

# ARDGAY & DISTRICT

## Community Council *newsletter*

£1.00 [suggested donation]

Issue No. 29 • AUTUMN 2015 •

NOMINATE YOURSELF FROM MONDAY 21 SEPTEMBER TO TUESDAY 6TH OCTOBER

## Your community needs you: Community Council Elections 2015

*This is your opportunity to work with other people to represent the views of your community across a wide range of issues from new buildings and roads to services and facilities, and to make positive changes in your local community. (Page 4)*



*During the KoS Gala Week, children learned how to build a den in the woods. / BW*

## 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)

New items accepted in the blue bin

Page 8



Highland Archaeology Festival events

Page 17



Events in the area,  
Children's pages,  
Telephone guide, Bus  
& Train timetable,  
Crosswords...

# ARDGAY GARAGE



ARDGAY - Tel (01863) 766231

**Now doing Main Dealer Warranted  
Servicing**

Please ring for details

Please drop in at any time.

**NOW DOING BIKE MOT'S**

**HOURS OF BUSINESS**

Monday – Thursday :8.30 – 5.30

Friday : 08.30 – 4.30

**Alternate Saturdays : 9.00 – 12 noon**



Development Trust

*Offering competitive rates on photocopying  
and printing:*

Size	Black and White	Colour	Laminating
A4	10p	20p	50p
A3	15p	30p	80p

Email: [cdassist@kyleofsutherland.co.uk](mailto:cdassist@kyleofsutherland.co.uk) or

Tel: 01863766190 for more details

Kyle of Sutherland Development Trust is a Company Limited  
by Guarantee Scottish Registration: SC0401019 & Scottish  
Charity: SC043587. Registered office: The Trust Offices, Dor-  
noch Road, Bonar Bridge, Sutherland, IV24 3EB

## Pete Andrews Driving School



**Patient Friendly Tuition  
Refresher Courses  
Pass Plus**

**Areas Covered:  
Ardgay, Bonar Bridge  
Lairg, Golspie, Tain  
Dornoch & Alness**

Tel. 01863 766 884 Mob. 07763 133 922  
email. [pete@peteandrews.org](mailto:pete@peteandrews.org)

## Fully Qualified Mobile Therapist

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

**Massage £30**

**Reflexology £30**

**Reiki £30**

**Basic Pedicure or Manicure £15**

**Bio Detox Spa £25**

**To Book An Appointment Contact Carrie**

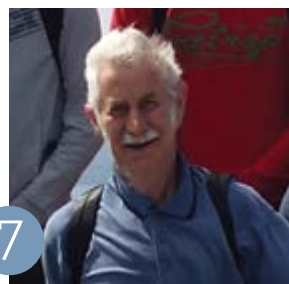
**07928 177291**

**[www.peacefultherapies.co.uk](http://www.peacefultherapies.co.uk)**

**Gift Vouchers Are Available**



# Contents



## ARDGAY NEWS

- Community Council Elections 2015 timetable .....4
- Message of thanks from the Community Council Chairman.....5
- Falls of Shin progress .....5
- Three years of achievements from the Ardgay Public Hall.....6
- The “Two Donalds” stepped down as leaders of the Boys Brigade after over 35 years.....7
- Know what you can and what you cannot put into the blue bin ..... 8
- Nepal: Bhattidanda villagers thank local donors..... 9

- Community Council members contact details.....10
- Windfarm Community Benefits: how to apply .....10

## KoSDT

- Keep Active Together weekly activity programme..... 12
- Greening Kyle secures funding to install draught proofing measures.. 14

## GEARRCHOILLE WOOD

- Summer family events.....15

## ADULT CLUBS & SOCIETIES..... 16

## WHAT'S ON IN THE AREA

- Highland Archaeology Festival....17
- 'Silvery Boats' .....18

## FROM THE MANSE ..... 19

## CHARITIES & VOLUNTEERING.... 20

## CHILDREN & YOUNG PEOPLE

- Gledfield Primary School ..... 21
- Hamish, the tartan dragon ..... 21

## LOCAL SERVICES A-Z .....22

## CROSSWORDS .....23

# Ardgay & District photographs



## AA box 504 at the Struie road by Gregor Laing

The so-called “lighthouses of the road” were introduced in 1912. From over a thousand, there are now only 19 remaining AA wooden sentry boxes on public roads. More of Gregor Laing's photos at [Kyle of Sutherland's Scenery Facebook pages](#).

## EDITOR'S LETTER

## 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! ■

**Silvia Muras** *Editor*



## Ardgay & District News

NOMINATE YOURSELF BETWEEN MONDAY 21ST SEPTEMBER AND TUESDAY 6TH OCTOBER

# 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](mailto:andy.mackay@highland.gov.uk).

giv.uk or telephone 07776465844 or 01854613902.

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](mailto:policy6@highland.gov.uk) or contact your Ward Manager. ■

**Andrew Mackay** Ward Manager

✉ [andy.mackay@highland.gov.uk](mailto: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.

### Approved minutes of Ardgay & District Community Council meetings

Available online from [www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk) and in your local library.

**NEXT MEETINGS: 9TH NOVEMBER 2015 & 14TH DECEMBER 2015 ARDGAY PUBLIC HALL 7 PM**



# 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 Eitag, 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**



Lowecroft Catering Opens at Falls of Shin.

## 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. ■

## Business support in Sutherland

**business gateway**  
slighe gnothachais

We can help you with almost every aspect of starting, developing and running a business:

- Accessing finance
  - Business planning
  - Taking on staff
  - Improving efficiency
  - Winning public contracts
  - Branching into new markets
- and much more...



### Contact us:

**David Knight**, Senior Area Business Manager  
**Marianne Ross**, Recruitment Adviser

**Business Gateway, Bonar Bridge, IV24 3EB**  
01863 766128  
David.Knight@highland-opportunity.com  
Marianne.Ross@highland-opportunity.com



## Ardgay & District News



Auctioneer Paul Spencer took just under two hours to sell the items donated at the successful auction held on the 27th June.

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





## Ardgay & District News

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**

LIKE US ON FACEBOOK!

 Ardgay Public Hall



## Ardgay 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 Ederton 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 PASS / NATIONAL ENTITLEMENT CARD

## 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. ■





## Ardgay & District News

# 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



*A range of new items is now accepted for recycling across the Highlands*

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](mailto: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 recycle 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](mailto:recycle@highland.gov.uk) or call 01349 886603. ■

### Yes

#### PAPER

- Envelopes - remove window
- Magazines
- Newspapers
- Office paper
- Yellow pages and telephone directories
- Brochures and catalogues
- Shredded paper

#### FOOD TINS, DRINK CANS, AEROSOLS

- Metal lids from jars and bottles
- Soft drinks cans
- Food cans eg. baked bean tins
- Large metal tins such as empty biscuit and chocolate tins
- All aerosol cans – empty and lids removed

#### CARDBOARD & CARTONS

- Cereal boxes
  - Cardboard packaging
  - Large brown cardboard boxes
  - Cardboard tubes
  - All food & drink cartons
- PLASTIC BOTTLES, CONTAINERS**
- Plastic bottles such as milk, detergent, sauce bottles
  - Plastic tubs, pots, trays and punnets

### No

- Glass
- Plastic bags & wrapping
- Black plastic trays
- Polystyrene



# Ardgay & District News



TAIN & DISTRICT ROTARY CLUB HAS SENT THE SUM OF £3,000 TO BHATTIDANDA VILLAGE

## 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



*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.*

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. ■ **Liz Crabb**



# 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
3. Next deadlines: **31 October 2015 - 30 April 2016.**

E.ON Rosehall Community Fund

**Between £2,000 and £25,000 +**

1. **Foundation Scotland** administers E.ON Rosehall Community Fund. Visit **www.foundationscotland.org.uk/programmes/eon-rosehall.aspx** for full details
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.
3. Next deadlines: **31 October 2015 - 30 April 2016.**





## 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.

### 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. ■

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

## 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

MONDAYS	Hour	Venue	Price
Ballroom / Latin class	2 pm - 4 pm	Ardgay Public Hall	£2
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	Gearrhoille 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	Gearrhoille 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) ✉ [katofficer@kyleofsutherland.co.uk](mailto:katofficer@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 Lowcroft 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 [gkassistant@kyleofsutherland.co.uk](mailto:gkassistant@kyleofsutherland.co.uk) for an entry form or further information

[www.facebook.com/greeningkyle](https://www.facebook.com/greeningkyle) T: 01863 766554 E: [gkassistant@kyleofsutherland.co.uk](mailto:gkassistant@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.

### TACKLING 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.



*The free Home Energy Assessment only takes around one hour.*

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](mailto: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](mailto:gkofficer@kyleofsutherland.co.uk)

☎ 01863 766 554





## Gearrchoille Community Wood

*This summer we have recorded 39 different species of moths in our moth identification event, adults and children had fun playing with willow and, during the Gala Week, we learnt how to build a den with Andy Murray.*

# Family fun at the Gearrchoille Wood

SUMMER 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](mailto:gearrchoille@gmail.com) and we can organise this.

During Gala week, Andy Murray led a den building workshop. We



*The children each made a dream catcher at our Willow event.*

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](http://gearrchoillecommunitywoodardgay.org.uk)

✉ [gearrchoille@gmail.com](mailto:gearrchoille@gmail.com)

☎ 01863755316



*Building a den with Andy Murray (left and centre). Checking the traps set for the moths (right)*

## Adult Clubs & Societies



### 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**

☎ 01863 766 061



### Kyle of Sutherland Cinema Club

Starts again in November. Second and fourth Friday of each month. Bonar Bridge Hall. Contact: **Silvia Muras**  
☎ 01863 766 690

### 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**

☎ 01863 766 646



### Ardgay Badminton Club

Starts again in October.

Contact: **George Ross**

☎ 01863 755 329

### Ardgay Scottish Country Dancing Club

Starts again in October.

Contact: **Doreen Bruce**

☎ 01863 766 852



### Kyle of Sutherland Joggers

Leaders trained by Jog Scotland. All levels of fitness are welcome. Facebook:

**Kyle of Sutherland Joggers**

Contact:

**Eliza / Caroline / Gemma**

☎ 07743 228 661

☎ 07799 391 281

☎ 07545 929 768

### Bonar Bridge Ardgay Golf Club

Market Stance, Migdale Road, Bonar Bridge. Sutherland IV24 3EJ

☎ 01863 766 199

### Pilates

Bonar Bridge Hall, Mondays from 10 to 11 am. Please call in advance. Contact: **Moir Chisholm**

☎ 01863 810 786

### Tai Chi

Ardgay Public Hall - Wednesdays 7 pm £2.

Contact: **Marion**

☎ 01863 766 100



### 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:

☎ 01863 766 061

☎ 01862 811 381



### Creich & Kincardine Art Group

Meets in Bonar Bridge Hall tearoom on Wednesdays from 10 am to 3 pm. All welcome. Contact: **Joan Mulligan**

☎ 01549 421 321

### Bonar Bridge Local History Society

Organising events and history walks.

Contact: **Marion Fraser**

☎ 01863 766 235

### Kyle of Sutherland Whist Club

Bonar Bridge Hall, Wednesday evenings at 7:30 pm. Admission £2 including tea.

Contact: **Rosemary Logan**

☎ 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** Contact: **Chris**

☎ 07543 466 699



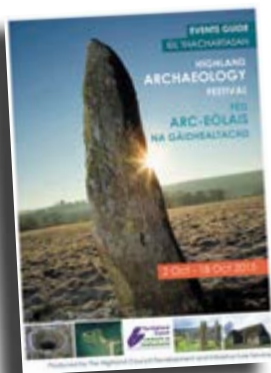


## What's on in the area

**2** TO **18**  
OCT. OCT.

VARIOUS VENUES

### Highland Archaeology Festival



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.

**3**  
OCT.

EDDERTON - 2:30 PM TO 4 PM

### Exploring the Picts

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

ALL  
WEEK

COLLEGIATE CHURCH, TAIN

### Hidden Tain: the story so far

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](mailto:info@tainmuseum.org.uk).

**6**  
OCT.

LOCH MIGDALE

### Canadian Forestry Camp

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

ALL  
WEEK

OLD KINCARDINE CHURCH, ARDGAY

### 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

Start date	Class	Times	Duration	Cost	Place
Tue 8 Sept 2015	Nutrition and Weight loss	7-9pm	8 weeks	£45	Lairg
Wed 9 Sept 2015	Skype workshop	10-12 noon	1 day	FREE	Lairg
Thu 10 Sept 2015	Financial Planning	7-9pm	2 weeks	£15	Lairg
Thu 10 Sept 2015	Nutrition and Weight Loss	7-9pm	8 weeks	£45	Brora
Mon 14 Sept 2015	Kids Craft class- Autumn	3:15-4:15pm	4 weeks	£10	Lairg
Tue 15 Sept 2015	Photography	7-9pm	6 weeks	£35	Lairg
Wed 16 Sept 2015	Online buying workshop	10-12 noon	1 day	FREE	Lairg
Thu 17 Sept 2015	Introduction to Psychology	7-9pm	8 weeks	£45	Lairg
Thu 17 Sept 2015	IT for the terrified	10-11am	4 weeks	£10	Lairg
Fri 18 Sept 2015	Introduction to Spreadsheet	1:30-2:30pm	4 weeks	£10	Lairg
Fri 18 Sept 2015	Introduction to Word processing	3-4pm	4 weeks	£10	Lairg
Sat 19 Sept 2015	Extending the harvest in your polytunnel	10-12noon	1 day	£7.50	Rogart
Wed 23 Sept 2015	Emails workshop	10-12 noon	1 day	FREE	Lairg
Fri 25 Sept 2015	Massage	10-1pm	3 weeks	£28	Lairg
Sat 26 Sept 2015	Gardening with ornamental grasses	10-12 noon	1 day	£15	Rogart
Wed 30 Sept 2015	Introduction to Bookkeeping	7-9pm	4 weeks	£25	Lairg
Wed 30 Sept 2015	Emergency aid in the workplace	9.30am-3pm	1 day	£95	Lairg
Mon 5 Oct 2015	Conversational German (FULL)	2-4pm	8 weeks	£45	Lairg
Wed 7 Oct 2015	Sewing beginners/intermediate	10-12 noon	6 weeks	£35	Lairg
Sat 10 Oct 2015	Leather working	10am-2pm	1 day	£30	Lairg
Thurs 22 Oct 2015	Literature studies/communication	10am-2pm	1 day	£30	Lairg
Sat 24 Oct 2015	Reverse glass painting	10-2pm	1 day	£30	Lairg
Mon 26 Oct 2015	IT virus protection and maintenance	7-8pm	4 weeks	£10	Lairg
Tue 27 Oct 2015	Family History	10.30-12.30pm	4 weeks	£25	Lairg
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. Cumber-

nauld Theatre, Saturday 3rd October 8pm Tickets £10, £7 conc. Booking line: 01349 880591 or online on: [www.ardrosscommunityhall.ticketsource.co.uk](http://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](http://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 [ledmoremigdale@woodlandtrust.org.uk](mailto:ledmoremigdale@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](mailto:gkassistant@kyleofsutherland.co.uk)



### WE WOULD LIKE TO HEAR FROM YOU

*Please send us your feedback, comments, letters, suggestions or contributions. Visit [www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk) or email [ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)*

### ADVERTISING TARIFF

FULL PAGE: £40 (A4)  
HALF PAGE: £20 (A5 LANDSCAPE)  
1/3 PAGE £15 (A5 PORTRAIT)  
1/4 PAGE £10 (A6)  
SMALL SIZES FROM £4  
CLASSIFIEDS: FREE  
Book for the whole year and get a discount!  
Booking & enquiries:  
[ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)  
01863 766 690

*Next  
edition:  
15th  
December*



**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...



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

### 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.)

## "It's that time again!"

**O**FTEN 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**



## 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**  
or **Elizabeth**  
① 01863 766 772

### The Bridge Project Good Morning Sutherland

This service has been designed to reduce isolation, experienced by some of the over 50's, who live alone in

our communities.

Contact: **Heather Gordon**  
① 01862 810 799

### East & Central Sutherland Community Care Forum

Up to date information and support on anything to do with health and community care.

Contact: **Isobel Murray**  
① 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**  
① 01463 717 880

## 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 633008. 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

### Scottish Council for Voluntary Organisations

Supporting, promoting and connecting organisations from across the third sector in Scotland

① 01314 748 000

### The Spark

(The Relationship Helpline)

Confidential support for all your relationship difficulties.

[www.thespark.org.uk](http://www.thespark.org.uk)

① 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.

① 01408 634404



### East Sutherland Citizens Advice Bureau



Confidential, impartial and independent advice, information, and assistance to anyone, on just about any subject.

Contact: **Jim McCourt**  
① 01408 633 000



### Tax Help for Older People

Offering free tax advice to older people on lower incomes. Helpline:

① 08456 013 321

① 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:

① 01408 633 001



### Highland Handyperson service

Do you need help with minor repairs at home?

① 01549 402 798



### Scottish SPCA

Our animal rescue and rehoming centres are open daily from 10am to 4pm.

Contact (option 2):

① 03000 999 999

**WOULD YOU LIKE YOUR CHARITY  
OR VOLUNTEER GROUP  
ADVERTISED IN THE NEWSLETTER?**

*Please send an email to  
[ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)*



# Children & Young people



## GLEDFIELD PRIMARY SCHOOL



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



### NEW P1 PUPILS

We are delighted to welcome Logan and Angus in to our P1 class at Gledfield.

### 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.



### 'STREET JAM' DANCE AND FITNESS

Gledfield and Rosehall pupils had great fun participating in a 'Street Jam' dance & 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!

by Andymack & Sil



### MEET HAMISH THE TARTAN DRAGON

A shy veggie dragon who lives on Carn Bren

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.



## Guide to local services A-Z

### BRADBURY CENTRE

**Bradbury Centre Bonar Bridge**  
01863 766 772

### BUSES

**MacLeod's Coaches**  
01408 641 354  
**Bradbury Centre Bus**  
01863 766 772

### CAB

**Citizens Advice Bureau Golspie**  
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  
**Customer Help**  
0800 300 111

### 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  
**Service Point Bonar Bridge**  
01863 766 083  
**Service Point Dornoch**  
01862 810 491

### HIGH SCHOOLS

**Tain Royal Academy**  
01862 892 121  
**Dornoch Academy**  
01862 810 246

### KYLE OF SUTHERLAND

**KoS Development Trust**  
01863 766 190  
**KoS Fisheries Trust**  
01863 766 702  
**KoS Youth Development Group**  
01863 766 310

**Royal Bank of Scotland**  
**Mobile Timetable TUESDAY**  
Bonar Bridge War Memorial  
Arrive 11:50 Depart 12:05

### MacLeod's Coaches Timetable

#### ARDGAY → TAIN

Ardgay	Ardgay
06:46 / 09:08	07:42 / 10:35
11:28 / 14:23	13:35 / 16:25
17:20 / 17:48	19:20
↓	↑
Edderton	Edderton
06:58 / 09:20	07:28 / 10:20
11:40 / 14:35	13:20 / 16:10
17:35 / 18:00	19:05
↓	↑
Tain Lamington St	Tain Lamington St
07:08 <sup>1</sup> / 09:30 <sup>1</sup>	07:18 / 10:11
11:50 / 14:45 <sup>1</sup>	13:11 <sup>1</sup> / 16:00 <sup>1</sup>
17:45 / 18:10 <sup>1</sup>	18:55 <sup>1</sup>
↓	↑
Tain ASDA	Tain ASDA
07:11 / 09:33	07:13 / 10:03
11:53 / 14:48	13:03 / 15:52
17:48 / 18:13	18:47

06:46 Monday to Friday  
09:08 Monday to Saturday  
14:23 Saturday only

<sup>1</sup> Connects with Stagecoach bus to/from Inverness

### 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

### LIBRARIES

**Bonar Bridge Library**  
01863 760 083  
**Mobile Libraries Ardgay & Strathoykel, Strathcarron**  
0773 330 0761

### NHS

**Migdale Hospital**  
01863 766 211  
**Doctors Creich Surgery**  
01863 766 379  
**Nurses Creich Surgery**  
01863 766 237

### POLICE

**Local Police (Inverness)**  
0845 600 5703  
**Non Emergency: 101**  
**Confidential Line:**  
01463 723 321  
**Textphone:**  
01463 723 325

### POST OFFICE

**Bonar Bridge**  
01863 766 219

### PRIMARY SCHOOLS

**Gledfield**  
01863 766 580  
**Bonar Bridge**  
01863 766 221  
**Rosehall**  
01549 441 348

### RECYCLING CENTRE

**Bonar Bridge**  
01349 868 439

### SCOTTISH WATER

**24Hr Emergency**  
0845 600 8855  
**Customer Help**  
0845 601 8855

### TAXIS

**Ronnie's Taxis Ardgay**  
01863 766 422  
**A&B Taxis Ardgay-Bonar**  
07549 999 760

### TRAINS

**National Rail Enquiries**  
0845 748 4950

### VETS

**Rogart Vets (Farm Animals, Pets & Horses)**  
01408 641 352  
**Easter Ross Vets Tain**  
01862 893 142  
**Johnston & Farrell Tain**  
01862 894 223  
**Kessock Equine Vets**  
01463 731 107

### Bradbury Centre Bus

**BONAR BRIDGE CIRCULAR**  
(Via Spinningdale, Tain and Edderton)

#### 920 - Wednesday

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
10:30	14:40
↓	↑
Spinningdale	Spinningdale
10:39	14:31
↓	↑
Clashmore	Clashmore
10:53	14:19
↓	↑
Tain old CO-OP	Tain old CO-OP
11:02	14:08
↓	↑
Tain Lamington St	Tain Lamington St
11:04	14:06
↓	↑
Edderton	Edderton
11:17	13:53
↓	↑
Ardgay	Ardgay
11:39	13:33
↓	↑
Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
11:42	13:30

#### BONAR BRIDGE - ALNESS

##### 919 - Tuesday

Bonar Bridge	Bonar Bridge
Cherry Grove	Cherry Grove
10:30	13:45
↓	↑
Ardgay	Ardgay
10:34	13:40
↓	↑
Easter Fearn	Easter Fearn
10:42	13:33
↓	↑
Ardross	Ardross
10:58	13:17
↓	↑
Alness	Alness
11:15	13:00

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**





## Classified ads

**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** (18:39)

**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



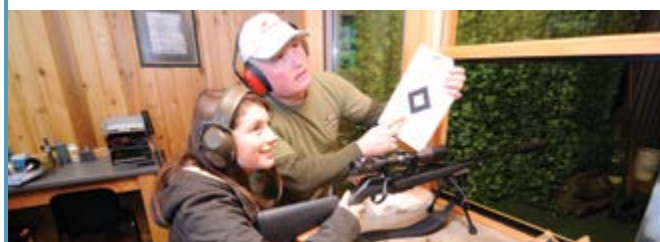
Traditional Sporting Activities for experienced and beginners

### HIGHLAND SHOOTING CENTRE

Scotland's first 100m Underground Shooting Range. Introductory rifle and shotgun courses as well as bespoke tuition. Also Virtual Shooting Simulator which is a fully interactive indoor shooting experience suitable for all ages and abilities.

Clay Pigeon Shooting and Tuition.

*All available individually or for groups*



Check out our website and Facebook page

BURNSIDE, ALTASS, LAIRG IV27 4EU

**01549 409 129**

[info@highlandshootingcentre.com](mailto:info@highlandshootingcentre.com)

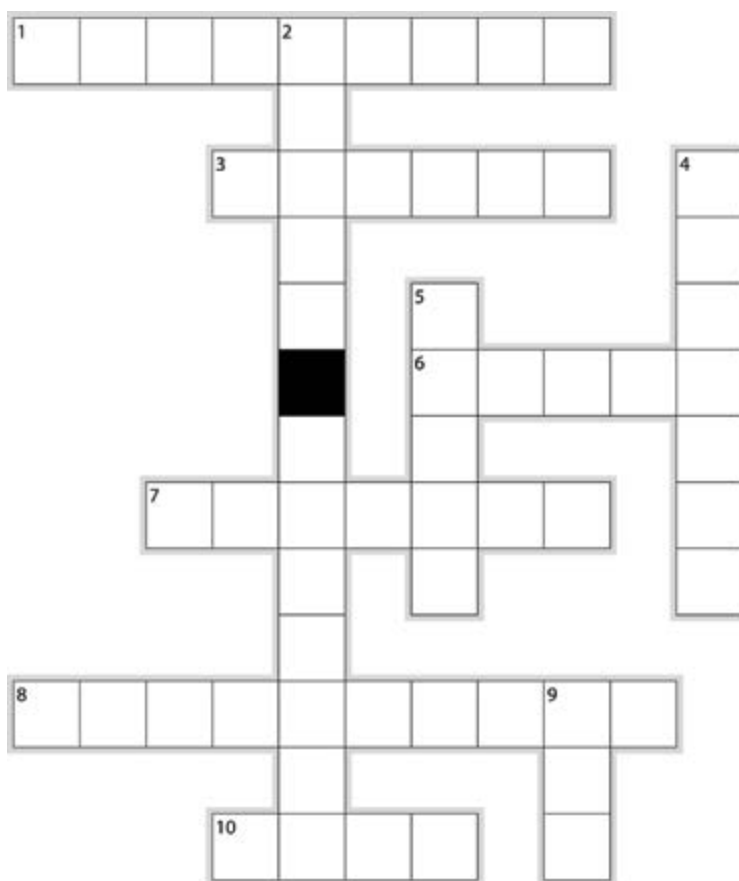
## Crosswords

### 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.



A&DCCN / ECLIPSE CROSSWORDS.COM



## Keep Active Together (KAT)

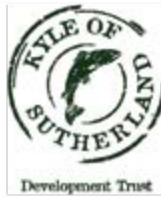
“Aiming to increase activity along with health and wellbeing for the Kyle of Sutherland residents.”

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.



**The Trust Offices, Dornoch Road, Bonar Bridge, Sutherland IV24 3EB**



## ARDGAY & DISTRICT

### Community Council *newsletter*

Editor: **Silvia Muras Sanmartin**

Design & Layout: **Silvia Muras Sanmartin**  
01863 766 690 / [silviamurassanmartin@gmail.com](mailto:silviamurassanmartin@gmail.com)

Contributors to this issue: **Andymack, Rhonwen Copley, Calum Couston, Liz Crabb, Hilary Gardner, David Hannah, Patricia Hannah, Barbara Hartshorn, Beverly Hill, Helen Houston, Anthony M. Jones, Gregor Laing, Andrew Mackay, Rhionna Mackay, Kirsten MacNeil, Juliet Robinson, Mary Stobo, Marion Turner, Betty Wright.**

Distribution: **Rhonwen Copley, Brigitte Geddes, David Hannah, David Knight, Teresa Langley, Alan Lawrence, Silvia Muras, Davy Ross, Bob Sendall, Jeannie Sparling, Anna Sutherland, Marion Turner, Vicky Whittock, Iain Worthy, Betty Wright.**

ARDGAY COMMUNITY COUNCIL MEMBERS:

*(Full contact details in page 10)*

**David Hannah** (Chair), **Marion Turner** (Vice-Chair),  
**Alan Lawrence** (Treasurer), **Phil Olson, Betty Wright,**  
**Bob Sendall, Silvia Muras**

COUNCILLORS:

*(Full contact details in page 10)*

**George Farlow, Hugh Morrison, Linda Munro**

ONLINE VERSION AVAILABLE FROM:

[www.ardgayanddistrictcommunitycouncil.org.uk](http://www.ardgayanddistrictcommunitycouncil.org.uk)

ADVERTISING, LETTERS & CONTRIBUTIONS:

**01863 766 690**

[ardgaynewsletter@gmail.com](mailto:ardgaynewsletter@gmail.com)

This Edition of the Newsletter is published with Partnership / Funding from the E.ON Rosehall Community Fund  
Supported by Foundation Scotland



**Foundation  
Scotland**