

The Strath Times

June & July 2017

FREE NEWSLETTER

Your free guide to everything that is happening in and around Strathpeffer



Saving the Pavilion - for our community

Concern had been growing in Strathpeffer over the prospect of the Pavilion being sold to an unknown private bidder, casting its future in doubt. As a result of two public meetings Strathpeffer Pavilion Community Steering Group (SPCSG) was formed to find out how sustainable and viable a community buy-out would be.

SPCSG need to find out if there is public support for a community buyout and has the backing of the community to investigate and develop a plan for the community owning the Pavilion. SPSCG want to hold an open day during the summer months

SPCSG has met twice and is now a constituted group, has a Facebook page and want to, over the coming weeks, engage with the community by holding public meetings, open days, carry out surveys and work toward carrying out a feasibility study to determine the viability of the community owning and managing this iconic and well love building.

Strathpeffer Pavilion is currently owned by the Scottish Historic Buildings Trust (SHBT), and unknown to the community was in the processes of being sold to a private buyer. An emergency meeting was held earlier in the year, a significant number of people from the community attended expressing concerns that the Pavilion was to be closed down and bookings, including weddings, performing arts and other events were to be cancelled. As a result SHBT stepped back from the sale and reached agreement with The Highland Council to extend the existing lease for a further three years. This arrangement was put in place to allow the community time to consider a buyout so that this important building will continue in community hands.

High Life Highland (HLH) has agreed to run the site for three years, taking over from the voluntary Strathpeffer Pavilion Association that relinquished their involvement in November 2016. Initially HLH will be concentrating on making sure that existing bookings are honoured and over time developing a programme for the continuing use of the venue for weddings, conferences and a venue for performances and other events as finances allow.

SPSCG Chairperson, Miranda Wharam, stressed how important it is to get as many people to show their support for the proposal and said: "We will need people with knowledge of finance, catering, event organising, and marketing to join us. Even if you feel that you don't want to be directly involved please turn up and give an hour or so of your time to come to the meeting. We need to demonstrate to the public funding bodies that the community is behind the project.

The time and date of the meeting will be well advertised so please look out for it and come along. Bring your friends and family to learn about the project, so together we can develop this iconic landmark and keep it in community hands".

Contact The Strath Times

You can contact us by e-mailing strathtimes@outlook.com or telephone Iona Finlayson or Iain Sarjeant on **01997 420012** for editorial contributions. Contact Clara Hickey on **01997 421989** for advertising.

Deadline for the August/September Issue is **Friday 14th July 2017**

Advertising rates

Single issue	Full page £70	1/2 page £40
	1/4 page £25	1/8 page £15

MACK'S TAXI

Strathpeffer

Evenings & Weekends

1830 Hrs - 2359 Hrs Evening

1830 Hrs - Till Late Weekends

07464 160144

mackstaxi.co.uk

Remember to check the village website
www.strathpeffer.org
For all your news and what's on in the area

www.strathpeffer.org

Helping hands needed for community park

You could be forgiven for thinking that since 2012 there has been no progress towards the proposed community park! The committee and now trustees of the project have, however, been beavering away at this on your behalf and have been meeting monthly since then to progress the project.

We were delighted to get Lottery funding for the feasibility study and even more pleased with the overwhelming positive response from the community with an amazing 38% of consultation questionnaires returned. Unfortunately, the Highland Council has not yet accepted our business plan, a draft of which was presented to them in January 2016. Whilst we believe the business plan puts forward a very strong case in terms of the many aspects of the Council's work we could do for them by developing the community Park, we need some further help with developing a budget for the project and are currently seeking funds to pay a local consultant to finish off the plan for us. We have done as much as we can as volunteers but are suffering from "document fatigue".

We have been in touch with the Scottish Land Fund whom we hope will be able to release funds to push the project forward. One of the things that the Scottish Land Fund needs to know is that the community is behind the project and this means that we need to have a strong membership.

We have been trying to build up our membership over the last year or so but and so far we have over 80 members. The Scottish Land Fund will be looking for SRA to have a membership of at least 10% of the local population (1100 in Strathpeffer itself) so we need more of you as members.

Strathpeffer Residents' Association is appealing to the whole community to come along and get involved with some work at the site of the proposed community park. We want to do some tidying up around the site starting with the ground nearest the children's play area starting on Saturday 10th June from 10am to 1pm. Anyone with an hour or two of time to spare is invited to come along and help clear the growth. Please bring gloves and tools.

We look forward to seeing you on site and please - if you aren't already a member of Strathpeffer Residents' Association do consider joining. It won't cost you anything and you don't have to come to committee meetings, though we would always welcome more help with those! Without the community's support, we can't move the park project forward.

HELPING HANDS URGENTLY NEEDED!

**Volunteers needed to help clean up
the site of Strathpeffer Community Park**

**Beginning with clearing around the
children's play area**

**Saturday, 10th June 2017
10am – 1pm**

**Watch out for information about
further clean ups**

Just turn up with gloves and tools

Let's get something done!!

Main Hall make-over - Tuesday 13th June

A number of volunteers have been busy over the Spring making curtains for the Main Hall at the Community Centre to cover all the walls when there is a wedding or evening party. We are now ready to do the final push and want volunteers to come and help finish sewing, ironing and folding. If you have a sewing machine – please bring it along and we might need an extra iron and ironing board.



Please note down the date Tuesday 13th June from 9.30am – 4pm. This is a drop in session so you can come for a couple of hours or all day – whatever suits you. We will provide the thread and materials and keep you refreshed with tea/coffee cakes and soup for lunch! Please let Clara know if you can help.



The Old Station

The Museum of Childhood is pleased to announce that the shop unit will be occupied by a new business towards the end of June. Called Small Planet Trading it will provide a range of environmental, ethical and Fairtrade products. It is being run by Iona Finlayson who is a local to the area. We wish her well and look forward to seeing this new venture develop. This Old Station also houses the Museum of Childhood, The Station Café and Embrace.

Yoga for you

One-to-One
Classes

Small
Group
Sessions

Workshops at The Garden Room, Strathpeffer Pavilion

Saturday June 10th 10.30 am - 12.30 pm

Saturday July 15th 10.30 am - 12.30 pm

For more information, or to book, please contact
Eilidh Smith at eilidh6smith@gmail.com
or telephone/text message to 07901 914 596.

facebook.com/yogastrathpeffer



Small Planet

T R A D I N G

We're a friendly local store supplying
environmental, ethical and fairtrade products

Opening on **Saturday 24th June 2017**

We'll be stocking (among other things):

- Food, sweets & snacks
- Sustainable lifestyle products
- New & secondhand books
- Ethical crafts
- Wildlife gardening supplies
- Home & crafting products
- Postcards, greetings cards & stationery
- Music
- Eco household products

Come along to our opening on **Sat 24th June** at the
Old Station, Strathpeffer - all are welcome!

Or pop in on another day for a browse!

Summer opening hours:

Tuesday to Saturday: 10am - 5pm

Sunday: 12noon - 4pm

Unit 3, The Old Station, Strathpeffer

MUSEUM COFFEE SHOP

*Homemade meals and baking
served all day*

Breakfasts

Hot filled
rolls

Cakes
&
Traybakes

Light meals

Delicious
Soup

Snacks



Open 7 days a week
10am - 5pm

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

Come & relax in the setting of the
Victorian railway station!

Ben Wyvis Cycle Club to host off road cycling taster sessions


Enthusiastic cyclists in local Ben Wyvis Cycle Club want to share the fun and friendships that can be gained from cycling. The club have secured funding from SSE to host 2 hour taster sessions for women of all ages in the Fairburn area including Contin, Strathconon, Marybank and Muir of Ord. Sessions will be free and hosted throughout the summer commencing 10am Saturday 24 June. Participants from out with these areas are asked to pay £15 towards the costs. Booking essential to avoid disappointment.

Local mum Eleanor MacDonald was inspired by the fun she had with a group of riders on an ad-hoc 'come and try' mountain biking session hosted by the Ben Wyvis Cycle Club. Keen to do more she joined the club and got involved with organising more sessions for club members. Everyone who took part in these has improved their skills and confidence so much that they felt that they must share the fun more widely to reach more women out with the club. There will be a variety of sessions to suit a range of ages and levels of confidence.

To register interest or book please contact coach Jenny Aungier email : info@mtbhighlands.co.uk You can also contact the Ben Wyvis Cycle Club organisers by email coachingbwcc@gmail.com

Information Point for Tourists

For the last five years, the Real Sweets & Gift Company at the Pump room have run Tourist Information voluntarily in partnership with Visit Scotland. Following changes to terms and conditions of this provision of an information point within Visit Scotland's partnership scheme, we no longer will be part of that scheme. However, as there continues to be a need for a local information point in Strathpeffer we will continue to provide this service independently. So if you have a local business, tourist service or event and wish to promote it, bring along your poster, leaflet, flyers or business cards. Also send your visitors to The Pump Room where we can provide them with a wealth of information, including leaflets on walks and things to do in the area and they can also experience the Spa Exhibition. You're welcome to pop in anytime with promotional material or for any queries contact us directly:- www.facebook.com/therealsweetscompany/ Email: realsweets@me.com



facebook

Mon. Closed
Tues 10 till 5
Weds 10 till 5
Thurs 10 till 5
Fri. 1 till 5
Sat. 10 till 5
Sun Closed
Changing to 7 days opening July - August

THE REAL SWEETS & GIFT COMPANY

AT THE PUMP ROOM, STRATHPEFFER

NOW OPEN TUESDAY TO SATURDAY
OPEN 7 days July and August

Gallery arts and crafts for gifts, personal and homeware, as well as, Eco Friendly household and body products.

Giftshop cards, books, maps, unusual gifts, children's books.

Sweetshop traditional jars, handmade and Fairtrade Sweets and Chocolates.

<https://www.facebook.com/therealsweetscompany/> E: realsweets@me.com

Property Maintenance

Landscaping / Gardening
Handyman Services
07872972103 / 01997421817
Email: macallister.peter@yahoo.com

Following work undertaken:

- Roof repairs, demossing
- Gutter and down pipes repaired and replaced and cleaning
- Exterior paintwork
- Slabbing, chipped drive ways, pathways, cement pointing
- Fencing
- General Garden Work

Can also deliver material from local quarries etc...

LICENSED TO CARRY FOUR PERSONS

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LICENSED TO CARRY FOUR PERSONS

Let's go on a wee adventure together!

The school holidays are just around the corner and right on cue comes the launch of an adventure guide to help families keep the kids active and make the most of the great outdoors this summer.

'Let's go on a Wee Adventure,' is the work of three Highland mums who have pooled their professional talents - and their own personal experience of how best to occupy their own children - to produce an imaginative guide to free, open air activities of the coast and countryside in a 40-mile radius of Inverness.

Author Abby Lucas, mum of three from Strathpeffer, says: "Having spent the past five years exploring inexpensive days out with the kids, from when they were in prams to walking and cycling, as well as entertaining visiting teenage cousins, we thought it would be great to share everything in one book.

"The pocket-size book is a charitable project which will hopefully help local and visiting parents and carers get the most out of family time and fill many energetic hours out of school! We set up as a charity, Wee Adventure, in 2016, to promote family education and healthy activity in the outdoors. All profits from sales will go back into that. This is our first project and it's been a labour of love!"

"Each of the 24 adventures is a bit different. They take in beaches, hills, glens, woodland and more urban areas too. They include over 50 walks and cycle rides, with route instructions and some maps, varying from 1km to 14km. Strathpeffer, Contin, Rogie Falls and Brahan all come under an adventure. We also include games to play outside, places to get refreshment and facts about local history, geography and nature".

Wee Adventure is grateful to have received funds from Forestry Commission Scotland, Tesco Bags of Help Fund, Muir of Ord Community Fund, The Inner Wheel of Inverness and The Olive Grove, Inverness. Copies are being donated to every library in the Highlands and also, through the NHS, to agencies that work with disadvantaged families.

At only £5.99 a copy the book is great value and available locally in the Spa Pump Room Museum, Strathpeffer. Find out more and buy a copy online at www.weeadventurescotland.co.uk or facebook@weeadventurescotland.



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Marion Taylor Mcfhp Mafhp Foot Health Professional Practitioner

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**HOME APPOINTMENTS
DAY, EVENING OR WEEKENDS
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01997 414355 . Mobile: 0788 0773342

Email: strathmore7@btinternet.com

WWW.KEMPO.CO.UK

Tel: 0845 838 5156



KEMPO FOR KIDS (7YRS+) & TEENS

The Martial Art of Kempo is not just about youngsters learning Self-Defence.

We also teach fitness, discipline, anti-bullying skills, respect and confidence!

**STRATHPEFFER COMMUNITY CENTRE, MONDAYS,
4.30PM – 5.30PM**

Come along for a free trial lesson with Black Belt Instructors!



PILATES CLASSES

With Karen Powell and Cathryn Cotterill

Strathpeffer Community Centre
Tuesdays 7.30-8.30pm
Thursdays 10.30-11.30am
Dingwall Community Centre
Thursday 12.30—1.30pm

Contact Karen on 07795 465540 for daytime classes and Cathryn on 07522 241728 for evening class. All classes to be booked in advance.

karen_powell_pilates@yahoo.co.uk and cathryncotterill01@gmail.com
Facebook KarenPowell'sHighlandPilatesandNordicWalking
www.karenpowellpilates.com



Strathpeffer Wellbeing Festival 2017

The 13th and 14th of May 2017 saw Crystal House hold it's fifth annual wellbeing festival at the community centre.

Once again it was well attended with visitors coming from as far as John O'Groats, Ullapool and the Kyle of Lochalsh.

What draws repeat visitors and folks from far away is the great mix of stalls and activities. Yet again our village festival hosted international wellbeing professionals Tim van der Vliet and Master Jason Chan.

But then the healing powers of Strathpeffer have always attracted people from afar, the Wellbeing Festival is just a 21st Century incarnation of Strathpeffer heritage.

Among this years festival highlights and new attractions were traditional henna work by Jesuhra of Inverness, a song writing workshop by Susanna Wolfe, a Parkour workshop in the play ground and dance demonstrations and classes by Sarina Armshaw (belly dance) and ex UK champion ballroom and Latin dance teachers Tristian and Jennifer Hill of Toe2Toe Dance.

Following on from the festival there were workshops on Monday night by Jason Chan and Tim van der Vliet. Tim led the very first Wim Hoff aka 'Iceman' workshop with the courageous participants ending the night with an ice bath!!!



The 6th Festival is already planned rebranded as StrathBetter a weekend not to be missed.



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Strathpeffer and District Pipe Band

It is hard to believe that it's already closing in on the start of the 2017 pipe band season. The band have been working incredibly hard over the winter months, learning a raft of new tunes and arrangements as well as preparing for a variety of competitions throughout the North of Scotland. The band has attended the RSPBA North of Scotland quartet and indoor full bands contests in Huntly, as well as the full bands outdoor contest in Banchory. The band has had some really positive and encouraging comments about the sound and quality of the playing of late.

The Saturday night season starts up in the Square again on Saturday 3rd June 2017 at 8.30pm. There will be the usual display of Highland Dancing from the Marion Munro School of Dance as well as the raffle and other fundraising activities. The band will also be showcasing their new tunes, some well known, some not so well known and exclusive to the Strathpeffer Pipe Band repertoire!

It is becoming more and more challenging to keep big organisations such as the pipe band going, meaning our fundraising efforts are vital to keep the band entertaining the local area regularly. We value the support of our local community hugely, but we ask you all to continue to support us in what we do in anyway that you can. We are ALWAYS looking for new members to join our band. It is becoming more difficult to recruit new members as people can have so many other commitments these days. We are dead keen to welcome new players of any age and experience to the band.

- *The band plays at various events throughout the Highlands, where YOU can enjoy a full day out at some fantastic locations with some cracking people. The band does some competitions - for the experience.*
- *The band parades on Saturdays in Strathpeffer Square during the summer from 8.30-9.30pm (still time to head out even after parade... trust us, we know this!!)*
- *A chance to meet a wide variety of people and be part of a close knit, happy team.*
- *Most of all have FUN, get the craic and ENJOY.*

We only ask you to commit to 2 hours practice per week on a Tuesday in Strathpeffer, as well as 2 extra hours (or maybe a full day on the odd occasion) during the summer months.

Not a lot is it? Especially when YOU can gain so much from it as well as play an important part in the Ross-shire Community. We need you to keep entertaining the local community.

We practice every Tuesday in Strathpeffer Community Centre from 7.30pm. Interested? Come and see us anytime or get in touch through our Facebook page. We are looking forward to see you in the Square on Saturday nights. Thank you for your continued support.

Please note that Strathpeffer Fitfellas has stopped during the summer.

We hope it will resume in the autumn



STRATHPEFFER SPA
GOLF CLUB

Strathpeffer Spa Golf Clubhouse bar and restaurant boasts some of the best view in Strathpeffer.

We are open 7 days a week throughout the summer season and visitors are welcome to use the bar and catering facilities subject to signing in as our guest at the door. Come up to the club for drinks and homely food or even just for a coffee and cake!

Advanced bookings for catering is not necessary but is recommended especially at weekends

Social memberships are also available and the clubhouse is available for members to use for private functions.



For all enquiries, please contact the clubhouse on 01997 421219 or email mail@strathpeffergolf.co.uk

Please also visit our new website at www.strathpeffergolf.co.uk

Diary of events for June & July 2017

June 2017

Saturday 3rd, 8.30pm
Strathpeffer Pipe Band season starts.
Strathpeffer Village Square

Saturday 10th, 10.30am - 12.30pm
Yoga workshop at The Garden Room - email eilidh6smith@gmail.com for more info.
The Garden Room, Strathpeffer Pavilion

Saturday 10th, 10am - 1pm
Volunteer clean-up at Strathpeffer Community Park - just turn up with gloves and tools!
Strathpeffer Community Park

Tuesday 13th, 9.30am - 4pm
Main Hall Makeover - volunteers needed! See article for details.
Strathpeffer Community Centre

Wednesday 21st, 7.30pm
Strathpeffer Residents Association AGM
Strathpeffer Community Centre

Saturday 24th, Gates open 12.30pm, match starts at 2pm
Blue Flash Challenge - charity shinty match.
Castle Leod

July 2017

Saturday 15th, 10.30am - 12.30pm
Yoga workshop at The Garden Room - email eilidh6smith@gmail.com for more info.
The Garden Room, Strathpeffer Pavilion

Thursday 20th, 7.30pm
Phil Jupitus - Juplicity.
Strathpeffer Pavilion

Wednesday 26th, 8.00pm
The Pearl Fishers - Opera Bohemia.
Strathpeffer Pavilion

Please note that
Strathpeffer Men's Shed
meetings have been
suspended for the summer.

We hope they will
resume in the autumn.

**To book events at the Strathpeffer Community Centre
telephone 01997 421989.**



Coul News

- New A la carte menu for lunches and dinners well received
- Open late for dinner 7 nights a week, Call for reservations
- Helicopters, Ferraris, Porsche and other fancy modes of transport visited recently to Coul House. Great excitement
- New houses on the Coul Fairy trail, stop-by to see
- Gardens looking spectacular after all the recent sunshine, come a sit on the terrace and have a drink.
- Coul Winter wedding offers available stop-by or e-mail for more information.



Coul House Hotel - In The Hills Above Contin - 01997 421487
www.coulhouse.com (only 5 minutes drive from Strathpeffer)

Regular events

Please bear in mind that **some activities stop during school holidays.**

Mondays

Hung Ga Kung Fu 12.15-1.15pm
Crystal House

Jog Scotland 12.30pm
Strathpeffer Community Centre

Qi Gong 1.15-2.15pm
Crystal House

Kempo 4.30pm - 5.30pm
Strathpeffer Community Centre

Rainbows 4.45pm - 5.45pm
Strathpeffer Community Centre

Brownies 6pm - 7.15pm
Strathpeffer Community Centre

Guides 7.30pm - 8.45pm
Strathpeffer Community Centre

Tuesdays

Under 5s 9.30am - 11.30am
Supervised sessions - contact Kate on 07808079054 for more information
Strathpeffer Community Centre

Yoga 12.30pm - 2.00pm
Strathpeffer Community Centre

Circuit class 6.00pm - 7.00pm
Strathpeffer Community Centre

Pilates 7.30pm - 8.30pm
Strathpeffer Community Centre

Strathpeffer Pipe Band Practice 7.30-9.30pm
Strathpeffer Community Centre

Wednesdays

Blethers Community Cafe, first Wed of every month (term time only) - all welcome - tea, coffee, bacon rolls, home baking etc.
Strathpeffer Community Centre

Bumps, Babies & Toddlers 9.30am - 11.00am
Strathpeffer Community Centre

Strathpeffer Bowling Club, 7pm - 8.30pm
Strathpeffer Community Centre

Strathpeffer & Dingwall Tennis Club
6pm - 9pm, Strathpeffer Tennis Courts

Yoga 7.3pm - 9.00pm
Strathpeffer Community Centre

Shimmy - Beginners fun belly dance
6pm - 7pm, Crystal House

Thursdays

Walking Group 9.45am
Strathpeffer Community Centre

Pilates, 10.30am
Strathpeffer Community Centre

Slimming World, 5.30pm - 6.30pm and 7.30pm - 8.30pm
Strathpeffer Community Centre

New Adventure Sports for Kids, 6pm - 7pm
Strathpeffer Community Centre

Craft and Craic 7pm - 9pm
Strathpeffer Community Centre

Tap dancing 8.00pm - 9.00pm
Strathpeffer Community Centre

Fridays

Under 5s 9.30am - 11.30am
Strathpeffer Community Centre

Monday—Friday

Out of School Club 3-6pm
Strathpeffer Community Centre

Sundays

Strathpeffer & Dingwall Tennis Club
10am-1pm, Strathpeffer Tennis Courts

2nd Sunday of each Month - Singing Bowl
Relaxation, 1-2.30pm, Crystal House