

# ARDGAY & DISTRICT COMMUNITY COUNCIL NEWSLETTER



Ardgay and District Community Council    Population 595    Area 624.8 Sq. Kilometres    Density 1.04 per Sqkm  
Back issues available at our website <[ardgayanddistrictcommunitycouncil.org.uk](http://ardgayanddistrictcommunitycouncil.org.uk)>    **No 16– Summer Edition 2012**

## Really Bad News

You may have seen it in the local Press:

**Dingwall Printers went into liquidation.**

This is really bad news for us as they have been our newsletter printer for over 3 years and have always produced a great quality newsletter for us at a reasonable price. Best wishes to Norman and all the five staff – hope you get new jobs soon.

*David Kannah - Editor*



Ardgay Street Glasgow. There are more people living in Ardgay Street than in the whole of Ardgay & District Community Council Area

## From the Chair

Well you did it – you went to vote and elected our new Highland Councillors in the May Polls and for us there is the good news that we kept George Farlow (SNP) and Linda Munro (Liberal Democrat), and gained a new – for us member Hugh Morrison (Independent) and we look forward to working with them during the next four years. Less than 50% of the eligible population voted – does this show that the current system of politics controlled government no longer meets our needs?

We'll keep you posted on how the new arrangements will affect us once the duly elected members meet and decide on how they will agree to serve our community.

They will be attending our Community Council meetings and we hope you will make a big effort to come and welcome them with lots of questions and support.

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Boys Brigade walk up Meall nan Eun near Whale Cottage at Braelangwell on the May Day holiday.  
(bet Gemma was first up to the top)



Ex- Community Council Chair Elizabeth Cormack took a Skydive in celebration of her 70<sup>th</sup> birthday to raise over £1700 for the British Heart Foundation – We're really glad your 'chute' opened -Well done.



Interesting to find – just around the corner from Ardgay Street in Glasgow – Culrain Street with a pro-rata population to Ardgay Street.



50 years of faithful service given by Mr Ewen Stewart of Culrain as organist at the church. (see Church news)

Kincardine Old Church – now Kyle of Sutherland Heritage Centre (see article for information on events)



Bonar Bridge by night Celebrate 200 years of crossing





## COMMUNITY COUNCIL – 14 MAY MEETING – DRAFT MINUTE

**Present: Elected members:** David Hannah, Chair (DH), Peter Armstrong, Secretary (PA), Alan Lawrence, Treasurer (AL), Phil Olson (PO), Marion Turner (MT), Bob Sendall (BS), David Laver (DL), Betty Wright (BW)

**Invited Guests:** Carol Summers and Linda Skinner, Connecting Carers; Gareth Dixon, Mitchell's Chemist

**Members of the public:** Colin Mitchell, Paul Whittock

**Minutes Secretary:** Mary Goulder (MG)

**Apologies:** Highland Councillors Linda Munro, George Farlow and Hugh Morrison

**Item 1. Welcome/ Connecting Carers presentation.** Carol Summers introduced herself as the Volunteer Co-ordinator for Connecting Carers. The organisation has been established for many years but has recently been awarded the tender to provide care centre service for unpaid carers across Highland. Anyone can be a carer, often without realising that they fall into this category, usually it is a family member or close friend of the person requiring the help. All such carers should be encouraged to register with the service enabling them to access the full support of the organisation with regard to information on all aspects of 'the job'. A dedicated information/advice line operates Monday to Friday, 9.30 – 5pm and until 7pm on Wednesdays: 01463 723560. There is also a website: [www.hccf.org.uk](http://www.hccf.org.uk) and they can be found on Facebook and Twitter. Once registered, carers will have access to informal forums and in-depth support, training and advice. Young carers in particular can benefit from the various opportunities for help available through the group. Linda Skinner has been appointed as a Carers' Worker and will be working in Caithness and Sutherland for the next four months. The post is funded by NHS Highland and Highland Council. Linda has thirty-five years experience working in the voluntary community and has been a carer herself for most of her life. She stated that unpaid carers in Highland alone save the government an estimated £200 million. She will be publicising her role through posters, advertising, word of mouth and she hopes to establish local support groups, meeting in village halls etc, where carers can call in for coffee, a chat, information and support. There is no such group in Sutherland as yet. Both Carol and Linda have established links with the Bradbury Centre and will continue to liaise there as that is an obvious source of information and contact for carers. PO will put the Connecting Carers website details on to the CC website. Carol will ensure that DH receives information in the next day or so for inclusion in the next CC newsletter which goes to press at the end of this week. Taking with them thanks from the CC members, Carol and Linda left the meeting at 7.30pm.

**Item 2. Proposal to open a retail pharmacy in Bonar Bridge – Gareth Dixon.** Gareth gave a brief address outlining his proposal to open a branch of his business, Mitchell's Chemists, in the premises previously used as the old paper shop in Bonar Bridge. He has purchased the property and is now seeking the views of local residents and businesses with regard to the provision of a retail pharmacy. Gareth explained that should he be successful in opening, the present arrangement whereby the doctors' surgery is a dispensing practice would cease and prescriptions would be dispensed from the new shop. Regulations exist which govern the number of dispensaries in any one area, usually determined by population numbers. The two employees currently working in the pharmacy at the surgery would be invited to work in the new one along with a fully qualified pharmacist and possibly another health worker; one or two front of shop staff would also be needed. The Minor Ailment Service would operate here too allowing residents to register at the pharmacy for medical advice on minor conditions, thus saving appointment time at the doctors' surgery – a plan being put in place across Scotland by NHS Scotland and the Scottish Government. General advice from the pharmacist would always be available. Gareth stated that this system is working well with his other two shops in Dornoch and Golspie, both enjoying an excellent relationship with the local doctors, sharing information as appropriate and with patient consent. The Bonar Bridge premises are smaller than the other two establishments but would be fitted out to the same high standard and would offer a range of retail products such as would be expected in a small pharmacy. An out of hours service would be put in place to enable the collection of prescriptions in emergencies. Questions from the CC included concerns about parking, the possibility of other related medical professions taking space in the building, and employment. Gareth has not yet had the opportunity to meet the doctors at the surgery but hopes to do so as soon as possible. He is currently trying to gauge local feeling and left with an overall positive opinion from CC members.

**Non-agenda items. (1) The Lady Ross.** Colin Mitchell expressed his disapproval of the mention in the CC Minutes of 13<sup>th</sup> February where it stated that Mr Mitchell had neither sought nor been granted permission from the Village Hall Committee for access to carry out repairs at The Lady Ross. Mr Mitchell had with him, both when he attended the January meeting of the Community Council, and tonight, a handwritten letter from Jennifer Burnett, a member of the Hall Committee at the time. Although the letter is undated Mr Mitchell maintains it was issued at the time of the work and before Ms Burnett left the Hall Committee. With regard to various rumours circulating around the village, Mr Mitchell stressed that the property is not on the market for sale and that he is in negotiation to regain ownership with a view to re-establishing a business presence in the future. Marion Turner explained the background workings of the Community Right to Buy and advised Mr Mitchell that the initial stages of that procedure will be put in place, with regard to several properties and plots of land in the village, starting with a survey to gauge public opinion. She made it clear that registering an interest is an essential part of the procedure, but it should not necessarily indicate that a move to purchase would ever be made, only that the community would be assured time to decide should the property ever be placed on the open market. Mr Mitchell felt that these moves might still impact on his negotiations, stated he would prefer it if such steps were not taken and said he would keep the Community Council apprised of any developments or changes with his plans. Disagreement at this stage between Mr Mitchell and David Laver over the Hall Committee minutes entry and the letter by Ms Burnett led to the Chair intervening, as this was matter between the Hall Committee and Mr Mitchell and was not appropriate to Community Council business. at which point Mr Mitchell left the meeting.

**(2). Christmas lights.** Paul Whittock, Ardgay Garage reported to the CC regarding his research into costs for the purchase of new lights for the Christmas display, particularly those it is hoped to place by the school. The children were asked what themes they would like with the popular choices being for a shooting star, a snowman and a Christmas pudding.

All the figures for each were passed to the Chair who will talk with Highland Council to ascertain what might be available from their resources. He will report back next month. Not only has Paul taken on this research and work to do with the lights and Christmas tree but he also refused any remuneration for it. He stated that the takings from the next car boot sale would be put towards the Christmas lights fund. He was sincerely thanked for his work and commitment and left at 8.25pm. **DH Action.**

**Item 3. Apologies.** See above.

**Item 4. Minutes of April meeting.** The minutes from 9<sup>th</sup> April were accepted as a true and accurate record; proposed: Marion Turner; seconded: Peter Armstrong.

**Item 5. Matters arising from April minutes.** (1) **CC logo.** Carol Laver has produced a design which was approved by all and will now be used on Community Council headings. Carol was warmly thanked for her time and expertise. (2) **Ward boundaries.** PO has drafted a letter with regard to the possible re-drawing of Ward boundaries. He will circulate this for consideration and it will be an agenda item at the next meeting. **PO/PA Action.** (3) **Flag raising.** There have been no contacts received from local ex-service personnel following the display of posters asking who might wish to attend this event in June. The Treasurer will send the approved £100 donation once the address is provided by PA. **PA/AL Action.** (4) **Scottish Community Councils conference.** DH attended the final meeting and encountered varying reactions to the wind up of this body. It is a real shame that so many dedicated people now have no central body, although it was felt that the Central Belt had perhaps benefitted more than Highland during its time of operation. (5) **Core Paths.** Matt Dent has identified several 'gate issues' which he is investigating. (6) **Tuiteam bridge.** Nothing new at this time. (7) **CC AGM date.** Confusion has arisen following email communications from Highland Council indicating that all CCs must hold an AGM in June, in spite of only have been elected in November last year. This meeting approved the financial report, audited in April and submitted to Ward Manager Andy Mackay at that time. The Secretary will write to the three Highland Councillors for this Ward asking for clarification as it was previously understood by all that the next AGM would be in November, after one year in office. **PA Action.** (8) **ScotRail.** Secretary has written again to ScotRail on several matters including the need for a notice indicating the platform of departure for the early train. Awaiting the supply of hi-viz jackets which must be worn when work is carried out on the floral decorations at the station. (9) **Social Enterprise course.** PA attended this course in April in Lairg where he made some useful contacts.

**Item 6. Correspondence.** PA listed incoming communications. The **Data Protection Act** registration is complete. Letters of opinion were submitted regarding the **Braemore and Glenmorie** windfarm planning applications. No reply received from **KPMG** regarding The Lady Ross. The **Friends of the Far North Line** group has expressed an interest in coming to a future CC meeting. PA will contact them. **PA Action.** Fiona MacKenzie, Development Officer, Sutherland Partnership is seeking help to do an inventory of local information 'brown signs'. Agreed to pass this to Lynsey Burns, KOSDT. **MT Action** Letter received from 13 year old Frances Hull seeking financial assistance towards costs to enable her to attend the International Scout Jamboree to be held in Blair Atholl. £50 donation approved, to be paid from the Project Account. **AL Action** (once address passed to him by PA). **Dornoch Academy** has invited a representative of the CC to attend their upcoming prize giving ceremony. Chair will reply that unfortunately no-one is available this year. **DH Action.**

**Item 8. Windfarms update.** **Achany** – panel meeting on 20<sup>th</sup> July to assess next round of applications. Volunteers needed to deal with interviews for the post of co-ordinator of the apprenticeship scheme. DH available and possibly BW. DH will attend the upcoming Open Day in Strathpeffer. The Panel will have a stand at the Rosehall Community Day on 19<sup>th</sup> May. **Braemore** – updating letter received on status of current planning application, now for 24 turbines, south access at Inveran removed. **Coire na Cloiche** - CC hopes to approach Charlie Brooke regarding community benefit. **Dalnessie, Glencassley, Rock by Sea** – nothing new. **Glenmorie** – awaiting discussions re community benefit. **Rosehall** – last liaison group meeting on 6<sup>th</sup> June. Community benefit beginning in August. **Sallachy** – meeting next week. WKN is understood to be open to discussions on community benefit.

**Item 9. Treasurer's report.** The Statement of Accounts as at 31<sup>st</sup> March has been audited and submitted to Highland Council. The annual accounts were approved. The balance in the Treasurer's Account stands at £1,425.86 with one outstanding cheque of £127.10, the Project Account stands at £3,228.39 with one outstanding cheque of £120, and the Toilet's Account at £677.65 with an outstanding cheque of £189. The Highland Council mileage rate of 45p per mile was agreed as being payable to Mary Goulder, Minutes Secretary, and others as appropriate.

**Item 10. Ardgay 'Open Shop' week proposal.** The idea of having a central point open in the village for a week during the summer where people could drop in to discuss any/all village matters, to encourage volunteers to become involved with various local groups and committees, to disseminate information and generally express opinions was greeted favourably by all. Peter will seek out suitable premises, liaise with KoSdt regarding 'free hall slots' and all members with free time volunteered to help out from time to time. Notices will be displayed to publicise the event and an item will be in the newsletter. Peter will plan a programme. **PA/All Action as appropriate.**

**Item 11. Kyle of Sutherland Development Trust update.** The April report had been circulated to CC members by email. MT will discuss with Lynsey Burns further ideas for wider distribution throughout the community. She will also investigate the procedures for instigating a Community Right to Buy with regard to various land and properties in the area. **MT Action.**

**Item 12. Newsletter – printer.** Dingwall Printers, which has been producing the A&DCC newsletter, has gone into liquidation. A4 Printers in Inverness has taken over most of the work previously handled in Dingwall and DH will discuss with them the future of the newsletter. The next issue is due to be printed within a week and it is expected that A4 Printers will do this.

**Item 13. Ward Forum.** The Forum scheduled for May has been cancelled. The date for June is still to be confirmed.

**Item 14. Any other competent business. Notice boards.** The two existing Hall Committee notice boards and the soon to be delivered two Community Council boards are/ will be all sited on Hall Committee land.

All four boards should be placed together in an easily accessible position. Planning permission is required at a cost of £80. This expense was approved. DL and AL will liaise on this. **DL/AL Action.** It was agreed that Angi Banks at Bonar Bridge Library should hold a key for the notice boards, also that there should be a time expiry on notices, perhaps one month. **Grit bin for the hall.** PA will ask John Clark if Highland Council can supply a grit bin to be situated at the hall. **PA Action.** **Highland Small Communities Housing Trust.** This organisation is keen to conduct a survey in the autumn into local housing needs. It was agreed that they should be invited to attend a meeting after the CC 'Open Shop' week by which time public opinions might be more clearly defined.

**Item 15. Date of next meeting.** The next meeting will be held on Monday 11<sup>th</sup> June 2012 at 7pm in Ardgay Hall with the 9<sup>th</sup> July meeting taking place in Culrain Hall. The invited guest will be Morven Smith of SSE. PA will book the hall. **PA Action.**

Meeting closed at 9.10pm.

**Ardgay & District Community Council Meeting 2012 dates 2<sup>nd</sup> Mondays of the month at 7.00pm in Ardgay Village Hall**

**Date of July meeting.** The following meeting will be held on Monday 9<sup>th</sup> of July 2012 at 7pm in Culrain Hall.

09 July - Culrain	August Holiday	10 September	08 October	12 November	10 December	Monday 14 January 2013
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**All meetings are open to the public and we would welcome your support for our guest speakers by attending some of them to let us know how well you think we are doing in managing your community affairs.**

**Kincardine Parish Church - Contact Details** - Minister- Rev. Anthony M. Jones The Manse, Manse Road, Ardgay, Sutherland IV24 3BG email: <[revanthonymjones@yahoo.co.uk](mailto:revanthonymjones@yahoo.co.uk)> Tel: 01863 766285

**Session Clerk/Roll Keeper** – Mrs Rosalie Sutherland Tel 01862 821 320

**Clerk to the Congregational Board** – Mrs Babs Gemmill Tel 01863 766 495,

**Treasurer** Hilary Gardner Tel 01863 766107



**Greetings From The Manse** – Dear Friends, Once again we find ourselves preparing for a busy time as we lead into the school holidays. The time is flying by and often there just aren't enough hours in the day! Sometimes however we busy ourselves with lots of unnecessary things and lose sight of the things that really count in our lives. As parents we have to "make" time, quality time to spend with our children. As we grow older it is ever more important to spend time with our extended family. It is not always easy however, if your parents and loved ones live at a distance. We all have to "make" that time - to make that space for each other! The church is no different, it exists for the Christian family. It thrives on "special" events. Here in the Kyle of Sutherland the yearly church calendar is punctuated by so many activities. All these activities are exciting and worthwhile but, sometimes we need to stop and take stock of what really counts. "Prioritise" is a word that can help us. As a church family we must not cease meeting together, encouraging each other, supporting one another in prayer and fellowship and 'celebrating' the faith we share in new ways. Each Sunday is an occasion worth celebrating. Over the last few months there have been many good local opportunities of fellowship and celebration. It's worth reminding ourselves of some of these: in Edderton the second combined "Lambing Service" was a memorable event with over sixty people attending from the surrounding area, in Ardgay the Tea Party and Family Fun Day at the Manse on Saturday 5<sup>th</sup> May proved a great success (despite the mixed weather!) and, it was good to welcome so many folk from the villages of the linked parishes both young and old (thanks to everyone who came), the Easter services were appreciated by all those who attended (these included the one beside the Kyle at Creich on Easter Sunday morning and the Maundy Thursday Communion at Old Edderton Church) and, the first "Fisher's Service" held recently by Rosehall Church at Glen Cassley. As we look forward, there will again be lots more good things to look forward to in the church and community amongst them, the Boys Brigade Prizegiving Service at Ardgay Church on Sunday 27<sup>th</sup> May at 12.15pm and the open air 'Preaching Ark' Service the same day at Old Edderton at 3pm. The 'Summer Club', Sunday School picnic at Creich and, the **Croick Pilgrimage on Sunday 12<sup>th</sup> August at 3pm**. One very special advance date we must 'red letter' in our diaries this year is the special Anniversary service to mark the founding of the church at Edderton on Friday 5<sup>th</sup> October at 7.30pm. Whether you have been to church before or not or, whether you are 'new' to this lovely area, I hope you will make the time and space to visit us at one of the centres of worship in the Kyle of Sutherland churches comprising Kincardine, Croick and Edderton linked with Creich linked with Rosehall churches. You can be assured of a warm welcome. **Reverend Anthony**

**DIARY OF FORTHCOMING EVENTS:** - Sunday 24<sup>th</sup> June at 10.30am Family Service at Kincardine Parish Church

Sunday 1<sup>st</sup> July at 4pm Dornoch Firth Group of Churches BBQ at Edderton (details to be confirmed)

Monday 30<sup>th</sup> July to Friday 3<sup>rd</sup> August: "On Your Marks!" Summer Club at Bonar Bridge Village Hall from 10am to 12pm

Sunday 5<sup>th</sup> August at 10.30am - Summer Club Service at Bonar Bridge Village Hall. Families welcome.

Sunday 5<sup>th</sup> August at 3pm "Songs of Praise" at 'Stonehenge' by the Kyle at Creich

Monday 6<sup>th</sup> - Wednesday 8<sup>th</sup> August - Creich Parish Church Flower Festival from 10am to 4pm

(Creich Parish Church 'Pancake Day' on Tuesday 7<sup>th</sup> August)

Sunday 12<sup>th</sup> August at 3pm Croick Church Pilgrimage Service (pilgrims meet at Amat to walk to the Church)

Sunday 26<sup>th</sup> August: Holy Communion at Creich Parish Church at 10.30am and Rosehall Parish Church at 12pm

**All at 3.00pm in Croick Church July 8<sup>th</sup> - August 12<sup>th</sup> (Communion service) - September 9<sup>th</sup>**

*The Communion Service is preceded by a reflective pilgrimage walk from Amat junction, up the strath, to the church. Anyone would be willing to join. We meet at 2.00pm at the phone box at Amat. If anyone would like to go to any of the services but does not have transport please contact Hilary Gardner (01863 766107) and we will endeavour to arrange a lift.*



**Sunday (usual) Services - Edderton @ 10.30am, Ardgay @ 12.15pm** – If you would like information about the Church of Scotland contact Mrs Rosalie Sutherland, Session Clerk on 01862 821 320.

**Ewen Stewart** - Members of Kincardine Church, Ardgay gathered after the morning service on Sunday 6th May for a buffet lunch to celebrate the 50 years of faithful service given by Ewen of Culrain as organist at the church. Following the meal Rev. Hilary Gardner presented Ewen with a certificate to mark the occasion and expressed thanks on behalf of the ministers and congregations both past and present. Ewen then spoke briefly about some of his memories over the past 50 years, of leading worship and training choirs under eleven different ministers over the period. (see photo P2)

**The Bridge Project - (Dornoch Firth Group – Scottish Charity Number SC034932).** The Dornoch Firth Group was established in 2007 by the six Church of Scotland Parishes around the Dornoch Firth, (Kincardine, Creich, Edderton, Rosehall, Croick & Dornoch). **“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. It is a service to reassure you that someone will check on you every day, with a telephone call from one of our trained team. If your “Good Morning Sutherland” call is not answered, we will call again in a few minutes. If there is still no answer after a third call, we will contact your agreed contact person. (There is no charge for the service). Referrals can also be made from various services such as Medical Services, District Nurses, Doctors' Surgeries or local Churches, of any denomination.

**Volunteers wanted** – If you would like to give time to supporting and assisting with this service, or give a donation to cover administration costs. **Contact** – John McMurray, Community Outreach Worker, Wilalimar, Rowan Avenue, Dornoch, IV25 3QW, Tel 07801496609, e-mail [johnmcmurray@yahoo.com](mailto:johnmcmurray@yahoo.com)

**Kincardine, Croick & Edderton Guild** (Charity No SC016877) – We at the Guild invite you to come along to our sessions – usually the 2nd Tuesday of each month from September to March at 7.30pm in Ardgay Church Hall. We have speakers, demonstrations and slide shows, and always a cup of tea and a chat - Contact for details – Mrs Isobel Adlard Tel 01863 766 469.

**SWRI (Scottish Women's Rural Institute) SWRI** – Ardgay 7.30pm on the third Tuesday of every month September to March in Ardgay Village Hall. All ages welcome - Contact for details – Mrs Jean Jack Tel 01863 766 646.



Culrain and Invershin in the Culrain Hall the last Thursday of the month at 7.30pm.

**Ardgay Badminton Club** – Currently a very healthy 60 members. Aiming to start on Thursdays in October and ending before the lambing season in early April. Players will be moved to suitable groups depending more on ability than age after the first couple of nights. Used to play badminton? Come along on a Monday, we're a friendly club and our members come along for a bit of social fun rather than serious match play. Below shows how it worked out last season but may change depending on numbers. It should work out at £1.00 per hour for all. Rackets available. Children are allowed to start if they are in primary 4 upwards at the start of the season. Contact details for George Ross: Tel 01863 755 329, e-mail <[ochayeman@hotmail.co.uk](mailto:ochayeman@hotmail.co.uk)>.



Mondays			Thursdays			Saturdays		
Beginners	1830 – 1930	£1.00,	Teens	1830 – 2000	£1.50,	Competition Squad	Boys	1900 – 2030 £1.50,
Advanced	1930 – 2030	£1.00,	Adults	2000 – 2230	£2.00		Girls	2030 – 2200 £1.50
Adult "Beginners"	2030 – 2200	£1.50						

**Creich Surgery - Bonar Bridge**, Creich Surgery, Cherry Grove, Bonar Bridge IV24 3EP,

Tel: 01863 766379 Fax: 01863 766768



Consulting Times for appointments

Day	Morning Appointments	Afternoon Appointments
Monday	0900 – 1130	1530 – 1700
Tuesday	0900 – 1130	1530 – 1700
Wednesday	0900 – 1130	1530 – 1700
Thursday	0900 – 1130	1530 – 1700
Friday	0900 – 1130	1530 – 1700 & 1800 – 1830 for working patients

**Out of hours GP services** - are available between 6.00pm and 8am on weekdays, at the weekend, and on public holidays. These services provide help when your GP surgery is closed and your condition is too serious to wait until the next day. If you phone your surgery when it is closed you will get a message explaining how to contact your local out of hours service.

**NHS24** - Contact for health care advice on 08454 24 24 24 (Textphone 18001 08454 24 24 24).

**NHS Inform** – You no longer need to look in lots of different places for Health Information you can trust.

Call 0800 22 44 88 (8am to 10pm) or visit [www.nhsinform.co.uk](http://www.nhsinform.co.uk).

**Dental Helpline** - Should you experience difficulties in registering or accessing emergency care for NHS Dental treatment, please contact the NHS Dental Helpline on 08456 442271 (Evenings & Weekends NHS 24 on 08454 242424) or email [nhshighland.dentalhelpline@nhs.net](mailto:nhshighland.dentalhelpline@nhs.net) If you are not registered with a dentist and are disabled it may be that you can qualify for a fast track registration provided that you fit the dental criteria. If you get a letter from your doctor which explains your condition and disability and forward the information to the following address you may get registered sooner: The Centre for Health Science, Inverness Dental Centre, Old Perth Road, Inverness, IV2 3JH, Tel 08456 442271.



**NHS Minor Ailments Service** – is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits. When you are registered for the Minor Ailments Service your pharmacist can give you medicine for a minor illness or complaint, if they think you need it. You will not have to pay for this but you will have to register with a pharmacist. For more information contact – your local pharmacy, your doctor or NHS staff involved with your care, your local CAB or the NHS inform Helpline on 0800 22 44 88 (calls from a landline are free).

**NHS Highland Meetings** - The minutes of meetings of the NHS Highland Board and its Committees are published on our website. The Board meets in public on the first Tuesday of every other month. The Board and each of the committees are attended by non-executives, and provide accountability and governance over decision making and the performance of NHS Highland.

The next meeting of the Highland NHS Board will take place as follows: In the Board Room, Assynt House, Beechwood Park, Inverness. Members of the Public are invited to attend as observers.

Dates for 2012 Board Meetings have been agreed as follows:

Tuesday 14 August 2012 - Tuesday 2 October 2012 - Tuesday 4 December 2012

**For general enquiries, comments or feedback for NHS Highland you can contact us on 01463 704000, or write to us at NHS Highland, Assynt House, Beechwood Park, Inverness IV2 3BW.**

Other useful numbers NHS Highland Board, Assynt House - **01463 717123** - **Email us:** [High-UHB.Webmaster@nhs.net](mailto:High-UHB.Webmaster@nhs.net)

**Dornoch/Tain High Schools** – DORNOCH ACADEMY PARENT COUNCIL - Website: <http://www.spanglefish.com/DAPC/> .

**Tain Royal Academy** - held its Annual Awards Ceremony on Thursday 19 April. Donald McNaughton, Sports Coach was the guest speaker. The school recently held a very successful Health and Wellbeing day for S1 pupils. A number of departments were involved and several key areas of health and wellbeing were covered. Senior pupils are on study leave during the SQA examination timetable. S3 pupils depart next week for a visit to the WW2 battlefields with the History department, whilst others are preparing for a visit to Geneva (CERN) and Paris later in the term.

School newsletter can be downloaded from [www.tainroyalacademy.org.uk/2012/index.html](http://www.tainroyalacademy.org.uk/2012/index.html)

Contact details for Tain Royal Academy parent council: CHAIRMAN Mr Paul Hoggarth, Redstone Gables Edderton (01862 821214). 'The latest newsletter from Tain Royal Academy can be viewed at [www.tainroyalacademy.org.uk](http://www.tainroyalacademy.org.uk) Articles include the schools link with Malawi, school trip to CERN & all the sports news.'

**(Why does no one from Dornoch Academy ever contribute anything to this newsletter??)**

**Gledfield Primary School - Gledfield Primary Parent Council:** email [gledfield@scottishparents.com](mailto:gledfield@scottishparents.com)

Office bearers: Chair: Vacant ?, Vice-chair: Vacant, ? Secretary: Rhys Llewellyn, Treasurer: Jacqueline Sutherland.

Teacher Member & Headteacher - Kirsten McGruer,

**Community Contact numbers** - Thank you to the Bradbury Centre Local Telephone Directory for this information:

Police	Dornoch Road	Bonar Bridge	766222	Migdale Hospital	Cherry Grove	Bonar Br.	766211
Doctors	Creich Surgery	Bonar Bridge	766379	Primary Schools	Bonar Br.	Bonar Br.	766219
Nurses	Creich Surgery	Bonar Bridge	766237	"	Gledfield	Ardgay	766580
Electricity	24Hr Emergency	0800	300999	"	Rosehall	01549	441348
"	Enquiries	0800	300000	Post Office	Alness	01349	884487
"	Customer Help	0800	300111	"	Bonar Br.	Bonar Br.	766219
H. Council	Drummuie	Golspie 01408	635370	"	Rosehall	01549	441338
"	Service Point	Bonar Bridge	766838	Bradbury Centre	Bonar Br.	Bonar Br.	766772
"	Service Point	Dornoch 01862	810491	Scot. Water	24 Hr Emergency	08456	008855
				"	Customer Help	08456	018855
Community Development Service – Lynsey Burns			Tel 07961046715 e-mail < <a href="mailto:development@kyleofsutherland.co.uk">development@kyleofsutherland.co.uk</a> >				

**Scottish Country Dancing** - on Tuesdays from 7.30pm in Ardgay Hall please contact Doreen Bruce – Tel 01863 766852 for information. This new season starts on Tuesday 09 October 2012 – Hope to see all experienced dancers and anyone interested in learning to do our traditional dances – We always need more MEN.



**HTS Towbars – Mobile Towbar Fitting** – Contact Louise & Gordon Day 0845 475 9885 - <e-mail [htstowbars@aol.com](mailto:htstowbars@aol.com)>

I come to you and fit your towbar – (either you buy it or I can buy it for you). Also Touring/Mobile caravan/Trailer relocation and set-up. Web <[www.facebook.com/htstowbars](http://www.facebook.com/htstowbars)>

### Kyle of Sutherland Whist Club – Bonar Bridge Hall – Wednesdays at 7.30pm



2012 Whist Drives - Participation £1.50 including refreshments. (Lessons can be arranged if you would like to learn how to play and participate in fundraising for community groups)

Autumn programme to follow

**See local noticeboards for details of the 'Summer' Whist**

For information about the Whist Club or any of the Host Groups please contact Mrs Rosemary Logan 01549 421 282

### Rosehall Community Arts –

July 20th - Horse & Bamboo Theatre, "Silent Weaver" in Rosehall Village Hall at 8pm Tickets £8/£6

August 18th - Peter Price - Singer/guitarist in Village Hall at 8pm Tickets £8/£6

November 11th - The Tim Kilphuis Trio in Achness Hotel at 8.30pm Tickets £8/£6

December 15th - The Siobhan Miller Trio in Achness Hotel at 8.30pm Tickets £8/£6

January, date to be confirmed - Tich Frier's "One Man's Burns Show" at 8pm Ticket price to be confirmed.

Contact for more details or any other events which may be slotted in - Dave Goulder 01549 441283

Informal music nights are held in the Achness Hotel every Wednesday evening from around 8.30pm. No admission charge. Everyone welcome, especially contributors of music, song, poetry, etc. Anything goes!

Beginners guitar class held by Dave Goulder each Wednesday before music night. Contact for details 01549 441283.

Rosehall Community Arts has been running in various forms for the best part of thirty years. However, without new members coming forward, willing to take up the cudgels, the committee is facing possible closure in April next year when several of the present members and office bearers will be standing down. Anyone who might be interested in becoming involved and perhaps helping to take the organisation into the future should contact Dave or Mary Goulder on 01549 441283 or [marygoulder@btinternet.com](mailto:marygoulder@btinternet.com) We don't want to see this fold and sincerely hope that new people will appear by the end of the year willing to work with us during a handover period up to next April.

### Mobile Library dates and times Ardgay



Wednesdays 20th June, 11th July, 1st and 22nd August, 12th September, 3rd and 24th October, 14th November, 5th December. Oakwood, Ardgay: 1.45 p.m. – 2 p.m. Lady Ross, Ardgay 2 p.m. – 3.20 p.m.

### Mobile Library dates and times Culrain, Gledfield, Strathoykel, Strathcarron

Thursdays 21st June, 12st July, 2nd and 23rd August, 13th September, 4th and 25th October, 15th November, 6th December. Culrain village 2.10 p.m. – 2.45 p.m. Other stops in Strathoykel and Strathcarron as per timetable.



During term-time the Mobile Library visits Gledfield Primary School. During holidays pupils are welcome to use the Mobile Library at other stops, provided they have their Library tickets. Contact 07733300761 or 01349 852698 for information on other stops and times.

**Summer Holidays at the Libraries** – The Summer Reading Challenge in libraries this year is STORY LAB. Children of all ages can join in. Just head to your local branch or mobile library at the beginning of the summer holidays and enroll. It's completely free of charge and every child will receive a membership card when they enroll. The Summer Reading Challenge is designed for children of all ages up to P7. STORY LAB challenges children to read six books from their library during the summer holidays and there are small rewards and activities to encourage them. They can read any books they like – facts books, stories, joke books, picture books – it's up to them. Audio books count too! As long as they're borrowed from the library, they all count. Once the children have finished the challenge they will receive a certificate to say they have completed it.

**Bonar Bridge Library** will also be holding free activity sessions to keep children occupied during the Summer Holidays. These will be held on Tuesday 17<sup>th</sup> July & Tuesday 7<sup>th</sup> August from 2 – 3.00pm with Gaelic songs and stories. All ages welcome.

Bonar Bridge Library/Service Point opening times	Monday 10.00am – 12.30pm and 2.30pm – 5.00pm
Tuesday/Wednesday/Friday 10.00am – 12.30pm	Thursday 10.00am – 12.30pm and 5.30pm – 8.00pm
Contact – Angi Banks, Service Point Officer/Library Assistant, Bonar Bridge Library & Service Point, Carnegie Buildings, Lairg Road, Bonar Bridge, IV24 3EA. Tel/Fax 01863 766838, Email: <a href="mailto:bonarbridge.library@highlifehighland.com">bonarbridge.library@highlifehighland.com</a>	

### Bonar Bridge Recycling Centre (Civic Amenity Site): Opening Times

<b>Mon</b> - 1.00 to 4.00pm	<b>Tues</b> - 1.00 to 4.00pm	<b>Thu</b> – 8.00 to 12 noon	<b>Fri</b> - 8.00 to 12 noon	<b>Sat</b> – 9.00 to 12 noon
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Will take: Cans, car batteries, engine oil, fridges, garden waste, gas cylinders, glass, paper – for advice on other items call 01349 868439.

**New Futures Sutherland** – is voluntary, does not affect your benefits, is not a training course, is flexible, is friendly, is a positive step towards your new future. Tel 01863 766183, E-mail <[info@newfutures.freemove.co.uk](mailto:info@newfutures.freemove.co.uk)>, Make an appointment to come in to The Library Building, Lairg Road, Bonar Bridge, Sutherland, IV24 3EA



**Charities – The known charities, with recycling shops in the area & which all need volunteers are:**

**Dornoch** – St Finbar's Scottish Episcopal Church, just off Cathedral Square. (clothes, books, bric a brac etc.)

**Golspie** – 2<sup>nd</sup> Best (Alzheimer Scotland Society), Main Street, Tel 01408 633008. (clothes, books, bric a brac etc.)

**Tain** – Blythswood Christian Care, 25 Lamington Street, Tel 01862 893408. (foodbank, shoeboxes appeal, clothes, books, bric a brac etc.) For larger items e.g furniture, white goods, sports equipment, fixtures and fittings, carpets etc. call the Highland Deephaven Depot, Alness 01349 830777

**Tain** - Highland Hospice, 11 King Street, Tel. 01862 894216. (clothes, books, bric a brac etc.).

**Lairg** – Blythswood Christian Care, behind the Bank of Scotland, Main Street, (most afternoons).

**(let me know if there are any others – editor)**

Thinking of Volunteering? – There are many opportunities in our area and these are only a few:

Voluntary Groups East Sutherland can give you details. **VG-ES (Voluntary Groups East Sutherland)** - for information on Third Sector groups and organisations. Helping to keep you in touch with the wider world. Tel 01408 633001 FAX 05601 146813 or e-mail [christine@vges.org.uk](mailto:christine@vges.org.uk) - [liz@vges.org.uk](mailto:liz@vges.org.uk) - Manager -Christine Ross. There are over 200 community groups and organisations linked through VG-ES who provide a great deal of practical and help and support in maintaining their operational work.

**CAB (Citizens Advice Bureau)** – As well as the satisfaction from seeing the difference you make. CAB volunteering will equip you with new skills that stay with you no matter what you do next. You don't need special skills or knowledge to be an adviser, as your bureau will give you all the training you need. Being a volunteer can seem a little daunting, but don't worry! From your very first day you'll get all the help you need. We'll pay expenses and volunteering needn't affect your benefits. Contact Richard Gale, Manager East Sutherland CAB, Station Road, Golspie, KW10 6SN, Tel 01408 633000, e-mail [advice@esvas.org.uk](mailto:advice@esvas.org.uk)

The Citizens Advice Bureau free drop-in sessions every Thursday morning in Bonar Bridge Library, 10.15-12.15 and Lairg Service Point at the Police Station every Thursday morning between 10.00 & 12.00. A home visit for the Kyle of Sutherland area can be arranged by contacting the Office in Golspie 01408 633000 to arrange an appointment.

**CAB are offering FREE – MONEY ADVICE - 'Don't hide it under the bed' Book a free, confidential appointment with a Money Adviser – call 0808800 0118 or East Sutherland Citizens Advice Bureau on 01408 633 000.** Our trained Money Adviser can help you manage your money day to day, plan for monthly outgoings and explain money matters in an easy to understand way. We won't recommend any products or try to sell you anything. It's about clear, unbiased money advice you can trust and that can make a real difference to your life. (Examples – budgeting to saving, credit and borrowing, mortgages, insurance, pensions and retirement planning). Website <[moneyadvice.service.org.uk](http://moneyadvice.service.org.uk)>.



**Bradbury Centre Bus – Timetable and Routes – From Tuesday 04 May 2010**

**Mondays & Fridays** – Bonar Bridge to Lairg/Rosehall Dial-a-bus 0900, 1100, 1400, 1600 (all journeys must be pre-booked) **To Book journeys Telephone The Bradbury Centre – 01863 776 772**

**Tuesday – Bonar Bridge to Alness**

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Alness (on B817 outside Morrison's)	1300
Bonar Bridge (Opposite Police Station)	1032	Ardross (Crossroads on B9176)	1317
Ardgay (Station Bus Stop)	1334	Mid Fearn	1333
Mid Fearn	1042	Ardgay	1340
Ardross (Crossroads on B9176)	1058	Bonar Bridge (Police Station)	1345
Alness (on B817 outside Morrison's)	1115	Bonar Bridge (Cherry Grove)	1347

**Wednesday – Bonar Bridge circular via Spinningdale, Tain and Edderton**

Depart		Return	
Bonar Bridge (Cherry Grove)	1030	Bonar Bridge (Cherry Grove)	1330
Spinningdale (lay-by at post box)	1039	Ardgay	1333
Clashmore (Carnegie Hall)	1053	Edderton	1353
Tain (Bus Stop at big Co-op)	1102	Tain (Lamington Street)	1406
Tain (Lamington Street)	1104	Tain (Bus Stop at big Co-op)	1408
Edderton	1117	Clashmore (Carnegie Hall)	1419
Ardgay	1139	Spinningdale (lay-by at post box)	1431
Bonar Bridge (Cherry Grove)	1142	Bonar Bridge (Cherry Grove)	1440

The Minibus has a wheelchair lift which will be available as part of the service. Additional time has been added to the timetable to accommodate this but, as it takes up to 10 minutes for the lift to load or unload a passenger there may be subsequent delays of up to 10 minutes along the route. The services will divert on request to pick up pre-booked passengers up to a mile from the route. These journeys must be booked by 1400 on the previous working day. i.e. **1400 on Friday for Monday**, 1400 on Monday for Tuesday, 1400 on Tuesday for Wednesday, **1400 on Wednesday for Friday**. **The services will operate every week apart from Christmas and New Year.**



**Introduction to Connecting Carers** - "A carer is a person of any age who provides physical care or emotional support to another person, due to frailty, physical or mental illness, addiction, disorder or disability and is not paid for providing that care or support." Carers could be your colleagues, your employees, your clients, your family or your friends.

**Who are Connecting Carers?** - Connecting Carers delivers the services of the Highland Community Care Forum (HCCF), a well established voluntary organisation with 20 years experience of working in the Highlands. Connecting Carers works in both urban and rural areas we have built a strong reputation, both locally and

nationally, for being the natural place to go to find out about issues affecting users of health and community care services and carers. At Connecting Carers we work with carers and young carers and we are committed to reaching out to them wherever they may live in the Highlands. We also reach out to local businesses to ensure that carers within their organisation can be directed to us for help, support and information.

**To be kept informed of our work, events and training dates Carers can join our Network:** We have a Carers Information Line 01463 723560 - Tuesday 9.30am -2pm, Wednesday 9.30am – 7pm, Thursday 9.30am -2pm  
Carers can also contact us by email [carers@hccf.org.uk](mailto:carers@hccf.org.uk), Twitter @HighlandCarers  
Facebook Connecting Carers. Website: [www.connectingcarers.org.uk](http://www.connectingcarers.org.uk)

**Help us make Ardgay blossom this year (you know it makes scents)** - Every year the community council enlists the help of some good hearted volunteers to create floral displays at the centre of the village. It always brings a welcome dash of spirit-lifting colour, and this year we're planning to freshen things up with some smart new half barrels. We're also hoping to brighten up the railway platform as part of the "Adopt a Station" scheme. All we need now is volunteers. You don't need to have done anything like this before – just come along ready to get your hands (or gloves) a wee bit dirty in a good cause. We would of course also really appreciate help from any budding or mature gardeners who'd be kind enough to share their skills and some free time with the rest of us. Help us choose the right plants to give us a good show right through to the autumn, or get really creative and design a special display to mark the Olympics or the Diamond Jubilee, or whatever else takes your fancy. And we're not done with our begging! We'd also particularly like to hear from anyone who has some greenhouse or polytunnel space we could use to bring on plants for this year's displays. So if you think you'd like to give us some blooming help, please ring Jeannie on 766609 or Peter on 766196. We hope to have a get-together for anyone interested at the hall to make a plan of action before we get down to things.

#### **Sutherland Walkers Group (SWG) – Programme - More information - Fiona MacDonald, Secretary – 01862 810275**

**SUNDAY  
WALKS**

4<sup>th</sup>

**Sunday each Month**



24<sup>th</sup> June - Carn Salahaiddh 647m, 13 miles on tracks and rough hills – Meet Ardgay Station to car share 10.00  
Summer Special – 8 July Little Wyvis 764m, 6 miles on track – Meet Tain Co-op car park 0900 (**booking essential**)  
22 July - Sandwood Bay 8 miles on track – Meet at Lairg opposite Oasis Store on Main Street to car share 0900  
26 August - Meall Fuar Mhonaiddh, Drumnadrochit 669m, 6 miles on paths – Meet Tain Co-op 0830  
23 September – Glen Loth Beinn Dhorain 663m track and rough hills – Meet Golspie Fountain Road car park 0930

**Walks Planning Meeting Wednesday 05 September at 19.30 Golspie Community Centre**



**Creich & Kincardine Art Group** – Meets Wednesdays from 10.00 to 3.00pm in Bonar Bridge Hall.  
Contact Joan Mulligan – 01549 421321 e-mail [joanmulligan@yahoo.co.uk](mailto:joanmulligan@yahoo.co.uk) for more information.

#### **WINDFARMS**

**Beinn Tharsuinn** – Ardgay Community Council continues to disburse funds and recently approved 4 x small grants totalling £2,900 with emphasis of supporting people in the Ardgay District.:

**Braemore** –New Proposals were submitted for a 24 x turbine windfarm at Braemore Wood 6Kkm southwest of Lairg including a reduction from 27 turbines, removal of the southern access track and the relocation of 3 permanent anemometer masts Contact for details Sarah Dooley, Wind Prospect, 13 Rutland Street, Edinburgh, EH1 2AE, Tel 0131 225 8545, Web [www.braemorewindfarm.co.uk](http://www.braemorewindfarm.co.uk) E-mail [sarah.dooley@windprospect.co.uk](mailto:sarah.dooley@windprospect.co.uk).

**Scottish Hydro Achany Community Fund - The Achany Panel last met in May and approved grants totalling 44,506 to groups in Lairg and the Kyle of Sutherland**

**Achany Panel members are:- Ardgay & District:** Hilda Buchanan, Betty Wright, David Hannah, Marion Turner.

**Criech:** Rosie Baxter, Claire Bruce, Pete Campbell, Christine Gordon.

**Lairg:** David King, Barbara Watson, Sandy Allison, Ian Mackay

If you wish to be considered for vacancies that may arise in your community council area please contact the Panel Secretariat, Audrey Campbell, on 01863 766536. The next deadline for grants of between £2000 - £10,000 is 2nd July.

For Large Grants of over £10,000 please contact Carol Elliot at the Scottish Community Foundation's Inverness office to discuss your proposal. She can be contacted at 07500 779227 or email on [carol@scottishcf.org](mailto:carol@scottishcf.org) *Projects must benefit people living in these Community Council areas.* Grant application forms are available from the service points in Lairg and Bonar Bridge, or from the Key Commercial Services office in Bonar Bridge. The deadlines are **25 June** and **15 October**. Groups and organisations working in the community council areas of Ardgay & District, Creich and Lairg may continue to apply.

**The Achany Apprenticeship Scheme** continues to be available and is now supporting 4 placements.. Please contact the Kyle of Sutherland Trust's Development Officer, Lynsey Burns to find out more. For further information about the Fund please contact any of the Panel members locally or make contact with Rachel Searle-Mbullu at the Scottish Community Foundation (0141 341 4961 or [rachel@scottishcf.org](mailto:rachel@scottishcf.org)) who supports the Fund's management and administration through the Scottish Community Foundation. The next deadlines for applications are 10 October. Application forms are available from the Bonar Bridge Service Point or from [www.scottishcf.org/achany](http://www.scottishcf.org/achany). – Meanwhile if you'd like to find out more about the Fund please contact either David Hannah or Marion Turner (Community Council Members)



**Rosehall** - Applications to e-on Liz Fraser for further information. The Rosehall Liason Group will hold its last meeting on 12<sup>th</sup> June and with 16 of the 19 turbines now in place it is hoped to be generating by August with Community Benefit being linked through Scottish Communities Foundation and grants approved by the existing Achany Panel. To date 3 x local organisations have benefitted by £2,234 from the Rosehall Fund.

Contact –, Liz Fraser 0800 0569 090 or e-mail [rosehall@eon-uk.com](mailto:rosehall@eon-uk.com). Updates are available at <eon-uk.com/rosehall>

**Sallachy** – Wind farm proposal – Location Sallachy & Duchally Estates, Loch Shin, 22 Turbines up to 125 metres high to tip of blade. Ardgay, Creich & Lairg Community Councils are currently having regular meetings to negotiate Community Benefit with the intention is to link in with the Achany & Rosehall windfarms and assistance from Scottish Communities Foundation using the Achany Panel approving grants to disburse Community Benefit at sometime within the next two years, subject to Planning etc. Contact is Mark Cummings, Invicta Public Affairs, 5 Coates Crescent, Edinburgh, EH3 7AL, Tel 0131 220 0159, e-mail <mark.cummings@invictapa.co.uk> We would like to take this opportunity to wish Inga Schuster, Managing Director of Innovation Sustainability Efficiency Best Wishes for the arrival of her new baby in September at home in Hamburg.

**Glen Morie** – Nothing recently Contact - Glenmorie Wind Farm LLP, 37-39 Kew Foot Road, Richmond, Surrey, TW9 2SS, Tel + 44 (0) 208 334 4743 Fax + 44 (0) 208 332 9078, [info@glenmorie.com](mailto:info@glenmorie.com).

**Glen Cassley** –Wind farm proposal - As you are aware, over the last few years we have been developing a proposal for a wind farm site at Glencassley (within Creich Community Council's area), approximately 12km northwest of Lairg, in Sutherland. In September 2011 we held public exhibitions in Rosehall and Lairg in order to consult with the local community on the proposal. In addition, surveys and assessments have continued over the last year or so and the findings (together with consultation feedback) have been considered as part of the development process. We are now in the process of refining the design and compiling the Environment Statement (ES) which will accompany our planning submission. The intention is to submit our planning application to the Scottish Government in June and we are holding public exhibitions at the end of May in order to present the final proposal to the community. The exhibitions will be held as follows: Wednesday 30 May Lairg Community Centre 11am - 3pm Thursday 31 May Rosehall Village Hall 4pm - 8pm The exhibitions have been advertised in the Northern Times paper and posters are in the process of being put up in the local area to help raise awareness. Once the planning application has been submitted, there will be an opportunity to make formal representations during the statutory consultation period conducted by the Scottish Government. We are now proceeding to a Scoping Opinion Request, Section 36 Application, for more information contact Lorraine Brown, The Scottish Government, Energy and Climate Change Directorate, Energy Division, 5 Atlantic Quay, 150 Broomielaw, Glasgow, G2 8LU. Tel 0300 244 1241, e-mail <Lorraine.brown2@scotland.gsi.gov.uk>


**Dalnessie** - Wind farm proposal I thought that it would also be helpful to provide you with an update on the Dalnessie wind farm proposal. In February this year we submitted a Section 36 application to the Scottish Government for a 27 turbine wind farm at Dalnessie, approximately 13km north-east of Lairg (I emailed Ardgay & District Community Council to confirm this). The submission followed a period of public consultation which was initiated in March 2011 with a public exhibition in December 2011 (which you attended) to inform the community of the final design. The statutory consultation closing date for comments on the Dalnessie wind farm proposal is Friday 18 May 2012. If you would like any further information on either of the above two proposals, please do not hesitate to let me know. I will of course continue to keep you up to date with progress and hope to attend some of your Community Council meetings later in the year. (at the Lairg end of Loch Shin) – Scoping exercise in progress. Contact SSE Liaison Manager, Ruth Liddicoat, Inveralmond House, 200 Dunkeld Road, Perth, PH1 3AQ, E-mail [ruth.liddicoat@sse.com](mailto:ruth.liddicoat@sse.com), Tel 01738455120, Mob 07767852826.

**Coire na Cloich** – Wind farm proposal (close to Beinn Tharsuinn and Glen Morie) Developer Rock-by-Sea – No further information at present.

**Help yourself to help us help you** - Local organisations have come to understand that the common road blockage of days gone by – lack of funds – may no longer be the barrier it once was. There are now quite a few funders to apply to and we are becoming surrounded by windfarms which offer funds to local community organisations. All organisations should feel they can grow to be all they can be with some positive thinking and some effort in making good applications to funders. What efforts make an application the best it can be? This varies from fund to fund, but some points are common to many. So, read the guidelines carefully. Your contact details are easy to write. The project name may be simple but the description may take more words than the application allows. Get a separate sheet of paper ready to fully explain what is involved, why, who will benefit, what the timescale is, and so on. Know the costs. Outline these on the application and expand this on that separate sheet. Where else will you get funds from? Be brief on the application and expand who else you are applying to on that separate sheet. Always try to use funding from A to match funds from B then add A & B to lever more funds from C. Usually funders are impressed by multiple sources of funding. Do not forget to include 'in-kind' contributions. Who supports this project? State how and who you have asked why your group needs this project. Who benefits? State how your members will benefit; state how others in the community will benefit; state how the community will be enhanced by your project; state how the project fits into policy – Government or Council policy; state that this may be the first, or second, phase of a community improvement. Being complete and clear avoids delay if questions have to be asked about information best provided right at the start.

**Highland Handyperson Service** – Are you aged 65 or living with a disability? Do you need a Handyperson to help with minor repairs at home? Each Handyperson is fully equipped with tools and will be ready to undertake your repair. You will only be charged for materials used to complete the agreed work. There is no charge for the Handyperson's time or travel expenses.

Contact – Sutherland Handyperson Service, ILM (Highland), Unit 1G, Lairg Industrial Estate, Churchill Road, Lairg, Sutherland, IV27 4BL, Tel 01549 402798, e-mail [suthcare@ilmhighland.co.uk](mailto:suthcare@ilmhighland.co.uk). Need assistance with Adaptations to your HOME? Contact the Handyperson/Care & Repair Agent at the above address, or Highland Council Technical Officer – Tel 01408 635325 e-mail <env.health@highland.gov.uk>

	<p><b>The Business Gateway</b> is a national programme to support enterprise throughout Scotland. In our area it is managed by Highland Opportunity Limited, which is an Enterprise Trust owned by Highland Council. If you wish to start or develop your own business contact David Knight – based at Key Commercial Services, Dornoch Road, Bonar Bridge, IV24 3EB, Mobile Number 07730419692 or E-mail <a href="mailto:david.knight@highland-opportunity.com">david.knight@highland-opportunity.com</a>.</p>
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## NEWS RELEASE - 'NEW JOBS' SERVICE FOR REMOTE AREAS.

**Business Gateway Highland** has launched a service to help create new jobs in some of the region's most remote, rural areas. The service will target more than 300 businesses in Caithness, Sutherland, Wester Ross, Skye, Lochaber and Badenoch and Strathspey to help them better understand the process of recruiting staff for the first time. Two recruitment advisers, based in Fort William and Bonar Bridge, have been taken on to give businesses help on issues including employment legislation, identifying the right people for interview and employment contracts. **Marianne Ross**, the new recruitment adviser in Bonar Bridge says: "*Business Gateway's recruitment service sets out to help businesses by providing an integrated package of information, advice and practical support. This service is highly personal, specialist and designed to help create jobs in some of this region's most fragile areas by helping give businesses greater confidence and knowledge about the recruitment process.*"

Marianne, from Migdale, will be based in the Key Commercial Services offices in Bonar Bridge and can be contacted on **07867 394346** or [marianne.ross@highland-opportunity.com](mailto:marianne.ross@highland-opportunity.com)

**Bonar Bridge Local History Society SCO 325 38 - Contact Marion Fraser. Secretary 01863 766235.** In May members and guests enjoyed the Astronomy Talk given by Jim Johnston of Bettyhill in Lairg.

## Ardgay Meeting/Function Venues

Contact for Booking Ardgay Hall – Fiona Mackenzie, 4 Carron Place, Ardgay 01863 766602

Contact for Booking Kincardine Heritage Centre – Mrs Mary Stobo 01863 766868

Contact for Booking Ardgay Church Hall – Minister The Reverend Anthony Jones – 01863 766285



**Edderton and District Gardening Club.** - meet on the first Monday of each month from September through to June. At the winter meetings talks from guest speakers are followed by refreshments and informal discussions. There is usually a plant swap stall. Meetings are held in Edderton Community Centre, starting at 7.30 p.m. (except for the AGM in September which starts at 7p.m.) Garden visits and social events take place during the summer. Members come from the Kyle of Sutherland through to Tain and new members are always welcome - telephone 01863 766061 for more information.



This is the list of groups and organisations in Ardgay & District, which I know about with contact details:

Organisation & Contact	Organisation & Contact
Ardgay & District Community Council – 01863 766 196	Ardgay Hall Committee – 01863 766 174
Creich & Kincardine Art Group - 01549 421 321	Ardgay Childrens Christmas Party
Ardgay Badminton Club – 01863 755 329	Bradbury Centre – 01863 776 772
Bonar Bridge Football Club	Bonar Bridge/Ardgay Golf Club - 01863 766 199
Boys' Brigade - 01863 766 166	Bonar Bridge Local History Society - 01863 766 235
Church of Scotland – 01863 766 285	Citizens Advice Bureau - 01408 633 000
Camera Club 01863 766 223	Crofters Group - 01863 766 144
Edderton & District Gardening Club - 01863 766 061	Dornoch Academy Parent Council - 01862 821 214
Gledfield School PTA 01863 766 580	Gearrhoille Com Wood Ardgay - 01863 766 174
Highland Councillors – see newsletter	Invercharron Highland Games
Kyle/Suth. Youth Development Group - 01863 766 310	Kyle of Sutherland Gala Committee
Kyle of Sutherland Whist Club - 01549 421 282	Kyle of Sutherland Fisheries Trust
Kyle of Sutherland Development Trust - 01863 766 908	Kyle of Sutherland Heritage Soc. - 01863 766 700
The Ladybird Club	Royal British Legion, Scotland - 01549 441 374
Mums & Toddlers/Playgroup	Scottish Country Dancers – 01863 766852
Scottish Esperanto Association -01863 766 061	SWRI – 01863 766 646
Sutherland Walkers Group - 01863 766 061	The Bridge Project – 07801 496609
Scottish Hydro Achany Windfarm –Community Council	Tain Royal Academy PTA -
The Guild – 01863 766 469	Ward Forum – Community Council
Tain & District Rotary Club - 01863 766 285	Rosehall Community Arts - 01549 441 283

If you are a member of one of these, or know of any others and want to contribute regularly to the newsletter please contact the Editor (David Hannah on 01863 766061 or at [<david@tnchome.co.uk>](mailto:david@tnchome.co.uk)). **Can you fill in the blanks for contacts?**

**BOYS BRIGADE** – (see photo P2) - New members in primary seven and older will be most welcome on Friday evenings at 7pm. Leaders & Helpers required. Please contact Donald Simmonds (766796) or Donald Brown (766166)

**Gazebo/Small Marquee** - The Community Council have a small gazebo/marquee available for hire for community activities. Contact Marion Turner or Phil Olson 01863 766100.

**McLeod's Coaches Dial a Bus - Timetable - Ardgay, Bonar Bridge - Mondays, Wednesdays and Fridays**

09.30 - 12.30 13.30 - 15.00 16.00 - 17.30. Area of operation - 6 mile radius of Ardgay Station, plus Strathcarron road as far as Croick. To and from Dornoch and Lawson Hospital, Golspie\* *Please pre book your journey by 18.00 hrs on the previous day or 24 hrs in advance for destinations marked\**. These services are operated under contract to the Highland Council. **Links to Macleod's Coaches** - 01408 641354 [www.macleodcoaches.co.uk](http://www.macleodcoaches.co.uk) A new timetable came into force on Monday 16 August 2010.

<b>ARDGAY to Tain</b>	06.53	09.13	11.18	14.18	17.08	17.53
EDDERTON	07.05	09.25	11.30	14.30	17.20	18.05
TAIN(LAMINGTON ST)	07.15C	09.35C	11.40C	14.40C	17.30C	18.15
<b>TAIN(LAMINGTON ST) to Ardgay</b>		07.30	10.11A	13.11G	15.11G	18.48
EDDERTON		07.36	10.17	13.17	15.17	18.54
ARDGAY		07.50	10.30	13.30	15.30	19.07

A - Will wait up to 5 minutes when necessary, for arrival of Stagecoach Service 25x bus from Inverness.

C - Stagecoach bus to Inverness departs 07.20 : 09.50 : 11.50

G - Will wait up to 10 minutes when necessary, for arrival of Stagecoach Service 25X bus from Inverness

**Public Transport Access to TRACC Swimming Pool from Ardgay** - After 9<sup>th</sup> October either - see Ardgay village notice board; contact TRACC, Hartfield Road, Tain, 01862 893767 or contact Macleod's Coaches 01408-641345

**Royal Bank of Scotland Mobile Timetable from January 2012**

<b>Tuesday</b>	<b>Bonar Bridge War Memorial</b>	<b>Arrive 1.35pm</b>	<b>Depart 1.50pm</b>
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**Kyle of Sutherland Development Trust - SUMMARY OF ACTIVITY – APRIL 2012**

**Promoting the Area – Tourist Information** - We have confirmed a day trip to the KoS by Visit Scotland and tourist information office representatives for May 2012. This will be part of the Sutherland wide initiative to drive awareness and promote the area as a tourist destination.

**Advertising** - A banner has been produced as a trial to promote the area and the website. This is currently situated in Ardgay. Further plans are being made to look at lamp post advertising, signage at the five entry points to the area and work is underway to get new notice boards in each village to further promote what is happening in the KOS.

**Website Links** - Links are being created through Visit Scotland website, Visit Highlands and the SYHA to drive more traffic to the website and with the aim to drive visitors.

**Eat, Stay, Shop, Play** - The KoSDT have almost all of the funding required to set up a trading subsidiary that will support local producers, accommodation providers and activity providers in the area. A full time position will be created as part of this initiative and we will be advertising the post in May 2012.

**KoSDT Funding – Transport Subsidy** - The development officer is working with the Bradbury centre to promote the travel subsidy funding suggesting the bus is used for free transport to swimming in Tain and Bingo, Theatre and cinema in Inverness on specified nights– if anyone is interested they should contact the Bradbury Centre or Lynsey.

**Youth** - The Kyle of Sutherland Youth Development Group has been awarded £3000 to support in their drive to provide activities for children of all ages in the area. We will update on progress over the coming months.

**Car Boot Sales** - KoSDT has supported the launch of regular car boot sales in the KOS. The first event held in April was very successful raising £180 for the Ladybird Group. Monthly sales are planned with takings donated to different local groups each month. If anyone is interested in getting involved please contact Lynsey or Vicky at Ardgay Garage. Next event is planned for Sunday 27<sup>th</sup> May 2012.

**Hall Slots** - The KoSDT will be launching the next round of hall slots to support local events in June 2012. To apply please contact Lynsey.

**Supporting Local Businesses & Training** – Local Business Network - The first local business network was held in April with a great turnout. The next event is planned for early July 2012.

**Horticulture Training** – KoSDT is still working with Rosie Reid to identify a location to run horticulture training for local adults with learning disabilities and special needs. Progress is being made.

**Apprenticeship Scheme** – KoSDT has applied to take on the management role of the scheme with the goal of creating a new part time post in the area.

**Buildings & Spaces** – Local Venue Forum – We are working to co-ordinate a meeting of local representatives from the village halls and venues available for hire. This should hopefully happen in May 2012 with a great response so far.

**Bonar Bridge Hall Closure** – Helping local groups to confirm alternative venues during the maintenance work closure of the Bonar Bridge Community Hall.

**Old Paper Shop (Dornoch Road)** – The KoSDT started the process of a community right to buy with the circulation of a petition to gauge interest, our constitution was sent to the Community Assets Branch in Edinburgh for review however the shop was already on the market making it very difficult to pursue this route due to timings. We received fantastic support in getting signatures for the petition. KOSDT are now fully in support of the proposal from Mitchell Chemists to open a NHS Highland Pharmacy in the property and will be submitting this support in writing as part of Gareth Dixon of Mitchell's application for registration.

**Sport & Wellbeing – Ross Sutherland Rugby Training** – Started in primary schools in April 2012.

**Cycling** - The KoSDT will be making an application to Cycling Friendly Scotland for funding to set up a community bike scheme following the successful launch of the KoS Cycling Club by Chris Bowden.

**Sports Equipment & Funding** – is still available. Local groups should contact Lynsey to apply.

**Have your say at the ARDGAY OPEN SHOP** - A big part of any Community Council's job is simply to find out what local people think - about their local services, about the state of their environment, the amenities they have (or maybe don't have, in our case), and about a whole range of other issues affecting the local area and the local community. To help us do just that, we're planning to set up a community Open Shop in the centre of Ardgay for a week this summer. One or other of our members will be on hand throughout this period to chat to anyone who drops by. It will be a good opportunity for us to provide you with information about a variety of things going on locally, and a good shop window for any voluntary groups or service providers to put some messages out themselves. We have also asked our new Highland Councillors to attend when possible to introduce themselves and catch up on our local issues. But the main idea will be to give you all the chance to air your views about important local issues, and give us an idea of what you'd like to see happening in Ardgay. How do you feel about the wind farms? Are they worth the community benefit money they bring us? Do you want to see late night transport connections to make it possible to get back from Inverness after an evening at the theatre, or the cinema, or working an evening shift in town? Do you want to see a pub in the village again? A music venue? Anything else you'd like to campaign for or maybe help set up? As you all know, premises at the centre of Ardgay are in a state of flux at the minute, but we'll let you know via the notice board where and when the Open Shop will be happening. Meanwhile if you have any good ideas about other ways we can use this opportunity - or you'd be kind enough to offer us some premises - please contact Peter on 766196. And watch this space, wherever it is!

## **COMMUNITY COUNCIL MEMBERS AND CONTACT DETAILS** (16 November 2011)

Members	Addresses	Contact Details
<b>David Hannah (Chair)</b>		
<b>Peter Armstrong (Secretary)</b>		
<b>Alan Lawrence (Treasurer)</b>		
<b>Phil Olson</b>		
<b>Marion Turner</b>		
<b>David Laver</b>		
<b>Betty Wright</b>		
<b>Bob Sendall</b>		
<b>Councillors</b>	<b>Representing the Highland Council North, West and Central Sutherland Ward 1</b>	
<b>George Farlow</b>		
<b>Hugh Morrison</b>		
<b>Linda Munro</b>		
Community Police - <b>Bonar Bridge Police Station</b> Dornoch Road, Bonar Bridge, IV24 3EB		Tel : 01863 766222 Website < <a href="http://www.northern.police.uk/contact.html">www.northern.police.uk/contact.html</a> >

## **POLICE**

For the information of residents within the Sutherland and Easter Ross areas. The public numbers to contact police within your area are - Dornoch 01862 810222 & Tain 01862 893852. Should either office not be staffed your call will quickly divert to a 24 hour control room usually in Wick. The operator will have direct radio contact with officers on duty in your area and any requests for police will be dispatched accordingly. Should you require an incident number with your enquiry please request this at the time of your call, it may take a few moments extra to generate. In the event of an emergency always call 999 for the quickest and most direct response.

Currently running a Speed Control Exercise across the area – several people have recently been caught, fined and given Penalty Points for speeding through villages, often in excess of 20mph over the 30 mile limit.

Recently Launched Farm Watch to make it more difficult for criminals to target crofts and farms – Contact PC Angie Grant Omotosho for information and to become a member on 01862 820 222.

**East Sutherland Producers/Dornoch Farmers Market** - If you are interested in taking a stall, contact Russell Smith on 01863 766144



## CROFTERS AND SMALL LANDHOLDERS SKILLS FOR THE 21ST CENTURY

### Practical Training Courses - CAITHNESS AND SUTHERLAND

A wide range of further courses is available and being arranged in topics such as horticulture, vet skills, equipment maintenance. For more information please contact: Su Cooper, Scottish Crofting Federation, Tel: 01463 796836 / 01599 530005 e-mail: [training@crofting.org](mailto:training@crofting.org), [www.crofting.org](http://www.crofting.org)

Registered in Scotland as a Limited Company No: SC218658 Recognised as a Scottish Charity No. SC 031919 Funded by – The Scottish Government & Highlands and Islands Enterprise



**Crofting Resource Programme** - The Scottish Crofting Federation is running a programme to help develop crofting in the Highlands & Islands. This could take the form of advice to individuals, training on different aspects of crofting, help for new starters, or looking at development opportunities for individual crofts or for townships. If you want to discuss anything, contact Russell Smith on 01863 766144.

**Crofters Bus to Royal Highland Show** – 22<sup>nd</sup> June – A MacLeod's coach Leaves from Rogart Cross at 4.30am – seats still available – Contact for booking 01862 810650 or 01408 641 220.

**Timber Lorries** - They are likely to be hauling timber from our area for some time yet so stay watchful for hauliers who break the agreement they have with The Highland Council. The hauliers have agreed that loaded timber lorries will not travel "in convoy" but will have a 20 minute gap between them. The reason for this is that closely travelling loaded lorries cause significantly more damage to our roads. If we want to protect our roads it is in our own interest to report those lorries who break the agreement. We have had some success with complaints. – **DESPITE this they are still doing it. What you have to do is:** Get as many details of the lorries as possible. E.g. registration, name of haulier. I know this is difficult when they travel so close but I have had some success by using a digital camera. Note the date, time, place and direction of travel. Email the information to [Simon.young@highland.gov.uk](mailto:Simon.young@highland.gov.uk) or contact using this information: Simon Young, PI Officer, TEC Services, Highland Council, Drummie House, Golspie, KW10 6TA, Tel: 01408 635314, Fax: 01408 634041. If you think that the lorries are infringing the law then you should contact the police with details of the incident.



**As this year, 2012, marks the 200<sup>th</sup> anniversary of the building of the very first Bonar Bridge** – and therefore the



establishing of the village of Bonar-Bridge - the Kyle of Sutherland Heritage Society are eager to hear from anyone who has any information, paintings or photographs of Bonar in days gone by, as it is hoped the Society's 2012 Exhibition will be entirely devoted to charting the two centuries since the Bridge at Bonar was built and illustrating what it has meant not just for Bonar but for the entire area once reliable road – and later rail - communications with the outside world were established. Please let the Society know what photos or other information you may have.

**Kyle of Sutherland Heritage Society** – Presents events, talks etc. throughout the summer - July 3<sup>rd</sup> Sutherland Sporting Estates – Trentham Estate by John Mackay & Lionel Whithead. October 19<sup>th</sup> & 20<sup>th</sup> In the company of Dolphins – Charlie Philips. 7.30pm in the Centre. [www.kyleofsutherlandheritage.org.uk](http://www.kyleofsutherlandheritage.org.uk) or Tel 01863766700 (V MacKenzie-Harris. This number for access at other times). The building will be open 1<sup>st</sup> & 3<sup>rd</sup> Sundays during June, July & August in conjunction with Nigg Church and Edderton Old Church Trust for a "Pictish Experience". Current Projects you would be welcome to join are – Graveyards – Mapping and recording the area's graveyards & The Clearance Project – Mapping and recording where the people who were 'cleared' from and what happened to them. Again view website or phone for details. Kincardine Old Church, Ardgay - (Reg Scottish Charity No. (SC0145547). Steve Copley, Kyle of Sutherland Heritage Society, Lest We Forget' Project Co-ordinator.

**Homecoming 2014** – The 2009 year was so successful that Scotland is planning another Year of Homecoming in 2014. Voluntary Groups East Sutherland (VGES) propose to identify a selection of events and with a co-ordinated approach produce a calendar of occasions which can be programmed, and identify the logistics and costs to allow this to become part of the event. As a result of the extensive community consultation work undertaken in Sutherland recently under the banner of the Sutherland Summit, a Sutherland Development and Action Plan has been produced as a strategic planning document for the county. (SD&AP Theme 3 Tourism Development long term aspirations fitting in to the Actions already underway). VGES have commissioned me to provoke ideas from community groups that can be included into a programme of activities to be carried out 2014. This will identify any current plans and ascertain if there is scope to enhance these with a co-operative inter-community approach. A final report will include a proposed programme with the planning and implementation suggestions with linking to costs and funding where possible. This can also dovetail with a similar report for North & West Sutherland so that the whole county of Sutherland can gain maximum benefit from Homecoming 2014. VGES wish to include groups and individuals in any sector from several different approaches, by looking at themes, interests and activities. *Are you aware of it? Is it something your group could be involved in? In what way or to what extent could you become involved? Have you any concrete ideas you could offer or would like to develop? What support/help would you need to bring them to fruition? (funding/marketing etc.) Could you be involved on a parish/district/county basis to plan a joint approach?* Contact Irene MacLeod, Tubeg, Skerray, Sutherland, KW14 7TJ, E-mail [tubeg259@btinternet.com](mailto:tubeg259@btinternet.com) Tel 01641 521219.

## ARDGAY COMMUNITY CENTRE - ARDGAY PUBLIC HALL Charity No SC 008669

Committee – Chairman David Laver, Caroline Sales Vice Chair/Press Secretary, Secretary/Treasurer Rhonwen Copley, Fiona MacKenzie, Gregor Laing, Jocky Hewitt, Carol Shaw, Jane Ripley, Andrew Hill, Jeannie Sparling.

Do you know Ardgay Hall must have shrunk?.....No?....Well the number of people allowed in the hall used to be 200, now its 150 .... Or, is it that there are new standards? Yes, that's it! Is there anything the hall committee can do about it? Yes, but it's not a quick fix. To comply with the new standards will mean increasing the number of toilets and including new facilities for the hall cleaner. The provision of additional fire detection equipment and another fire escape, which will include a ramp for wheelchair access, is also part of the plans. As is an improved heating system; the present oil tank and boiler are both near the limit of their working lives. This is all in addition to the obvious refurbishment that the hall is now in need of, like a new kitchen and windows which close. Better insulation and a total rewire need to be considered too. As you can see, quite a list; fortunately there is a little time to get all this done. So the Ardgay Hall Committee have decided to programme the work in a way such that the Bonar Bridge Hall Refurbishment, scheduled for this June & July, can be carried out and not leave the two communities without a hall between them. After that, and once the necessary permissions and funding are obtained, the upgrade to Ardgay Hall will commence in earnest, hopefully without too much upset to regular hall users. From all the foregoing it is clear to see that the support of everyone in the community will be vital to achieving these aims. It is hoped that this year's Auction & Grand Raffle will be a clear demonstration of that support, and you could win a Family Return ScotRail Ticket or a Dram or Coal for the fire or even food for your dog in the Grand Raffle, which will be drawn at the auction on June 22<sup>nd</sup> ; tickets are now on sale locally or from any of the committee. If you have any items you can donate for sale in the auction the Hall will be open to receive them on both Monday 18<sup>th</sup> June and Thursday 21<sup>st</sup> June from 1pm to 5pm. & 6pm to 8.30pm. If you have any items you would like the hall committee to collect they will be available to call from 6pm on both those days too. You can telephone 766174 or 766602 to arrange a collection. (Unfortunately the committee are unable to accept any white goods or large pieces of furniture). Please let Rhonwen Copley know if you have anything which may be of interest on telephone number 01863 766174



**Food Facts** - Common topic of conversation in the home, in the shops and the media is 'the price of food is going up'. This could be the result of public demand for imported foods, which we all enjoy, and the relevant distribution charges. A balanced diet is essential for good health so it is better to economise in the cellar rather than in the kitchen. When I was a student of Food Science and Dietetics many years ago the importance of food values were taught. A calorie is just a measure and must be an unchanging quantity. It is defined as the amount of heat required to raise the temperature of 1gm of water by one degree Centigrade. Here are 3 common examples: 1 gramme of protein -116 calories, 1 gramme carbohydrates - 116 calories, 1gramme fat gives 93 calories. The question is, How hard do you work ? Now calculate your required energy! Many ladies are engaged in calorie counting.

### Still feeling healthy and want a treat – Sticky Toffee Pudding

Ingredients	Method
<b>FOR THE CAKE:</b> 100g dark muscovado sugar 175g self-raising flour 125ml full-fat milk 1 egg 1 teaspoon vanilla extract 50g unsalted butter, melted 200g chopped, rolled dates <b>FOR THE SAUCE:</b> 200g dark muscovado sugar Approx. 25g unsalted butter in little blobs 500ml boiling water	<b>Serves:</b> 6-8. (but you can eat it all yourself – over a few days) Preheat the oven to 190°C/gas mark 5 and butter a 1 1/2-litre capacity pudding dish. Combine the 100g dark muscovado sugar with the flour in a large bowl. Pour the milk into a measuring jug, beat in the egg, vanilla and melted butter and then pour this mixture over the sugar and flour, stirring - just with a wooden spoon - to combine. Fold in the dates then scrape into the prepared pudding dish. Don't worry if it doesn't look very full: it will do by the time it cooks. Sprinkle over the 200g dark muscovado sugar and dot with the butter. Pour over the boiling water (yes really!) and transfer to the oven. Set the timer for 45 minutes, though you might find the pudding needs 5 or 10 minutes more. The top of the pudding should be springy and spongy when it's cooked; underneath, the butter, dark muscovado sugar and boiling water will have turned into a rich, sticky sauce. Serve with vanilla ice cream, creme fraiche, double or single cream as you wish.

**North, West and Central Sutherland Ward Forum** – There has not been a Ward Forum since the last Community Council meeting and due to the Highland Council Elections last month the May Forum was postponed.

**ARDGAY VILLAGE CENTRE** - We'd like to hear your ideas! With the continued closure of the Lady Ross we are in danger of losing the "centre" of our village. If you have a good idea about how the centre of the village could be improved please share it with us. Contact any member of the Community Council. You can find a list of Community Council members in this edition. The Community Council is going to register for 'Community Right to Buy' for some sites around the area. If you are thinking of selling land please let us know so that we can note interest. We plan to use some of the Community Benefit from Windfarms to purchase land for community investment. This may lead to some social or low cost home ownership for existing residents and some small industrial units for lease.

**Walk/Cycle for Wellbeing - Walk for Wellbeing - Migdale Loch** - This lovely sheltered walk alongside Loch Migdale takes about 1 hour out and back to the end of the loch or a little more if you make it a circular returning by the road. To reach the start of the walk from the Kyle Bakery in Bonar Bridge drive uphill in the direction of the Golf Course. Pass the Primary School and the Golf Course with views over the loch and at the church turn right in the direction of Migdale Loch. Follow downhill along this road till you reach a right turn for Loch Migdale. When you reach the side of the loch park in the large layby. On foot continue along the tarred road and on reaching the lochside by the fish farm leave the tarred road and follow the track along the banks of the loch. This is a beautiful walk through woods owned by The Woodland Trust who have provided some information boards. There are lots of excellent spots for picnicking. You can return to your car at any point. For a longer circular walk follow the track till it ends at a tarred road, turn left uphill and keep left to come back to your car.

**Follow the Scottish Outdoor Access Code:**

Take responsibility for your own actions.

Respect people's privacy and peace of mind

Help farmers, landowners and others to work safely and effectively.

Care for the environment.

Keep your dog under proper control.

If you have a walk you would like to feature in the Newsletter please email: [info@ardgayanddistrictcommunitycouncil.org.uk](mailto:info@ardgayanddistrictcommunitycouncil.org.uk)

If you are concerned about any loss of access anywhere in the Ardgay & District Community Council area please let us know. We are working with Matt Dent Access Officer, Caithness and Sutherland, The Highland Council, Drumbuie, GOLSPIE, KW10 6TA, 01408 635377 & The Scottish Rights of Way Society to ensure that no existing footpaths or long term access is lost.

**The Kyle of Sutherland Cycling Club** – Tuesday (easier) & Wednesday (harder) Evenings - For more information on the club please contact Chris at [info@koscc.co.uk](mailto:info@koscc.co.uk) or check out their website at [www.koscc.co.uk](http://www.koscc.co.uk) You can also find the club on Facebook - search for Kyle of Sutherland Cycling Club.

**Highland Core Path Implementation Programme - Final Phase Projects**

We are seeking suggestions for community lead projects to improve paths in Caithness and Sutherland through the above project. This is for the final year of the programme with projects starting from any time in 2012 through to April 2013. The application forms and guidance are available on the council website at the address below. For now I am keen to hear from potential projects and I will be willing to work with the local community group to deliver it. If I can get replies as soon as practical that would be appreciated, I can work on preliminary ideas with the forms completed at a later date when all the information has been collected.

<http://www.highland.gov.uk/leisureandtourism/what-to-see/countrysideaccess/hcpip.htm>

If you have previously applied for funding but were turned down you are welcome to reapply if the project still has community support. The priority, as before, will be given to the routes in the council's core path plan, or routes that provide links/extensions to these routes. Look forward to hearing from you. Matt Dent, Access Officer, Caithness and Sutherland, The Highland Council, Drumbuie GOLSPIE, KW10 6TA,

01408 635377

**Forestry Commission Scotland**

The National Forest Land Scheme gives community groups the opportunity to apply to buy these woodlands before they are put on the open market - if you'd like advice, information or more details of what this involves please get in touch.

Jon Hollingdale, Chief Executive Officer, Community Woodlands Association, Steading Cottage, Craigfield Farm, Kintessack, Forres, Moray IV36 2SP, Web: [www.communitywoods.org](http://www.communitywoods.org) | Tel: 01309 674004 | Mob: 07792 028675



**Tree Planting in Sutherland & Caithness Free advice SRDP applications North Highland Forest Trust**

[www.nhft.org.uk](http://www.nhft.org.uk) Steve Robertson 01408 633 986 07840 260 834 [steve@nhft.org.uk](mailto:steve@nhft.org.uk)



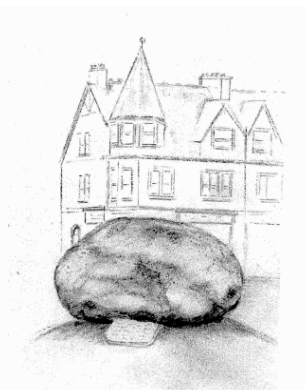
**Ardgay & District Community Council's New Logo.**

The Clach Eiteag – Ardgay is the name given to a large boulder which until 1958 was built into the north wall of the ruin of the Balnagown Arms Hotel in Ardgay, and which has now been set up at the centre of the village. Check this website for the full story: [www.kyle-of-sutherland-heritage.org.uk/The%20Clach%20Eiteag%20document.pdf](http://www.kyle-of-sutherland-heritage.org.uk/The%20Clach%20Eiteag%20document.pdf)

Drawn by Carol Laver & Approved by the Community Council at their meeting of 14<sup>th</sup> May 2012

It should appear on all of our Headed notepaper from now on.

Like it – or not? Let us know.





**Gearrhoille Community Wood Ardgay** - Registered Office: 28 Queensgate, Inverness IV1 1YN

Registered in Scotland No: 263887 Scottish Charity No: SC 036 181. Membership is open to everyone and all of the money raised is spent on the wood – application forms are available from: The Secretary – Mrs Rhonwen Copley, 16 Oakwood Place, Ardgay, Tel. 01863 766174 email: [gcwa@btinternet.com](mailto:gcwa@btinternet.com) . Full details available on posters locally, or contact Betty Wright, [gcwa@btinternet.com](mailto:gcwa@btinternet.com) Tel 01863 755316 [www.gearrhoillecommunitywoodardgay.org.uk](http://www.gearrhoillecommunitywoodardgay.org.uk)

has masses of information about the woodland and notices of upcoming events. It also offers you the opportunity to contact the GCWA directors and let them know what you would like to see happen in the wood in the future. Looking back: Did you enjoy the Pond Dipping Event in the Gearrhoille on the 19<sup>th</sup> of May? How about the Jubilee Tree Planting on the 2<sup>nd</sup> of June? As this edition of your newsletter was being compiled the Gearrhoille directors were busy organising these two events and the AGM on 7<sup>th</sup> of June where Mathew Dent, the Highland Council Access Officer, was due to speak. Hopefully all went well.

Looking forward; The **15<sup>th</sup> of July** will find Jonathan Willets in the Gearrhoille at 2pm. He will be hunting for Dragonflies and you are cordially invited to join him at this free event. And now is the time to start planning your team and fancy dress theme ready for **Saturday 4<sup>th</sup> August**. Starting at 2pm there will be a Water Carrying Fancy

Dress Obstacle Race taking place on the edge of the woodland. Please look out for posters and entry forms in July. September (date TBC) Amphibians in the Oakwood – illustrated talk by David McAllister in Ardgay Hall.

Whilst it is hoped that everyone who uses the Gearrhoille Woodland derives great pleasure from it the directors would like to gently remind folk that we all have to look after it too, so as 'Mr Book' was heard to say at last year's opening event...

#### Please Consider....

Please don't incur Mother Nature's wrath,

So drop no litter and foul no path....

For others may wish to pass this way

With only nature's beauty on display....

No plastic, no poo, no consumer trash,

Please consider not to act so rash....

Surely you'd prefer to see woodland unspoiled

And the preservation for which many folk have toiled....

© Inspired Times, April 2011



#### **Ledmore & Migdale Wood Events**

Saturday 23<sup>rd</sup> June 10am -12 noon - **Moth Magic** - Moths are sensitive indicators of the health of the natural environment and a vital part of the food chain - many are also outlandishly beautiful when seen at close quarters. Join local moth expert Tony Mainwood for a fascinating encounter with moths trapped in the woods during the previous night. This event is part of Moth Night 2012. FREE, booking not required.

*Directions* From Spinningdale take the minor road signposted to Migdale for 0.8 mile. Meet at the parking layby on the right hand side at NGR NH666907. Contact Tony Mainwood email [tony.mainwood@btinternet.com](mailto:tony.mainwood@btinternet.com) tel. 01408 633247

Saturday 14<sup>th</sup> July 10am – 3pm - **Introduction to Bushcraft** - Try out some of the skills essential for living in the great outdoors and cook up a feast around our woodland campfire. With Dan Puplett, an experienced nature educator who has a particular interest in animal tracking, wild foods and bushcraft. Suitable for families and all ages. Bring a packed lunch. FREE, booking essential.

*Directions* From Spinningdale take the minor road signposted to Migdale for 0.8 mile. Meet at the parking layby on the right hand side at NGR NH666907. Contact Chris Williams [spinningdalewoodsman@woodlandtrust.org.uk](mailto:spinningdalewoodsman@woodlandtrust.org.uk) tel 07917 125733

Saturday 11<sup>th</sup> August 10am -4pm - **Forest Photography Workshop** - Join photographer John MacPherson to capture the beauty of the woods at this hands-on workshop. Suitable for all levels of experience, the workshop will include both indoor and outdoor sessions. Bring a camera and a packed lunch. FREE, booking essential. *Directions* To be confirmed at time of booking

Contact Chris Williams [spinningdalewoodsman@woodlandtrust.org.uk](mailto:spinningdalewoodsman@woodlandtrust.org.uk) tel 07917 125733

October, date tbc - **Coppice Workshop** - Find out about coppicing, an ancient woodland management practise that is becoming popular again as interest grows in sustainable living and growing your own fuel. Discover traces of industrial-scale coppicing in Ledmore oakwoods, and get involved in planning and planting a new coppice woodland for future generations. FREE, booking essential. *Directions* To be confirmed at time of booking Contact Chris Williams [spinningdalewoodsman@woodlandtrust.org.uk](mailto:spinningdalewoodsman@woodlandtrust.org.uk) tel 07917 125733

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## ARDGAY GARAGE



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**Alternate Saturdays : 9.00 – 12 noon**

**Ardgay Flower Pots** - Fancy a colourful container for your garden this summer?



Jeannie & Douglas are planting containers with a variety of Summer flower to provide eye-catching displays and will be offering these at low costs. We also have a garden tidy service. Contact us for details.

Jeannie Sparling, Tel 01863 766609. Douglas Sparling, Tel 07513541569.

e-mail [douglassparling@btinternet.com](mailto:douglassparling@btinternet.com)

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This is the **Sixteenth** (4 x years) edition of the newsletter.

We hope to issue 4 times per year: Spring, Summer, Autumn & Winter.

**Copy for the Autumn issue should be with the Editor by 17<sup>th</sup> August for issue in September.**



Ardgay's 'Big' Houses - Braelangwell Lodge, Strathcarron

*Your Newsletter costs £1.00 per copy to produce and is distributed free of charge. If you would like to help keep it going – with a financial contribution, donation or by advertising please contact the Treasurer or any of your Community Councillors.*

#### Newsletter Finance

Income					Expenditure	
Date	Grants	Adverts	Donations	Total	Production	Total
Totals	£5,672.00	£215.00	£47.00	£5,934	£5206.65	£5206.65

**Current Balance £720.35**

**If we missed you out and you want to be included in future issues contact any Community Councillor or the Editor – photographs and articles are always welcome.**

**ONGOING - Delivery Problem - Strathcarron** – Davy Ross, Derek Matheson and Warwick Harrison have kindly offered to distribute **your** newsletters in Strathcarron. Please help them by letting me know if you are able to take few for your neighbours to reduce their load, (Editor).



**We will be pleased to take commercial advertising  
at £40 for a full page.  
£20 for half,  
£10 for a quarter,  
£5.00 for all smaller sizes.**

