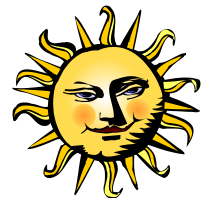


The Boleskine Bulletin



Issue No. 27
Summer 2004

LOCAL J P RETIRES



John W. Campbell

John W. Campbell has retired from Inverness District Court, having served 14 years on the Bench as a Justice of the Peace. At a luncheon in the Town Hall, attended by Court Staff, Justices of the Peace and Councillors, Donald Somerville, Clerk of the Court, presented John with a bronze stag's head.

He is pictured with his wife, Margaret and daughter, Shona after the function.

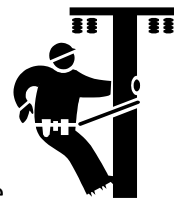
TELEPHONE IMPROVEMENTS

A copy of a letter from Ian Shanks (Head of Scottish Affairs BT) to Mary Scanlon MSP has been sent to us for information. The letter explains that some of the problems resulting in customers being disconnected during calls should reduce significantly following a recent software upgrade. Separate equipment failures on rented ISDN lines have also been resolved.

The exchange is served by a copper cable from Inverness routed via Drumnadrochit and then under Loch Ness to Gorthleck. As part of the programme of

work to bring broadband access to the exchange, the existing cable will be replaced by a fibre cable. Work for the provision of the new cable is still at the planning stage but hopefully will be in place by the Summer of next year.

Mr Shanks sends his apologies to us for the problems experienced but there should now be a marked improvement and when the new cable is in place, internet speeds should increase.



Walks



Caledonian Canal



Highland Council Ranger Service

Saturday 17th July 2 - 4 pm

FIXING UP FOYERS

Family event (bookings only on 01463 724312). Help us to look after the plants and animals that live at Falls of Foyers by helping out in this practical conservation task.

Sunday 18th July 2 - 4 pm

HERE BE DRAGONS - DORES

Family event. Meet at Dores Inn car park. We go in search of dragons and other beasts that live on the shores of Loch Ness. Bravery required but armour optional.

Saturday 25th September 8.30 - 10 pm

STARRY, STARRY NIGHT, FARR

(bookings only on 01463 724312)

Bring a torch for a short talk followed by a star spot for all those who want to learn about the night sky. Legends of old and cutting edge science - it's all here.

Note Come prepared for the weather - sensible footwear and warm waterproofs. Bring a snack and a hot drink on the longer walks or in cold weather.

Monday 19th July until Saturday 14th August 2004 - Supported by British Waterways Scotland, the Highland Council, & Scottish Arts Council, Lottery Funded

This is the 3rd year of the Ceilidh Trail and this year we will be working in different venues in the Stratherrick area. The line up has changed slightly; we have two professional musicians, who I am sure some of you might know. David Bowen from Inverness plays the accordion and Hugh Marwick from Glenurquhart who is a whistle player. Joining the rest of the team will be four young talented student musicians. Irene Rule from Whitebridge, who plays the fiddle, will be helping out on the Trail

Come along and join in the Family Ceilidh on the 21st July in Stratherrick Hall starting at 7.30pm or in the evenings at Craigdarroch Hotel on

Thursday 22nd & 29th July & Wednesday 4th & Thursday 12th August starting at the same time, 7.30pm. We are delighted to be back in the Waterfall Café on Wednesday 4th August from 4pm to 5pm for an informal music session. There will be posters and leaflets available to find out where the other informal sessions and ceilidh are held.

On the 24th July Tulloch's Traditional Music Tent will be at the Inverness Highland Games from 1pm to 4pm. Come along and join in the fun with Andy Ross from MFR as the compere and listen to some great traditional music

For more details and information please contact Margo MacLennan, Traditional Music Co-ordinator, Community Learning & Leisure Services, Town House, Inverness

A Country Garden

A garden is a lovely thing,
When I can with a hammock sling
Under the apple and pear trees
Where I feel the soft blowing breeze.

Above, birds in the trees are twittering,
In the fields beyond lambs are bleating.
I can smell the scent of a rose,
I hear someone using a hose.

I've enjoyed being here today
Reading these pleasant hours away,
Breathing in the fresh country air.
Yes, garden's a good place I declare.

Loony Logic of 'Scottish Water'

On the contract form you fill in to have your septic tank cleaned out on a regular basis, you sketch a detailed map of the septic tank in relation to your house with distance from a roadway stated and access clearly marked. Then the tanker turns up unannounced and hopefully the men find you in because (guess what?!) they aren't

Dores Gala

After a lengthy absence the Dores Gala is back. On Saturday 28th August at 1pm the annual gathering of cultural and rural events will commence. From a drum band to a disco for kids and the tug of war to the tea tent, you are sure to find something for all the family. Pick up something from one of the many stalls or come along to the evening event, at which we hope to have Wolftrain and The Healers playing. Look out for further details in your

Answers to Crossword No. 1

Across

1.Actor 4.Fitness 8.Radical 9.Lease 10.Plain 11.Chaeta 14.Sprig 16.Radii 18.Insert 21.Adios 24.Inset 25.Leering 26.Grilled 27.Knead

Down

1.Acre 2.Tiddler 3.Rocking 4.Full 5.Tilth 6.Elate 7.Scenario 12.Aga 13.Aspiring

COMMUNITY COUNCIL

John Campbell (Chairman) Gorthleck 486 240 Fiona Kirkland (Secretary) Gorthleck 486 283
Tine Butterworth (Treasurer) Gorthleck 486 275 Angus Fraser Gorthleck 486 650 Kenny Fraser Gorthleck 486 220
Lesley MacGregor Foyers 486 404 H Grainger Inverfarigaig 486 ??? Sandy MacPherson Torness 01463 751213
Eileen Martin Gorthleck 486 661 Martyn Bateman Whitebridge 486 273

Minute of Meeting 23 March 2004

Highland Opportunity Ltd: Community Benefit Negotiation. Mr David Owen, Company Manager, Mr David Eason, Solicitor Munro & Noble

HOL, an Enterprise company owned by HC, supports businesses/communities with advice, information, discretionary funding. Renewable Energy Companies are not obliged to give community benefit but a benchmark figure of £1000 per MW has been adopted (many think this is too low). The net present value of a RE development is a cash measurement of its life's worth - perhaps a good gauge of a reasonable amount to push for (5% of NPV). Individual decisions should be made for each scheme - a single cash payment, an annual income or participation in the project? RE company may attach conditions. A trust company will need to be formed, with manager, office and sustainable business plan, to administer and spend potentially hundreds of thousands of pounds annually. Mr Eason will advise on this and would help set up the company and all legalities, until it can stand alone. There should be a tenancy agreement with the landowner to ensure that whoever benefits from the RE development is bound to continue paying the community. HOL has expertise of accountants, an energy economist, a quantity surveyor and area manager. HC will fund the pilot programme for S&F CC. For other communities a modest arrangement fee will be sought. HOL will prioritize schemes by project timetable and look at each on its merits, consult the community on the route it wishes to follow in each case and negotiate with developer for best deal. CC unanimously agreed to engage expertise of HOL.

Mr Michael Heavey, PRIN/Scottish Executive, Transport Development Officer, Rural Inverness/Nairn

Mr Heavey responsible for a talking shop/forum regarding transport, researching problems and helping to provide answers. Scottish Executive will fund 75% of cost of a community project for 3 years. Strathnairn have £88,000 over 3 years for eight-seater bus to transport people to lunch club, do run back from IRA 1h later than school bus so children can attend after-school activities etc. They may be willing to include some of our community's needs. Capital costs and PC, telephone and call charges and training costs are covered - drivers are volunteers. CC agreed to consider community needs, discuss and ask Mr Heavey for advice.

Correspondence: HC litter campaign - details to be passed to BB; Canon - guarantee on photocopier running out and Canon suggested the CC upgrade to a smaller machine. Honesty box is working well so card-operated machine did not seem necessary; BEN - thanks for donation; Highland Wellbeing - joint health improvement plan.

Treasurer: Ord. acc. £257.21; project acc. £772.60. Cheque issued to BEN for £100.00 and Heritage Group invoiced £12.25 for photocopying.

Planning: outline planning for two house plots at Bolskine, four house plots at Glenlia, Foyers, four house plots at Drive Park Foyers. Agreed housing required in Foyers, to increase/sustain the community. No objections. Although these sites unlikely to be for affordable housing, should be borne in mind for future. Outline planning for house site at Knockbeg, Whitebridge, house at Balnaglaick, Torness. Full plans submitted for house at Upper Knockchoilum, Whitebridge, house and garage at Mains of Gorthleck. Full plans resubmitted for house at Easter Drummond, Whitebridge, house at Craigdarroch Hotel, Foyers.

Policing: Neighbourhood watch meeting due end of month was cancelled until PC Hannah back.

Roads and Transport: Killen Road - reply to letter sent to HC claimed there was little damage to the road and any repairs would be made by the contractors. Mrs Macrae has photographic evidence of damage and will contact relevant people. RJ Macleod - agreed that signs placed by the contract managers were slowing the traffic. Secretary instructed to thank them. Speeding - agreed that a condition of planning for RE schemes should be lower speed limits being introduced in villages.

Community Project: Meeting with landowner of proposed site held on size/position of project. Douglas Murray, ASCC, to forward draft lease agreement in April (being prepared by National Playing Fields). Site meeting held with Mr Colin Shane, Record Equipment, who gave some good advice. Willing to cost project with no obligation. Subcommittee to meet Tues 30th March, 7.30pm, to complete funding application for PRIN and SNH.

Renewable Energy/Community Benefit: Consultation hearing at HC/20th April - planning application for Glendoe Hydro scheme. Importance of keeping local residents informed - CC agreed on public meetings as projects develop. Mr Smith, Gorthleck House, told member of CC that he would contribute to any 'fighting fund' for RE schemes in future.

AOB: Changes to GP's 'Out of Hours' - a meeting in Farr Hall, 7 April 2004 7.30pm, to discuss proposals. Secretary arrange posters.

Fundraising - a need for fundraising agreed, for the project and general funds. Possibility of a gala was discussed but insurance now high for such events. A sponsored event may be more profitable. Carry forward to next meeting.

Police Telephone Numbers

Foyers Police Station	01456 486222
Fort Augustus Police Station	01320 366222
Inverness Police Station	01463 715555
Crimestoppers Confidential Line	0800 555111

Highland Councillor

Mrs Ella MacRae

01456 751 203

ella.macrae.clr@highland.gov.uk

Minute of Meeting 27 April 2004

Correspondence: Mary Scanlon - pledging support for upgrading BT exchange/lines. Letter written by Mrs L MacGregor forwarded to her for information. Loch Ness Partnership - asking for nominations from area to sit on board. Mr Campbell will approach Mr Dave Allen. Forestry Commission - informing of proposal of sale of Keepers Croft, Glenlia within 2 years. Canon - the guarantee runs out imminently but have maintenance cover for limited time. Canon propose CC purchase new machine (£2200 outright purchase, £143 per quarter). Agreed that until copier breaks down/it is not economically viable to fix it, keep old one.

Treasurer: Ord. acc. £285.19; project acc. £772.60. £27.98 deposited (photocopying). Invoice outstanding for £225 for BB.

Planning: Scottish and Southern Energy - New lines proposed for Errogie/Abersky and Aberchaldar/Farraline in event of a fault.

Policing: There will soon be a replacement for PC Hannah in Foyers.

Roads and Transport: Inverfarigaig Pass - HC replied to letters sent Jan/Feb, stating roads in Lower Foyers been swept and broken toe boards in bridge been replaced. Drainage work will be carried out as deemed necessary. They are of opinion that parapet on Allt Kirk bridge would be of no benefit and rocks on verges pose little problem, as little traffic travelling at low speed. CC felt roads in rural locations should be just as safe as busier roads. Agreed to invite Roads Manager to CC meeting. Members of HC Roads Dept and Mrs Macrae carried out tour and identified problem areas.

Community Project: Mr Campbell and Mrs Butterworth met with Mr Forest, PRIN, to discuss funding application. Should be funding to start project, beginning with drainage and opening up site access. De-crofting should take about 2 months. Mr Forest recommended project should be dealt with in 'bite-sized' chunks. Two contractors quotes required for the application.

Renewable Energy/Community Benefit: SSE Glendoe Hydro scheme -HC planning committee met 20 April. Mr Campbell and Mr Sutherland made representation and emphasised impact of traffic on the roads/highlighted uncertainties about the scheme. Stressed lorries were 'tip of the iceberg', most traffic will be contractors going to/from site. Suggested most movement of materials by water. Scheme approved by HC. Now be reviewed by Scottish Executive. Expected that Innogy will not pursue Stronlairig scheme. SSE may look to improve Foyers scheme as result of adverse comments.

Highland Opportunity Ltd - letter of appointment sent to HOL. Mr Campbell will speak to Mr Varwell, Chairman Fort Augustus CC to inform them of HOL's appointment. HOL require letters received by S&F CC from developers. A trust company must be formed. Mr Campbell was nominated as Director and Mrs Kirkland as secretary.

AOB: GP's Out of Hours working - secretary to contact NHS Highland to organize another meeting.

Fundraising - a subcommittee was formed to raise funds for community project and general - Mrs L MacGregor, Mrs I Martin, Mr M Houston and Mrs Grainger will be asked.

Glenlia -several complaints received about general appearance/abandoned cars around Glenlia. The Police and Environmental Health have been approached and are looking at problem. Orders will be served if area not cleared up. Also complaints over sheep and dog fouling around play area. Mrs Macrae has costed gates but there are fences missing. She will replace some along the roadside.

Fly tipping - rubbish (mattress, sink, satellite dish etc) dumped at Vennel and wood clearing before it. Also in the larch wood ½ mile west of Torness. Secretary to contact cleansing department.

Burial Ground, Foyers -problems of deer, fencing, stumps, old seat still there. Mrs Macrae chase.

Minute of Meeting 25 May 2004

Mr J Taylor - Highland Council Roads and Community Works

Department responsible for 975Km of roads (excludes trunkroads covered by BEAR), refuse collection, cleansing, grounds maintenance, abandoned vehicles and more. Worst boulders on Inverfarigaig Pass will be removed while ditching in the near future. Mr Taylor agreed to consider piping the bad ditch at Errogie. Verge/grass cutting started on major roads. Blacksmith to repair cattlegrid on Killen road and the damage caused by construction vehicles was noted. Arrows being painted on Foyers road imminently. Suggested that arrows also be painted at Hydro gate on the hill at Inverfarigaig. Abersky cattle grid been identified as needing replaced but no guarantee it will be.

Mr Taylor estimated that 3-4 times the roads maintenance budget required. High speed measuring of road conditions has been carried out nationally - show roads are deteriorating year on year, costing more in the long run. Scottish Executive talking of changing things that may bring improvement.

Correspondence: BT - are aware of poor exchange and plan new cables Inverness/Gorthleck to upgrade all lines and give all facilities currently available in Inverness.

Peter Peacock - questionnaire about nuclear waste disposal - completed at meeting

Treasurer: Ord. acc. £297.44; project acc. £772.60.

Planning: Application for house at Lower Knockchoilum - backed by CC as member of community needing house near family/work. Secretary to write in support. Application for house in orchard of Old Errogie House - no objections.

Policing: New Community Policeman, PC John Rimmer, starts in Foyers July 6. He is from Merseyside and has 18 years experience.

Community Project: Tenders for fencing, drainage and access were sought. Mr L MacNally and Mr S Ricketts gave lowest quotes. Funding application has been submitted. A notice of intention to de-croft the 1/2 acre of land opposite the hall has been placed in the Courier.

Renewable Energy/Community Benefit: SSE agreed to improve Foyers power station. Will pay for a community liaison officer. British Waterways - gave positive feedback to suggestion of transportation of materials by water and are keen to discuss matter with the energy companies.

AOB: Dumping - HC contacting land owners to move rubbish to roadside for council collection. Foyers Cemetery - Mrs Macrae spoken to Mr Fridge, HC. Loch Ness Partnership - Mr D Allen agreed to be member. Foyers Bridge - Mrs L MacGregor agreed to join group effort to restore bridge and liaise with CC.

The Foyers Frasers taken from "Tales of Old Days" by the Fraser Tytlers of Aldourie

James Fraser of Foyers took part in the rising of 1745 - he narrowly escaped at Culloden and was concealed in the neighbourhood of Foyers for about seven years. His usual cave of refuge was in a height towards the North of Carndeag (the red stone light). The cave is well hidden and is near the boundary between Dell Estate and Foyers.

A boy was one day going to this cave with a little cask of beer for old 'Foyers'. At a steep ascent where the road approaches close to the Falls, he was met by a party of Cumberland's men who insisted on him telling them where his master was concealed. The cask tumbled off his shoulders and fell into the water, but the boy refused to give the information they desired and persisted in his refusal even when they slashed off his hand with a sword. The spot where this happened is called 'The Cask's Leap' not far from the path leading to the Falls.

On another occasion, the Laird of Foyers looking out from his cave, saw a soldier secretly following a girl bringing his food. Being a matter of life or death for him, he shot the soldier dead and he is buried where he fell.

Old 'Foyers' was known as Bonaid Odhair (Dun Bonnet) so that the country people could talk to him openly without danger of detection.

The afore-mentioned James of Foyers had a son Hugh, known as Huistean Ruadh (fair-haired Hugh). It was he who built the mansion house of Foyers. The Estate had been saved from confiscation in consequence of its having been handed over by James to his son Hugh before he took part in the rising. The roof of the house was not quite finished (about 1760) when Simon, the last Laird of Foyers, was born there. He was Hugh's son and married a Miss Grant of Glenmoriston. They had one daughter, Jane, who was the intended bride of her cousin, young Grant of Glenmoriston. A favourite walk of hers was to a slight eminence called An-Creagan-Dubh (the little black crag) projecting into Loch Ness from whence she could see Glenmoriston. When her cousin was killed falling from a tree, she was persuaded to marry another cousin, Fraser of Balnain but she never recovered from the grief of her bereavement and went into a decline and died. She was buried at Creagan Dubh in July 1817 and afterwards her mother and in 1842 her father were buried there, one on each side of her grave.

The rest of the Foyers Frasers lie in the south-western corner of the Boleskine graveyard. It was Simon Fraser who used to say as he sat outside his door in fine weather when he saw a mist on Meall Fuar-mhonaidh "If you have put your cowl on, I may put my cloak on".

Christian Comment

A Life Science Lecturer gave the following illustration to his students. Taking a large glass jar, he filled it with golf balls and then asked the students if the jar was full to which they replied 'Yes'. Then he added some small pebbles to the jar and enquired if it was now full. The answer was 'Yes'. Next handfuls of sand were added, the jar shaken until no more could be put in. Now surely the jar was full! The Lecturer then produced two cans of drink which he carefully poured into the jar!!

The application of this is to make room in one's life for the more important matters, then fit in the less important ones and still there will be room for little everyday issues. With a smile on his face, the Lecturer concluded there would still be time for a couple of drinks! Is there a specifically Christian insight here? The Apostle Paul wrote to friends in the busy commercial city of Ephesus, "Do not get drunk with wine which will only ruin you; instead be filled with the Spirit (ch5 v18). Our experience as Christians, when we open ourselves to God's Holy Spirit, is to find that He enriches all the wholesome aspects of life and encourages us to remove those things that are not helpful. Paul went on to say, "sing psalms, hymns and spiritual songs"; alcohol may make people sing, but the Holy Spirit inspires Christians in our Sunday Worship and other occasions when we meet together to praise God.

CHURCH MEETINGS

Church of Scotland

Sunday: 10.00a.m. Boleskine, 11.30a.m. Does. Rev. J. Buchan 01463 713114.

Episcopal Church

Sunday: 11.00a.m. Croachy. Rev. P. Mosley 01808 521397

Free Church

Sunday: 12 noon Farr, 6.00p.m. Errogie.
Mr. J. Campbell 01456 486240

Free Church (continuing)

Sunday: 10.30a.m. & 4.15p.m. Does.
Wednesday: 7.30 p.m. Mr. D. Fraser 01456 486408

Free Presbyterian Church

Sunday: 12 noon Farr, Every 2nd Sunday:
7.00p.m. Gorthleck. Mr. E. Fraser 01456 486282

Roman Catholic Church

Sunday: 12 noon Whitebridge.
Rev. P. Bonnici 01456 486289

Inter-Denominational Bible Study

Rev. Martyn Bateman 01456 486273 (for details)

Notes from the Shop and Café

Once again thanks for your support over the last few months. I have very little records from the previous owners and based on these I made a very conservative forecast for this year to support my business plan. We are glad to say that we are trading well ahead of these figures so hopefully this indicates that the changes we have made so far have been for the good.

As you all know, the harling has now been completed and the new signage put in place so thanks for your patience while that work was going on. It took a lot lot longer than expected! We have planning permission for the timber decking but unfortunately the building warrant will take a little longer to get so the decking will not now be going in until after the summer season. However by the time this goes out there will be new tables and parasols outside on the existing surface. We will probably need to get an awning or blinds for the shop front as that is now exposed to the sun since we cleared away the card section from the front.

The opening hours have changed again! I was a bit disappointed initially with the amount of business we saw on Sundays but patience has its rewards and I am now delighted! We will now open the shop from 9am to 8pm Monday to Saturday and Sunday will be 10am to 6pm. On Sundays we retain the link with David from Chalky's and continue to sell papers on his behalf. The doorbell idea was not really used so I have taken it off at the moment to use in the Café. If you do need anything urgently please feel free to phone and we will open up for you.

The coffee mornings will be continuing throughout the summer on the last Thursday of each month from 10am to 12am. Thanks to Lorraine and Nancy for helping out and for the great talk and slide show we had from Katy. John and Hugh both enjoyed entertaining you as well last month so hopefully that will happen again at some stage.

Again, as you all know Graham Bain has taken over the Café in the evening to run as a restaurant and I have heard nothing but compliments on his food and service. The new phone number for the Café is 01456 486655 and as it seems to be getting busier and busier I can recommend booking early.

On Sunday afternoons I am hoping to start a local music session where local musicians are welcome to come along and join in an informal music and sing along. This will start from 6th June and run from 2pm to 4pm.

Once again, many thanks for your continued support.

24 hour Fly Tipping 'Clife-line' Phone Line

The Scottish Fly Tipping Forum in conjunction with N.F.U. Scotland and Keep Scotland Beautiful have set up a phone line (0845 230 4090). It is to combat fly tipping in the Scottish countryside by enabling people to report incidents of rubbish dumping around lochsides, road verges and fields.

A minimal amount of effort is required to dispose of your waste properly. Simply put your litter in a bin or take it home. If you cannot wait for a Council collection, take the litter to the Waste & Recycling Centre at Henderson Drive, Inverness or phone (01463) 230634 and arrange a free uplift.

I'm a hydro electrician, I'm a water engineer,
To develop backward regions is my task.
With a free hand to my enterprise and none to interfere,
And a comfortable wage is all I ask.

Chorus

Sure by Affric and by Moriston and by Garry I will go,
Building generating stations left and right,
And on battlefields where Highland lads fought the frenzied foe,
Shining pylons will commemorate the site.

I shall launch prodigious projects, I shall build a mighty sluice,
I shall flood the countryside for miles around,
I shall put God's racing waters to some profitable use
And submerge all barren,unproductive ground.

Ah! but what is then to happen to our lovely, lovely view!
Is the query of some sentimental Scots.
Is there not sufficient beauty in the prospect given you,
Of a hundred thousand kilowatts.

But as far as loss of beauty is concerned I'm pleased to state
That most certainly you need not be afraid
Since the revenue for selling to the grid will compensate
For the trifling falling off in tourist trade.

Sure by Affric and by Garry and by Moriston I will go,
But since progress must be purchased at a price
I will not allow my sentiment hinder me, and so
I am quite prepared to make the sacrifice.

Sure by Affric and by Moriston and by Garry I will go,
And there's few of us will to question why.
But when all the world forgets him and his whining dynamo,
They will still remember Affric Falls and sigh.

Composed by an engineer who lived in Glenmoriston around the 1950's and submitted by Anne Urquhart.

Foyers School Supplement

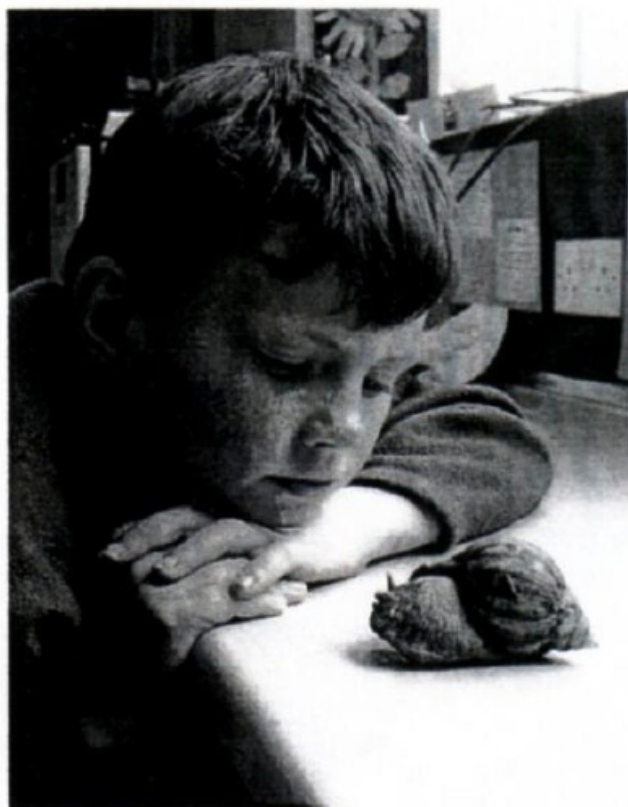
Snail Trail

Foyers School recently came to the aid of an exasperated owner of dozens of giant African snails. The advert in the paper appealed for 'a good home' for a number of these impressive molluscs—because their population was exploding.

The children are monitoring the growth of their new classmates and feeding them on cucumber (their favourite fare), peppers, tomatoes and lettuce.

'Cracky', the biggest snail in the school, with a scarred shell, weighs 125 grams and has grown by 1.5 centimetres in 7 weeks.

Each snail can lay up to 700 eggs at a time. And that's not all. Snails are hermaphrodites. That means that they all have male and female bits to facilitate their mind-boggling reproductive cycle. So any *Bulletin* readers who are yearning for one of these fascinating pets—do get in touch!



Getting to know each other: A Primary 4 pupil meets 'Cracky', the giant African snail



Katie Stirling, Highland Council's Countryside Ranger, shows Foyers pupils examples of the local insect population.

Our Bug Hunt with Katy Stirling
Katy Stirling came to our school. We went for a bug hunt outside. We caught a lot of bugs in the grass. I caught an inch-worm. It was green and hooked itself along. It was my favourite.

By Jack MacAdam, P1

Out of the large variety of aphids, click-beetles, spiders and slugs, our best finds were: a large emperor moth with four fake eyes on its wings; a small hard-backed spider (which we thought was a relative of the 'steatodea paykulliana' family) and an inch-long long-horned beetle.

By Hannah Grainger, P7

Food Fit for Foyers Folk!!!

Do you know how much money is wasted each year because of obesity? No? Over £3.8 million is spent because of different illnesses caused by obesity!

Don't you just wish you were a lot fitter and could do a lot more? We did! So, on 24 May the Primary Sevens of Foyers School and the school nurse held a 'Health Promoting Evening' aimed at adults with children.

We tried to show how an improper diet and lack of exercise can damage the health of children and their parents.

One of the things we did was to show them our own Power-Point presentation that included fatty foods, healthy foods, smoking, exercise and lots of other things.

Afterwards, we offered guests some 'tasters' of our home-made healthy snacks and also laid out the recipes for them. We answered questions from everyone and the school nurse handed out leaflets.

I think parents learned a few things and were inspired to lead a healthier lifestyle. I think this because they seemed to take the matter seriously. Do You?

By Hannah Burgess, P7



Foyers School joined with Farr School for a day-long ballet workshop led by members of the Scottish Ballet. It was followed by a visit to Eden Court to see the professionals performing the same steps on the stage.

Boleskine Environmental Network

B.E.N. is a local group with an interest in environmental issues affecting the local area. secretary: 486355

COMPOST
BINS from
B.E.N.
Phone 486 774



Ancient track blocked

Ownership of Cullachy estate at Fort Augustus has changed hands recently and the new owner does not want the public near his house. The ancient pathway along the side of the River Tarff has been accessible to the people of Fort Augustus for centuries. The fabulous Cullachy Falls is a modest walk from the village and provides a wonderful summer outing for families. However, in recent months a new deer enclosure has been created near the house block-

ing off the access available to locals. The new fence cuts across the path forcing walkers very close to a steep and hazardous drop into the gorge of the river. This is a clear breach of the spirit of the new access legislation which is due to become law later this year. B.E.N. is in contact with the factor (Bidwells), SNH and the Highland Council access officer in the hope that the ancient way can be restored to the people.

Owl goes to school

About 8 years ago jackdaws attempted to nest in a chimney at the Old Schoolhouse in Errogie. We realised they'd taken up residence when it became progressively more difficult to light the Rayburn and the kitchen filled with smoke.

Eventually, I had to climb onto the roof to remove the pile of twigs and a clutch of eggs (by now lightly poached).

However, I missed the jackdaws and thought to provide them with alternative accommodation – a nest box in the big larch at the front of the school. Jackdaws have shown no interest in this gesture but the box was used 2 years ago by a tawny owl as a day roost. This prompted me to put up an owl box. First, kestrels showed an interest (why don't birds read the instructions?). But then, after a lot of hooting and screeching this spring, we were rewarded with the sight of 1, then 2, then 3 baby owls jostling at the mouth of the box for their evening snack of vole. They soon emerged from the box and spent a few days hanging around in the branches before venturing out into the wider world.

We look forward to their reappearance next year and we still hope the jackdaws will forgive us and return to their old haunt.



Forestry & Housing

The Forestry Commission is willing to release land in the Highlands to allow more affordable houses to be built; the price being set by the district valuer. Currently available for community use here is the Keepers croft in Glenlia. (NGR: NH508207) Contact FC Area Land Agent, Inverness 232811 or the community council.

Black-throated Divers

SNH & RSPB Scotland have funded a three year project to help the black-throated diver. The total UK population is believed to be less than 200 breeding pairs; eight EU designated areas are in the north of Scotland including Stratherrick. The project involves a network of rafts which provide artificial island nest sites that rise and fall with fluctuating water levels and increase the breeding success of the birds by over 44%.

Honey Bees under attack

Since the 1980s the Varroa mite has been making its way north up mainland Britain. Although local bee colonies have not yet been infected the mite will be in Inverness hives by the end of the summer. Varroa has spread from eastern Europe and can, without control, destroy a colony of bees within 3 or 4 years. The female Varroa mite lays her eggs within the cells of the newly laid bee eggs resulting in deformities to the growing larvae.

Threat to tourism

Loch Ness one of the UK landscapes most threatened by turbines

Local MSP Mary Scanlon believes the region's scenic and environmental heritage is at risk from the drive for green energy and that visitors may not return if the wind farms get the go ahead. Meanwhile, Highland Council has voted not to object to Scottish and South-

ern Electricity (SSE) plans for the Glendoe hydro scheme which will now be determined by the Scottish Executive. It will be the largest hydro scheme built in Scotland for 40 years. Speaking at the hearing representatives from the Community

Council and B.E.N. raised concerns about traffic from this scheme and the other schemes in the area.

A new political organisation, Scottish Wind Watch has been launched in Scotland to campaign against the spate of windfarms.
See www.saveourhills.org

Wind Turbines:

Discussions from Perth



"green tokenism of the worst sort"

On May 3rd a representative from B.E.N. along with nearly 1000 others attended Perth City Hall to hear the case against wind turbines. Star speaker was Professor David Bellamy, the celebrated botanist, broadcaster and international environmental campaigner. He was supported by Hugh Sharman, an energy consultant with experience in Denmark and John Campbell QC, the lawyer who has recently received wide media coverage for his role in the Fraser Inquiry into the Scottish Parliament-building fiasco, and is a leading light of the anti-wind-turbine lobby - Views of Scotland. David Bruce, also of VoS, provided additional technical information. Although wind-farm developers had been invited, none accepted the invitation to put their case to the meeting.

Speakers weighed the huge environmental and financial costs of wind-turbine developments - to be paid for by significant increases in domestic energy bills - against what they described as their negligible

contribution to UK energy requirements. In addition, there was the **absence of a coherent energy strategy on the part of the Scottish Executive and the Westminster government.** The four major British engineering institutes were said to be deeply sceptical of the potential contribution of wind-power and David Bruce suggested that wind farms are follies that should be costed according to a novel unit of measurement: the number of Scottish Parliament buildings they represented.

Professor Bellamy gave a detailed and technical argument in his own speech. The following statement issued after the meeting is a summary of it:

"Britain already has 1063 wind turbines despoiling the landscapes, challenging livelihoods in the tourist industry, reducing the value of local property, while killing birds and bats. Together these 'Silver Satanic Mills' only produce one-twenty-seventh of the electricity

that leaks from the National Grid.

A little bit of simple mathematics on the back of a piece of recycled paper will prove beyond doubt that they have little or no relevance in solving the problem of a future sustainable supply of energy for your children. Likewise, for those who believe in man-made global warming, those 1063 useless monsters only save one-thousandth of the carbon dioxide released by Britain every year. Again, how many would be required to meet your government's targets?

Please remember, **Scotland is already Kyoto-neutral and produces 30% more electricity than it needs.** Why produce more in such a damaging way? ...The sad answer is that we must keep all the coal, gas and atomic powered stations on the boil to cut in when the wind decides to stop blowing or blows too fast. So wind 'farms' are going to cost you, the consumer, very dearly. **They are but green tokenism of the worst sort."**

Buddy's Nessie appeal



Following my letter in the last B.B. asking for sightings of the Loch Ness Monster, there has been some response. The objects vary considerably. Our sighting was from the Foyers Hotel and could be seen out in the middle of the loch. We watched with two hotel guests and passing binoculars around we saw a strange object the size and shape of an upturned cabin cruiser. It was a dark grey shiny colour and you could see little waves lapping against it. It submerged for a few minutes and then came up again for a time before submerging again and disappearing completely. A friend from Inverness, Elma Kay, saw, along with a group of friends, a long neck topped by a small head emerging from the loch at Dores Bay.

Buddy MacDougall

Travelling from Ardachy back into Fort Augustus, at Borlum Bay, I spotted what appeared to be a black long neck of some creature about 4 to 5 feet out of the water which at the time was flat calm.

I stopped the car and it remained in view for several seconds; it then went down leaving behind ripples on the surface.

Gordon McDonald

in the car at Borlum Bay and clearly saw a shiny black semi-circular hump probably about a quarter of a mile to the North.

By transit observation on the far shore, we established that this hump was moving in a north-easterly direction. At this distance it is difficult to estimate size but would think that the hump had a length of about 5 feet and stood some 3 feet out of the water.

We can only conclude that what we saw was some form of sinuous creature.

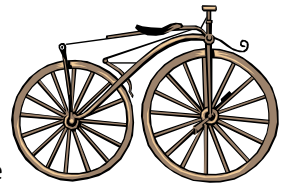
Ana & Peter Arrowsmith

In the early 1980's, I was with a friend having a picnic by the ferry pier at Foyers when I saw three distinct shiny black humps followed about six feet behind by two further similar humps moving through the water towards Dores and about 30 feet from the shoreline. Shortly afterwards, the humps submerged at which point I turned to my friend enquiring if she had seen what I saw - she confirmed that she had. I wondered at the time if I had witnessed Mother Nessie being followed by her offspring.

Muriel Lees, Inverness

Within a few days of the above sighting, Ana and I were

South Loch Ness Heritage Group



It is still early days for this new Group, but the January meeting, held in Gorthleck, was well attended, and the wide-ranging discussion which followed Hugh MacNally's talk demonstrated what a wide range of interesting threads there are for the Group to follow. If you have a particular topic that interests you, let us know, we may be able to help.

By the time you are reading this, another meeting will have been held, this time in Dores, with Mr Jim Patterson speaking about "Old and Remarkable Trees of Scotland".

The Group is offering its support to current attempts to find a way to preserve the bridge at Whitebridge. This landmark of our area is in serious

need of repair if it is not to collapse.

The Group has made a successful application for a grant from the "Awards for All" scheme, and is now in a position to buy some technical equipment to record and display some of the material which we are seeking to archive. On the subject of the archive, I would like to repeat our plea to be allowed to see your photographs, documents or artefacts that might be of interest. You would be very surprised what is of interest – even today's events will be tomorrow's "heritage", and it is alarming how quickly records disappear. We understand that old photographs can be very personal and precious items, but we can now offer you duplicates, restored and enhanced if necessary, and the opportunity to see other peoples' contributions,

helping everyone to build a picture of our heritage.

As important as photographs and documents, are memories, which are often only spoken in a passing conversation, and almost never written down. It would be fascinating, for us and for generations to come, if we could change this, and make an effort to record people's recollections. As an extreme example, the very oldest people in the area grew up in times when there were few cars, hardly any mains electricity, no telephone or TV, and the word "tourist" probably hadn't been invented. I know that there is an instinctive reluctance, or embarrassment about interrogating people, but I always feel regret when one passes away and I haven't done it!

Letters

Thanks to Tim, Agi, Fiona and last but by no means least, chef Graham for a very enjoyable dinner at the Waterfall Cafe a few weeks ago.

With excellent food and 'easy listening' background music, we spent a most enjoyable evening in the newly re-furbished Cafe.

I even had the cheek to ask Graham for one of his recipes which I've since tried out!

Chris & Eddie Moore

We also would like to endorse the above having spent a most enjoyable evening at the Cafe and been so well fed - thanks to all concerned.

Ana & Peter Arrowsmith

On a recent visit to the village where I was born and brought up, I thought the village looked rather picturesque viewed from the main road with the houses bordering the green.

Imagine my horror on seeing a veritable slum as I drove round the back road to have a look at my old abode - I refer to the area between houses Nos. 32 and 52 - there I discovered what I can only describe as a dumping ground for dilapidated vehicles and an assortment of other pieces of junk and log piles at the roadside. We also had firewood but kept it in our own back yard.

In days gone by, we had middens which to the uninitiated were concrete structures in which household waste and unwanted articles were deposited. They were emptied regularly by two men with a horse and cart - now I doubt if a bulldozer could cope with the rubbish I observed.

As far as I can ascertain most of the houses in the area I refer to are occupied by incomers to the village - I wonder where they came from and what they left behind them.

Oh by the way, I forgot to mention that the village I refer to is FOYERS!

Angus MacLaren (not the son of Anna MacLaren)

I read with interest the article in Issue 26 of your Bulletin on the Bridge at Lower Foyers hopefully to be restored - well done those people concerned. Whilst I endorse their efforts I wonder why the General Wade's Bridge at Inverfargigaig doesn't merit the same treatment.

Wade constructed 40 Stone Bridges between 1726 and 1737 - much older than the Foyers bridge and very much interest is shown by holiday makers not only in his bridges but also in his roads. Unfortunately through much neglect the Farigaig Bridge is almost inaccessible except to the very fit and those who are not afraid of risking a broken leg in the process of locating it.

Would those concerned with the Foyers Bridge be willing to take up the challenge of the Wade's Bridge? I for one would be grateful if it is possible as I feel ashamed when people ask me where it is and why its been left to decay. Though no longer viable for traffic, the money required to restore it, at least for people to view it safely, will not require the vast amount required to restore the Foyers Bridge. It has its place in History - let's not lose interest in Wade's achievements.

Kay McGee

Last year when Buddy MacDougall told us there were problems concerning the production of the Boleskine Bulletin, the very popular informative quarterly bulletin of this area, I was afraid its days were numbered.

So I was pleasantly surprised when this Spring we got our issue, in fact better than ever.

It was good to read Tim McCormack's contribution. He is of course running the Foyers Stores with the help of his friendly Hungarian wife and of the equally friendly Jim, their assistant.

Sadly there were also the moving obituaries of three well known local people. Happily, we read of happy events, births, dinners, outings etc.

I could go on, but I will just finish with many thanks to the dedicated people who are doing their best to keep the B.B. going.

Long may it last!

Alice M Totty

"If thou art borrowed by a friend
Right welcome shall he be
To read - to study - NOT to lend
But to RETURN to me.
Not that imparted knowledge
doth
Diminish learning's store;
But books, I find, if often lent
Return to me no more."

Believed to have been written

Spring Songs of Praise

This took place at Stratherrick Hall on the afternoon of Sunday, May 9th and was well attended. A mixture of Hymns, readings and items by the choir were enjoyed accompanied by Frances Bell on the piano, Eddie Moore on the guitar, Colin Adamson on the horn and Callum Martin on drums.

Thanks to Iain King for leading the proceedings, to the readers, John Campbell, Fiona King, Christine Shaw and Ann Hughes and to the Rev. John

Buchan who gave an address. A Traidcraft stall was run by the Rev. and Mrs Mosley from Croachy and the collection taken for Arthritis Care amounted to £70.50 - so many thanks to all who supported these causes. Refreshments (thank you ladies) were served after a presentation had been made to Frances Bell by Muriel MacDonald in appreciation for all her hard work with the choir.

Stratherrick Country Dance Group at the Highland Ball in Inverness on 17th April

Members of Stratherrick Country Dance Group recently attended The Highland Ball which was held in the Sports Centre Hall in Inverness. Organised by the Highland Scottish Country Dance Group, the Ball attracted over 300 dancers, not only from the Highlands but from all areas of Scotland, as well as from England, Northern Ireland and

abroad. Surplus funds raised on the evening enabled the Group to make a donation of £400.00 to the Highland Hospice. As well as those pictured, the other members who attended were Judith Borup and Peter Westrick from Whitebridge, Carol Hammond from Strathnairn and Sylvia Oliver from Inverness.

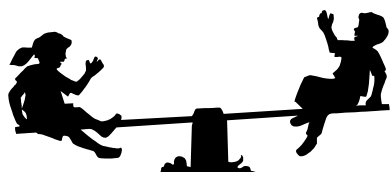


Pictured enjoying themselves at The Highland Ball in Inverness are Lorraine Fraser and Nancy Stoddart from Foyers, Hugh Nicol from Ault Na Goire, Tammy Cook from Inverfarigaig, and Jessica Ricketts from Errogie.

South Loch Ness Nursery Fundraising Sale

The Fundraising Sale held at Stratherrick Hall on Saturday 15th May raised a total of over £727 for the Nursery funds.

All parents and staff would like to convey their appreciation and thanks for all the donations, help and support given before and during the event to make it such a success. "Thank You".



Christian Aid Week

Thank you to all who donated, collected and counted for Christian Aid. The total amount is over £1135, greatly helped by all who completed the Gift Aid form. Very many needy people worldwide will benefit from these gifts.

Martyn Bateman

Red Cross

On behalf of the Inverness Red Cross, I would like to thank all who contributed towards the house collection during Red Cross week. The excellent sum of £534.13 was raised which includes jars of loose change from two senior citizens.

Special thanks to our collectors who gave their time, to Whitebridge Hotel staff and clients and to Foyers Shop and customers for contents of tins over the year.

Rose Fortune.

South Loch Ness Tourist Group

The last meeting of the South Loch Ness Tourist Group was held at the Waterfall Cafe, Foyers on 29th March (thanks to Tim & Agi McCormack). The meeting was well attended with 22 members present. The highlight of the evening was a presentation by guest speaker, Andrea Nicholas of the Green Tourism Business Scheme. Her presentation to the group was very interesting and comprehensive. Andrea explained that Green Tourism was now recognised as a mainstream form of tourism. She talked about the growth of green tourism across Europe and in Scotland in particular and how it offers a clear market opportunity for businesses. She also said that contrary to popular thinking, 'going green' is not an expensive exercise and by introducing a variety of simple measures any business can in fact make substantial cost savings. At the end of her presentation, members were able to look at some of the 'green' products that are readily available.

Earlier in the month, Blair MacGillivray arranged for members of the group to go on a 'wildlife' tour of the South Loch Ness area with David Kent. The purpose of the tour was not so much to see the wildlife for ourselves, but to improve our knowledge in order that we may impart this to our visitors. It was a great success with all present learning a great deal about the key wildlife spots.

Following on from this event on 7th April, Graeme Ambrose and Blair MacGillivray took three members of staff from local Tourist Information Centres on a half day tour of Stratherrick and Strathnairn. The aim of the tour was to give the staff a broader knowledge of South Loch Ness and what it has to offer visitors. Hopefully they will now more readily recommend the South side to visitors seeking an alternative to the 'hotspots' elsewhere around the loch. Judging by the positive feedback that we got from the staff on the day, we are confident that this will happen.

On the 25th April, the group held a litter pick up event. Support for this had been strong at the last group meeting and members felt that it was important that this be done before the season really got under way. However, in the end it was simply not convenient for many members (although a number said they would clean up around where they stay) and so it was only Andy & Rosemary Holt, Corinne Roberts, Ron Coxhill and Graeme & Fiona Ambrose who met at Inverfarigaig to try and clean up along the roadside and lay-bys to Dores. Three hours later they had collected a staggering 40 black bin bags of rubbish and had only covered 5 miles! Quite clearly if we don't already know it, our image as the 'clean and unspoilt' side of the loch is a joke and we have only ourselves to blame. How can we expect visitors to enjoy walking in the area when around every turn is another pile of unsightly rubbish? Hopefully SLNTG can arrange another such event when, with more helpers, we can really make an impression on the problem.

Over the Summer there are no planned meetings of the group, but it is hoped to have four postcards of the South Loch Ness area printed soon, which will be available for anyone to buy from all shops and businesses in the area.

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This post is exempt from the Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975 and the successful applicant will be required to complete a Disclosure Scotland application.

Out and About

We were very sorry to hear of Sadie Hipkin's recent fall and hope that it will not be too long before she is fully mobile again.

We are delighted to report that Mrs. Angela Cryans from Glasgow has been appointed Head Teacher at Stratherrick Primary School. We extend a warm welcome to her.

A warm welcome is also extended to PC John Rimmer and his family who are moving into the Police House at Foyers. He begins his work amongst us in July.

We regret to report the death of Irene Rose of Dell Cottage, Whitebridge. She had been in poor health for some time and particularly so since the death last year of her husband John. Our condolences to her family.

We were sorry to hear Annie MacKenzie of Foyers has died and send our sympathy to her family and many friends.

To all who are moving up from the Primary Schools and those leaving schools for colleges or to pursue a career, we send our warm wishes

Wanted

Still wanted by Red Cross - empty Inkjet cartridges for recycling. Red Cross receives £1 for each empty cartridge. Envelopes for posting cartridges are obtainable from Rose Fortune (tel 486663) each envelope holding



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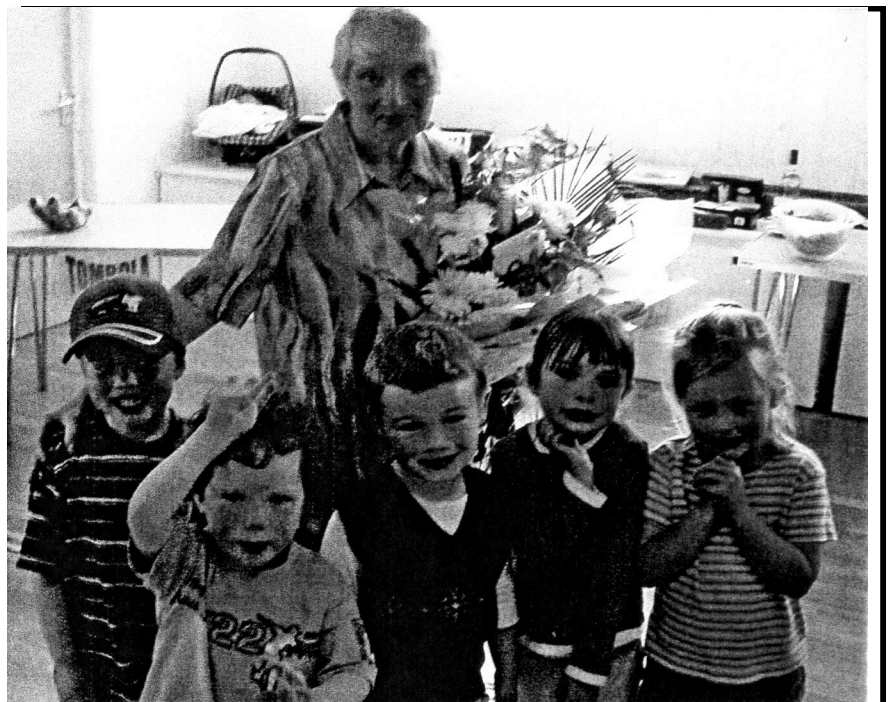
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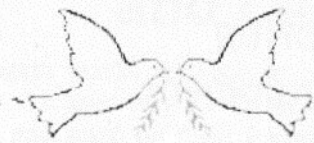
South Loch Ness Nursery

The children, staff and parents at the South Loch Ness Nursery in Foyers paid tribute last month to all the hard work of assistant playworker Margaret Adamson, who retired after four years at the nursery. Some of the youngsters presented her with flowers and a gift at their fundraising Spring Fair at Stratherrick Hall. Margaret, who has lived in Inverfarigaig for 12 years, said she had thoroughly enjoyed her time working with all the local children. She has said she will still be on hand on a supply basis when needed.

Pictured with Margaret (left to right), Joseph, Ben, Lewis, Phoebe and Verity.



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Tel. 08457 697555 Scottish Service Office. For information on meetings, etc. Tel. 01412 262214.

ALCOHOL COUNSELLING (INVERNESS): Tel. 01463 220995 Free, confidential, one-to-one counselling for anyone 16 years and over who is worried about their own or someone else's drinking.

BROOK HIGHLAND: 77, Church Street, Inverness. Tel. 01463 242434.

Sexual Health Advisory Service for young people under 25 years old.

Contraception, pregnancy testing, infection testing and counselling available.

CHILDLINE: Tel. 0800 1111. Free, confidential advice for children and young people 24 hours a day.

CHILDLINE SCOTLAND (BULLYING): Tel. 0800 441111. Free advice: Mon. to Fri. 3.30p.m. – 9.30p.m.

CITIZENS ADVICE (Inverness): Tel. 01463 235 345.

CRUSE BEREAVEMENT CARE: Tel. 01463 713741.

DEPRESSION ALLIANCE: Tel. 0131 467305. Mon. to Fri. 10.00a.m. to 3.00p.m. Offers information and support for those with depression, their family and friends.

DRUGLINE SCOTLAND: Tel. 0800 776600. Free 24 hour confidential advice on drugs.

FAMILY MEDIATION HIGHLAND: Tel. 01463 712100.

HIGHLAND COUNCIL: Tel. 0345 002005. Emergency number for homelessness and repairs after 5.00p.m.

HELP THE AGED: Tel. 01315 516331. Seniorline: Tel. 0808 800 6565.

KIDSCAPE BULLYING HELPLINE FOR PARENTS:

Tel. 01717 303300. Mon. to Fri. 10.00a.m. to 4.00p.m.

MARRIAGE COUNSELLING (HIGHLAND): Tel. 01463 712888 for appointment. Professional individual and couple counselling for those in intimate relationships. Strictly confidential service.

PARENTLINE: Tel. 0345 567800. Helpline for parents under stress.

Mon. to Sat. 10.00a.m. to 4.00p.m. Answer phone service outside office hours.

RAPE AND ABUSE LINE: Free, confidential, listening support.

Call free on 08088 000123, every evening 7.00p.m. to 10.00p.m. This line is answered by women.

Call free on 08088 000122, Mon. and Wed. 7.00p.m. to 10.00p.m. This line is answered by men.

REACH OUT HIGHLAND: 34, Waterloo Place, Inverness. Tel. 01463 711585. Confidential information on sexual health. HIV counselling and testing.

SAMARITANS: 66, Tomnahurich Street, Inverness. Tel. 01463 713456. Also Tel. 0345 909090, charged at local rate. All branches offer 24 hour service.

SEXUAL HEALTH: Highland Sexual Health, outpatients Raigmore Hospital – Tel. 01463 704202. All ages – free – confidential – no appointment necessary. Contraception including emergency, pregnancy testing, diagnosis/treatment of infections and HIV, postal condom service.

SOCIAL WORK HOTLINE: Tel. 08457 697284. Calls charged at local rate. 24 hour service.

VICTIM SUPPORT: Tel. 01463 710806

WOMEN'S AID, INVERNESS: Tel. 01463 220719. Offers information, support and temporary accommodation for abused women and their children.

Compiled by Tine Butterworth



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Jill (486377).

Small Ads are free

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Events at Stratherrick Hall

Toddlers Group - Wednesdays 10.30 - 12.30

Yoga classes - Thursdays 7.00 - 8.30 Tel. Sylvia on 486434

Wednesday 21st July 7-30 pm - Caledonian Ceilidh Trail

Saturday 24th July 8 pm - Bruce Macgregor & Friends

Thursday 16th September 8 pm - "For the Islands I Sing"

George Mackay Brown. Splinter Productions

To book the Hall 'phone Judith Borup on 01456 486464

We keep the notice board outside the hall up to date with other local events.
See also local website www.errozie.supanet.com and click on Stratherrick
Public Hall

Farr Traditional Music Concerts

Access the best traditional music acts in the Highlands.

Wednesday 7th July 8pm - Battlefield Band

Tickets from Riverside Gallery, Inverness and Inverarnie Stores, Farr
Advance booking strongly recommended

Extra Copies of BB £1 incl.
Postage. Phone 486366

Next issue: September

Deadline 15th August

to: Buddy MacDougall,
The Coach House, Foyers
or Ana Arrowsmith, An
Treabhair, Errozie. Mark
the envelope "BB"
ppa135@ukonline.co.uk

Doctor 486224

Police 486222

Foyers Shop

****New times****

Mon - Sat: 9 - 8pm

Sunday: 10 - 6pm

Post Office

Mon & Thur: 9 - 3-30 pm

Tues, Wed, Fri, Sat: 9 - 1 pm

Inverarnie Stores, Farr

Newsagent, licensed grocer and Post Office

Three Little Bakers bread & rolls daily

Free range eggs, ice cream

Duncan Fraser butcher meat

Cards for all occasions, toys, etc.

Open weekdays: 7-30-6-30

Saturdays: 8-30-5-30

Sundays: 9-00-5-30

David and Isobel Rich Tel: 01808 521266