

Aug & Sept 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 **Friday 11th September 2015**

Advertising rates

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

FREE NEWSLETTER

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



Strath Centre Celebrates



Strathpeffer Community Centre is 15 years old in September. To celebrate the management board, staff and volunteers have decided to organise a family ceilidh on Saturday 19th September from 7pm onwards. Tickets cost £3 per adult and £1 for each child. There will be a live ceilidh band and caller along with other entertainment, a licenced bar and a big raffle with some great prizes. We also have the support of the MS Society who we are helping to fundraise. The MS Society has been using the centre over the past year and they support people who have MS and their families. These raffle tickets will be available in the run up to the event from a number of outlets. Look out for details.

There will be an exhibition of how the centre (and staff) has changed over the past 15 years and a chance to let us know what you want from the centre over the next 15 years!

We want the ceilidh to be accessible for everyone, so please pass on to everyone who has a connection with the centre – past and present and everyone in the village, this centre is for you to use and enjoy. We would love to see you soon.

Community link - let's walk the route!

As many of you are aware, there has been longstanding interest in linking the communities of Strathpeffer and Dingwall via a safe walk / cycle route. Although there are still many obstacles to overcome, a preferred route has been identified and we are planning to walk along part of it to highlight the level of community interest.

We will meet at the Victorian Station on Saturday 29th August at 12noon and take a ramble from there. The route will probably still be very muddy and a scramble around and under overgrown bushes will be necessary. Please bear this in mind and dress accordingly. We'd like to celebrate the walk with a picnic so please bring a packed lunch and we'll eat together before heading home. We estimate that we should be out for about 1.5-2hours. Contact Maree Todd or Clara Hickey if you have any questions.

This event is being organised to coincide with a number of other "OUR LAND - CAMPAIGN FOR SCOTTISH LAND REFORM" events taking place around Scotland the same weekend.



Remembering the Strathpeffer Area

A new project investigating heritage in Strathpeffer, Jamestown and the Heights is now underway, and invites people to join in, either to share memories or to learn about buildings, sites and people from the past. Organised by Strathpeffer Community Centre and ARCH (Archaeology for Communities in the Highlands), it has been funded by the Heritage Lottery Fund and Mackenzie New York Villa Trust.

The first sessions have focussed on Jamestown, and at the end of July will turn to the Heights. In September meetings will explore areas in Strathpeffer. Combining sharing memories, looking at maps and photographs, and walks, the goal is to build a picture of what survives, what has changed, and what has disappeared.

The sessions are led by Susan Kruse of ARCH who said "Short courses previously have shown how much interest there is in the rich local heritage. Everyone is invited to come, whether for the odd session or all of them, to listen to others or to contribute memories. There will also be walks, and a session at Highland Archive Centre. We will use information gained from the sessions to create an updated walk leaflet for Strathpeffer and binders of information to be kept locally, while all details will be submitted to heritage databases and local websites."

Clara Hickey of Strathpeffer Community Centre is also organising a creative writing course for the autumn where the material gathered can be used in a different way. Participants on the creative writing course will produce a booklet too, with contributions inspired by the local heritage.

All sessions are free and open to everyone. Contact the Community Centre or ARCH for more information.



Provisional programme for Aug & Sept:

TUE 28 July, 4th, 11th, 18th August, 10-12:30: Heights Hall, Heights of Inchvannie. Focus on the Heights.

FRI 7th Aug, 10:30: Visit to see the crannog at Loch Kinellan. Some people will meet at Strathpeffer Square at 10am and walk to the crannog – or meet at carpark for Loch Kinellan around 10:30. Joint event with Mackenzie Clan Gathering.

TUE 25th August, 10-12:30: Walk / Fieldtrip for the Heights. Meet at the Heights Hall.

MON 31st August, 7th, 14th, 21, 28th Sept, 10:30-1: Strathpeffer Community Centre. **NOTE NEW DAY AND TIMES.** Focus on Strathpeffer. One of these sessions will probably be at the Archives.

SUN 4th October, 2-4pm: Neil Gunn Monument, Heights of Brae. Launch of cup and ring marked stone, and walk to the Chambered Cairn.

THU 8th October 11:30-1: Jamestown Walk (meet at church in Jamestown)

THU 8th October 2-4pm: Strathpeffer Walk (meet at Victorian Station)

ARCH contact details: 077888 35466,

info@archhighland.org.uk, www.archhighland.org.uk

Strathpeffer Community Centre contact details:

01997 421989, info@strathpeffercommunitycentre.org.uk

Remembering the Strathpeffer area

Tuesday's 10am – 12.30pm
Heights Hall—28th July—18th Aug

Monday's 10.30-1pm from 31st Aug
Strathpeffer Community Centre

Exploring the heritage of Strathpeffer, Jamestown and the Heights. All welcome - come to share your memories or to learn more.

Free - coffee/teas provided

Strathpeffer Community Centre

For further info
Tel: 01997 421 989
info@strathpeffercommunitycentre.org.uk

LOTTERY FUNDED

ARCH
Archaeology for Communities
in the Highlands

STRATHPEFFER
COMMUNITY CENTRE

Strathpeffer Festival

After the successful meeting about reviving the Victorian Day, we are looking to revamp the event by combining a number of different activities. We want to celebrate the village by showcasing all the sports and attractions that happen in the village over a number of days. One idea is to organise a number of private gardens to be open for people to look and wander around – no matter what size of garden, if you are interested in taking part then please get in touch with Clara Hickey at the Community Centre or come along to the next meeting being held on Wednesday 19th August at 7.30pm at Strathpeffer Community Centre. We are also sending out a request to all the sports groups in the village to take part. If you are part of a club, please get in touch.

Soup Lunches

After the summer break, Soup Lunches will again be held in the Church Hall, Church of Scotland, Strathpeffer from 12 noon until 2. pm on the **SECOND SATURDAY** of each month, starting Saturday, 12th September, through to Saturday, 14th May 2016, with the **EXCEPTION** of Saturday, 12th December 2015, when everyone will be too busy getting themselves organised for Christmas! Ladies especially look forward to the February one (Sat 13th) as it is provided and served by the men of the church in view of St. Valentine's Day!

Lunch comprises a choice from 4/5 delicious home made soups, including vegetarian option, bread, yummy home baking and tea or coffee; donations will be gratefully received.

Please mark the dates in your Diary and come along for the craic as well as the lunch! All will be made most welcome.

Try for free

Although the start of the season has been pretty dire weather-wise, the Wyvis Croquet Club is still playing at the Ben Wyvis Hotel whenever conditions are possible. Croquet is a game that everyone can enjoy and, in order to convince you, the first session is free. Come along on Sunday afternoons at 2 p.m. for your try-out. Play is available at other times: just ring 01997 423209 for details.

Aug

Wed	5	Red Dirt Skinners	8pm
Wed	12	Movie Night	8pm
Thu	13	Dick Gaughan	8pm
Sun	16	Blazin Fiddles	8pm
Thu	20	Bingo	7:30pm-9pm
Sat	22	Paddy O'Brien	8:30pm
Wed	26	Friends Coffee Morning	10am-12pm

Sept

Wed	9	Movie Night	8pm
Fri	11	Blas Festival: The Allan Kelly Gang	7:30pm
Sat	19	Photography Fair	10am-4pm
Sun	20	Photography Fair	10am-4pm
Thu	24	Bingo	7:30pm-9pm
Sat	26	Exclusively Highland	10am-4:30pm
Sun	27	Exclusively Highland	10am-4:30pm
Wed	30	Friends Coffee Morning	10am-12pm

*All times listed are start times
Doors open 30-60 minutes before each event.

Pavilion

Box Office 01997 420 124
strathpefferpavilion.org

MUSEUM COFFEE SHOP

Homemade meals and baking served all day

Breakfasts		Light meals
Hot filled rolls		Delicious Soup
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From 1st April we are open 7 days a week
10am – 5pm

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

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

Strathpeffer Fairtrade Group wants to recruit new members

Are you interested in Fairtrade? Are you passionate about the world and its people? Would you like to be involved in organising fun events for a good cause? Then you might want to join Strathpeffer Fairtrade Group. We invite you to come along to the Community Centre on Monday 7 September to find out all about us.

Strathpeffer Fairtrade Group was set up 4 years ago, first of all with the aim of making Strathpeffer a Fairtrade Village, a status that we achieved in 2012. The group continues to raise awareness about Fairtrade, as well as trying to encourage people to buy (more) Fairtrade products, which are more and more widely available. Our recent audit here in the village showed that an astonishing 22 local shops & businesses use and/or sell a minimum of 2 Fairtrade products.

Group members get together several times a year to create and plan events to raise awareness, and to try to connect more people to Fairtrade. For example a 'Big Brew' every year during Fairtrade Fortnight, stalls at Community Markets, a Wine Tasting, a Diwali Dinner, etc etc. We do have loads more plans for events, but we need more people to help us organise them, and obviously we would welcome fresh ideas too!

SFT Group will have an information stall at the Community Centre on Monday 7 September from 5 – 9 pm. Please feel free to drop in, so you can get a better picture of who we are and what we do. If you can't make it on the 7th, just give one of us a call or email: Judith on 01997 423399, jvanklaveren@yahoo.co.uk, Pat on 01997 420074, patjustad@btinternet.com or pop in at Green Kite Trading Fairtrade shop, email info@greenkite.co.uk. Also: Find us and Like us on Facebook.

Fairtrade is all about guaranteeing better prices to farmers & producers in the developing world. Your contribution really goes a long way!

Love to sing?

The Strathpeffer Singers meet every Friday morning at 10am at the Goods Shed at the station, to enjoy singing together. The music is wide ranging and you don't have to read music or pass an audition. The aim of the group is to have fun so don't hide your light in your bathroom; come & join us - everyone is welcome. Tel 01997 423209 for details.

Join our local food delivery round...

Potatoes, carrots, salads, tomatoes, hand made sausages, dry cure bacon, hand raised pork pies, fresh pesto, jam, eggs...

We grow it all up the hill at Knockfarrel, on the family croft. It's all certified organic. We sell it all locally. And we deliver it to your door in our electric delivery van!

Spaces now available for deliveries starting August 20th

Details on www.knockfarrel.com

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



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KEMPO FOR KIDS (7YRS+) & TEENS

The Martial Art of Kempo is not just about youngsters learning Self-Defence.

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**STRATHPEFFER COMMUNITY CENTRE, MONDAYS,
4.30PM – 5.30PM**

Come along for a free trial lesson with Black Belt Instructors!



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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



Community Garden Project moves ahead

On Saturday, 13th June Strathpeffer Residents Association held a plant sale in the Square. A tremendous £80 was raised for the Community Garden Project. A big thank you to every one who donated plants, bought them or made a donation.

There is to be a special meeting on Wednesday, 12th August at 7.30pm in Strathpeffer Community Centre. The purpose of this meeting is to approve a SCIO constitution so that Strathpeffer Residents Association can apply for charitable status. SCIO stands for Scottish Charitable Incorporated Organisation. It will be a short meeting, followed by an ordinary meeting. Why not come along and find out how the project is progressing?

The Feasibility Study for the garden project is almost complete and it is planned to have a special, show case meeting, one afternoon in September. At this meeting there will be a short presentation about the results of the Feasibility Study – not to be missed!

More information about the Garden project can be found on www.sra.strathpeffer.eu or find us on facebook.

Funded by the National Lottery through the Big Lottery Fund.



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



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

****Open for Meals 7 Days a Week****



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



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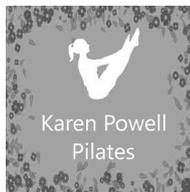
* Lots of beautiful new stock in for 2015 *

Opening Hours

Monday - Thursday 10am-5pm, Friday closed
 Saturday 10am-5pm, Sunday 12pm-4pm



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



NEW Pilates Classes starting Thursday 20th August 2015

Strathpeffer Community Centre -
Thursdays 10.30 - 11.30am

Dingwall Community Centre -
Thursdays 12.30 - 1.30pm

There will be an Introductory Lesson on the 20th August, followed by a further block of 5 classes.

Cost is £48 for the block of 6 lessons.

Karen Powell has been teaching Pilates for over 10 years in the Highlands

For more information and to book contact **07795465540** or email

karen_powell_pilates@yahoo.co.uk

Find me on Facebook under
KarenPowell'sHighlandPilatesandNordicWalking

www.karenpowellpilates.com



Have you ever thought of Pilates?

Karen Powell has taught Pilates, Nordic Walking and mindful movement in Inverness and the Highlands for over 10 years. She has developed a unique approach, having a background of training with Stott Pilates, Balanced Body Pilates and Nordic Walking.

Would you like to experience greater freedom, ease, less pain, confidence, strength and control of your body?

Well here is your chance!

Taught mindfully Karen's Pilates classes aim to enhance body awareness, enabling you to move with more grace and with more fluidity.

Men, women, all ages and all abilities benefit from the awareness that Pilates offers.

If you'd like to find out more or join one of the NEW Classes starting in August on Thursdays in both Strathpeffer and Dingwall, check out **www.karenpowellpilates.com** Find her on Facebook under **KarenPowell'sHighlandPilatesandNordicWalking**, or email **karen_powell_pilates@yahoo.co.uk**, or call on **07795465540**



Pavilion

VENUE, BAR & EATERY

Now open Wed-Fri (11am-9pm) and Sun (12-4pm), why not come visit the **Pavilion Restaurant** in Strathpeffer.

Telephone **01997 420124**

Find out more at **strathpefferpavilion.org**

Bit of a foodie? Search #strathpavilion and take a look at what our chef's serving up today...



Strathpeffer Festival of Wellbeing 23 & 24 May 2015

This was the third year that Crystal House had organised the festival in Strathpeffer Community Centre, but wellbeing goes back much further than that in Strathpeffer indeed it is a core feature in the village's development in the late 1800's.

"For us the heritage of wellbeing is one of the reasons that we relocated to Strathpeffer to establish Crystal House" Phil and Sarina, co founders of Crystal House.

Building on the successes of the previous festivals, this year visitors could not only indulge their retail therapy needs with books, crystals, body products, gifts, artwork, jewellery and wall hangings all available but also pamper the body with reflexology, Indian head massage, and other therapeutic tasters that were on offer. The most striking piece of artwork at the festival was the 1.2m long Unicorn that graced the festival foyer table.

Visitors to the festival had the choice of 22 inspirational talks and workshops; though with having two talk rooms you did have to decide which to go and participate in, which as all the speakers were great, was sometimes quite hard to do. The festival attracted local, national and even international

inspirational speakers with the furthest coming from Australia!

Once again to fortify and refresh the body there was a healthy option cafe serving cooked vegetarian food, gluten and dairy free cakes and cookies. As well as the cooked food the cafe catered for those interested in or curious about raw food diets. One of the favourite savoury options being the raw food burger although the dairy free, gluten free raw food orange and kiwi cheese cake sold out early on both days, with some folks even having it for breakfast.

The festival attracts volunteers that work alongside Phil and Sarina to ensure that the weekend runs smoothly and everyone has a wonderful experience, as feedback from the festival shows:

"love the vibe, love the people thank you so much"

"very nice food everyone appreciates the home-cooked and speciality items catering for gluten, dairy and sugar free"

"feeling attended to and looked after"

What's next for the festival?

Crystal House has already confirmed the dates for 2016 with the Community Centre. So mark your calendars and diaries with the 14th and 15th of May. The festival will continue to do what it does well with a healthy cafe, speakers and a wide variety of stalls, but a new addition for 2016 will be the introduction of a performance stage for dance, song, music, shorter talks and demonstrations. The format of the inspiration talks will be tweaked to give some longer workshops as well as the 45min 'inspire me' slots.

"Our vision for the festival is that people will come and stay in Strathpeffer for the weekend of the festival of wellbeing so that the whole village benefits from what we see as going back to its roots of wellbeing tourism." Sarina and Phil.



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Diary of events for August & September 2015

August 2015

Tuesdays 4th, 11th, 18th August, 10 – 12:30
Remembering the Strathpeffer area – Focus on the Heights
Heights Hall, Heights of Inchvannie

Wednesday 5th, 8pm
Red Dirt Skinkers
Strathpeffer Pavilion

Friday 7th, 10:30am
Visit to see Loch Kinellan crannog
Meet Loch Kinellan Car Park

Wednesday 12th, 11am - 3pm
Boccia afternoon - free entry, lunch provided
Strathpeffer Community Centre

Wednesday 12th, 7.30pm
Strathpeffer Residents Association Meeting
Strathpeffer Community Centre

Thursday 13th, 8pm
Dick Gaughan
Strathpeffer Pavilion

Sunday 16th, 8pm
Blazin Fiddles
Strathpeffer Pavilion

Wednesday 12th, 7.30pm
Strathpeffer Festival Meeting
Strathpeffer Community Centre

Thursday 20th, 7.30 – 9pm
Bingo Night, community event
Strathpeffer Pavilion

Saturday 22th, 8.30pm
Paddy O'Brien
Strathpeffer Pavilion

Tuesday 25th, 10 – 12:30
ARCH Walk/Fieldtrip – The Heights
Meet at Heights Hall

Wednesday 26th, 10 – 12 noon
Friends Coffee Morning
Strathpeffer Pavilion

Saturday 29th, 12 noon
Community link walk (see front page for more information)
Meet at the Victorian Station, bring pack lunch, clothes and footwear suitable for a possibly muddy walk (1 ½ to 2 hours long).

Monday 31st, 10.30 – 1pm
Remembering the Strathpeffer area – focus on Strathpeffer
Strathpeffer Community Centre

September 2015

Saturday 5th, 10.30am - 4pm
Great Feil Maree - Dingwall's Annual Street market

Monday 7th, 5-9pm
Strathpeffer Fairtrade Group information stall
Strathpeffer Community Centre

Monday 7th, 14th, 21st, 28th, 10.30 – 1pm
Remembering the Strathpeffer area – focus on Strathpeffer
Strathpeffer Community Centre

Friday 11th, 7.30
Blas Festival: The Allan Kelly
Strathpeffer Pavilion

Saturday 12th, 12 noon – 2pm
Soup lunch
Church Hall, Church of Scotland, Strathpeffer

Saturday 19th, 7pm
Family Ceilidh
Strathpeffer Community Centre
Adults £3 Children £1

Saturday 19th & Sunday 20th, 10am – 4pm
Photography Fair
Strathpeffer Pavilion

Thursday 24th, 7.30 – 9pm
Bingo Night, community event
Strathpeffer Pavilion

Saturday 26th & Sunday 27th, 10am–4.30pm
Exclusively Highland – Art, Food & Craft Fair
Strathpeffer Pavilion

Wednesday 30th, 10am – 12 noon
Friends Coffee Morning
Strathpeffer Pavilion

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

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, 2pm - 4.30pm
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

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

Pilates, 10.30am (starting in August)
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

Saturdays

Strathpeffer Pipe Band, 8.00pm
The Square, Strathpeffer

Strathpeffer Bowling Club, 7pm - 8.30pm
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