

The Strath Times

Oct & Nov 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 December/January Issue is **Friday 17th November 2017**

Advertising rates

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



Taking care of your sewer network

Scottish Water drop in event

Scottish Water, with its alliance partner Arney, Black and Veatch (aBV), is preparing to carry out essential work to renew the main sewer in Strathpeffer on the A834 from the junction with Ulladale Crescent (near the Community Centre) down to the entrance to the Ben Wyvis Hotel.

A specialised re-lining technique will be used for much of the work to avoid the need for widespread excavation in the village centre and reduce disruption in the community. However, some of the work will impact on the road.

We want to provide information about our plans and discuss what we can do to minimise the inconvenience caused while work is underway.

Scottish Water will holding an information event on:-

Date: Wednesday 29th November 2017

Time: Please pop in between 3:30 to 7.30pm

Venue: Strathpeffer Community Centre, IV14 9AG

If you are unable to attend this drop in event and would like further information about this project then please contact: Scottish Water Customer Helpline on **0800 0778 778** quoting ref Capital/501590/aBV

scottishwater.co.uk

customer.services@scottishwater.co.uk

0800 0778778

[facebook.com/scottishwater](https://www.facebook.com/scottishwater)

[@scottish_water](https://twitter.com/scottish_water)

FREE NEWSLETTER

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



Double Funding Success!

The Peffery Way Association is delighted to announce that it has received an award of £1,500 from Paths for All. Community Path Grant towards the cost of completing Phase One of the Peffery Way foot and cycle path between Dingwall and Strathpeffer. This is matched with another £1,500 from fundraising efforts by the Highland Hotel in Strathpeffer. This funding will enable us to complete the path upgrade work begun earlier in the year by Highland Council and to work with volunteers to plant native hedging and wildflowers which will improve the landscaping at the entrance to the path in Strathpeffer by the Victorian Station. In addition to financial support for this community initiative, Paths for All have assigned a dedicated development officer who will provide technical support, promotional advice and volunteer support.

Ron McAulay, Chairman of the Peffery Way Association said: "We are delighted to have the support of Paths for All which will enable us to complete such an important first section of the Peffery Way an all ability foot and cycle path between Dingwall and Strathpeffer. Folk have been dreaming of a safe off-road route between the communities in the Strath for over 30 years. This funding and additional support is a significant step forward for the Trust and the Communities in the Strath."

Ian Findlay, Chief Officer of Paths for All said,

"We were really pleased to be able to fund this work through our Community Path grant fund and hope that the newly transformed path will allow locals and visitors to the area to enjoy the many benefits of being active outdoors."

The Highland Hotel has been carrying out a number of fundraising activities like quizzes and bingo evenings with the hotel's residents over the summer season. The Highland hotel will continue to fundraise for the Peffery Way through its community involvement and see that the path will be of interest to its residents.

If you would like to get involved in helping us complete this first section of the path by volunteering please get in touch with Clara Hickey by email on info@pefferywaytrust.org or check

out our Facebook page and message us. The initial strim and clearing session is on Sat 30th September from 9am – 12 noon, meet at Victorian Station and please bring spade, loopers or stimmer and wear appropriate clothing.





Strathpeffer and District Community Rowing Club

A rowing club in Strathpeffer ? Yes - it's now been formed!

At a recent meeting in Strathpeffer a Committee was elected with Tor Justad as Chair, Rod Richard as Secretary and Bill Arthur as Treasurer and 6 Committee Members.

The aim of the Club is to involve people young and old to build and row a St.Ayles Skiff which is a 22 foot wooden boat.

There are other skiffs in Avoch, Fortose and Ullapool and over 100 other communities.

The Club invites people to join for a £20 subscription and donors can include active and supporting Members.

More information about coastal rowing can be found on the Scottish Coastal Rowing Association website - scottishcoastalrowing.org

Hazel Keiro has kindly donated £100 from a recent Wilderness Challenge - a total of £8000 will be raised in stages. It is planned to launch a Crowdfunder in the next few weeks so check out the Club facebook page.

To be included on a mailing list for a regular Newsletter, or for any other queries please contact Rod Richard - rod.richard23@gmail.com

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

CONTAINER GARDENING

Help pot up large pots outside the community centre and plant low ground cover. No heavy lifting involved, hands on planting.

Saturday
07.10.17

10am-1pm

£10 per person

Strathpeffer Community Centre

Tea, Coffee & homemade cakes included

The focus of this workshop will be:

- * Creating planting for all-year round interest
- * Ground cover planting for different conditions
- * Ways to improve your soil and getting the mix right for what you want to plant
- * Gardeners question-time



Phone: 01997 421989

E: info@strathpeffercommunitycentre.org.uk



LVL Enhance Lashes by Nouveau Lashes now available!

Your own natural lashes are straightened from the root, volumised and tinted to create the stunning illusion of longer, thicker lashes.

Results last up to 6 weeks. No maintenance required, no need for mascara! The before and after photographs speak for themselves. Price £45.



Nail Care

Gel Manicure; file, cuticle care, gel, nourishing nail mask and hand massage. Price £20.

The Nail Shed
Park Terrace Strathpeffer
Call or text 07754381135 to book.

Strathpeffer Christmas Market

The annual Christmas Market is on Saturday 25th November between 10am -2pm. This year there will be the usual opportunity to buy some beautiful gifts, individually designed jewellery, cards, knitwear, organic vegetables, and candles.

Father Christmas will be popping up in his Grotto for all the girls and boys to come and tell him what they want for Christmas. All the children will receive a small gift. To keep your strength up while you shop there will be a fundraising café selling bacon and egg rolls, home-made cakes and refreshments. We are also hoping to have some live entertainments to keep you amused during the day.

Finally, don't forget the Strathpeffer Pavilion Art Fair will also be on over the weekend, so you can combine both events in one day. A great reason to make it a day out in Strathpeffer.

A riot of colour

The first every colour fun run was held in September in Strathpeffer. A massive 135 participants took part in either running or walking from the school playing fields up to Blackmuir woods and around to the Stonemaze and then back down. This couldn't of been possible without the help and support of the 20 volunteers plus the donation of water from Tesco. This fundraiser was organised by Strathpeffer Community Centre and people were asked to get some sponsors for the event. The money has now been collected and a massive £1363 will be split equally between Strathpeffer Community Centre and Alzheimer's Scotland.



Small Planet

T R A D I N G

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

- Fairtrade and organic food, drinks & snacks
- Crafts, cards & wrapping paper
- Body, hair & household products
- Wildlife gardening supplies
- New and secondhand books & CDs
- Wool & other craft supplies



We're at the Old Station, Strathpeffer and we're open October, November & December - pop in for a browse of our Christmas cards & gifts!



Opening hours:

Tuesday to Saturday: 10am - 5pm
Sunday: 12noon - 4pm

Unit 3, The Old Station, Strathpeffer
Tel: 01997 421942

MUSEUM COFFEE SHOP

Homemade meals and baking served all day

Breakfasts

Hot filled rolls

Cakes & Traybakes



Light meals

Delicious Soup

Snacks

Closed from Monday 6th Nov
Re-opening on Thursday 23rd 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!



Strathpeffer Lunch Club

Did you know that there is a Lunch Club in the village? It meets once a week at the Highland Hotel on a Thursday at 12.15pm. The group are always looking for new people aged 60 and over to come along and enjoy a lovely 2 course meal with tea or coffee. It is a great way to get out and chat with other people. Trips are also organised and subsidised from the weekly charge of £5. If transport is a problem, transport arrangements can be made with Spa Coaches. For more information, contact Roz Reid on 01997 420 141. Thursday is a fun, social day for the Lunch Club and everyone really enjoys meeting new people. It is open to both ladies and men. (picture of Lunch Club)

Mystery community benefactor

A mystery surrounds the outside area of the community Centre. Over the course of a couple of weeks during the summer, the outside area has seen new bark chippings. Clara Hickey the Centre & Learning Manager has asked around but the identity of the person or persons who has kindly put new bark chip down remains a mystery. If anyone has any clues, then please contact the centre so that we can thank them personally.

Harp Lessons Cheyenne Brown



BA Hons Scottish Music
MSc Scottish Ethnology
15 years teaching experience

www.cheyenneharp.com
info@cheyenneharp.com 07791018761



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Corns, callus and hard skin removal
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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...



Sale of Victory Hall land

For nearly 20 years the land where the old pre-fab community hall stood has been an eye sore with old vehicles being left there, rubble and waste being dumped and the increase of weeds. This land is owned by the Strathpeffer Community Association Ltd. The board has agreed to sell this land which already has outline planning permission for a one storey single dwelling.

The proceeds for sale of the land will be used for the benefit of the community mainly in the form of improving the community centre. The centre which is entirely self-sustaining from income generated and grant funding, has provided activities, facilities and support to the community for nearly 20 years. Consequently, the centre needs some refurbishment to ensure it is fit for the next 20 years and beyond. The proceeds will help towards changing the aging storage heaters, look at solar panels and renewing the fabric of the building like the kitchen or floors.

Any residual funds will be invested to generate future regular income to ensure the sustainability of the Community Centre and allow for the continued use by the community. This also helps us to continue to provide employment for eight local people, including supporting and training young adults with their first part-time job. This is a wonderful one off opportunity that will help ensure the centre is fit for the future and this enhancement will only improve our offering to the community.

Anyone interested in purchasing the land with outline planning permission should contact PurpleBricks for details.

One-to-One
Classes

Yoga for you

Small
Group
Sessions

Workshops at The Garden Room, Strathpeffer Pavilion

Saturday October 28th 10.30 am - 12.30 pm

Saturday November 25th 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

Neil Moscrop Plumbing Services

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of heating systems



based in Strathpeffer
Tel: 07939 034544

e-mail: nwmoscrop@gmail.com
website: neilmoscroplumbing.co.uk



Tel: 0845 838 5156
WWW.KEMPO.CO.UK

LIL' DRAGONS & KEMPO SELF-DEFENCE

Fun, Fitness, Confidence, Respect, Focus!

Strathpeffer Community Centre
Mondays

Lil' Dragons (4 – 7 year-olds) 4.30pm – 5.15pm

Kempo (8 – 15 year-olds) 4.30pm – 5.30pm

STRATHPEFFER COMMUNITY CENTRE, MONDAYS,
Spaces are limited. Get in touch to arrange 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

First Awards made from the Strathpeffer Community Fund

The first round of awards from the Strathpeffer Community Fund has been made by the local people who comprise the Fund's Panel. The Fund is provided by EDF Energy Renewables (EDF-ER), is linked to its Corriemoillie wind farm, and is managed by Foundation Scotland, an independent grant-making body.

The Fund has £13,566 for distribution in 2017, and the Panel has committed £9,473 of that in the first round of awards. The awards made by the Fund Panel were:

- 1st Fairburn Scout Group - £795 to help purchase five tents and four folding table/bench sets
- Peffery Way Association - £2,000 towards the costs of designing and distributing a questionnaire to local residents and organisations to provide an up to date measure of the interest and possible use of the Peffery Way, and towards the costs of providing signage along the Peffery Way to aid walkers and cyclists.
- Strathpeffer Community Association - £2,000 towards the costs of funding a sessional worker, materials, room hire and other additional support to re-establish a local youth club.
- Strathpeffer and District Pipe Band - up to £2,000 to contribute to the purchase of new drums and harnesses for the band.
- Strathpeffer Primary and Nursery School Parent Council - £2,000 towards the costs of installing an embankment slide and climbing net in the school playground.
- Strathpeffer Community Council - £678 to provide a micro-grant scheme for individuals and informal groups carrying out community activities in Strathpeffer.

The next round of applications to the Fund for the remaining £4,093 closed on 25 September 2017, with decisions to be made at the beginning of November. A new round for the second year of the Fund will close on 26 March 2018 with decisions made in early May 2018.

For further information about how to apply to the Fund visit

<https://www.foundationscotland.org.uk/programmes/strathpeffer/> or telephone the Fund Manager at Foundation Scotland, Iain Catto on 0791 275 9525.

SPA Pavilion Art Fair set to continue

A popular art fair at the Spa Pavilion in Strathpeffer will go ahead this year thanks to the joint efforts of community volunteers and High Life Highland staff from the historic venue.

The prestigious event has now been confirmed to move into its 4th year following on from previous years where the fair has been loaned many works of art including those by His Royal Highness The Duke of Rothesay and well-known playwright and artist John Byrne.

Speaking about this year's fundraising event, Margaret Macdonald, one of the volunteers said, "We are absolutely delighted that local surrealist Michael Forbes has offered to display some of his more quirky and colourful works at the event in November.

"Having been involved in the art fair in previous years we were concerned the event may not go ahead due to the management changes at the Spa Pavilion earlier in the year. So we were delighted when High Life Highland staff picked up on the importance of the event and agreed they should work with a group of volunteers to ensure the popular event went ahead.

Margaret Macdonald continued, "In previous years the fair has displayed well over 300 original works by more than one hundred artists based across the Highlands and Islands and attracting some 1,500 visitors to the Spa Pavilion each year. So we are hopefully that this year's event will be every bit as popular as before with confirmation from artists such as Frances Baxter, Mary Black, Clair Blois, Nicola MacDonnell, Jennifer Mackenzie, Janis Mennie, Christine O'Keefe, Gordon Rennie and Nick Vaughan."

Ian Murray, High Life Highland's Chief Executive said, "The Spa Pavilion art fair has been an integral event at the historic venue in the village and therefore we were very keen to work with the volunteers previously involved in the event to make sure it happened in 2017."

The Spa Pavilion Art Fair will be open to the public from Thursday 23rd until Sunday 26th November. Further details regarding the event will be posted on the Spa Pavilion's website.

Artists wishing to be considered to exhibit at this year's Art Fair should contact the organisers by emailing events@highlifehighland.com by the 15th October 2017.

Free First Aid Training for over-65s

The Red Cross are offering Free First Aid Education to Adults over 65 focusing on slips, trips and falls.

What can you expect from our first aid session?

- Effective, easy to learn first aid education in a relaxed and informal style.
- Provide relevant first aid skills tailored to the needs of the group.
- Break down the barriers to helping others.
- Build the confidence and willingness to help in a first aid emergency.
- Typically last 2 hours
- Suitable for groups of up to 15 people.
- Participants will receive a pack that covers the skills learned and will be awarded a certificate of learning upon completion.
- Delivered by experienced Red Cross trained educators.
- Delivered at Strathpeffer Community Centre
- Fully funded – there is no cost to you.

It will be held at Strathpeffer Community Centre on Wednesday 25 October from 10:00 am to 12 noon.

Contin Community Council is organising this event and paying the hall rental therefore preference will be given to residents of Contin, Jamestown and Tarvie but anyone can request a place. If the event is oversubscribed then the Community Council will arrange for another training session.

To book a place contact Clara Hickey at the Community Centre, or call 01997 421989.

HOPE TO SEE YOU THERE!

The Old Station Garden Project

There's a new project starting down at the Old Station to refurbish the gardens and grounds. Taking place over the next couple of years the project will develop in different stages. The initial works being done in the first year are to clear and prepare the grounds around the bandstand and archway and create a proper maintenance and composting area. The embankment just across from the picnic benches will also be cleared and prepared to allow us to plant there in the future.

You may also have noticed that there are a few trees spray painted with pink numbers. It has been agreed with Highland



Council that these can all be felled over time as funding becomes available for the different stages of the project. Initially the ones which will be priority are those which are leaning, have Dutch Elm Disease and some whose removal will benefit the light and drainage in the area. We're also trying to raise funding for the tree felling to be carried out by tree surgeons but would welcome help from anyone who has suitable equipment and experience to be able to do the job!

As part of the project we are running a series of gardening workshops with Alison Munro looking specifically at shaded gardens. The next one takes place on 21st October 10am – 1pm, cost £15 per person. The session will look at creating a new plot, planting on a budget and planting for different aspects in your garden. If you would like to book a space please-mail Alison Munro alisonmunro21@btinternet.com or Alison Boyle alison@highlandmuseumofchildhood.org.uk



Our local food deliveries start again on 17th August, and continue right through the winter

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.



Sign up for your regular delivery on our website: - www.knockfarrel.com

Or contact us on info@knockfarrel.com or call Jo Hunt on 07990 524280 to find our more & book your delivery slot

Diary of events for October & November 2017

October 2017

Thursday 5th October, 7.30pm
Serenade for Violin and Harpsichord
Strathpeffer Pavilion

Saturday 7th, 10am - 1pm
Container Gardening - £10 per person.
Tea, coffee & cakes included.
Strathpeffer Community Centre

Thursday 12th, 7.30pm
Dougie Maclean in concert
Strathpeffer Pavilion

Saturday 14th, 12noon - 2pm
Soup Lunch
Strathpeffer Church of Scotland
Church Hall

Saturday 21st, 10am - 1pm
Gardening Workshop
£15 per person. Contact:
alisonmunro21@btinternet.com
Castle Leod, Strathpeffer

Wednesday 25th, 10am - 12noon
First Aid Training for over-65s - Free
Strathpeffer Community Centre

Saturday 28th, 10am - 4pm
Wool & Textiles Festival - £2 entry fee
Strathpeffer Pavilion

November 2017

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

Thursday 16th, 8pm
Jake Bugg in concert
Strathpeffer Pavilion

Thursday 23rd - Sunday 26th
SPA Pavilion Art Fair
Strathpeffer Pavilion

Saturday 25th, 10am - 2pm
Christmas Market
Strathpeffer Community Centre

Wednesday 29th, 3.30pm - 7.30pm
Scottish Water Open Day - to discuss
the possible closure of the main road
through Strathpeffer in 2018.
Strathpeffer Community Centre

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

If you are holding an
event or meeting in the
local area, and would like
us to add it to our Diary of
Events, please get in touch
and let us know.

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

Lunch Club, 12.15pm
Highland Hotel, Strathpeffer

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