

# The Strath Times

Feb & Mar 2018

## FREE NEWSLETTER

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



## New Year, New Manager, Trish Wedderburn

The year may currently be in a chilly grip but the warmth I have received from many since starting at the Strathpeffer Community Centre has been wonderful.



I'm looking forward to meeting many more of you and hearing what you would like to see happening at the centre. We are always open to suggestions for classes or events you would like to see running. If you ever want to speak to us about that or room bookings you can email us [info@strathpeffercommunitycentre.org.uk](mailto:info@strathpeffercommunitycentre.org.uk), call 01997 421989 or come in and speak to Trish, Carol or Pam.

### Contact The Strath Times

You can contact us by e-mailing [strathtimes@outlook.com](mailto:strathtimes@outlook.com) or telephone Iona Finlayson or Iain Sarjeant on 01997 420012 for editorial contributions. Contact the Community Centre on 01997 421989 for advertising.

Deadline for the April/May Issue is **Friday 16th March 2018**

#### Advertising rates

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

### BOOKKEEPER REQUIRED

The Strathpeffer Community Centre is looking for a skilled Bookkeeper to maintain and oversee our financial records, including purchases, sales, receipts and payments. A working knowledge of QuickBooks is required.

Duties include working closely with our Community Centre Manger and Treasurer to create and analyse financial reports and ensure legal requirements compliance, oversee our accounts payable and receivable process and manage payments.

We will require a total of 30 hours over the year, usually 2 hours per month with the additional 8 hours for preparing the year end accounts in conjunction with the Centre Manager.

Rate: £12-£15 per hour depending on experience.

Closing date for applications is **February 23rd 2018**.

Please email your C.V. with a covering letter to [info@strathpeffercommunitycentre.org.uk](mailto:info@strathpeffercommunitycentre.org.uk) or post to: Trish Wedderburn, Centre Manager, Strathpeffer Community Centre, School Road, Strathpeffer, IV14 9AG

## Peffer Way funding success!

Exciting times! The Peffer Way is delighted to confirm that we have been awarded £18,000 from the MacKenzie New York Villa Trust and together with the Scottish Rural Development Programme (SRDP) grant of £32,000 we now have the funding required to complete Phase 3 of the Peffer Way. A great start to 2018!

Phase three will mean that there is a path all the way along to Milnain Croft. This means there will be fences and gates were appropriate in agreement with the the landowners along with the path, drainage and bridges. This marks a significant step forward together with the support and agreement of 90% of the landowners signing up to allow the path through their land.

Over the next month will be carrying out further surveys of the communities, we need more people to become members, there will be a number of volunteering days of planting hedges, clearing drainage and helping to fix damaged fencing. We are also looking for two additional board members to help take forward with exciting work. If you are interested contact us via Facebook or website.

## Strathpeffer and District Community Rowing Club update: St Ayles skiff building has started!

New community club, Strathpeffer and District Community Rowing Club (SDCRC) has had a very busy few months. Thanks to a large grant from Foundation Scotland from the EDF-ER Corriemoillie Strathpeffer Community Fund, the Club has been able to buy a skiff build kit, and begin work. A core team have set up the moulds that the boat will be built on, and work to begin fitting the planks to this will begin soon. We've also sourced a 'tea hut' caravan for the site. Cups of tea and coffee are the fuel that keeps boat builders going!

Club members have also recently attended a Garve and District Community Council meeting to share information about the club and talk to potential new members. A talk to the Dingwall Rotary Club is also planned in the next few months, to raise awareness of the club further east of Strathpeffer. A new website has been created, with photos of the build and lots more information, including all membership forms and build diaries. Check it out at: <https://sites.google.com/view/sdcrc/home>

A crowdfunding campaign has begun to secure additional funds, with great incentives like window stickers, hats, tee shirts and personalised rowing sessions on offer to donors. The crowdfunding will enable ongoing build needs to be met, along with insurances and maintenance costs. The crowdfunder address is <http://www.crowdfunder.co.uk/strathpeffer-and-district-community-rowing-club> and any donations are gratefully recieved.

Dingwall Academy Art department has offered to challenge their pupils to meet the Club's design brief, and design a logo and colour scheme, and we eagerly await the pupil's ideas. Once the colour scheme and logo are decided, clubwear will be available and SDCRC branding will become a familiar site around the local area.

SDCRC is keen to involve many more local people, of all ages, and has set up 4 building sessions per week, with more to be arranged. The sessions are held at the build site, at Balnain barn; Monday, Wednesday and Friday, morning and afternoon, with a Saturday session in the morning . Evening sessions are also being considered.

'Come and try sessions' for prospective rowers will begin shortly, with local clubs offering SDCRC members the chance to try rowing first hand. Once you've tried it, you'll want to continue!

Please see the ad in this issue of the Strath Times for additional information on joining the build teams, or contact our Facebook page at Strathpeffer Community Rowing, we'd love to hear from you.

## Harp Lessons Cheyenne Brown



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*Looking for something new & exciting in the New Year?*

*Would you like to help to build a Rowing Skiff, or learn to row?*



### **Come and join The Strathpeffer & District Community Rowing Club!**

Our members are currently building a 22 foot wooden St. Ayles Skiff in Balnain barn, near Strathpeffer:

MONDAY 10.00-15.00 Team Leader Steve Dovey  
WEDNESDAY 10.00-15.00 Team Leader Bill Arthur (0771559295)  
FRIDAY 10.00-15.00 Team Leader Andy Wilcox (01997 421075))  
SATURDAY 10.00-15.00 Team leader Angus Macinnes (07741458536)

Please contact the Team Leader of the day you wish to come, or Tor Justad (Chairperson) on 07710 392 666 – they will give you directions to the build location.

Just come in work clothes and you will be briefed on what jobs need doing and assisted as required. There is a small caravan with toilet and kettle to make cups of tea/coffee on site.

If you need further information, or want to check that session is on, please contact Tor Justad on 07710 392 666.

PLEASE CONSIDER SUPPORTING THE CLUB BY BECOMING A MEMBER – THE CURRENT MEMBERSHIP IS £20 PER YEAR:

Payment can be made by cash or cheque to the Treasurer (Bill Arthur 0771559295)

Or check out our **CROWDFUNDING APPEAL** on:  
[www.crowdfunder.co.uk/strathpeffer-and-district-community-rowing-club](http://www.crowdfunder.co.uk/strathpeffer-and-district-community-rowing-club)

# The Old Station Garden Project Update

There's been a lot happening in the past few months with the garden project at the station. We've finally moved onto tree felling and the clearing of larger bushes and shrubs. Some of the smaller trees that were earmarked for removal are now down and so are the large laurel bushes at the far end near the Goods Shed. This is due to the hard work of the Community Service Team who have been working out in all weathers. A huge thanks to them.

Alison Munro also ran a few more gardening workshops at the end of 2017. December's workshop focused on wreath and decoration making using natural materials. Alison will also be running some more workshops in the spring and we're hoping to run a programme of outdoor activities throughout the summer.



Following our recent successful funding applications we are ready to move onto the next stage. For this part of the project the larger trees will be felled to open up the site up and create more light. Once this is done the wood will be for sale so keep an eye out on our Facebook page and local noticeboards for prices and information. The income generated will all go back into the project. We also plan to produce mountains of chippings from the branches which will be used on site as a mulch. A large area for planting will be prepared at the bottom of the embankment and a compost area will be created so that we can recycle and reduce our waste.

The second phase of the project, which we are currently sourcing funding for, will be to focus on improving the site for visitors. In particular we'd like to make the gardens interesting for children and families and ensure they are accessible for everyone. If you are interested in volunteering for the project or would like to know more about the workshops, wood for sale etc please contact **Alison Boyle** on **01997 421031** or **Alison@highlandmuseumofchildhood.org.uk**



## Small Planet

TRADING

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- why not pop in for a browse!

**Winter opening hours:  
Wednesday - Saturday 10am - 4pm**

**Unit 3, The Old Station, Strathpeffer, Ross-shire  
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Open Thursday to Sunday  
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Old Victorian Station, Strathpeffer  
Telephone 07759 690 459

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

# A quick guide to screening programmes in Scotland

Screening tests are a way to identify apparently healthy people who may be at increased risk of a disease or condition so they can be treated or monitored. Bowel, Breast, Cervical and Abdominal Aortic Aneurysm are the most common screening programmes you will be called for. There are other more specialist screening - Diabetic Retinal Screening (DRS), Pregnancy and Newborn that are not included in the article. Ask your GP or Practice Nurse if you have any questions about the following programmes.

## Bowel Screening

In Scotland men and women aged between 50 and 74 are routinely invited to take part in bowel screening every two years.

<https://www.nhsinform.scot/healthy-living/screening/bowel-screening/introduction-to-bowel-screening>

## Breast screening

Women aged between 50 and 70 years old are invited for screening every three years.

<https://www.nhsinform.scot/healthy-living/screening/breast-screening/introduction-to-breast-screening>

[living/screening/breast-screening/introduction-to-breast-screening](https://www.nhsinform.scot/healthy-living/screening/breast-screening/introduction-to-breast-screening)

## Cervical Screening

In Scotland, women aged between 25 and 49 years of age are routinely offered screening every three years and those 50 to 65 years of age are offered screening every 5 years.

<https://www.nhsinform.scot/healthy-living/screening/cervical-screening/introduction-to-cervical-screening-smear-test>

## Abdominal Aortic Aneurysm (AAA) Screening

Men across Scotland in their 65th year are invited to be screened for Abdominal Aortic Aneurysm. The aim is to reduce the number of deaths related to this condition among men in Scotland.

<https://www.nhsinform.scot/healthy-living/screening/abdominal-aortic-aneurysm-aaa-screening/introduction-to-abdominal-aortic-aneurysm-aaa-screening>



### LVL Enhance Lashes by Nouveau Lashes now available!

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## Property Maintenance

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Email: [macallister.peter@yahoo.com](mailto: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...

# Connecting Strathpeffer Joined Up Thinking

With a population of about 1,100 people, Strathpeffer has an amazing number of groups and societies lead by enthusiastic and committed volunteers. Our volunteers generously give their time and energy to run their clubs and associations to benefit everyone in the village.

On Wednesday, 17th January 2018 under the guidance of James Hilder of the Social Enterprise Academy, about 20 representatives of some of our groups met together to find ways of helping each group to share their knowledge and experience. The session lasted for 6 hours and by the end of it the participants identified things that could help all the groups help each other better.



It was decided that the village could benefit from the various groups in the village working and sharing information. To help make that happen it was agreed that a coordinating group made up of representatives from all the 30 plus societies and clubs should be formed. This coordinating group could then share information about their activities and offer each other help with such things as applying for grants.

A first meeting of this new coordinating or sharing group will be held on Thursday, 15th February at 7.30pm in the Community Centre. Please try and make sure your club/group is represented. Ideally there should be one representative from each group at the meeting.

Our thanks to the Strathpeffer Community Council who initiated and organised this event and to Highland and Islands Enterprise who financed it and paid for James Hilder of the Social Enterprise Academy to facilitate the day.

## GETTING STRATHPEFFER GROUPS CONNECTED THURSDAY, 15TH FEBRUARY 2018

7.30PM IN STRATHPEFFER COMMUNITY CENTRE

MAKE SURE YOUR GROUP IS REPRESENTED –

Please send along one representative per group

## IS YOUR GROUP HERE? DO YOU KNOW OF ANY OTHER GROUPS NOT LISTED BELOW?

Sports clubs – shinty, cricket, golf, croquet, tennis, bowling, 2 cycling groups, walking, jog Scotland. Three church groups; The Pipe Band; rifle club; Highland games committee, Castle Leod volunteers; Strathpeffer Community Council; Strathpeffer lunch club; StrathTimes; Peffery Way Association; Strathpeffer Residents' Association (Community Park and Men's Shed projects); Fair Trade group; Strathpeffer & District Coastal Rowing Club (skiff group); Strathpeffer Community Association (the Community Centre); the play group; the Museum of Childhood; Blethers café; Rainbows; Brownies; Guides; Strathpeffer Primary School PTA; Strathpeffer Primary School garden group; guerrilla garden group; garden group that looks after the planters etc.; Strathpeffer Pavilion action group; a lady's singing group.

## CAN YOU GIVE US CONTACT DETAILS FOR YOUR OR ANY OTHER GROUP?

IF YOU CAN HELP, PLEASE LET US KNOW –  
CONTACT RON - [ron.mcaulay@btopenworld.com](mailto:ron.mcaulay@btopenworld.com)



Tel: 0845 838 5156  
[WWW.KEMPO.CO.UK](http://WWW.KEMPO.CO.UK)

## LIL' DRAGONS & KEMPO SELF-DEFENCE

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## PILATES CLASSES

With Karen Powell.

Strathpeffer Community Centre

Thursdays 10.30 – 11.30am

Dingwall Community Centre

Thursdays 12.30 – 1.30pm

Contact Karen on 07795465540.

All classes to be booked in advance.

[karen\\_powell\\_pilates@yahoo.co.uk](mailto:karen_powell_pilates@yahoo.co.uk)

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

[www.karenpowellpilates.com](http://www.karenpowellpilates.com)

# High Life Highland at the Pavilion

As we approach the first anniversary of the Strathpeffer Pavilion being passed to the charity High Life Highland (HLH), it seems an appropriate time to look to the future of this important venue for our local community.

Back in March last year, following discussions between the building's owners Scottish Historic Buildings Trust (SHBT), The Highland Council and HLH, a three year agreement was put in place designed to give the local community time to prepare a bid to purchase the much loved Victorian icon.

Reflecting on the past ten months of the organisation's operation of the facility, chief executive of HLH, Ian Murray, said, "I am very pleased that HLH was asked to become involved in operating this historic and important venue. At the start we made sure that existing bookings were honoured and we've then worked with others, including event organisers and promoters, to develop the programme further. I'm reassured that the number of weddings being booked and accommodated is increasing apace and that the range and volume of events is growing nicely too."

Prior to the new agreement being put in place, there had been private sector interest in buying the Pavilion from its owners, the SHBT. After that, in order to buy time for the community to organise and fundraise to purchase the Pavilion into community ownership, The Highland Council, HLH and SHBT came up with the following plan:

- SHBT would continue leasing the building to The Highland Council
- The Highland Council would take on the maintenance requirements for this three year period
- The facility would be sub-leased to High Life Highland to operate it day to day.

Mr Murray continued: "High Life Highland is delighted to be operating the building until March 2020, and we are keen to work with all interested parties in the village and beyond to ensure the building is used to its maximum, ready for community ownership."

## What has High Life Highland been up to at the Pavilion in the first year?

**Events** - During the past few months the Pavilion has hosted several sell out events including popular headliners Jake Bugg, Skippinish and Eddie Reader. The popular art fair at the Pavilion also went ahead this year thanks to the joint efforts of community volunteers and HLH staff. The spectacular setting of the main hall is a popular wedding venue and recent weeks and months have seen an increase in bookings for the year ahead. HLH will be attending the Highland Wedding Fair in Eden Court in February, to market the venue to those thinking of tying the knot in the Highlands.

**Restaurant and Catering** - A tender for the full operation of the restaurant and bar, as well as catering for events was advertised widely last year, through the Public Contracts Scotland website and local outlets. Unfortunately no compliant tenders were received. After a rethink and in order to ensure a service was available for events booking the venue, a slimmed down contract for catering for events only was issued.

The successful bidder was local business RedPoppy and HLH is pleased to welcome them as events caterer for the next two years.

Mr Murray said: "High Life Highland remains committed and interested in finding a way to provide a restaurant service of some sort at the venue – perhaps in the form of temporary 'pop up' restaurant evenings

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every so often. In the meantime, we are working with RedPoppy to ensure our increasing number of customers at Pavilion events receive the best possible service at the venue."

HLH's trading arm continues to operate the bar facilities at the Spa Pavilion.

## So what does the future hold for the Pavilion?

HLH'S aim is to ensure that the facility is maintained and developed within the community. Mr Murray said: "There are a number of things we want to develop over the remaining time of our time at the Pavilion in order to leave it in the best place for a community purchase. First off, with the Council, we will continue to maintain the building and develop the facility, giving the Pavilion its place as an important iconic venue in the Highlands. We are also very aware of the desire by the community to see the Pavilion restaurant and catering facilities reopen to the public and we will continue to work with community groups, engaging with them and volunteers to help with historical tours of the Pavilion."

Mary Dawn Mohun, assistant event manager, based at the Pavilion, added: "We will continue to develop the exciting programme of events for the Pavilion, building on the growing interest and demand in the venue. At the moment we have 26 weddings booked, and we'll be adding other events to the programme as we go through the year like the 'Mini Movers' – creative movement and dance for pre-school 3-4 year olds in February; monthly teenage to adult dance masterclasses; 'Thank you for the music', the Abba tribute night in March; music from Isla Grant followed by Robert Mizzell and the Country Kings in April; and the Highland Chamber Orchestra in May. The Tartan Ball for Highland Hospice is in the programme for March, and is followed by the Highland Hospice dance in June. Opera Bohemia will make a welcome return to the venue in July. For the festive season this year, we are planning on hosting the ever-popular Christmas Party Nights and Skippinish will return to the Strathpeffer stage then too."

A steering group has been formed by members of the community in order to fundraise for the purchase of the Pavilion and this group is already preparing the documentation necessary to apply for funding to purchase the Pavilion. HLH will be working with the steering group wherever possible to supply information and to assist the purchase process.

When HLH hands over the venue in 2020, the aim is to do so with a full order book and plan of events for the months and years ahead. HLH looks forward to maintaining the good working relationship with the community steering group, and helping where possible to develop the exciting plans for the future of the Pavilion.

# Diary of events for February & March 2018

## February 2018

Saturday 10th, 12noon - 2pm  
**Soup Lunch**  
Strathpeffer Church of Scotland  
Church Hall

Saturday 10th, 8pm  
**Strathpeffer Pipe Band Fundraising  
Dance**  
Marybank Hall, Marybank

Thursday 15th, 7.30pm  
**Getting Strathpeffer Groups Connected**  
(see article in this issue)  
Strathpeffer Community Centre

## March 2018

Saturday 10th, 12noon - 2pm  
**Soup Lunch**  
Strathpeffer Church of Scotland  
Church Hall

Saturday 17th, 4.30pm  
**Tartan Charity Ball - in aid of the  
Highland Hospice**  
Strathpeffer Pavilion

Saturday 17th, 4.30pm  
**Thank You For The Music - The ulti-  
mate tribute to Abba**  
Strathpeffer Pavilion

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## STRATHPEFFER PIPE BAND FUNDRAISING DANCE with Torridon

**Saturday 10th February 2018 in Marybank  
Hall**

**Doors open 8pm. Dance starts at 8.30pm.**

Tickets are £12, and are available from the Cottage Bar in Maryburgh, The Mallard Bar in Dingwall and June's Card Shop in Dingwall.

The dance has been very kindly supported by our main sponsor, The Ross County Foundation. As well as The Pat Munro Foundation and Keyline. We are very grateful for their support. There will also be a raffle, with some amazing prizes to be won, including a round of golf for 4 at Strathpeffer Golf Club.

The dance is being held to help raise funds for the pipe band for the forthcoming 2018 season. We hope to see as many people there as possible. Keep an eye on the Pipe Band's Facebook page for regular updates about the dance and the Band's activities during the year.

We have been delighted to welcome a number of new members to the band recently, but are always looking for more. **We are still practicing in Strathpeffer Community Centre every Tuesday night from 7.30pm. ALL WELCOME!!**

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

## Regular events

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

### Mondays

Jog Scotland 12.30pm  
Strathpeffer Community Centre  
Kempo 4.30pm - 5.30pm  
Strathpeffer Community Centre  
Slimming World, 5.30pm - 6.30pm and  
7.30pm - 8.30pm  
Strathpeffer Pavilion  
Rainbows & Brownies 6pm - 7.15pm  
Strathpeffer Community Centre  
Guides 7.30pm - 8.45pm  
Strathpeffer Community Centre  
Ben Wyvis Cycle Club Winter Training  
6.30-7.30pm  
Strathpeffer Community Centre

### Tuesdays

Under 5s 9.30am - 11.30am  
Strathpeffer Community Centre  
Yoga 12.30pm - 2.00pm  
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) 9.30- 11.30am - 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  
Lunch Club, 12.15pm  
Highland Hotel, Strathpeffer

Craft and Craic 7pm - 9pm  
Strathpeffer Community Centre  
Tap dancing 8.00pm - 9.00pm  
Strathpeffer Community Centre  
Contin SWI - 3rd Thursday each month  
7.30pm start  
Strathpeffer Community Centre  
Kundalini Yoga - 2nd Thursday each month  
7pm-9pm  
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

# Sunday Lunch at Kincaig Castle



What better way to spend a Sunday afternoon than to enjoy a hearty roast lunch using local produce which changes with the seasons and then relax with coffee around a roaring log fire in the Kincaig Lounge after your meal.

- 12 noon until 3pm
- 3 courses £15.95
- Call 01349 852587 to make a reservation
- Non-residents welcome
- Only 25 minutes from Inverness

*Non-residents welcome*



## KINCRAIG CASTLE HOTEL

AWARD-WINNING HIGHLAND HOSPITALITY



# Job Opportunities at Kincaig Castle

We've had some fantastic reviews in the press recently and so if you'd like to be part of an award-winning team and support the continued growth in our Food and Beverage business, we'd like to hear from you.

We have the following vacancies offering attractive remuneration packages and opportunities for advancement:

### Junior Sous Chef & Chef de Partie - Full-Time Positions

Please send your CV to [stuartchef@kincaig-castle-hotel.co.uk](mailto:stuartchef@kincaig-castle-hotel.co.uk) for the attention of our Head Chef & Operations Director, Stuart Thomson.

### Food and Beverage Assistants - Full & Part-Time Positions

Please send your CV to [fbmanager@kincaig-castle-hotel.co.uk](mailto:fbmanager@kincaig-castle-hotel.co.uk) for the attention of our Food & Beverage Manager, Mark Layburn.