

The Boleskine Bulletin

Issue 66 March 2014

Email: boleskine_bulletin@hotmail.co.uk

ROAD CLOSED

To Fort Augustus

It will not be possible to travel west from the Strath after Easter and through May other than at week-ends and before 7am and after 7pm. R.J. MacLeod will be widening the road along the side of Loch Tarff.

The community council are negotiating for the road to be open to allow traffic through at other times of the day. B&B businesses along with the local Hotels will be affected. Self-catering establishments will have to deal with unhappy holiday makers.

The closures follow the current work along the B851/B862 between Dunmaglass and the Corriegarth junction.

Until Easter expect delays going east and be prepared to use the alternative routes to get into Inverness.

'Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.' - Margaret Mead, Cultural Anthropologist, 1901-1978

COMMUNITY TRUST AGM

At Last..... an elected trust!

After several years of disquiet within the community, the Community Trust can now boast new articles of association, nine newly elected directors and a membership of over a hundred and rising.

At the recent AGM an election for directors took place. The

existing directors stood down. Two stood for re-election (Graham Ambrose and Sharon Ferguson).

In total there were 11 candidates for 9 places on the board. The Trust is open to any member of the community who wishes to take part in the development of the Trust. In addition to the 9 elected directors there will be a representative from the Community Council on the board.

(See report from the Trust secretary on page 2)

Community Care Open Day

(See more details on page 4)



Message from Margaret

Land at Lower Foyers

An area of ground in Lower Foyers between Riverside and the Foyers Burial Ground, is being offered for sale. The land is owned by Ashton Holdings and they are looking for bids over £30K .

I called a meeting on 11th February at Foyer's Primary to see if there was community support for the idea of community ownership. I was very pleased at the support shown then and by the e-mails and phone calls I have had before and since. The most supported ideas for use of the land was for recreation and amenity use....this would include, for instance, community gardening, allotments, sports facilities and community woodland.

There is clear support for the idea of a bid to Scottish Land Fund for purchase and also for the registration of community interest under the Community Right to Buy legislation. A group of those that turned up on the night have offered to give me a hand to progress both applications. If anyone has any more comments or ideas...let me know. I will keep you all up- to date by The Bulletin... Stratherrick.org web site and Nesslink plus my facebook page Cllr Margaret Davidson.

Projects around Foyers and Stratherrick.

There is a lot of energy and thinking just now about community development in Foyers and the Strath.

The money is now assured for an upgrade of the car park area by the shop at Foyers, and a bid has been made to Scottish and Southern regional fund for a new toilet block.

The upgrade of Foyer's pier has stalled, but I will work to get that moving again. Meanwhile there is an enthusiastic group looking at upgrading the slipway nearby.

There is considerable interest in getting more sporting facilities, an all weather multi-use games area and practice pitches.

There has also been talk about a new community building or perhaps refurbishment of existing buildings, so that it could be used to deliver registered

day care and other services for our older and less able people. And there is a good enthusiastic community care group looking at how the community can take care of its elderly and vulnerable; and they have done very well with the successful open day on Saturday 1st February.

Access is always key around the Loch side and Stratherrick and it is proposed to approach the existing South Loch Ness access group and see if we can all work together on new projects.

If anyone wants to get involved or has ideas to add...get in touch Cllr Margaret Davidson:

margaret.davidson@highland.gov.uk

01463 861424 or 07818015689



The Highlands Small Communities Housing Trust is a registered charity set up in 1998 to help rural communities secure long term solutions to their local housing needs.

Rent to Buy Scheme (RTBS)

The RTBS aims to help people who wish to become home owners by allowing them to rent a new home for 5 years whilst saving up for a deposit. The RTBS aims to help people who are on modest incomes to become home owners in rural communities by returning a cash-back "loyalty" sum to the tenant at the end of their 5 year rental period if they purchase the property. This sum is used for the deposit required to secure a traditional mortgage. The tenant becomes the owner! Another benefit is that the house price is set now. This means that if house prices increase over the 5 years, the purchaser will not have to pay any more.

Priority will be given to people living in social housing, private rent or with relatives, or if you have had a significant change in your circumstances. Those who own or part-own a home can apply although they need to sell their interest in that property. To qualify for an HSCHT home, we prioritise those who are either:

- (i) applicants already living in the area where the homes are located.

- (ii) have immediate family
- (iii) work in the area
- (iv) or have a need to live there
- (iv) those currently living out with the area who can add social and economic benefit by moving to the area.

House Swap

There may be an opportunity to develop other new housing at the same time. For example homes that no longer fit the needs of householders. An example may be where an elderly person or couple are living in a large house which they own, and they wish to downsize to a smaller property which suits their current needs. HSCHT could take on the existing house in exchange for a brand new home. We are happy to discuss this fully and in confidence with anyone locally who may be interested in a house swap.

If you wish to register your interest in either the Rent to Buy Scheme or would like to explore how a House Swap may benefit you. Please contact Morven Taylor 01463 233549 or morven.taylor@hscht.co.uk

Community Council Minutes

See Inserted Supplement

Stratherrick and Foyers Community Council

Are seeking quotes for a new **Website** Host and Administrator for existing Community website.

If you are interested please contact Sally SFCC Secretary for details.

email: sally.mcguire@sky.com

Tel: 01456 486606

Address: 30 Glenlia, Foyers, IV2 6XY

Stratherrick and Foyers Community Council

Are seeking a minute taker

If you are interested please contact Sally SFCC Secretary for details.

email: sally.mcguire@sky.com

Tel: 01456 486606

Address: 30 Glenlia, Foyers, IV2 6XY

Community website:

www.stratherrick.net

Stratherrick and Foyers Community Trust

The AGM of the Trust was held on 26th February in Stratherrick Hall. The Directors were delighted that over 70 people attended the meeting which had a number of important items to consider, not least the election of new Directors. The Trust already had 116 members and a further 25 applications for membership were received and approved on the night. This is a fantastic level of interest in the Trust.

All the existing Directors of the Trust stood down so there were 9 vacancies to fill. Following an election, in which the members cast their votes, the new Directors are:-

Graeme Ambrose
Jane Brown
Martin Donnelly

Peter Faye
Sharon Ferguson
Ed Ley-Wilson

Craig Lightbody
Hugh Nicol
Stewart MacPherson

The new Articles of Association which the sub group of Trust Directors and Community Council members had been working on were approved, as were the new Objects of the Trust. The Annual Accounts, which had been prepared by the Trust's Accountants, were also approved. Thanks must go to Stephen Phillips of Burness Paull LLP and to Paul Capewell of the A9 Partnership for their assistance before and at the AGM. Both will soon be available on the Trust page on the Community website - www.stratherrick.net

The outgoing Chair, Willie Fraser presented his annual report and this will also be available on the website. Willie was a Director of the Trust for nine years and on behalf of past and present Directors and all associated with the Trust, I would like to formally acknowledge our appreciation of all his hard work and unwavering commitment over the years.

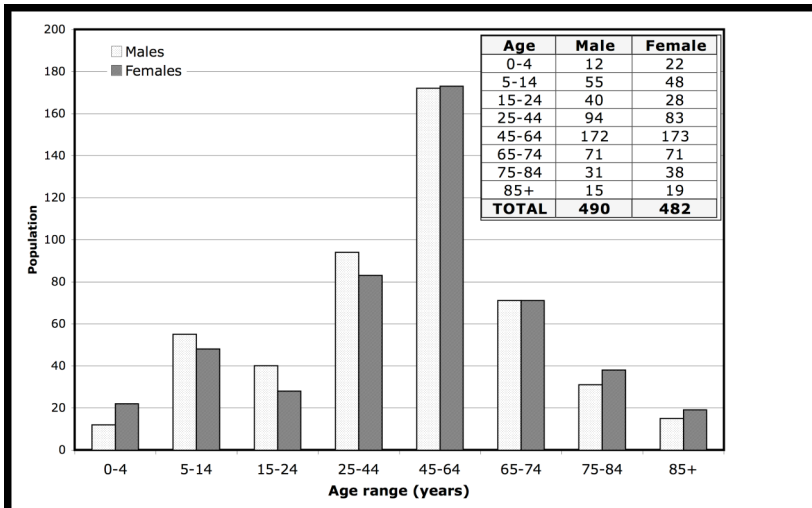
Fiona Ambrose, Secretary

e mail: ctsecretary@stratherrick.net

COMMUNITY CARE SELF HELP

The Community Care Open Day on Saturday 1st February was a success for the organisers. The support given by those who came encouraged us to move forward to help the many less able residents in the area.

Statistics collected on the day proved both the need and the desire to fulfil that need.



Our population is ageing fast. In ten years time there will be a clear need for more home care for the elderly. At present many folk have to leave the area. There are not enough professional home carers to go around; the system is over stretched now so over the next few years our community has to facilitate some way of solving the problem.

In our midst there are those struggling to care for family members suffering from long term illnesses. Care and respite care are difficult to find. Funding via Self Directed Help (the system for financial assistance) is complicated. Boleskine Community Care who organised the Open Day will now be able to push forward a

business plan using the statistics identified at the event. They will tackle the heady tasks of accessing funding and creating a charitable body. The primary aim of which would be to train and employ carers from the district; provide day care facilities and employ a co-ordinator..... Not a small ambition! it may take some time!

Volunteering: Over the next few months sub groups will try to address some of the needs highlighted in the chart below.

The figures represent the percentage given on the returned questionnaires e.g. 87% of respondents wanted a weekly soup drop in service.

(77 questionnaires have been returned)

If you would like to take part and to help with any of these tasks please contact the organisers. **Give your name, telephone number and email address if you have one. Let us know what things you would like to help with. Contact one of the following:**

Bob Main 486 318

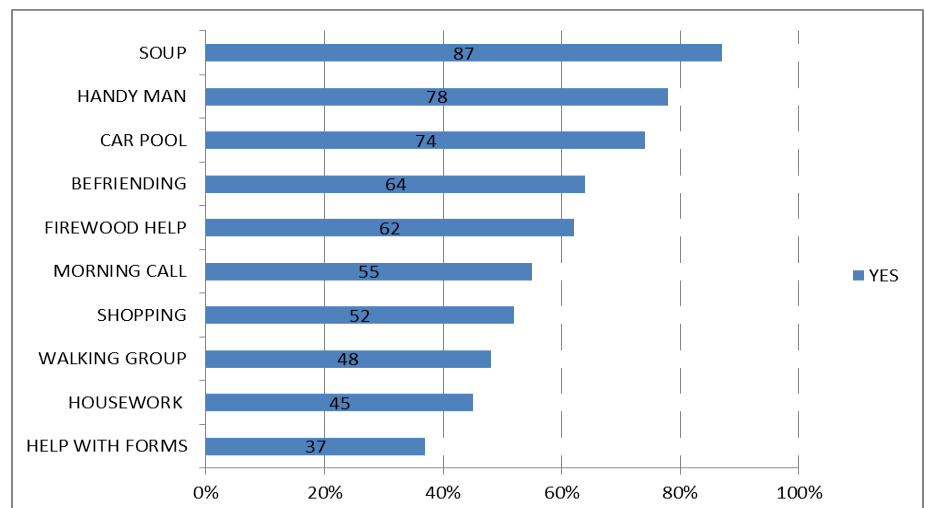
Jane O'Donovan 486 355

Johanna Schuster 486 628

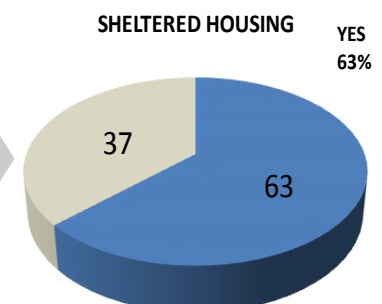
Morag Cameron 486 475

Alternatively email the secretary of the Boleskine Community Care Group.
email:

odonovan_jane@hotmail.com



An interesting statistic collected from the Open Day related to Sheltered Housing provision in the area. 63% of respondents voiced an interest.



THE KNOCKIE TRUST FUND

The Knockie Trust Fund was set up by the Fraser family who owned Knockie Estate in the early 1800's. Its purpose was to help the poor of the area bounded by Whitebridge, Foyers and Stratherrick. It was administered by the local Church of Scotland Minister and one of his elders who would give a small amount each year to families in hardship and individuals in poverty or distress. The money came from the interest or other income from the capital of the Trust. The capital was untouched and sometimes added to because not all the income was distributed in any one year. The perception was that it was a fund only for those belonging to the Church of Scotland but this was not the case.

In 1986 the then minister of the local Church of Scotland, Rev. N. Archer felt unhappy with the way that the Knockie Fund income was distributed and called a public meeting to get a view on the situation. A new Deed of Trust was drawn up with 6 local trustees appointed:- The Minister of the local Parish – Rev. N. Archer; The local Medical Practitioner – Dr A. Bennett; The Chairman of the Community Council – Mr W. Halliday (and their successors in office). Local Trustees who resided in the area for their lifetime or unless they resigned included Mr W. Batchen, Foyers; Mr H. MacNally, Stratherrick and Mr A. Fraser, Stratherrick.

The capital of the fund on the date of the signing of the trust deed on 4th April 1986 was

£29,979 and the policy continued to use the interest only as the disbursement.

The new trustees agreed that as general living conditions had changed since the original trust deed was drawn up we should look at the distribution of the income in a different way. As there were no cases of downright poverty it was agreed that to prevent embarrassment in applying for grants or assistance it would be better to spend some of the income in a way that was of benefit to the community as a whole. It was agreed that all the households with a senior citizen resident would receive either coal or electricity vouchers at Christmas. It was agreed to fund a summer outing for senior citizens and to give donations to Stratherrick School and Foyers School for Christmas Parties. Grants were also given to the local nursery, and from time to time individuals were helped who had fallen on hard times for one reason or another.

The current policy is to distribute Marks & Spencer Vouchers annually at Christmas to those Senior Citizens (65yrs+) who have been resident within the Stratherrick & Foyers area for 4 years or more (one distribution per household). The current Trustees are Mr J. W. Campbell – Chairman; Mr I. Bateman –Treasurer; Mr A. Colquhoun; Mrs E. Martin; Rev. S. Jeffrey; Dr G. Mackintosh; Mr I. Brown; Mrs J. Brown.

The Secretary is Mrs Fiona Bateman, Dalruidheah, Whitebridge, Inverness. IV2 6UR. Tel 01456 486646 to whom any application for assistance in special circumstances should be made.

Ian Bateman – February 2014

Torness—The Substation

The planning application for the large electricity substation at Torness has now been submitted. It will connect the power coming from two wind-farms (Dunmaglass and Corriegarth) to the national grid. A separate planning application for the construction of a new powerline between Dunmaglass and Torness has also been submitted. Concerns have already been raised about noise levels from the transformers, the lack of adequate sound insulation, inadequate tree planting design and impacts on private water supplies. The Area Environmental Health manager has recommended that acoustic

enclosures be installed at the substation. Perhaps this was a reaction to the large number of complaints associated with the substation at Beaulieu where many residents were unable to sleep at night due to noise problems. This forced Highland Council to issue a noise abatement order against SSE. Residents within a mile or so of the Torness substation take note.

Dell windfarm planning application has still not been submitted – but the one question which will not be addressed in the application is the **location of the next substation** in Stratherrick? That will be kept as a surprise in a future application!

Neil MacKenzie

The Whitebridge bus before and during the war years.

The owner/driver was my uncle Simon Fraser and my earliest memories were travelling to Inverness with my mother as a young boy.

On boarding the bus we were treated like royalty, free passage, nothing to pay thanks to our uncle's kindness. As I remember my uncle Simon he was always helpful, very obliging and a good time keeper. In fact my mother would check the clock each morning as the bus passed along, that is until we got our first radio when Big Ben rang out at every news time.

The bus ran twice daily picking up all the mail from many letter boxes and Post Offices, starting at Whitebridge then Gorthleck, Errogie, Torness, Croachy and lastly Farr and delivering to Inverness G.P.O. On the morning return run the mail was collected from the G.P.O. and delivered to the Post Offices on the route where the waiting posties, with their bikes, were ready to speed on their rounds. [Our postie to Migovie was called Donnie the Gael for his speed] As well as mail, many other goods were delivered, newspapers, milk and groceries to the shops on the route. The rear luggage compartment had a large door where bikes and even passengers were often packed in. Health and Safety was in the far distant future. Cars being few, the bus on a Saturday night was full up even standing room, so the rear luggage area came in handy.

My uncle would never leave anybody stranded. Straining up Leys Brae in first gear put British engineering to a gruelling test. Your readers may be surprised to know that Simon also carried livestock. The calf of a milking cow had to go to market. It was put in a hessian bag its head left protruding and taken by bus to Inverness where, after offloading his passengers, Simon drove on to market in Millburn Road. Young pigs and day old chicks were also conveyed home.

One driving hazard that Simon had to contend with was driving with reduced lighting as

headlamps were masked under war regulations to minimise attracting enemy aircraft. I have not heard of Simon ever having an accident, a dedicated man worth his weight in gold.

How things have changed.

Sandy Fraser, Rosedale, Essich Road.

The Whitebridge Mail Service.

The photograph below is of an earlier bus probably in the early 1900s before the first world war.

Thanks go to Alister Chisholm for sending it in.



Mystery Dark-eyed Girl

In 1858 the German writer and poet Theodor Fontane, while on a tour of Scotland, also visited the Falls of Foyers. In Germany, Fontane is a household name, at least with people above a certain age. I remember having to memorise several of Fontane's ballads, among them a very poignant one about the Tay Bridge disaster. Very likely his interest in all things Scottish had been inspired by the writings of Sir Walter Scott, who was widely read in Germany at the time.

Fontane's tour of Scotland followed pretty much the same route taken by many tourists today: from Edinburgh up the route of the A9, a stop in Inverness, along the Caledonian Canal by steamer to the west coast, to Oban, Iona, Mull and Staffa and back to Edinburgh via Inveraray. All this is hu-

morously described in his travelogue 'Beyond the Tweed'.

En route from Inverness to the west coast the steamer also stopped in Foyers for the express purpose of visiting the Falls, which, in these pre-Nessie days, were the highlight on Loch Ness. The Loch itself he found rather dull – mile upon mile of trees and more trees. Although in those days these would have been oak rather than conifers (and I can't help but wonder how beautiful these deciduous forests must have been).

Fontane and his travel companion are among the first to disembark. They are unsure which way to head to view the Falls, which they hear roaring but which they can't see, when they are approached by a young girl in her teens. It seems that the conversation is conducted in sign language.

Maybe the girl only has the Gaelic? She is not too pretty, in bare feet, has a tanned face and arms, and wears a simple blue dress. But what catches his attention most are her big dark eyes full of cheekiness and mischief and, as they follow her up the hill, she reminds him of a wood sprite. After a little while they reach a rocky outcrop offering good views of the Falls with their thundering foamy cascades. Fontane is impressed, awed, yet it's as if it is only the girl's presence that adds completion to the scene, brings it to life; he can't help it, his gaze keeps returning to the girl with the big dark eyes. It will be his impression of her rather than of the Falls that will make the day memorable.

Suddenly all contemplation is disrupted by the steamer's bell. The girl is rewarded with a silver coin and Fontane and his companion start the return walk to the pier.

Who was the girl? Did she spend her whole life in the area? Did she marry and have children? Did she tell them about the tourists and a German gentleman in particular who she guided to the Falls? Or was he just one of many nameless visitors who provided a welcome supplement to the family income? Are any of her descendants still living in the area? Did they work in the smelter or were they farmers? Was she a Fraser or a Cameron or a MacGruer? Did she grow old or did she die young? Who was this mysterious young lass who so captivated a famous German writer?

Johanna Schuster

South Loch Ness Heritage Group

The first event in 2014 is an illustrated talk on the birdlife of the area by Stuart Benn of the Royal Society for the Protection of Birds. This will take place in Stratherrick Hall on Tuesday 18th March at 7.30pm. and we look forward to a good turnout for what we're sure will be a fascinating and colourful show.

SOUTH LOCH NESS HERITAGE GROUP

An illustrated talk by

Stuart Benn

of

**The Royal Society for the
Protection of Birds (RSPB)**

Stratherrick Hall

Tuesday 18th March at 7.30 pm

First World War

The 'Great War' started 100 years ago this summer. The Heritage Group would like to do something to recall the effects on the local area of this traumatic period, perhaps by recording events associated with the war, or attempting to find out more about the men who made the ultimate sacrifice, and the effects on their families. All suggestions and ideas will be welcome – contact Alister Chisholm (alister.chisholm@btinternet.com or phone 01463 715713)

Heritage Calendars for 2015

Alister (contact details above) would like to have the 2015 calendars ready for printing about the end of August this year. He would like local area (especially Dores, Bona and Aldourie) photographs of the past, particularly those that haven't been widely seen before. If you have any, please get them to Alister before you forget!

www.southlochnessheritage.co.uk

Alan Findlay 01463 751258.

William Donald Fraser

12.11.26 - 17.10.13

"Donnie"

Donnie was born at Easter Aberchalder in 1926. The eldest of a family of four.

He was in farm work all his life, being over 30 years at Faraline Estate, first with Mrs Barbara Sewell and latterly Mr David Houston. Prior to that he worked on various farms and estates including Erchless, Dell and Knockie.

Married to Isobel for 52 years, he had a daughter Shona and son Andrew and two grandchildren Roma and Lewis.

He was ordained as an elder in the Free Church of Scotland in 1972 which he faithfully served until his illness confined him to bed on 16th September 2013.

He was a man of many talents and could usually be found in his garage, either making or repairing something - especially if it was mechanical. Donnie was always willing to help out and did so many times. Having restored a 1955 Series 1 Land Rover it came to the rescue of many people, during bad weather, who either slipped into the ditch or just could not make it up the Newlands road!

Having peacefully passed away at home on 17th October after a battle with liver cancer, from which he graciously accepted, knowing it was the Lords Will and never complained. He is buried at Foyers New Cemetery, where his parents are also interred. The large attendance at the funeral bore testimony to the high regard in which he was held and the words frequently heard were "he was an honourable man".

He is sorely missed by all the family and those who knew him.



Stratherrick Clay Target Club

The Club will hold the first shoot of the 2014 season on **Saturday 15th March** with the "Three Straths' Shoot".

This will be an open competition of 2x15 Birds. There will also be a Team event of five persons per team firing at 10 Birds each. Those teams can be chosen on site with participants not necessarily confined to any Club or Locality. Juniors will have their own competition and, as always, must be accompanied by an adult.

Some routine maintenance has to be undertaken in the spring before the practice shoots start on Thursday 15th May. Thereafter every second Thursday. All welcome. "Junior- only" evenings will be held during the summer.

Local summer shoot : Thursday 12 June. 6-30pm
Open shoot : Saturday 14 June. 11am.

The club can, by prior arrangement, cater for private functions. For details contact: Iain Hepburn 01808 521226 Or Eddie Fraser on 01456 486372

Scottish Hydro comes up Trumps

The Foyers Wooden Bridge

Scottish Hydro replaced the crumbling wooden bridge over the Tail Race with a beautifully built new wooden structure a few years ago. It was all the more upsetting to see it demolished at one end by a fallen Douglas Fir during the huge storm this winter. Scottish Hydro have come up trumps once again by completely repairing it.

The walk: from the Fish Farm, over the bridge (where one can watch martins and swallows swooping over the water to catch flies in summer) , and onto the Woodland Walk, round the bay and along by the river, is one of the prettiest walks especially in spring with carpets of celandines, wood anemones and then a host of bluebells.

Buddy MacDougall.

Falls of Foyers and Rhododendron ponticum

The beautiful pine woodland at Foyers is healthy, right? Well, not quite and one of the biggest problems it faces is encroachment of *Rhododendron ponticum*.

Why is this a problem?



R. ponticum is a plant well used to living in thin peaty soils and it works in partnership with a fungus to extract nutrients from the poor peaty soils. When it grows in our soils at Foyers, it can grow vigorously, pushing out other plant species. In order to limit competition from other plants like trees, the *R. ponticum* root fungus, makes the soil toxic to other plants. This means that the plants we need to hold the soils on the slopes at Foyers can't grow and it badly effects the health of the trees. The pretty purple flowers don't produce good nectar and this can kill insects that feed on it. Birds struggle to make nests and find food in the thick bushes.

Why can't you get rid of it? Easier said than done. *R. ponticum* is not an Invasive non native species for nothing! We can cut and spray the stumps for 3 years and that may kill it. However, every stick can grow new shoots and the seeds get distributed over a wide area. It loves our climate and soils and can grow most places. Add to that the seeds that ripen.

Can I help? Yes! **We're having a Rhoddy seedling pulling session on Wednesday 21 May between 2-4pm** where you can pull up the seedlings by the hundreds. And benefit the woodland im-

mensely.

If you would like more information or want to come along on the 21 May, please let Katy Martin know on 01463 255291 or katy.martin@highland.gov.uk

Inland, Upland and Cold – Gardening on the Edge

In our small part of the world, this winter, as far as the middle of February, has been kind, with very little frost and minimal snow. I have been picking fresh leaves from perpetual spinach, Swiss chard and parsley each week since autumn. Usually these plants are dead from cold by November. Is our climate changing? My experience of gardening in the strath only goes back 30 years so perhaps this has happened before. Someone may know. Unfortunately the winter will have been kind to pests too. Expect an explosion of aphids later!

Arabis procurrens, an evergreen ground cover plant, has had pink tinged white flowers for several weeks. Snowdrops are visible and winter aconites show a scattering of bright yellow buds. Sprigs of pink and blue flowers have appeared above spotted leaves of pulmonarias. Pink and white *Cyclamen coum* peep through their marbled leaves in shady places. All are welcome heralds of spring. Indoors, a bowl of crocuses delights as they open wide on the windowsill in the sparse sunshine and miniature narcissi of various sorts waft their perfume through the room. These were re-plants from last year's bowls so I'm grateful that they flowered again. Last year, after the flowers withered I fed them until the leaves died down then I put the bowls outside on their sides to dry out. In autumn I replanted in fresh bulb fibre. It doesn't *always* work.

Seed packets for this year have arrived along with onion sets and seed potatoes. All they need is for me to overcome my reluctance (laziness?) to sow those that need an early start under glass such as tomatoes, sweet peppers, early cabbage and parsley. Of flowers, lobelia has to be sown now for the plants to be large enough for summer containers. Happy sowing! Wee Gardener

FOYERS FIRE & RESCUE TEAM

How to keep you and your home 'fire safe'

Fire safety in the home is perhaps best understood under the three following headings:

Prevention

Detection

Escape

We can help you set up for good Prevention, Detection and Escape by making a visit to your home. The service is entirely free and would consist of two of us visiting and leaving you with a report of recommended actions. As part of our visit, we are able to provide and install an appropriate number of fire alarms, at no cost.

So here are our top tips for keeping your house 'fire safe' (in no particular order):

Prevention:

- Only buy furniture that has a fire-resistance label. This delays the time at which the furniture will catch fire thus buying you precious time to get out of the building.
- Cigarettes.....don't smoke in bed or if you've been drinking or taking medication that might make you sleepy and make sure you always use a proper ashtray.
- Lighters and matches.....keep these out of the reach of children.
- Candles.....never leave them burning unattended and always place them on a heat resistant surface.
- Beware of deep frying food.....a major cause of fires in the home. Use a modern machine rather than an open saucepan
- Don't place any portable heaters near curtains or any furnishings and never use them for drying clothes.
- Ensure your electric wiring is not worn or damaged.

Detection:

- Check all your smoke alarms are up to date and working correctly. Test them regularly.

Escape:

- Ensure corridors and doorways are clear and keys are handy so that you can escape in a rush, in the dark, if you need to.

For a free 'Community Fire Safety Visit' please call FREE on 08000 731 999

Foyers Primary School has been a busy place again!

Our main event before the February break has been four Tuesday trips skiing at the Nevis Range. All children from P1-P6 were involved and thoroughly enjoyed the visits. By the end of the four sessions all the older children were able to use the button tows and ski down a short slope under control and thankfully stop! Our thanks go to the Community Trust for funding the transport provided by Dougie Grant and also to the parents who helped transport the children. The funding for the skiing lessons and hire of equipment is awaiting ratification by a separate funding body.



Our citizenship assemblies have also been on-going with Demi Allan P5 and Jasmine Donnelly P1 being recent recipients.

Singing for Fun

The Stratherrick Singing Group started in June 2012. We are a group of mixed ages who enjoy the pleasure to be found in singing in a relaxed welcoming and friendly atmosphere. We meet every 1st and 3rd Monday of the month at 7 pm. We sing mostly traditional songs mixed with modern folk songs and encourage members to bring along their favourite songs to expand our repertoire.

New singers are very welcome.

**Contact Christiane on 01456 486649 or
send an email: maketodaycount@web.de**

'JEREMY'

My wonderful faithful friend Jeremy my cat, was put to sleep at Christmas. He was about nineteen. I found him fending for himself in a field in Suffolk. I was moving to Scotland so I popped him in the van with my furniture since no-one wanted to take him on.

We both loved Scotland straight away and how lucky was I to have found such a wonderful cat. He followed me everywhere and we went for long walks together. He even came scrambling over the rocks with me in Foyers. Lately he could not walk so far as he got tired but he still followed me.

A lot of my neighbours knew him. He was very friendly except to dogs. He guarded my garden like a guard dog and went for any dog who dared to pass my house. I miss him so much but feel privileged to have had him in my life as my pet.

The night before he was put to sleep we had a lovely time in front of a big fire. I knew his time was up and I think he did too. I have loved all my cats past and present but there will never be another Jeremy. He was unique!

Wendy Bellaris



LETTERS/POSTS

Are there any bridge players in the area? My cousin is an enthusiast and has asked me to find out if there are others who would like to get together occasionally. She is a regular visitor back to the area. So far I have only found one other player, and that's not enough! It would be great to hear from anyone interested. **Jane Brown 01456 486714.**

Huge thanks to Graham

Bain of Glenlia who, during the pre Christmas extended power cuts in the area was good enough to visit the elderly and vulnerable around Glenlia with his portable stove.

He supplied regular hot food and drinks to the needy without any consideration for his expense. For those with vulnerable relatives it was wonderful to know that they would get hot drinks and food and a friendly face visiting. Julie

Change for the BB at the end of the year .. Is there anyone out there who would like to take on the BB? The existing editorial team will hand over the reigns at the end of 2014. The finances are in good heart there is a Samsung laptop to assist along with Microsoft office and Microsoft publisher. If you have an interest in page setting/publishing/reporting; have plenty of spare time! Please consider the opportunity. **Give Jane a ring on 01456 486355 for more information.**



BALACHLADAICH CROFT HOUSE

This house, last lived in by Hugh Ayton up until 1970s, has been demolished to make way for a new house built on the site of Meg Gore's Kennels on the loch side between Inverfarigaig and Dores.

Stratherrick Hall -



**Bookings phone Pam on
01456 486 364**

Mondays	-	Keep Fit 7.30 pm
	Contact	Jan 01456 486233.
Wednesdays	-	Playgroup 10.30 – 12.30
	Contact	Elinor 01456 486400
Wednesdays	-	Scottish Country Dancing
	Contact	J Borup 01456 486464
Thursdays	-	Guides/Brownies/Rainbows
	Contact	Jane 01456 486738
Saturdays	-	Tai Chi and Acudetox
	Contact	Rebecca 01456 486583

The Hall is available for hire at very reasonable rates. It is well equipped and ideal for a family party, group bookings, meetings etc. For further information and bookings please contact Pam Simpson, Beechwood, Gorthleck. 01456 486364.

BOLESKINE LUNCH CLUB

All Welcome

Held on the last Friday of the month

12.30 pm £2.00 each

To reserve your place telephone Joyce Wills

01456 486 269

by the previous Friday

Next 3 Lunches:-

28th March - WHITEBRIDGE HOTEL

25th April - WHITEBRIDGE HOTEL

30th May - STRATHERICK HALL

**ALL WELCOME BUT TO AVOID DISAPPOINTMENT
PLEASE BOOK AS NUMBERS ARE LIMITED**

FOYERS and STRATHERICK

COFFEE CLUB

Held **2ND THURSDAY** of the month

The Waterfall Café, Foyers

10am - 12 noon All Welcome

CALLING ALL GIRLS



GIRLS AGED FROM 5-7 YEAR OLDS.



GIRLS AGED FROM 7-10 ½.

GIRLS AGED FROM 10 ½ - 14

GUIDES

.....

**NEW TO STRATHERICK - STRATHERICK IS GAINING
THREE GIRL GUIDING UNITS WHICH ALL MEET ON
THURSDAY NIGHT IN STRATHERICK HALL, GORTHLECK.**

**RAINBOWS, BROWNIES AND GUIDES ALL HAVE FUN. THEY
PLAY GAMES, MAKE FOOD, CRAFT, WORK TOWARDS
BADGES, LEARN NEW SKILLS, MEET NEW FRIENDS AND GO
ON TRIPS.**

**IF YOU HAVE A DAUGHTER WHO WOULD BE INTERESTED
IN JOINING EITHER OF THE ABOVE GIRL GUIDING GROUPS
THEN PLEASE RING JANE ON 01456 486738 FOR MORE
DETAILS**

**PLEASE HELP US MAKE THESE GROUPS SUCCESSFUL
FOR OUR AREA.**

KEEP FIT

STRATHERICK HALL

Every Monday at 7:30

We have a projector, large screen and dance/keep fit DVD's. Come along and enjoy a fun, relaxed evening while making use of those dusty DVD's and doing a bit of exercise.

Cost: £2 or £3 a session, depending on numbers.

For more information contact Jan
on 01456 486233.

Community Website: www.stratherrick.net

House To Let - Gorthleck

Unfurnished

Lounge, Dining Kitchen, 3/4 Bedrooms,
Bathroom with Shower, Solid Fuel Central
Heating,
Double Glazed, Small Garden to front & rear,
Pets may be considered. Sorry no DSS.

Available Mid – Late March.

£575 p.c.m.

References and deposit required.

Enquiries to 07887 611916 or 07909 973027

Cottage Cleaner Wanted

Ballindalloch Cottage by Farraline estate.

Sleeps 4/6. Sunday change over April-October
when booked. £30 for cleaning and £20 for laundry
at home. Please call Luise 01888 563288

FOYERS MEDICAL CENTRE - OPENING HOURS :

MONDAY - FRIDAY

9.00am - 1.00pm AND 2.00pm - 6.00pm

Consultation by appointment

Wednesday - late evening appointments 6.00pm -
6.30pm

01456 486224

www.foyersmedicalcentre.co.uk

Repeat prescriptions available from our dispensary either
in person, by telephone or via the website

HIGHLAND COUNCIL CONTACTS

Ward Manager - Ward 13 - Aird and Loch Ness

Charles Stephen Tel: 01456 724246

E mail: Charles.Stephen@highland.gov.uk

Helen Carmichael Tel: (01463) 782555

E.mail: helen.carmichael@highland.gov.uk

Margaret Davidson Tel/Fax: (01463) 861424

E.mail: margaret.davidson@highland.gov.uk

Drew Hendry Tel: (01463) 811480

E.mail: drew.hendry@highland.gov.uk

Hamish Wood Tel: (01463) 712530

Email: Hamish.Wood@highland.gov.uk

Church Meetings

Church of Scotland: Sunday - Boleskine 10.00am,
Dores 11.30am. Mr I. King 01463 751293

United Services for Boleskine & Dores are at 11.00
a.m. on last Sunday of each month at alternate venues.

Episcopal Church: St Paul's Strathnairn – Sunday
11.00am.

Free Church: Sunday 4.30pm Errogie. Mr S. McLure,
01456 486435

Free Church Continuing: Sunday 11.00am & 6.30pm,
Wednesday 7.30pm. Dores Mrs I. Fraser 01456
486408

Free Presbyterian Church: 12 noon, Gorthleck, every
4th Sunday. Mrs E. Fraser 01456 486282

Roman Catholic Church: 12.30 pm every Sunday at
Whitebridge. Father Andrew Harden 01320 366451

New Resident Priest

Fr Andrew Harden arrived just before Christmas to
fill the position of resident priest, based in Fort
Augustus. The parishes of Stratherrick and Fort
Augustus have not had a resident priest for seven
years. Weekly masses are now held every Sunday
in Fort Augustus at 10am, and in Whitebridge at
12.30pm. All are welcome.

Born in Poland, Fr Andrew was a musician before
becoming a priest. He graduated from the
Frederic Chopin Academy of Music in Warsaw and
played clarinet in the Polish Radio Symphony Or-
chestra in Warsaw. He has worked as a priest in
London for three years, and spent two years stud-
ying spirituality in Madrid. A keen walker, Fr An-
drew also has a particular interest in meditation,
and its benefits. He intends starting an inter-
religious group in Fort Augustus who could meet
to meditate together, Christian and Zen. He would
also like to encourage the development of a sup-
port group, specifically for men in the wider com-
munity. If anyone would like to contact Fr Andrew
about either of these, or to arrange a home visit,
please do so, by

Tel: 01320 366451 Abbey Lodge, Fort Augustus;
Mob: 07746 854584

Email: lochnessparishes@dioceseofaberdeen.org

Now he's finding his way about, he looks forward
to meeting more people in the community!

FOYERS STORES AND WATERFALL CAFÉ

01456 486233



(You will find us opposite The Falls of Foyers)

The Café is open daily for breakfast, lunch and afternoon tea. We offer a wide selection of home baking, cakes, pastries, teas and soft drinks. Freshly ground Italian coffee is prepared on our traditional Espresso machine. Open until early evening on Friday and Saturday for sit in meals or take away service.

The Café has local artists' works, photography and crafts on display and for sale.

Free Wi-Fi available. Disabled toilet.

Foyers Stores and Post Office is also open daily and offers a traditional Village Store that is well stocked with all your household needs at competitive prices. We also stock Daily Newspapers, Souvenirs, Fishing Tackle and our Off Licence has a good selection of wine and beers. There are regular deliveries of Fruit & Vegetables and good quality meats from 'Grants of Speyside'; an ordering facility is available for these products. We use local companies and suppliers wherever possible.

Your Custom is Valued - Please Support Your Local Store

Opening Times:

Shop	Mon-Sat	9.00 am – 5.30 pm
	Sunday	10.00 am – 1.30 pm
Post Office	Mon-Sat	9.30 am – 4.30 pm
Café	Mon-Thurs	9.00 am – 5.30 pm
	Fri/Sat	9.00 am – 8.00 pm
	Sunday	10.00 am – 3.00 pm

WHY CAN'T YOU JUST GET OVER IT?!

If you are suffering from psychological trauma, you may have heard the above many times. "Trauma" doesn't only refer to the big catastrophic events in our lives such as abuse, accidents, or losses, it also includes the negative messages we have received in life, relationships gone wrong, or the deficits of our childhood.

What most people are unaware of is that

TRAUMA REWIRES THE BRAIN

Our perceptions of negative life events become coded in our neuropathways. In other words, there are scientifically proven reasons why you can't just "snap out of it"!

The good news is the brain's plasticity allows it to reorganize itself to reverse the damaging effects of painful life experiences.

The question is, **what help do you need in order to do this?**



Trained in the USA, Rebecca Knowles is a Licensed Professional Clinical Mental Health Counselor (LPCC) specializing in the healing of past trauma. Using a combination of Eye Movement Desensitization and Reprocessing (EMDR), and Bilateral Stimulation (BLS), Rebecca has helped to quickly free numerous people from the damaging and self-destructive effects of trauma in their lives.

If you are tired of long waiting lists, or of medications that only treat the symptoms and not the cause,

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Lynemhorcroft@gmail.com**



at Stratherrick Hall every Saturday

BEGINNING MARCH 1ST

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Auricular Acupuncture targets 5 points in the ears that stimulate pain relief, deep relaxation, and detoxification.

1:30-2:15 Acudetox (£5.00/person)

2:15-3:00 Tai Chi (£5.00/person)

CALL **01456 486583** FOR
MORE INFORMATION & TO
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Phone Rob on: 01456 486 291
Or mobile: 07712 589 626



www.greensparks.com

Local Playgroup

Stratherrick Hall
Gorthleck



every Wednesday

10.30am-12.30pm £2 per family per session

For all nursery and pre-school children

Contact Elinor 01456 486400 for info



Playgroup is for all parents and pre school children in the area. It is very informal, with lots of toys and activities for children and babies. If you need transport to and fro please call Elinor.

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SERVICE 16 INVERNESS-FOYERS	MONDAY TO FRIDAYS						SATURDAYS	
	Sch.	NSch.						
Upper Foyers	07.55	08.04	09.55	11.55	13.55	16.20	09.00	13.30
Lower Foyers	08.00	08.09	10.00	12.00	14.00	-----	09.05	13.35
Inverfarigaig	08.07	08.16	10.07	12.07	14.07	16.27	09.12	13.42
City Centre	08.45	08.54	10.45	12.45	14.45	17.05	09.50	14.20
				Sch.	NSch.			
City Centre	09.00	11.00	13.00	15.15	15.30	17.50	12.30	18.10
Inverfarigaig	09.38	11.38	13.38	16.08	16.08	18.28	13.08	18.48
Lower Foyers	09.45	11.45	13.45	16.15	16.15	18.35	13.15	18.55
Upper Foyers	09.50	11.50	13.50	16.20	16.20	18.40	13.20	19.00

Bus Timetables Mobile Library Refuse Bin Collections

SERVICE 18/114 WHITEBRIDGE - INVERNESS	MONDAY TO FRIDAYS When schools are open							MONDAY TO FRIDAYS When schools are closed					SATURDAYS	
	114	114	118	18	18	114	18	114	18	18	18	18	18	18
Raigmore Hospital				13.35						13.35				
Retail Park Tesco				13.45						13.45				
Inverness Bus Station	06.34	06.43	08.05	13.50	15.10	15.10	17.50	06.19	08.10	13.50	15.10	17.50	10.00	16.20
Inverness Royal Acad.			08.14		15.35	15.35							10.10	16.30
Dores Inn	06.55	07.04				15.51		06.40						
Dunmaglas road end			08.40	14.25	16.05		18.30		08.50	14.25	15.45	18.30		
Torness – Coulanour Jct.									08.55				10.47	17.07
Torness	07.07	07.16	08.50	14.35		16.03		06.52		14.35	15.55			
Torness – Coulanour Jct	07.13	07.22	08.55	14.40	16.12	16.09		06.58	08.55	14.40	16.00			
Errogie	07.18	07.27	09.00	14.44		16.14		07.03	09.00	14.44	16.04		10.51	17.11
Gorthleck Primary Sch.			09.05											
Gorthleck	07.22	07.31		14.48		16.18		07.07	09.05	14.48	16.08		10.55	17.15
Whitebridge	07.29	07.38	09.12	14.55		16.25		07.14	09.12	14.55	16.15		11.05	17.25
Knockie Road End		07.43	09.17	15.00		16.30		07.19	09.17	15.00	16.20			
Knockie Road End		07.46	09.17	15.00		16.31		07.25	09.17	15.00	16.20			
Whitebridge	7.30	07.51	09.22	15.05		16.36		07.30	09.22	15.05	16.25		11.10	
Gorthleck	7.40	07.58	09.30			16.43		07.38	09.30	15.13	16.32		11.20	
Gorthleck Primary Sch.				15.20										
Errogie	7.44	08.02	09.35	15.25		16.47		07.43	09.35	15.18	16.36		11.24	
Torness – Coulanour Jct.	7.48	08.07	09.40	15.30		16.52		07.48	09.40	15.23	16.41			
Torness	7.53	08.12	09.45	15.35	16.12	16.57		07.53	09.45	15.28	16.46		11.28	
Torness – Coulanour Jct.	7.58													
Dunmaglas road end	08.03		10.00	15.50	16.17			08.08	10.00	15.43				
Dores		08.24				17.09					16.58			
Inverness Royal Acad.	08.40	08.40		16.16									12.05	
Inverness Bus Station	08.53		10.35	16.25	16.52	17.30		08.45	10.35	16.19	17.19		12.15	
Retail Park Tesco			10.45						10.45					
Raigmore Hospital			10.50						10.50					

MOBILE LIBRARY	Visits every third week
Route 12 – Gorthleck -Whitebridge – Errogie THURSDAYS Stratherrick Public Hall 12.00 -12.15 Stratherrick Primary School 13.15 – 13.55 Whitebridge Old Post Office 14.00 -14.25 Errogie Bridge before 'Ark' 15.00 – 15.35	Route 3 – Torness – Errogie –Foyers – Inverfarigaig WEDNESDAYS Torness 10.30 – 10.40 ; Errogie Church 11.00 – 11.15 Lower Foyers Riverside 11.40 – 12.20 Park Terrace H/B 13.20 – 13.30 Glenlia Road 13.30 – 13.55; Primary School 14.05 – 14.40 Coach House 14.50 – 15.05 ; Inverfarigaig 15.15 – 15.40
The Moray Firth Mobile Library comes every 3 weeks and carries a range of adult fiction and non-fiction in standard and large print, children's' books and talking books and DVDs"	

Community Website
www.stratherrick.net



2014	MARCH	APRIL	MAY	JUNE
GREEN	5th, 19th	2nd, 16th, 30th	14th, 28th	11th, 25th
BLUE	12th, 26th	9th, 23rd	7th, 21st	4th, 18th

Doctor 01456 486224

NHS 24 01454 242424

EMERGENCY 999

Police (non-Emergency) 101

Crimestoppers 0900 555 111

BB

**NEXT ISSUE - JUNE 2014
DEADLINE - 15th May**

For articles, adverts or items to be included within
the Boleskine Bulletin please send to :
boleskine_bulletin@hotmail.co.uk

OR

Contact Jane : 01456 486355

Advertising Charges per issue:

Half Page £40 Qtr. page £20

Small Advert £8.00

Trade Directory £10 per year

Personal advertisements are free

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ITEMS FOR INCLUSION

Please send all text as a Word Document (250 - 300 words max) and photos/adverts/posters etc. as a JPEG if possible..

We will always seek permission to shorten articles if space is limited and will check the final draft with you before printing. Articles submitted to the BB will bear the author's name.

We are of course happy to receive photos, typed text and hand-written words in paper form too!

Continued thanks to our loyal Advertisers and everyone who continue to contribute articles, stories, photos etc.

The BB is printed by Mail Box Etc 01463 234700

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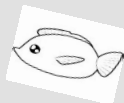
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