumpkin themed lunch. Competition Categories: Heaviest pumpkin grown in the area Heaviest pumpkin grown out with the area Best carved pumpkin Best pumpkin monster (under 12’s). More info: Jo Smith 01863 766554 / gkassistant@kyleofsutherland.co.uk

28 NOV.
ARDGAY PUBLIC HALL

Christmas Fair

Our traditional Christmas Fair at Ardgay Public Hall: Carols, Santa’s Grotto, Raffle, Various Stalls, Teas, Coffee & Scones... Look for posters to find out this year's surprises!
From the Manse...

“It’s that time again!”

Often people use the expression, “It’s that time again.” Yes, the year is passing very quickly and, “It will soon be that time again!” Time we started planning for Christmas. Christmas, people will say, “I can’t even think about it!” The year is running on - another year of our life will soon be over. We are growing older. Age is catching up with us. Time has flown. Where did all the years go? These are all common sayings. “Stop and think!”, yes, that’s another! Where will this all lead? Thankfully, it is always, “That time again.” God gives every new day as his greatest gift. If we are fortunate we have the health to make the most of our time. As we grow older we may wish we had lived life differently or taken on more exciting challenges. God does not change however and as the Bible tells us, “For everything there is a season and, a purpose for everything under God’s heaven” (Ecclesiastes) Doesn’t that make all the difference to us TODAY! We are where we are, living in community together, with our loved ones and friends around us because, at this particular moment in time, God wants us here-right here! “It’s that time again!” - It’s always that time again. In season and out of season, the cycle of nature, the spiritual cycle demands that we, “Keep the faith,” that we, “Keep on ploughing and sowing.” The farming community are always glad when it’s been a good year. It cannot always be a good harvest. We know that it will always come again so let us give thanks for the Harvest season and every passing season. ■ Rev. Anthony M. Jones

The Kyle of Sutherland Churches Kincardine, Croick and Edderton linked with Creich and Rosehall Parishes
Minister: Rev. Anthony M. Jones
The Manse, Manse Road, Ardgay, Sutherland IV24 3BG
☎ 01863 766 285  ✉ revanthonyjones@yahoo.com

FORTHCOMING CHURCHES DIARY

■ Friday 2nd October: Gledfield Primary School at 10am. Harvest Thanksgiving Assembly & Coffee Morning (in aid of the MacMillan Trust). All parents invited.

Harvest Services:

■ Sunday 13th September: Joint Harvest Service at Edderton Parish Church at 11 am.
■ Sunday 20th September: Harvest Service at Rosehall Parish Church at 12 pm.
■ Sunday 27th September: Harvest Service at Creich Parish Church at 10:30 am.

Remembrance Sunday:

■ Sunday 8th November: Annual Combined Service at Ardgay War Memorial at 10:45 am for 11 am. Remembrance service at Ardgay Parish Church at 11:15 am following the wreath laying.
■ Remembrance Service: Rosehall Parish Church at 10:45 am.
■ Remembrance Service: Edderton Parish Church (gathers at War Memorial at 10:45 am.)

Photos of the Pet’s service at Rosehall (left) and the Lambing Service held at Edderton Old Church (right).
Charities & Volunteering

Bradbury Centre
Well-Being Centre for the Elderly of East Sutherland Opening hours - Monday & Friday 9 am to 3 pm, Tuesday 9 am to 2 pm, Wednesday 9 am to 2:30 pm Some of the activities are: chair based exercises, games to stimulate the mind, table and carpet games, quiz and bingo. Lunches served all day. Volunteers needed. Contact: Lorraine 01863 766 772

East & Central Sutherland Community Care Forum
Up to date information and support on anything to do with health and community care. Contact: Isobel Murray 07907 595 962

Highland One Stop Shop run by Autism Initiatives
Service for Adults 16+ with an Autism Spectrum Condition (ASC) living within the Highland region. Contact: Diane Roberts 01463 717 880

Scottish Council for Voluntary Organisations
Supporting, promoting and connecting organisations from across the third sector in Scotland 01314 748 000

The Spark
(The Relationship Helpline) Confidential support for all your relationship difficulties. www.thespark.org.uk 08088 022 088

Royal Society For The Protection Of Birds - Golspie
The RSPB is the country’s largest nature conservation charity. We protect threatened birds and wildlife so our towns, coast and countryside will teem with life once again. 01408 634 404

Charities with recycling shops
- DORNOCH: St Finnbar’s Scottish Episcopal Church, just off Cathedral Square. Clothes, books, bric a brac
- GOLSPIE: 2nd Best (Alzheimer Scotland Society), Main Street, Tel. 01408 633 008. Clothes, books, bric a brac
- TAIN Highland Hospice, 11 King Street, Tel. 01862 894 216. Clothes, books, bric a brac
- TAIN: Blythwood Christian Care, 25 Lamington Street, Tel. 01862 893 408. Highland Foodbank, shoeboxes appeal, clothes, books, bric a brac, used stamps
- LAIRG: Blythwood Christian Care, behind the Bank of Scotland, Main Street, Wed, Thu, Fri 10 am – 4 pm Tel. 01349 830 777
- EVANTON: Blythwood Christian Care Highland Deephaven Depot, Evanton. For large items: furniture, white goods, sports equipment, fixtures and fittings, carpets. Also Highland Foodbank. Tel. 01349 830 777

East Sutherland Citizens Advice Bureau
Confidential, impartial and independent advice, information, and assistance to anyone, on just about any subject. Contact: Jim McCourt 01408 633 000

Scottish SPCA
Our animal rescue and rehoming centres are open daily from 10am to 4pm. Contact (option 2): 03000 999 999

Tax Help for Older People
Offering free tax advice to older people on lower incomes. Helpline: 08456 013 321 01308 488 066

Voluntary Groups East Sutherland
VGES supports the voluntary sector in East Sutherland by representing and supporting voluntary groups and individuals interested in or actively volunteering and facilitating co-operation. Contact: 01408 633 001

Highland Handyperson service
Do you need help with minor repairs at home? 01549 402 798

Would you like your charity or volunteer group advertised in the newsletter? Please send an email to ardgaynewsletter@gmail.com
One autumn day Morag asked Hamish if he could help her collect mushrooms. “Of course, and we could meet my friend Tom!” exclaimed Hamish. “Tom who?” replied Morag. “Tom Nae Hurry, he is a wood elf and he grows the tastiest mushrooms.” They went to the big forest where there are very old trees of oak and pine. And there, sitting on top of a large white mushroom, was Tom Nae Hurry, and he was more than happy to let them have some of his mushrooms.

Kirsten Macneil  
Cluster Headteacher Rosehall & Gledfield Primary Schools

Meet Hamish the Tartan Dragon
A Shy veggie dragon who lives on Carn Bren

McVitie’s Biscuit Wrapper Brigade
Greening Kyle are working with Gledfield, Rosehall and Bonar Bridge Primaries in an exciting new recycling collection programme with TerraCycle. We are collecting biscuit wrappers which will then be recycled into plastic products such as waste bins or watering cans! TerraCycle will award us with a TerraCycle point donation based on the weight of the waste items collected. Our school will get about 1p per wrapper. All donations can be dropped off at the schools.

New P1 Pupils
We are delighted to welcome Logan and Angus into our P1 class at Gledfield.

‘Street Jam’ Dance and Fitness
Gledfield and Rosehall pupils had great fun participating in a ‘Street Jam’ dance and fitness workshop with coach Andy McKechnie.

Rag Bag
We have just raised an amazing £145.20 from donations made to Rag Bag. This is an ongoing fundraising exercise at the school so any donations of old clothes, shoes and linen would be much appreciated. Please drop off at Gledfield school anytime!
# Guide to local services A-Z

## BRADBURY CENTRE
- **Ardgay & District Community Council Newsletter**
- **Highlands Council**
- **01863 766 772**

## BUSINESSES
- **Forestry Commission**
- **24HR Emergency**
- **0800 300 111**

## CAB
- **Citizens Advice Bureau**
- **01408 633 000**

## CHURCH OF SCOTLAND
- **Kincardine Parish Church**
- **Rev. Anthony M. Jones**
- **01863 766 285**

## DVLA
- **DVLA Inverness**
- **0300 790 6801**

## ELECTRICITY
- **24HR Emergency**
- **0800 300 999**

## FIRE BRIGADE
- **Fire Station Dornoch**
- **01862 810 297**

## FORESTRY COMMISSION
- **Forestry Commission Scotland**
- **01309 674 004**

## GOLF CLUB
- **Bonar Bridge-Ardgay GC**
- **01863 766 199**

## HIGHLAND COUNCIL
- **Drummuie Golspie**
- **01408 635 370**

## HIGH SCHOOLS
- **Tain Royal Academy**
  - **01862 892 121**

## LIBRARIES
- **Bonar Bridge Libray**
  - **01863 760 083**

## KYLE OF SUTHERLAND
- **KoS Development Trust**
  - **01863 766 190**

## NHS
- **Migdale Hospital**
  - **01863 766 211**

## POST OFFICE
- **Bonar Bridge**
  - **01863 766 219**

## PRIMARY SCHOOLS
- **Gledfield**
  - **01863 766 580**

## POLICE
- **Local Police (Inverness)**
  - **0845 600 5703**

## RECYCLING CENTRE
- **Bonar Bridge**
  - **01349 868 439**

## SCOTTISH WATER
- **24HR Emergency**
  - **0845 601 8855**

## TAXIS
- **Ronnie’s Taxis Ardgay**
  - **01863 766 422**

## TRAINS
- **National Rail Enquiries**
  - **0845 748 4950**

## VETS
- **Rogart Vets (Farm Animals, Pets & Horses)**
  - **01408 641 352**

## ROYAL BANK OF SCOTLAND
- **Mobile Timetable TUESDAY**
- **Bonar Bridge War Memorial**
  - **Arrive 11:50 Depart 12:05**

## MacLeod’s Coaches Timetable

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Argyll</td>
<td>06:46</td>
<td>0:08</td>
</tr>
<tr>
<td>Tain</td>
<td>07:42</td>
<td>10:35</td>
</tr>
<tr>
<td>Edderton</td>
<td>17:20</td>
<td>18:48</td>
</tr>
<tr>
<td>Tain</td>
<td>07:08</td>
<td>09:30</td>
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<tr>
<td>Tain</td>
<td>11:50</td>
<td>14:45</td>
</tr>
<tr>
<td>Tain</td>
<td>17:45</td>
<td>18:10</td>
</tr>
</tbody>
</table>

The minibus has a wheelchair lift which will be available as part of the service. The service will divert on request to pick up prebooked passengers up to a mile from the route. These journeys must be booked by 14:00 on the previous working day **01863 766 772**

## Mobile Library Ardgay
- **EVERY 3RD WEDNESDAY**
  - **30/09/15- 21/10/15 - 11/11/15 - 02/12/15**
  - **Oakwood Place, Ardgay**
  - **Arrive 13:45 Depart 14:00**
  - **The Lady Ross, Ardgay**
  - **Arrive 14:00 Depart 15:15**

The service will divert on request to pick up prebooked passengers up to a mile from the route. These journeys must be booked by 14:00 on the previous working day **01863 766 772**
VOLUNTEER ADVISERS WANTED
No special skills are needed and full training is provided. Citizens Advice Bureau 01408 633 000

GAZEBO / Small Marquee
The CC have a small gazebo / marquee available for hire for community activities. Contact Marion Turner or Phil Olson 01863 766 100.

BOOKING Ardgay Public Hall. Contact: Fiona Venters 01863 766 602

BOOKING Kincardine Heritage Centre, Old Church of Kincardine, Ardgay. Mrs. Mary Stobo 01863 766 868

BOOKING Ardgay Church Hall. The Reverend Anthony Jones – 01863 766 285

Train times
From 14/12/2014
INVERNESS ➔ ARDGAY

Monday to Saturday:
07:02 (08:33) Catering Saturdays only
10:38 (12:05) Catering serv. available
14:00 (15:29) Catering serv. available
17:12 (18:30)
18:28 (20:01)

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

ARDGAY ➔ INVERNESS

Monday to Saturday:
06:16 (07:44)
06:45 (08:13)
09:07 (10:34) Catering Saturdays only
10:54 (12:23) Catering serv. available
15:30 (17:01) Catering serv. available
18:52 (20:10) Catering serv. available
19:28 (20:57)

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

Crosswords

Across
1. A warm hat that covers the head, neck and most of the face. 3. (Scottish) One who waits about for odd jobs. 6. To walk or move slowly as you follow behind someone or something. 7. A small piece of building material often with one end thicker than the other for laying in overlapping rows as a covering for the roof or sides of a building. 8. Hill near Ardgay which shares its name with a town on the north shore of the Firth of Forth, in Fife. 10. Something that is not what it appears to be and that is meant to trick or deceive people.

Down
2. Gaelic name of the Bronze Age standing stone situated 1/4 mile from the village of Edderton. 4. Not feeling or showing any concern about the problems of other people. 5. A series of strength and balance exercises developed in New Zealand, with the aim to reduce falls in older adults. 9. To have a short sleep, to doze.

Around the end of October, the solution will be published at: www.ardgayanddistrictcommunitycouncil.org.uk
Keep Active Together (KAT)

“Aiming to increase activity along with health and wellbeing for the Kyle of Sutherland residents.”

Keep Active Together (KAT) is an exciting project which aims to increase activity along with health and wellbeing for residents in the Ardgay, Bonar Bridge and Creich Community Council areas. This will be achieved by running weekly fitness and activity sessions for people of all ages and abilities. We run group exercise classes, nutrition and exercise clubs and also family and outdoor activities.

We have a extensive range of classes including Latin/Ballroom, Otago, Family Lego Fun and cookery classes for young people. We also have seasonal classes, please see posters for more information.

All of our events are advertised on the Kyle of Sutherland Development Trust website, the Keep Active Together Facebook page and local community noticeboards in the Kyle of Sutherland Area. Be sure to like us on Facebook!

Pop upstairs to meet Keep Active Together staff, Beverley Hill, Project Officer and Emma Mackay, Activity Assistant

ARDEGAY & DISTRICT
Community Council newsletter

Editor: Silvia Muras Sanmartin
Design & Layout: Silvia Muras Sanmartin
01863 766 690 / silviamurassanmartin@gmail.com

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