

Oct & Nov 2015

The Strath Times

Contact The Strath Times

You can contact us by e-mailing 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 Oct/Nov Issue is **Wednesday 11th November 2015**

Advertising rates

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

Strathpeffer Medical Practice

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 31st October in the Strathpeffer Practice between 9am and 12noon. 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 & contact details.

FREE NEWSLETTER

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



Community Link Update

The Community Walk along part of the old railway at the end of August was a great success. Following this we have a small working party who are identifying what practical steps we can do to clear the path, increasing the pressure on the Council to move the Link and work with



the landowners to understand the issue and find solutions. In just under a month we have already had the loan of a mulching mower from Frank Nicol and the core path from the Victorian Station to the Sewage works is now open and free of weeds. With the help of a few fantastic volunteers further sections of the path have been cleared and we will be calling on the group of people to help move branches and clear ditches. This will make it easier for us to access the countryside and walk safely to Dingwall. For further information check out the facebook page (Strathpeffer to Dingwall Community Link) or our new website which is coming together:

www.strathdinglinkpath.co.uk





Remembering the Strathpeffer Area

The project which investigates the heritage in Strathpeffer, Jamestown and the Heights has been running since July. The results of all the discussions, sharing memories, looking at maps and photographs and organised walks will be reviewed and designed into an exhibition which will be on show for the first time at Strathpeffer's Christmas Market on Saturday 28th November. The information will also be used to produce an updated walk leaflet, while the participants of the Creative Writing Course are working hard on writing fictional short stories which will be printed and bound ready for free distribution.

Children from P7 went to find out what it was like to grow up during WW2. They meet and interviewed the elderly residents from around Strathpeffer.

Children's Holiday Activities

We have a number of activities organised to keep the children occupied during the October Holidays. Everything from Cricket, Drumming, Blethers Café, Emergency First Aid for children, Films Basketball and Craft session. Watch out in the children's bag for further details or keep an eye on our Facebook page.

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

Village Website

Following recent meetings the What's On and Diary sections of the website have been taken down due to the resource required to collate and then input information.

It is hoped that these pages can be reintroduced and the Website committee are asking for a volunteer to undertake the activity. This involves an awareness of what is on and going to be on in the village: Community Centre, Pavilion, Community Council, Sports Clubs, Strath Band, etc. It would be necessary to chase up information where it is not publicly available.

Information will then need to be entered into the website as required. Technical assistance and training are both available.

This job does however require a degree of commitment; there is no point in making a good start and then tailing off so that the required degree of topicality is no longer there.

If you are interested in helping your community in this way please contact Kit Bowen on kit@kinellan.org

Remembering the Strathpeffer area

Strathpeffer

Creative Writing Course on a Tuesday: 7.00pm—9.00pm from 22nd Sept to 27th Oct

Exhibition of results, walk leaflet and creative writing stories at Xmas Market on 28th Nov

Sun 4th Oct Heights Walk from Neil Gunn Monument 2-4pm

Thurs 8th Oct Jamestown Walk 11.30-1pm

Thurs 8th Oct Strathpeffer Walk 2-4pm

Strathpeffer Community Centre

For further info Tel: 01997 421 989

info@strathpeffercommunitycentre.org.uk

LOTTERY FUNDED

heritage lottery fund

ARCH
 Archaeology for Communities in the Highlands

STRATHPEFFER
 COMMUNITY CENTRE



The Friends of the Pavilion

On October 2nd we are holding an Indian Summer Evening at 7pm with an Indian Buffet and an Indian themed film. Saris are optional and where else would you get a meal and a movie at such a wonderful price? Tickets £12 and are available online www.strathpefferpavilion.org or the Pavilion Box Office 01997 420124.

Our Food and Craft Fair is on October 17th and 18th from 10am – 4pm each day and entry is free. Perfect for early Christmas shopping with lots of exciting stalls. Tea, coffee and home baking will be available.

The Annual Art Fair will be held from Thursday 26th – Sunday 29th November. This is the highlight of our year and features lots of exciting and colourful exhibits. There will be a paint workshop and a quiz available for the children in cooperation with Alison Boyle, Curator/Manager of the Highland Museum of Childhood. Opening times are: Thursday 26th/Friday 27th 10am – 8pm each day; Saturday 28th 10am – 6pm; Sunday 29th 10am – 3pm.

Following on from our Summer Big Sing we are again indebted to Moira Harris and Steve Jones for leading our Christmas Carol Big Sing on Sunday December 6th at 4pm – 6pm. Come along and enjoy singing your favourite carols and Christmas songs. Tickets: Adults £7:50, Children £3:50, Family tickets available. Tickets include a glass of Christmas Punch/Soft Drink and a mince pie.

For more Information go to our Facebook page: www.strathpefferpavilion.org/friends-of-the-pavilion or contact the Pavilion Office on 01997 420124.

Winter local food deliveries and Christmas orders

Pork pies, dry cured hams, Brussels sprouts, potatoes, carrots, sausages, pesto, eggs, jam.....all grown on our family croft at Knockfarrel

Our fortnightly delivery service of home grown organic vegetables and pork continues throughout the winter - spaces still available for local customers.

We are also taking one-off Christmas orders for our veg, hams and pork pies.

See our website for a full list of produce available.
Please place your Christmas order by Friday 11 December 2015.

Spaces now available for our fortnightly deliveries

Details on www.knockfarrel.com
Or contact Jo Hunt: info@knockfarrel.com
T: 07990 524280



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!

MUSEUM COFFEE SHOP

Homemade meals and baking served all day

Breakfasts

Light meals

Hot filled rolls

Delicious Soup

Cakes & Traybakes

Snacks



Closed from Monday 2nd Nov
Re-opening on Thursday 26th Nov
Then Winter hours – open Thursday to Sunday

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

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

Booking now being taken for Christmas Lunches and Dinners

Strathpeffer Community Council Election

Community Council Elections must be held every 4 years and in Highland, these will take place across the area this Autumn. Community Councils are voluntary organisations which represent their local community and act as a voice to express concerns and views of the local people and to take on local projects, raising funds and encouraging people to become involved.

Strathpeffer Community Council flagged up almost a year ago that it would need new members this Autumn and by the time this edition of the StrathTimes is published the deadline for nominations (6 October) is likely to have passed. Several of the current members will be stepping down in November, or rather not nominating themselves for re-election. There is a great opportunity for new people to come forward with new ideas, knowledge and skills to progress current projects and initiate new ones.

So there have been posters and notices around the village, an article in the Ross-shire Journal, messages and information on the Community Website and hopefully plenty of word-of-mouth in the last couple of months which should have encouraged lots of people to self-nominate to join the next Community Council

Strathpeffer has a quota of 8 Community Council members and needs at least 4 to be formed – but 4 members would barely be representative of a whole village! If the required number of members is not met, we will have no community council and therefore no voice for our village. Hopefully this won't happen and if it does the community may wish to call a meeting to discuss how the existing projects, currently being supported or run by the Community Council can be taken forward. So much time and effort has already been put in, that it would be a shame for it to go to waste.

For those who have already submitted nominations, Strathpeffer Community Council business is in good shape. It has been well managed and the administration is up-to-date. There has been an effort to really share the load so all the work doesn't land on the shoulders of just a few and this has worked well. A few members would like to be re-elected and this would provide some continuity for existing projects and contacts.

Full information on the election procedure and timetable is published on the Highland Council website. Follow the link:

http://www.highland.gov.uk/info/799/elections_and_voting/643/community_councils

Nominations opened on Tuesday 22 September and the deadline for submitting nomination papers is 4 pm on Tuesday 6 October.

If you would like to know more about Strathpeffer Community Council and the work it does please come along to the October Meeting on Monday 5 October at 7 pm, or contact Alison Munro-White (Secretary) or Peter Walling (Vice-Chair) by leaving a message at Strathpeffer Community Centre 01997 421989 or email secretary@strathcouncil.org.uk.

Strathpeffer Community Council members would like to take this opportunity to give special thanks to the outgoing Chair Kit Bowen who stepped down in May. Kit has worked tirelessly for the last 8 years to try and raise funds for the community, support projects run by other village groups and keep a close watch on planning and public consultations which affect the village.



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www.squarewheels.biz

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your Christmas
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Ice
Cream
Sold
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f b

**THE REAL SWEETS
& GIFT COMPANY**
AT THE PUMP ROOM,
STRATHPEFFER
Perfect Gifts For Everyone

Quality gifts to suit all budgets and ages from our giftshop.
Sweet gifts from our sweetshop, including orders taken for
the popular, personalised sweet gift boxes for all occasions -
Birthdays/Decade, Weddings, Anniversaries etc.

You are welcome to call in and browse at The Pump Room

Email: realsweets@me.com

 Tourist Information Point providing information about local attractions, accommodation and services
See door or Facebook for opening times

Christmas market

This year's Strathpeffer Christmas Market is on Saturday 28th November, 10am – 1.30pm at Strathpeffer Community Centre. This is your perfect opportunity to buy those unusual gifts. Individually designed jewellery to locally grown organic vegetables; from books to knitting; from fossils to cards.

This year there will be an exhibition on Remembering the Strathpeffer Area, a project that has been ongoing for the past 4 months. Not forgetting Santa's Grotto, where children can visit Father Christmas, tell him all the presents they want and get a small gift in the process.

To keep your strength up while you shop, why not have a rest in the café and treat yourself to a bacon roll or a home-made cake, while listening to some live music. There are still some stalls left so anyone wanting a stall should contact the Community Centre.

**Got any news or local events to
promote - get in touch... we'd love
to hear about it!**
See contact details on the front page



Can you believe it is almost time for us to get the Christmas decoration out once again? This year we are starting earlier and planning to be ready for November 14th! Why not plan to come by and see Susannah's beautiful decorations and have a cuppa and a bite to eat while you are here.

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

****Book now for the Festive Season.****
Christmas Lunches, Dinners and
Seasonal Afternoon Teas from November 14th-Dec20th



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

 **Marion Taylor Mcfhp Mafhp**
Foot Health
Professional Practitioner

Corns, callus and hard skin removal
Verruca treatment
Rheumatoid and diabetic specialist foot treatment
Nail trimming and nail reducing
Split nail and heel fissure treatment

HOME APPOINTMENTS
DAY, EVENING OR WEEKENDS
PROFESSIONAL TREATMENT ASSURED
01997 414355 . Mobile: 0788 0773342
Email: strathmore7@btinternet.com

Fair Trade and locally produced gifts,
crafts, food and more. 

Lots of beautiful new stock for Christmas now in

Opening Hours
Wednesday-Saturday from 10am-5pm
Sunday 12pm-4pm
With extended hours in December

 Victorian Station,
Strathpeffer
Tel 01997 420074
info@greenkite.co.uk
www.greenkite.co.uk

**Kids leaving home?
Retiring?
Need exercise but hate exercise?**

Why you should learn to dance.

- You won't notice that it's exercise.
- You generally get to do it with a member of the opposite sex.
- You can pause for a drink whenever you feel like it.
- The training is painless and stress free. This is not "Strictly".
- It doesn't cost much.
- It's a great night out for two.
- Men - women love to dance.
- Women - men are sometimes a bit more reluctant. Put something on short supply till he capitulates.

**Dingwall and District Ballroom
and Social Dancing Club.**

Lessons start 7th Sept 2015

National Hotel, Dingwall - 7.30 to 11.00 pm.

Entry £2.50 each.

**Learn Waltz, Quickstep, Jive, Fox-trot, Tango,
Rhumba, Sequence Dances etc.**



PILATES CLASSES

Karen will be continuing Pilates on Thursdays after the school October holidays.

Strathpeffer Community Centre
Thursdays 10.30 – 11.30am
Dingwall Community Centre
Thursdays 12.30 – 1.30pm

This next block of classes will run from
29th October to 17th December 2015
(no classes on both 12th November or 10th December).
The cost is £48 for the block of 6 lessons.

Please contact Karen if you are interested
in starting tel: 07795465540,
email Karen_powell_pilates@yahoo.co.uk

Find me on Facebook under
KarenPowell'sHighlandPilatesandNordicWalking

www.karenpowellpilates.com

Put on your dancing shoes!

Each Monday from September 7th onwards the Dingwall and District Ballroom and Social Dance Club will start with a coaching session for beginners. If your notion of ballroom dance is big frocks and snooty expressions or the complex manoeuvres of "Strictly" then set it aside. The Dingwall class is informal, friendly, easy and fun. You will learn a variety of dances - fast and slow. At the end of the evening you will have had an excellent workout without even noticing that you have been exercising. Later on you can celebrate your new skills at our Christmas dinner dance to a live band - always a great and traditional way to celebrate the season.

Men - if you are shy of trying it remember that the majority of women love to dance. They appreciate any dance partner - permanent or not, who has taken the time to learn. Not so long ago it was expected as a matter of course that all men could dance. A reluctance to do so marked you as a lesser being and drastically reduced your chances of finding a partner. Things may have changed but the ladies still love it. Come along and try it out. Delight your partner. Mondays at 07.30 PM in the National Hotel, Dingwall. Admission £2.50. Dress informal.



- The club has been going for 27 years - the photograph is of a celebration of 25 years of the club held in 2013.
- There are about 46 club members at present.
- Both ballroom and sequence dances are taught.
- Our highly experienced instructors are David Moffat and Pat MacMillan. Both have been teaching for many years and have a relaxed and sympathetic teaching style.
- The club is a non profit making organisation. If funds permit we support local charities.

Any queries can be directed to the club secretary - Stuart Brown 01349 864787.

Diary of events for October & November 2015

October 2015

Thursday 1st, 8pm
International Guitar Night
Strathpeffer Pavilion

Friday 2nd, 7pm
Indian Summer Evening
Strathpeffer Pavilion

Sunday 4th, 2-4pm
Remembering the Strathpeffer area – Walk from Neil Gunn Monument.
Further info - 01997 421989

Monday 5th, 7pm
Strathpeffer Community Council meeting
Strathpeffer Community Centre

Thursday 8th, 11.30am - 1pm
Remembering the Strathpeffer area – Jamestown Walk.
Further info - 01997 421989

Thursday 8th, 2-4pm
Remembering the Strathpeffer area – Strathpeffer Walk.
Further info - 01997 421989

Friday 9th, 8pm
Allan Taylor
Strathpeffer Pavilion

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

Wednesday 14th, 8pm
Movie Night
Strathpeffer Pavilion

Friday 16th, 7.30pm
Ted & Co: The Dinner Show
Strathpeffer Pavilion

Saturday & Sunday 17 & 18th, 10am - 4pm
Food & Craft Fair
Strathpeffer Pavilion

Friday 23rd, 8.30pm
Mick Flavin
Strathpeffer Pavilion

Saturday 24th, 8pm
Aly Bain, Ale Möller & Bruce Molsky
Strathpeffer Pavilion

Monday 26th, 8pm
Fron Male Choir - Voices of the Valley
Strathpeffer Pavilion

Friday 30th, 10am
Sticky Kids Halloween
Strathpeffer Pavilion

Saturday 31st, 9am - 12noon
Strathpeffer Medical Practice Flu Clinic - make an appointment or drop in.
Strathpeffer Medical Practice

Saturday 31st, 8.30pm
Halloween Dance with Ezra
Strathpeffer Pavilion

November 2015

Sunday 1st, 11am - 4pm
Highland Wedding Fair
Strathpeffer Pavilion

Monday 9th, 8pm
Isla Grant
Strathpeffer Pavilion

Wednesday 11th, 8pm
Movie Night
Strathpeffer Pavilion

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

Saturday 14th, 7.30
Dingwall & District Choral Society
Strathpeffer Pavilion

Thursday 26th - Sunday 29th, 10am – 8pm (Sat 6pm // Sun 3pm)
Annual Art Fair
Strathpeffer Pavilion

Saturday 28th, 10.30am - 1.30pm
Christmas Market
Strathpeffer Community Centre

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

Regular events

Please bear in mind that some activities stop over the school holidays.

Mondays

Hung Ga Kung Fu 12.15-1.15pm
with Jen, £5
Crystal House, Richmond Hotel

Jog Scotland 12.30pm
Strathpeffer Community Centre

Qi Gong 1.15-2-15pm
with Jen, £5
Crystal House, Richmond Hotel

Kempo 4.30 pm - 5.30 pm
Strathpeffer Community Centre

Rainbows 4.45pm –5.45pm
Strathpeffer Community Centre

Brownies 6 pm - 7.15 pm
Strathpeffer Community Centre

Guides 7.30 pm - 8.45 pm
Strathpeffer Community Centre

Fitness Session 7.30-8.30pm
Strathpeffer Community Centre

Tuesdays

Under 5s 9.30 am - 11.30 am
Strathpeffer Community Centre

Yoga 12.30 pm - 2.00 pm
Strathpeffer Community Centre

Wednesdays

Mums & Bumps 9.30 am - 11.00 am
Strathpeffer Community Centre

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

Tennis 6pm—9pm
Strathpeffer Tennis Courts

Yoga 7.30 pm - 9.00 pm
Strathpeffer Community Centre

Tap dancing 8.00 pm - 9.00 pm
Strathpeffer Community Centre

Shimmy - Beginners fun belly dance
6pm –7pm with Sarina, £5
Crystal House, Richmond Hotel

Thursdays

Walking Group 9.45 am
Strathpeffer Community Centre

Craft and Craic 7 pm - 9 pm
Strathpeffer Community Centre

Fitness class 7 pm – 8pm
Strathpeffer Community Centre

Pilates, 10.30am (starting 29th October)
Strathpeffer Community Centre
If new to Pilates it is usual to have an

individual lesson before joining a class.
Block of 6 classes £48, individual lesson £35,
1:2 lesson £40. For more info or to book:
karen_powell_pilates@yahoo.co.uk

Fridays

Under 5s 9.30 am - 11.30 am
Strathpeffer Community Centre

Strathpeffer Singers 10 -12am
Goods Shed at the station, £3
(ring Sally to check venue 01997 423209)

Monday—Friday

Out of School Club 3-6pm
Strathpeffer Community Centre

Sundays

Tennis 10am—1pm
Strathpeffer Tennis Courts

Wyvis Croquet Club, 2pm
Ben Wyvis Hotel - first session is free. Tel:
01997 423209 for information.

2nd Sunday of each Month - Singing Bowl
Relaxation, 1–2.30pm
With Sarina - Free, donations accepted,
Crystal House, Richmond Hotel

Pavilion

VENUE, BAR & EATERY

WINTER EVENTS

PANTOMIME
CAROL BIG SING

FESTIVE
FOOD & DRINK

GINGERBREAD LATTE
HOGMANAY

CEILIDH

8/9
DEC

6
DEC

31
DEC

Christmas
3-Course menu
just £22.50
Available all day
1st-24th Dec

Keep up to date
with all that's going
on at the pavilion
with social media.

Just search:
StrathPavilion



Oct

Thu	1	International Guitar Night	8pm
Fri	2	Indian Summer Evening	7pm
Fri	9	Allan Taylor	8pm
Wed	14	Movie Night	8pm
Fri	16	Ted & Co: The Dinner Show	7:30pm
Sat-Sun	17-18	Food & Craft Fair	10am - 4pm
Fri	23	Mick Flavin	8:30pm
Sat	24	Aly Bain, Ale Möller & Bruce Molsky	8pm
Mon	26	Fron Male Choir - Voices of the Valley	8pm
Fri	30	Sticky Kids Halloween	10am
Sat	31	Halloween Dance with Ezra	8:30pm

Nov

Sun	1	Highland Wedding Fair	11am-4pm
Mon	9	Isla Grant	8pm
Wed	11	Movie Night	8pm
Sat	14	Dingwall & District Choral Society	7:30pm
Thu-Sun	26-29	Annual Art Fair	10am - 8pm (Sat 6pm // Sun 3pm)

Dec

Wed	2	NHS Blood Donation	5pm-8pm
Sun	6	Christmas Carol Big Sing	4pm-6pm
Tue-Wed	8-9	Robin Hood Pantomime	10:30am (+ 7:30pm Tues)
Fri	11	John McNicol	8:30pm
Wed	16	Movie Night	8pm
Fri-Sat	18-19	Del Boy & Rodney: Comedy Dinner Show	7:30pm
Thu	31	Hogmanay Ceilidh	8pm

2015

2016

Box Office 01997 420124
strathpefferpavilion.org