

Oct & Nov 2016

# The Strath Times

## Contact The Strath Times

You can contact us by e-mailing [strathtimes@strathpeffervillage.org.uk](mailto:strathtimes@strathpeffervillage.org.uk) or telephone Iona Finlayson or Iain Sarjeant on **01997 420012** for editorial contributions Contact Clara Hickey on **01997 421989** for advertising.

Deadline for the Dec/Jan Issue is **Friday 18th November 2016**

### Advertising rates

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

## Strathpeffer Medical Practice 01997 421455

As the colder months slowly approach it is that time of year when we highlight the Flu vaccination programme to our patients.

This year a letter will be sent to all of our patients who are eligible for flu vaccination at the Practice. These patients can contact the Practice towards the end of September to make their appointment.

We will be holding an extra flu clinic on Saturday 29th October in the Strathpeffer Practice between 9:00am and 12:00 noon. You can make an appointment for this clinic or just drop-in at your convenience.

Please look out for posters in the local shops, surgery and community centre with more details of clinic times and contact details.

## FREE NEWSLETTER

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



# Calling all members and would be golfers

At our August committee meeting we discussed the way ahead for the club with particular regard to our finances. Increasingly golf is having to compete with other demands on time and finance and we as a club need to reflect this and to move with the times. On this basis, a debate over how we manage and operate our membership subscriptions is highly relevant and we are aware that other clubs are undertaking similar reviews.

Whilst not necessarily advocating changing current arrangements for subscriptions for full members, we want to look at how we can provide innovative and attractive offers that would attract in new members, especially those who are unable to play as much golf as some of our regulars.

The club's AGM is in November, providing a forum for debate over how the club operates. However, it would be better to have thoroughly discussed ideas in an open meeting before then so any resulting proposals can be formally put to the members at the AGM.

As with all management matters such as this, the committee is eager to stress to all members that this is YOUR club and we want any changes to have been thoroughly considered and for as many of you as possible to be given an opportunity to express views.

The meeting to debate a "Vision for the future" will be held in the clubhouse at 7:00pm on Thursday 27th October. We would be delighted to see you there.



The Green Kite Shop unit at the Station will be for let from the end of Sept 2016. Any informal enquiries to Alison on 01997 421031 or [alison@highlandmuseumofchildhood.org.uk](mailto:alison@highlandmuseumofchildhood.org.uk)

## Here comes the Bride

An unusual exhibition of wedding dresses is planned for Saturday 12th and Sunday 13th November in Strathpeffer Community Centre. 'Here Comes the Bride' will showcase real dresses worn by the local ladies when they were married.

The Exhibition of wedding dresses will include past and present, with photos of local weddings, details of where they were married and dresses from early 1900 to the latest.

Clara Hickey, Centre & Learning Manager explained "It is important to display the history of the area and the history of local people. What better way than to show off your wedding dress! It's a great reason for people to come together, share nice things and meet up with other people."

"This is also a request for anyone who would like to loan their wedding dress and provide a photo, it could be from last year or 20 years ago or you might even have your mother's or grandmother's dress from 60 years ago. All types of wedding dress are wanted and any additional wedding items will help to make the event special."

There will also be a café open selling Afternoon tea and cakes! If you want your wedding dress to be included in the exhibition call Clara on 01997 421989 or email [info@strathpeffercommunitycentre.org.uk](mailto:info@strathpeffercommunitycentre.org.uk)

### Sing Christmas for Everyone

There will be a one-off singing session in early December for ALL those who love to sing, especially at Christmas. There is no need to read music or have a beautiful voice – it's all about enjoyment. Watch this space for details nearer the time.

### Would you like to sing?

Unfortunately Strathpeffer has lost the Strathpeffer Singers which folded earlier this year due to lack of support. Although there were originally some members from Strathpeffer, at the end none of the regulars (who would love to join a singing group again) came from Strathpeffer. It was hoped that offering one-off singing sessions in Dingwall, with its larger population, would raise enough interest to start another group but this has so far not proved to be the case. **If anyone is interested in coming out to sing with others just for the joy of it, please contact me, Sally Dovey, on 01997 423209.**



### Enjoy fresh local food delivered to your door

Our delicious produce is grown organically on our croft at Knockfarrel. Wide range of vegetables, salads, soft fruit and herbs - plus our own free range sausages, bacon and eggs. Hand picked and delivered to your door. All sizes of household catered for - from one person to large families.



See our website for full details - [www.knockfarrel.com](http://www.knockfarrel.com)

Or contact us on [info@knockfarrel.com](mailto:info@knockfarrel.com) or call **Jo Hunt** on **07990 524280** to find out more & book your delivery slot

## MUSEUM COFFEE

### SHOP

*Homemade meals and baking served all day*

Breakfasts

Hot filled rolls

Cakes & Traybakes



Light meals

Delicious Soup

Snacks

Closed from Monday 7<sup>th</sup> Nov  
Re-opening on Friday 25<sup>th</sup> Nov  
Then 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!

## Christmas Market

The annual Christmas Market is on Saturday 26th November between 10am – 2pm. This year there will be the usual opportunity to buy some beautiful gifts, individually designed jewellery, books, cards, knit wear, organic vegetables and fresh breads.



There is also a fantastic opportunity for the children to see Father Christmas in his Grotto and receive a wee present. To keep your strength up while you shop there will be the café selling bacon rolls and home-made cakes. There will be a variety of local community groups – this is a chance to find out more about what's going on in your community and support them.

New this year we will have the stage with some entertainment to keep you amused, here you will see a mixture of dance and music performed by some of our locals.

Finally, don't forget the Strathpeffer Pavilion Art Fair is on at the same time so you'll be able to combine both visits in one day. A great reason to make it a day out in Strathpeffer!

## Budding Writer

One of the local school pupils, Morag Hickey took second prize in the Young Ross-shire Writers

Competition with her story "Bernard and the talking Bear". There was a bumper crop of 111

entries this year which presented the judges with the difficult task to choose the prize winners.

Morag's story along with the other winners is published in the latest book "Between the Lines" which officially launches this Month.

To purchase a copy of Between the Lines contact Ross-shire Writers Group secretary Louise James at [clouisejames@btinternet.com](mailto:clouisejames@btinternet.com).

Copies are £5 plus £1.50 p&p.



## Felting Workshop Make a Alpaca & Silk Scarf

**Sun 6 November,  
10am – 4pm  
At Strathpeffer  
Community Centre**



Make your own beautiful and unique scarf, or wall hanging using Scottish Alpaca Fleece and Silk fibre. Learn how to make it using the Wet Felt Technique with Rosie Hazelton From Wild Rose Escapes near Beaulay.

Alpaca fibre is 4 times warmer than wool and much finer. It is durable and blends well with other fibres.

Cost £55 per person

includes all materials.

Tea, Coffee and Cake provided

Booking essential



Strathpeffer Community Centre  
School Road, Strathpeffer, IV14 9AG  
Tel: 01997421 989  
[learning@strathpeffercommunitycentre.org.uk](mailto:learning@strathpeffercommunitycentre.org.uk)  
Charity No. SC000688



## Marion Taylor MCFHP MAFHP Foot Health Professional Practitioner

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Email: [strathmore7@btinternet.com](mailto:strathmore7@btinternet.com)

[WWW.KEMPO.CO.UK](http://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!

## Strathpeffer Pipe Band

Saturday 10th September saw the last performance of the band in the Square for the 2016 season. The season has been very busy for the band, but it's been a brilliant time. We have played at a variety of events in the Highlands such as the Maryburgh Gala, Strathconon Games, Strathpeffer Highland Gathering, Fortrose Car Rally and some Highland Fling evenings in Dingwall. We have received many kind messages of feedback and support for the band and would like to thank all of you who have got in touch with us to show your support, we really appreciate it. We hope that you will continue to support us and enjoy our performances in 2017 at Strathpeffer Square and various events throughout Ross-shire. We would also like to thank the local businesses and communities of Ross-shire who have supported us so well this year. Without your continuous support, we would not be able to continue entertaining you in the Square during the summer months. THANK YOU!

We would particularly like to thank Sean Kennedy and all those at Strathpeffer Golf Club who have provided us with superb evening meals after our day trips! Thanks!

We're taking a wee break from our practices at the moment, but we will be back practicing for the new season in the Strathpeffer Community Centre on Tuesday 1st November at 7.30pm. If you fancy joining us, why not come along?

Before that however, we are holding a fundraising Quiz Night on Saturday 22nd October 2016, in Strathpeffer Community Centre at 7.30pm. Teams are a maximum of 6 and it's £5 a head to enter. There will be the usual raffle as well as refreshments during the half time break. Booking is recommended, and you can book through our Facebook page, (just search Strathpeffer and District Pipeband) email [strathband@live.co.uk](mailto:strathband@live.co.uk) or call 01349 862997. We really hope to see some of you there as all the funds raised go towards the band.



Chef Garry's new a la carte menu was just launched to rave reviews so come along and sample such delights as Ardgay venison and Cranachan yoghurt cake.

Or

bring a friend for afternoon tea and a wee walk around the enchanted fairy trail.

**\*\*You can now follow us on Instagram\*\***

**Good Food and a Warm Welcome  
All Day Every Day**



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

## The Peffery Way

Just over a year ago, a walk was organised by two locals inspired by a talk by Lesley Riddoch. This attracted over 60 people to cut a path through the undergrowth along part of the old railway line. Fast forward to September 2016 and the newly formed constituted charity have just submitted a planning application for developing the old railway line into a footpath and cycle path. The reference number is 16/04163/FUL, you can put your comments on the planning portal.

In addition we are holding the final Turbo Challenge in Dingwall on Saturday 15th October between 10am – 2pm. This is a great chance to find out more about the project and for fun see how far you can cycle in just 1 minute. There is a bottle of Glenwyvis Gin for the person who travels the furthest and an Amazon voucher for the winner in the under 18's category.

**Remember to check the village website**

**[www.strathpeffer.org](http://www.strathpeffer.org)**

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



## Setting New Heights at Strathpeffer Medical Practice

A magnificent sum was raised from donations given to the Strathpeffer Medical Practice staff for their efforts in climbing Ben Wyvis on a hot and sunny June day. The amount raised was shared between 2 local charities, the Peffery Way Association and Strathpeffer Community Park Project, chosen by the staff for their message promoting outdoor activity.



### 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

“We had a brilliant day climbing our local iconic Munro, Ben Wyvis.”, commented Practice Nurse Heather Crockett. “What a sense of achievement for the team. It is also very satisfying to support community initiatives that encourage all to get out and be active. Thanks to all those who donated to the event.”

Please go to the charity facebook pages to find out more, The Peffery Way and Strathpeffer Resident’s Association.

# EMBRACE GIFT SHOP

## CHRISTMAS GIFTS FOR EVERYONE

OPEN EVERYDAY 11am-5pm AT THE OLD RAILWAY STATION, STRATHPEFFER  
FROM THURSDAY 24th NOVEMBER THROUGH UNTIL FRIDAY 23rd DECEMBER.



[WWW.EMBRACEGIFTS.COM](http://WWW.EMBRACEGIFTS.COM)

## Community Park project

Strathpeffer Residents' Association thanks everyone who has completed and returned their membership forms in support of the Community Park Project and also for all the generous donations. However, we know that lots of you who added your name to our list of supporters over the years since 2012 but haven't yet completed the membership form.

When we start approaching funders for grants to develop the Community Park SRA has to show that the strength of the community is behind the project and this has to be done by having a formal membership and so the forms!

The membership forms were on the back section of the flyer included in the July/August edition of the Strath Times. If you have mislaid your form you can get another from the Community Centre.

Membership of the Residents' Association does not oblige you to come to meetings or indeed carry out any tasks, nor does it cost you a penny to join. The trustees would of course love to have more folk come along to the regular meetings on 2<sup>nd</sup> Wednesday of the month at 7.30pm in the Community Centre.

### **Why not come along and hear about the latest developments with the park?**

Strathpeffer Residents Association of a Scottish Charity – SCIO No. SC046287

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## Strathpeffer SPA Railway Association

Following on the August/September edition of the Strath Times with its plea to support local enterprise, it is time to talk about the community project to restore a heritage railway to Strathpeffer. This project was started in order to address the downturn in the economic situation in Strathpeffer and its surroundings, brought about by the building of the A835 by-pass.

It must appear that everything has gone very quiet on this front, following the successful planning application. Unfortunately there are problems in acquiring the land necessary to kick start the project, despite funding being in place to purchase the land. There is also another private benefactor who is extremely keen to see the restoration happen and it is very disappointing to have to refuse such offers of help.

If anyone would like more information or feels they can help in this situation, please contact Steve Dovey on 01997 423209.

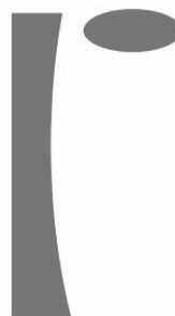


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# Diary of events for October & November 2016

## October 2016

Saturday 8th, 12noon - 2.00 pm

**Soup Lunch**

**Strathpeffer Church of Scotland Church Hall**

Tuesday 11th, 10.30am

**Messy-Ness – Things That Go**

**Strathpeffer Pavilion**

Wednesday 12th, 8pm

**Monthly Film Night**

**Strathpeffer Pavilion**

Friday 14th, 7.30pm

**Fashion Show**

**Strathpeffer Pavilion**

Saturday 15th, 2pm

**Cocktails & Cake**

**Strathpeffer Pavilion**

Sunday 16th, 10am - 2pm

**Turbo Challenge (see Peffery Way article)**

**Outside Dingwall Town Hall**

Tuesday 18th, 10.30am

**Messy-Ness – Autumn Celebration**

**Strathpeffer Pavilion**

Thursday 20th, 5pm

**NHS Blood Donation**

**Strathpeffer Pavilion**

Saturday 22nd, 7.30pm

**Quiz night, raising funds for Strathpeffer Pipe Band**

**Strathpeffer Community Centre**

Saturday 22nd, 10am

**Highland Wool & Textile Fair**

**Strathpeffer Pavilion**

Thursday 27th, 7pm

**“Vision for the future” – to debate future arrangements for Strathpeffer golf club, for members and would be golfers.**

**Strathpeffer Golf Club Clubhouse**

Thursday 27th, 8pm

**Aleister Crowley: A Passion for Evil**

**Strathpeffer Pavilion**

Saturday 29th, 9am – 12 noon

**Flu Clinic - make an appointment, or just drop in.**

**Strathpeffer Medical Practice**

Wednesday 9th, 8pm

**Monthly Film Night**

**Strathpeffer Pavilion**

Saturday 12th, 12noon - 2.00 pm

**Soup Lunch**

**Strathpeffer Church of Scotland Church Hall**

Saturday 12th & Sunday 13th

**Here comes the Bride – exhibition of dresses worn by local ladies when they were married – form as early as 1900 to the latest one!**

**Strathpeffer Community Centre.**

Friday 18th

**Rufus Wainwright**

**Strathpeffer Pavilion**

Thursday 24th – Sunday 27th, 10am

**Art Fair**

**Strathpeffer Pavilion**

Saturday 26th, 10am-2pm

**Christmas Market**

**Strathpeffer Community Centre**

Tuesday 29th & Wednesday 30th

**Student Art Show 2016**

**Strathpeffer Pavilion**

## November 2016

Tuesday 1st, 7.30pm

**Strathpeffer Pipe Band practice begins**

**Strathpeffer Community Centre**

Saturday 5th & Sunday 6th, 10am

**Food, Craft and Gift Fair**

**Strathpeffer Pavilion**

Sunday 6th, 10am – 4pm

**Felting Workshop**

**Strathpeffer Community Centre**

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

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



Events brochure  
available at  
box office  
& online



**Winter  
2016**

# Pavilion

STRATHPEFFER

## Events

We have a great selection of events coming up over the next few months, including children's play dates, fairs, Pay What You Decide, movie nights, family pantomime, adult comedy pantocrime, ceilidhs and more!

For Christmas night out ideas, look no further - we have a range of ticketed events to suit all tastes and budgets.

Similarly, if you're looking for a Christmas gift with a difference, consider tickets to upcoming shows - Manran, Burn's Night Murder Mystery, Circus of Horrors, Hooley in the Highlands 2017 and more are all on sale now, as well as Pavilion Gift Vouchers for those who prefer to choose for themselves!

At the Pavilion, 'tis always the season to be jolly.

### OCTOBER

Tue 11	Messyness - Things That Go
Wed 12	Monthly Film Night
Fri 14	Fashion Show
Sun 16	Cocktails & Cake
Tue 18	Messy Ness - Autumn Celebration
Thu 20	NHS Blood Donation
Sat 22	Highland Wool & Textiles Fair
Thu 27	Aleister Crowley: A Passion for Evil

### NOVEMBER

Sat 5 - Sun 6	Food, Craft & Gift Fair
Wed 9	Monthly Film Night
Thu 24 - Sun 27	Art Fair
Tue 29 - Wed 30	Student Art Show 2016
Fri 18	Rufus Wainwright

### DECEMBER

Sat 3	Dingwall Choral Christmas Concert
Tue 6 - Wed 7	Hansel & Gretel's Wacky Panto
Sun 11	Christmas Carol Big Sing
Wed 14	Monthly Film Night
Fri 16 - Sat 17	Pantocrime Murder Mystery Dinner
Tue 20	Messy Ness - Christmas Party
Thu 29	Manran
Sat 31	Hogmanay

Buy Tickets: 01997 420 124  
[strathpefferpavilion.org](http://strathpefferpavilion.org)

