

The Strath Times

Feb & Mar 2017

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 February/March Issue is **Tuesday 14th February 2017**

Advertising rates

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

Wonders of Astronomy

A talk presented by Arthur Milnes of the Highland Astronomical Society

- which tells you of the age, the size and the speed of the stars and other bodies we see in the night sky. How old are they and the Universe too, how will it end ?

All this and more to make what promises to be a most interesting evening!

**Venue: Strathpeffer Golf Club at 7pm
Thursday 23 March 2017**

(see Diary of events on back page of Strath Times)

FREE NEWSLETTER

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



Explore Sound and Vision at the Science Festival

As part of British Science Week, Strathpeffer Community Centre are holding the 5th Science Festival on Saturday 18th March, between 10am - 2pm.

Our theme for this year is Sound and Vision and so far we have various associations and STEM practitioners coming along to demonstrate night-vision, music technologies, echolocation and other related subjects. This is a family event with all sorts of talks, demonstrations and hands-on activities, come along have some FUN and find out some interesting facts. This is a fantastic community event with over 300 people attending last year.

Entry fee is just £2 and children under 5 are free, there will be a café selling bacon rolls, home-made cakes and drinks. This event is made possible with funding from Institute of Physics.

Strathpuffer 17

Another great year for The Puffer, Saturday was cold and misty, down to -6 at night followed by a cold but sunny morning to brighten the spirits of the participants and spectators. Keith Forsyth came top again in the Men's Solo stacking up an impressive 30 laps in 23 hours and 55 minutes, the first solo female was Emily Chapell who managed 23 laps. The pairs race was won by mixed pairs aptly named "Pair of Crazies" and beat the men's pairs with 31 laps. The quads was won by "Up Doer Roond & Doon" with a staggering 38 laps. Fortrose Academy's team of 8 managed 32 laps while Dingwall came second with 28 laps.

The event would not be possible with the support of the sponsors, volunteers and the local community. Thank you.



Keith Forsyth completing his final lap

The Green Kite Shop unit at the Station is available for let. Any informal enquiries to Alison on 01997 421031 or alison@highlandmuseumofchildhood.org.uk

New Fitness classes in Strathpeffer

New for 2017, Strathpeffer Community Centre has a number of fitness classes to suit most people. Tuesday evening from 6-7pm sees a Circuit class - a great way to improve your fitness level and tone up. This is followed by a high impact session called Metafit. This is an intense 20 minute session which keeps on working after you have finished.

Starting on Friday 3rd March at 10.30am is **FITFELLAS**. **FITFELLAS** is a circuit-based class for men only. If you're a man, 60+, unfit, don't know how to change that, not even sure you want to, but know you should, etc. - then this class is for you.

Mainly for the over 60's - but no-one's to going to chuck you out if you're a bit younger. But you will get removed if you're too fit!

It's not for blokes who already use the gym regularly, or go running, or kite surfing etc. And absolutely no 6 packs allowed!

If this seems to be you-then come along. This is a 40 minute session followed by refreshments and a chance to chat. Contact lizmclardy1@gmail.com Mob **07746951151** Or just turn up on the day. Cost £4 per session with the first session free and there will be cakes!

If dance is your thing then a 4 week taster session to learn Tap-Dance starts on Thursday 23rd February between 7-8pm at the Community Centre. Learn to tap-dance to some great music. Wear loose comfortable clothing and shoes with a low heel (no stilettos or trainers). Come along with a positive attitude and a big smile and be prepared to have some fun. Cost is £20 for the 4 week block and all proceeds will be give to Dingwall Rotary Club for distribution to local charities.

Don't forget there is also Pilates on a Tuesday evening and Thursday morning and Yoga on a Tuesday lunchtime or Wednesday evening, for the youngsters Kempo (martial arts) is a Monday afternoon. There is also the gym at the Community Centre which you can join and use whenever the centre is open. It has all the equipment you need and its like having your own personal fitness suite. Contact the centre for details.

Remember to check the village website

www.strathpeffer.org

For all your news and what's on in the area

Find a fitness activity that suits you!

Monday Meet 12.30pm	Jog Scotland	Meet at the centre and go out for a local run. Free
Tuesday 12.30-2.00pm	Yoga	A relaxing session to improve your flexibility. Cost £5
Tuesday 6.00-7.00pm	Circuit Training	Mix of cardio and weights suitable for all levels. Beginners welcome. Cost £6 per session
Tuesday 7.00-7.30pm	Metafit	Hi-intensity fitness class that will boost your metabolism £4 per session
Tuesday 7.30-8.30pm	Pilates	Focuses on balance, posture, strength and flexibility. Contact Cathryn on 07522241728
Wednesday 7.30-9.00pm	Yoga	A relaxing session to improve your flexibility. Cost £5
Thursday Meet 9.30am	Walking Group	Meet at the centre , various walk around the countryside. Please dress appropriately.
Thursday 10.30-11.30am	Pilates	Focuses on balance, posture, strength and flexibility. Contact Karen on 07795465540
Thursday 8.00-9.00pm	Tap Dance	Tap Class for those that have done tap before. New beginners class to start soon.

Join our Gym

We have a small gym with all the equipment needed to keep fit, from Cross trainer to weights from treadmill to rowing machine. You will need an induction (just £10) to join then come and go as often as you like. Gym open each day including Mon-Weds evenings and some weekends during term time. Cost just £10 per month.



Strathpeffer
COMMUNITY CENTRE

Strathpeffer Community Centre

Tel: 01997 421989

E: info@strathpeffercommunitycentre.org.uk

MUSEUM COFFEE SHOP

Homemade meals and baking served all day

Breakfasts

Hot filled rolls

Cakes & Traybakes



Light meals

Delicious Soup

Snacks

Winter hours

Open Thursday to Sunday
10am - 4pm

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

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



Main Hall Make-over

We have some great news, Strathpeffer Community Association Ltd has received some funding from Awards for All to improve the look of the Main Hall of the school/community centre.

The funding will allow us to purchase fabric to be made into drapes which can be hung for a party or show. This will help to cover up the wall bars, canteen shutters and the various cupboards. This will help to improve the acoustics and create a nicer feel to the hall.

However we need your help. We need volunteers to help cut and sew the material into individual drapes. We are planning to do a mass sew-in on Friday 17th February from 9.30am to 4pm in the community Centre.

Please contact Clara to let her know if you can help and bring your sewing machine if you have one.

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**HOME APPOINTMENTS
DAY, EVENING OR WEEKENDS
PROFESSIONAL TREATMENT ASSURED**

01997 414355 . Mobile: 0788 0773342

Email: strathmore7@btinternet.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...



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!



Leggatt & Co Accountants

**Kempfield Court
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Amorous Afternoon Tea or a Romantic Gourmet Dinner.

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Special B&B rates available when you call direct!

Afternoon Tea	11 am – 5 pm
Lunch	12 noon – 2.30 pm
Dinner	6.30 pm – 9.30 pm
Soup & Sandwiches	11 am – 10 pm



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



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**Tel: 01349 863356
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Email: info@leggattsfs.co.uk
www.leggattsfs.co.uk

Anyone for golf ?

Strathpeffer Golf Club is pleased to announce a new membership fee structure for 2017 - we welcome new golfers of all ages and abilities:

Full subscription	£ 365
Senior subscription (over 65)	£ 285
18 - 25 years old	£ 160
Lifestyle membership	£ 195 + £ 40 bar levy
Social membership	£ 20

For information regarding junior membership and coaching please contact George Spark on **01997 421348**.

For all other enquiries please contact the clubhouse on 01997 421219 or email: mail@strathpeffergolf.co.uk
Please also visit our website www.strathpeffergolf.org



Calling Jamestown!

You may be nearer Strathpeffer than Contin but you are in the area covered by Contin Community Council. The Council is keen to engage with people from Jamestown so you can let us know what your concerns are and maybe benefit from some of the wind farm money which we can access. Small groups without a constitution or individuals can apply to the Council for a micro grant (up to £250). This is from money given to the Council by the Fairburn Wind farm for small projects.

There will also be an opportunity to be part of the new panel deciding on applications for grants from Corriemoillie wind farm. Anyone living in the area and over 16 can put themselves forward. We are keen to involve young people so do think about this.

You can read minutes of previous Council meetings on the Community Council website
<http://www.community-council.org.uk/contin/>

The next meeting will be at 7pm on 7 March in Contin Hall. Do come - you will be warmly welcomed.

If you want to find out more then contact:
contincommunitycouncil@gmail.com

New Year in the Park Project

At the first meeting of Strathpeffer Residents' Association in 2017 the committee reviewed actions for the Community Park project for the year ahead. The main job for this year is to secure the land for the Park. To do this SRA must convince the Highland Council that the project is a good one so that they will sell the land to us. Once this is done then funds will need to be raised to cover the cost of purchase, surveys and legal fees.

Work towards finding a home for the Strathpeffer Men's Shed is ongoing and it is hoped that there will be good news soon.

Our revamped website - www.sra.strathpeffer.eu will be on line soon. Alternatively you could visit our Facebook page or email us on strathresidents@hotmail.co.uk

Our meetings are held on the second Wednesday of the month at 7.30pm in the Community Centre. Members of the public are warmly invited to join us.



Put a Fairtrade in your Break

'It's time to put Fairtrade in your break' is this year's catchphrase for Fairtrade Fortnight. Everyone is welcome to sample a free Fairtrade cuppa with a Fairtrade break at the Pump Room on Saturday 4th March between 12 and 3 pm.

Fairtrade Fortnight runs from Monday 27 February until Sunday 12 March, when communities around the UK are inspired to think about trade and the products on our shelves. A lot of the food on our tables, the tea and coffee in our mugs, all come from farmers in developing countries who work incredibly hard, but are not paid what they deserve. This is not a new problem, but it still needs to be addressed. We must try to end this exploitation.

Strathpeffer Fairtrade Group's annual Big Brew gives you a perfect opportunity to come and enjoy some Fairtrade goodies in an informal way. We look forward to seeing you at the Pump Room. Join us this Fairtrade Fortnight!



Karen Powell
Pilates



Pilates
with Cathryn Cotterill

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](https://www.facebook.com/KarenPowell'sHighlandPilatesandNordicWalking)
www.karenpowellpilates.com

Memories of Strathpeffer in the 1970's - Extracts of an email from Ken Lowson

Highland Hotel

In 1973 I started a two-year catering course in Dundee. Part of the course was to spend the summer months working in a hotel to gain experience. Not sure now how I chose Strathpeffer but in May 1974 I was on the station platform in Dingwall. How to get to The Highland Hotel was my first challenge; being a student there was no money for a taxi and no idea where or when to get a bus. I got directions to the road to Ullapool and hitched a lift. It didn't take long.

The first thing that strikes you at the bottom of the village is how imposing the hotel is. I reported to reception and was soon shown to where I was to spend the next 5 months living. My accommodation was in the hotel on the ground floor somewhere behind reception. I shared with another lad from Aberdeen. The girls all had accommodation on the first floor, (strictly out of bounds). There were a few lads in the hotel but most stayed in a house just across the road from the back of the hotel. Nearly all of the seasonal staff were from the Glasgow area, other than 3 Dutch staff who were employed as waiting staff. They had been employed to serve the few private guests at the hotel. The bulk of the customers then were coach parties. I remember there being up to five coaches a night.

First morning. Up at 6.30 ready to serve breakfast from 7.00am. The dining room was huge; it ran the full length of the hotel from front to back. The private guests were at the front of the hotel with the tables set to look out over the gardens. The rest of the dining room was for the coach parties, the drivers and some of the more high profile staff. It was manic, wave after wave of people being served: tea, coffee, toast, full Scottish breakfasts, kippers, cereal, more tea and coffee. Clear away and then get set up again. 9.30 it all stops. Only been working for two and a half hours and I want to go back to bed. All of the staff then have their own breakfast, relax and then get set for lunch. It was a good time to get to know the others in the waiting team.

There was a lady in charge of the dining room. First morning after breakfast she asked me as the "new boy" if I would like to take Archie for a walk. Archie was the biggest heaviest Vacuum cleaner I had ever seen. I was then told to take Archie for a walk round the dining

room, not missing any of the crumbs. I learned after that not to volunteer for anything.

The Pavilion

There was usually some form of entertainment on in the evenings and there was also a show in the Pavilion a couple of times a week. One of the turns on the bill at the Pavilion was a mind reading act performed by a husband and wife act, Marina and Eddie, who stayed at the hotel for the summer. Having seen the act a few times and also seen the act a few times in the hotel we tried to figure out how they managed to do it.

Looking back the Pavilion was a "chalk & cheese" building - one thing during the day and weekday evenings another totally different place on a Friday & Saturday night. It was a gentle place to have a snack during the day and in the evening some good Scottish entertainment. I had my first ice cream float there (a glass of coke with a dollop of ice cream on the top). I also tried the spa water, never again. However at the weekends the building heaved with the sound of whatever band it was plus the disco. I remember the place always being packed but never any trouble.

On the summer equinox a large group of us met up after work with a group from the Ben Wyvis and together with suitable refreshments we went to the top of a hill somewhere near the Ben Wyvis to watch the sunrise.

I left before the end of the season as I had to return to college, but not long after my return someone told me that there was a Gala Dinner & Dance at the end of the season and that staff were needed for the event. The dining room looked great, the hotel was filled with the great and the good from the locality and a fantastic time was had by all, including the staff.

I often think I would love to come back to Strathpeffer, to see the Highland Hotel, The Pavilion and to generally wander round the village having my memory jogged by the sights, but does time add a glossy sheen to the memories? I would hate to come back and be disappointed, however I don't think I would. Maybe one day.

Strathpeffer certainly does have a certain something that once experienced never goes away.

Many Thanks to Arthur Scott for forwarding a copy of this e-mail to us.

Diary of events for February & March 2017

February 2017

Wednesday 1st, 5.00 - 7.30pm
Give Blood - NHS Blood Donation
Strathpeffer Pavilion

Saturday 11th, 12noon - 2pm
Soup Lunch
Strathpeffer Church of Scotland Church Hall

Saturday 11th, 7.30pm
Circus of Horrors
Strathpeffer Pavilion

Wednesday 14th, 8pm
Monthly Film Night
Strathpeffer Pavilion

Friday 17th, 9.30am - 4pm
Sew-in to create drapes for Strathpeffer School/Community Centre Hall, Contact Clara
Strathpeffer Community Centre

Thursday 23rd, 7.00 - 8.00pm
Beginners Tap (start of 4 week taster)
Strathpeffer Community Centre

March 2017

Friday 3rd, 10.30am
Fitfellas (start of fitness class for men 60+)
Strathpeffer Community Centre

Saturday 4th, 12noon - 3.00pm
Fairtrade Break (with a fairtrade cuppa)
Pump Room, Strathpeffer

Tuesday 7th, 7pm
Contin Community Council Meeting (relevant to residents of Jamestown)
Contin Hall

Saturday 11th, 12noon - 2.00pm
Soup Lunch
Strathpeffer Church of Scotland Church Hall

Saturday 18th, 10.00am - 2.00 pm
Science Festival
Strathpeffer Community Centre

Thursday 23rd, 7.00pm
Wonders of Astronomy (talk), £2 per adult, children free.
Strathpeffer Golf Club

To book events at the Strathpeffer Community Centre phone 01997 421989.

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 7.30pm - 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

THE CIRCUS OF HORRORS

THE NEVER-ENDING NIGHTMARE



SAT 11TH FEB // 7:30PM // £26

PLEASE NOTE THE SHOW IS NOT SUITABLE FOR YOUNG CHILDREN ALTHOUGH CHILDREN WILL BE ALLOWED ENTRY IF ACCOMPANIED BY AN ADULT WHO IS AWARE OF THE CONTENT OF THE SHOW.

eddi reader

LIVE IN CONCERT 2017

Saturday 15th April // doors 7pm // £25*

*plus booking fee



BLACK ISLE COUNTRY MUSIC CLUB
PRESENTS

HOOLEY IN THE HIGHLANDS

SATURDAY 27TH MAY 1PM - 12AM



Pavilion
STRATHPEFFER

Buy tickets 01997 420 124
or online strathpefferpavilion.org

