



Photo by Peter Teago

AN CARRANNACH

*The General Interest Magazine of Lochcarron, Shieldaig,
Applecross, Kishorn, Torridon & Kinlochewe Districts*

NO: 363

April 2018

£1.00

The Strathcarron Project – Looking after our own

What is the Strathcarron Project?

The Strathcarron Project is a Scottish registered charity. The charity was set up to create, and then run, the Howard Doris Centre. The concept of the Howard Doris Centre was unique and seen as an ambitious idea in its day. After 21 years, it still remains a "one-off"!

We're governed by a board of directors, all of whom live locally and give their time freely. Our directors represent everyone in our local communities - Lochcarron, Kishorn, Shieldaig, Torridon, Applecross and further afield. The Howard Doris Centre is an impressive partnership effort between the Strathcarron Project, NHS, Highland Council and Albyn Housing Association.

What do we do?

Since opening in August 1996, the charity has provided permanent accommodation for six local people, a respite suite and two medical beds. On Mondays to Fridays, we provide a wholesome, freshly cooked two-course lunch, with morning coffee and delicious home-baking for up to forty guests. Free transport to and from the Centre is provided. And we organise a wide variety of activities each week.

Our respite suite provides a sanctuary for a week or more. It allows relatives and carers to have a well-deserved break. Often regarded as a wee holiday (all inclusive!), many respite clients book regularly.

Our capable and friendly team of nurses and healthcare assistants look after patients in our two medical beds. Patient care is overseen by Dr Strath and Dr MacGregor at the Ferguson Medical Centre.

If that wasn't enough, our staff also help other local people outwith the Centre - such as providing a warden service for sheltered housing and personal care in someone's own home.

In summary, we are many things to many people: a social hub, a calm oasis, a place to recuperate, a garden with a spectacular view, the village library's home, a club/society's regular haunt, a meeting place for friends new and old. Our staff are charity employees who believe in what we do. It is their commitment that makes the Howard Doris Centre so special.

So, what is a charity exactly?

The Strathcarron Project is a charity, much like Highland Hospice or Macmillan Cancer Support. We are only allowed to undertake charitable activities and we must provide a public benefit. Caring for people is charitable. We

(Continued on page 2)

(Continued from page 1)

don't make profits. If we have money left over in a year, we have to spend it on our charitable work. We're allowed to have savings (reserves) but only to protect us against falls in income or help pay for specific things.

Where does our money come from?

YOU: we are indebted to the countless individuals, both local and further afield, who support our work - volunteers, donors, fundraisers, those who remembered us in their will. **We couldn't do it without you. Thank you for helping us.**

NHS Highland: they pay us to deliver services that they would otherwise provide e.g. hospital beds, sheltered housing, day centres and so on. But NHS Highland can't afford to provide those services where we live, in our community. That's why the Howard Doris Centre is so important.

Clients: our clients pay towards the services they receive. Some services are subsidised by us, some by NHS and some by Albyn.

Why are we asking for help?

Until now, we haven't had to fundraise actively. We've been very fortunate to receive some large donations and legacies. And NHS's funding used to keep pace with our costs.

But times have changed: long-running austerity measures have hit local councils and integrated NHS services hard. Any increases to NHS's funding won't be enough to cover our costs. Our clients shouldn't have to bear the brunt - we're here to help them.

We foresaw that costs would start to outweigh income this year. We do have enough reserves to cover shortfalls for a few years. But unless we start to raise money ourselves now, we can't avoid the inevitable trouble that's coming.

So, what are we doing about it?

We want to carry on providing the high quality of care that's appreciated by our clients and their families. So, the Board has created a Strathcarron Project Fundraising Group and we intend to make fundraising a core part of what we do.

We have set ourselves the target of raising £1,000 a week. That's a lot of money. But by breaking it down, the sums required become manageable.

How are we going to do this?

Friends of the Strathcarron Project: a new concept. We'll approach local people and businesses to join us as a "Friend" and commit to a regular (monthly/annual) donation to **secure a future for the Howard Doris Centre.**

Gift Aid: this scheme allows us to increase donations by 25p for every £1 (the donor has to be a taxpayer). We claim the extra money back from the government - **it doesn't cost you anything.** The process is painless, so expect us to ask you if you want to "Gift Aid" your donation - we'll do the rest.

The Fundraising Group will also approach charitable trusts and large businesses beyond the local area. We'll look at other ways of raising money and **we'd welcome your ideas.**

A final word from the Strathcarron Project's Chairman, Dr David Murray:

I trust that everyone will support the efforts of the Strathcarron Project's new Fundraising Group. It's a significant change for us all. As a charity, it's vital that we plan for the future and commit to significant fundraising efforts now. I'm confident that the steps we're starting to take will keep the Howard Doris Centre secure for many years to come.

We'll keep you informed regularly on progress through An Carrannach. Or pop in to the Howard Doris Centre - it's a very special place and we'd love to see you!

The Strathcarron Project is a Scottish registered charitable company limited by guarantee
Charity number: SC021024 Company number: SC142359
Registered office: Howard Doris Centre, Millbrae,
Lochcarron, Strathcarron IV54 8YQ
www.strathcarronproject.org

Editorial

We all know what an amazing job Mavis did in producing An Carrannach almost single-handedly for many years, albeit with wonderful help from those who assembled each issue and ensured its safe distribution. There is now a much larger team involved in every aspect of its production and again their assistance is much appreciated by all those who work to create and distribute it, not to mention the many more who go on to enjoy reading it and who consider it the local paper of record. We should also take this opportunity to thank the Lochcarron Library for stocking every copy so they are available for consultation.

This is a request to each and every reader. It is important to include new contributors and different stories to keep this publication interesting and lively so could you send in something? Or do you know someone who could? Do please consider getting in touch if there is a subject close to your heart. Many people have enjoyed historical features when they have appeared in the past. Do you know a story about someone or somewhere local that others might enjoy?

Thank you to Carol Cocks for her newsy round up about events at Kishorn - but what about Applecross and Shieldaig? Isn't there someone who could kindly provide a brief round-up of your very local news. Not everyone can use Facebook and even when they can, it is so brief and fleeting. Please look around and see if you can persuade someone to take this on for your area. The more contributors, the more lively the magazine.

Joanna Macpherson on behalf of the
An Carrannach team

AN CARRANNACH

Published by An Carrannach Society, Lochcarron.

Chairperson: Joanna Macpherson

Editorial Content Material for publication must be emailed to Michelle Teago at news-copy@ancarrannach.com or a phone call to 01520 722688

Sub Editor Joanna Macpherson

Area Representatives:

Applecross: Lenore Small 01520 744 337

Kishorn: Carol Cocks 01520 733 213
Shieldaig: Lucy Kerr 01520 755 368
Torridon: Glyn Meredith 01445 791 270

Features: A Word from the Church/On Reflection
Gardening - To be confirmed
Nature Notes - Hatty Arthur - 01520 722 551
Email: hattyarthur@me.com

Advertising: ad-copy@ancarrannach.com

Mailing: Hilary "Post" Rooke

Distribution: Anthea Zell

Treasurer: Tony Caminiti

10 Kirkton Road
Lochcarron IV54 8UF
01520 722 148
treasurer@ancarrannach.com

Local Rate: Entertainments, Sales, Services, Trade
Whole Page £28, Half page £18, Quarter page £10

Out of Area Rate: Please email us for prices

Insertions: Births, marriages, deaths, acknowledgements. Congratulations, thanks notices - No charge

Subscriptions: 11 issues post paid, U.K. £25.00 :
Australia £66.00
Canada and USA £60.00
Contact subs@ancarrannach.com

Material intended for publication must include your name and address.

Please note we can now accept copy in any format..

CLOSING DATE FOR THE MAY 2018 ISSUE

**MATERIAL MUST BE RECEIVED BY
NO LATER THAN 15TH APRIL PLEASE
E&OE.**

The An Carrannach Society does not accept responsibility for the content/accuracy of reports, articles and advertisements received. The views expressed by contributors are NOT necessarily those of the Society.

THE BEALACH *café* AND GALLERY

The Bealach Café, family run since April 2015, provides the perfect place to stop and refresh whilst travelling in either direction over the famous *Bealach Na Ba* road pass.

We serve freshly-ground coffee, home-made scones, cakes, pastries, soups and light lunches - all with a warm, friendly Highland welcome.

The Bealach Gallery exhibits and sells landscape and abstract painted works by local Scottish artists.

The Bealach Gallery also exhibits and sells pottery, jewellery, textiles and rugs by established artists and emerging talent, as well as individual pieces of furniture from the Tornapress workshop.

We also provide a picture framing service.



TORNAPRESS FURNITURE AND JOINERY MANUFACTURE

Tornapress Furniture is run by John Murphy who has been a cabinet maker for over 30 years. We produce a wide variety of bespoke timber-based furniture, including individual pieces, fitted domestic/office furniture and architectural joinery.

The Bealach Café and Gallery

Tornapress · Kishorn · Wester Ross · IV54 8XE
t: 01520 733436 · e: info@thebealach.co.uk
w: thebealach.co.uk

Tornapress Furniture and Joinery Manufacture

Tornapress · Kishorn · Wester Ross · IV54 8XE
t: 01520 733243 · e: john@tornapress.co.uk
w: tornapress.co.uk

**Scottish Episcopal Church
Courthill Chapel, Kishorn**

**Services for April
Sunday Service 10.30 a.m.**

April 1 10.30 a.m.	Eucharist Easter Day	Rev. John Searl
April 8 10.30 a.m.	Eucharist Easter 2	Rev. Heather Widdows
April 15 10.30 a.m.	Eucharist Easter 3	Rev. John Searl
April 22 10.30 a.m.	Eucharist Easter 4	Rev. John Searl
April 29 10.30 a.m.	Eucharist Easter 5	Rev. Francis Minay
May 6 10.30 a.m.	Eucharist Easter 6	Rev. John Searl

For more information, ring:

Marcus Given Rita Sykes
01520 722 617 01520 722 995

Rev. Heather Widdows or Rev. John Searl
01445 712 176 01445 741 231

Roman Catholic Mass
Father William MacLean
Monthly on Thursdays
Contact 01478 613 227
Urgent 07717 222 492

CHURCH OF SCOTLAND
APPLECROSS, LOHCARRON &
TORRIDON
Charity No: SCO32334

Times and Places of Worship for April 2018

1 st April	Lohcarron Torridon Community Hall	10.30am 1.00pm
8 th April	Lohcarron Shieldaig Applecross	10.30am 1.00pm 1.00pm
15 th April	Lohcarron Kinlochewe	10.30am 1.00pm
22 nd April	Lohcarron Applecross Shieldaig	10.30am 1.00pm 1.00pm
29 th April	Parish Communion Lohcarron	12 noon

Minister Rev. Anita Stutter
 Tel. 01520 722783
Email astutter@churchofscotland.org.uk

ALL ARE WELCOME

**All Saints (Scottish Episcopal)
Mission, Kinlochewe
(Church of Scotland Building)
Easter-tide Services**

**Easter Day
Sunday 1st April 2018, 2.30pm**
Celebrant and Preacher: The
Revd Pam Shinkins

Sunday 6th May 2018, 2.30pm
Everyone welcome
All enquiries: 01445 781346
Scottish Charity number :
SCOO4655

*Spotted on a church notice
board: "Faithbook: You have
one new friend request from
Jesus!"*



ON REFLECTION

I'm sure I won't have been the only person to notice that **Easter Day** and **April Fool's Day** happened to coincide this year, as; indeed, they must often have done in the past. It's a combination of themes rich in irony, isn't it?

The origins of April Fool's day are obscure and varied: one of them actually puts it all down to a victory by the people of a village called Gotham in Nottinghamshire back in the 13th century, who succeeded in fooling King John into believing they were all lunatics and by so doing persuaded him to avoid travelling through the village, thus safeguarding it for themselves! That has a somewhat "Pythonesque" flavour to it, a bit too much like an April Fool itself, doesn't it? A rather more plausible suggestion is that the introduction of the Gregorian Calendar in 1582, not widely enough publicised, caught many people out still celebrating the New Year on April 1st. What April Fools!

Whatever the origin of the day itself, its coinciding with Easter Sunday begs the question as to exactly who the joke is on! Is it on those gullible and self-deluding fools, the Christians, who celebrate on Easter Sunday each year Christ's victory over sin and death? Or is it, rather, on those who's scepticism causes them to "miss the many splendoured thing" which is the strange *persistence* of Love against all sensible odds? For that is really what Christians celebrate in the resurrection.

I suppose it depends rather on your standpoint as to who feels more fooled than the other! However, there's no quarrelling with the fact that belief in the resurrection makes Christians "fools for Christ's sake" since the question isn't a new one. It goes all the way back to the New Testament itself. St.Paul, writing to the Christian church at Corinth admitted that the theme of their "gospel" - the death and resurrection of Christ - was a "barrier" to Jews and "nonsense" to the gentiles. He came up with a memorable pair of lines in response:-

"For the foolishness of God is wiser than the
wisdom of men,
and the weakness of God is stronger than the
strength of men."
(I Cor.1.23-25)

Both the objections he mentions persist today. Either people think it is all so much "nonsense", or, if they take the claim seriously at all, they cannot make any sense of a God who would, in John Austin Baker's memorable phrase, "Allow goodness to be ground under the heel of evil". It's an entirely reasonable objection. Love's all right, in its place, but it can't be the answer to the world's sickness, its hatreds, its wars, its lawlessness and corruption, weak and powerless as it is. Can it? Yes, we all need love, but it's just a bonus isn't it? A nice thing to have? But love as a game changer.....?

The thing is, though, that when love is taken seriously and put into practice, remarkable, unimaginable things happen: barriers between people break down, people find hope where they were in despair, people are psychologically healed of deep-seated hurts, sworn enemies are reconciled, debts of all kinds are remitted and strangers are welcomed rather than turned away with suspicion. When two disillusioned followers of Jesus met a stranger on the road while walking away from Jerusalem after their hopes in Jesus were ended by his death on the cross, and were induced to share the reasons for their despair, the stranger replied.....

"You foolish men! So slow to believe all that the prophets said. Wasn't it fitting that the Christ should suffer these things *and so enter into his glory?*"

When we know, ourselves, how absolutely vital to our own well-being it is to be loved, accepted and forgiven by our fellow men and women, and how key it is to our enjoyment of life to be able to give and share our own love of life, are we not, indeed, foolish to put so little faith or effort into it? Well might Archbishop Cranmer have begun one of the many prayers he composed with the words

" O God, who seest that we put not our trust in anything that we do....."

and Lady Julian of Norwich have both lamented the human condition, and diagnosed that condition when she said.....

"For failing of love on our part, therefore is all our travail."

Jesus tried to tackle that head on. He was foolish enough to believe he could make a difference. He failed. Or did he? Love persists where it shouldn't, springs up "like wheat that springeth green", will not lie down and be quiet, will not give up, and goes on quietly transforming human hearts, not by compulsion but persuasion. That's the Easter message! That's the foolishness of the "Good News" The foolishness of God. And, really, I suppose the joke's on us all!

A Joyful, and hopeful Easter to you all,

Francis Minay



NATURE NOTES

Feb 16th – March 15th 2018

With Spring moving on a pace, sights and sounds of nature's renewal abound. Primroses, Winter Aconites and Flowering Currant are all in bloom, garden birds are busy collecting nesting material and various territorial disputes are a regular feature between certain birds, particularly Robins and Blackbirds. I have been aware of daily 'punch-ups' in the garden occurring between two male Blackbirds and at times, the fracas has got pretty intense, with the birds pinning each other down on the ground, at one time so engrossed in their conflict that the approach of a cat went unnoticed until dangerously late! There are still a few Redwings and Fieldfares about but they will no doubt be on their way very soon (although there may possibly be a few pairs that remain to breed in north-west Scotland). Redwings, unlike Fieldfares, are notable for singing before they leave on their flight northwards and I was lucky enough to hear a solitary bird in full voice on March 11th. The song varies but it is often a short phrase that rolls down the scale with a lovely liquid sound, as opposed to its thin, penetrative flight call which fills the skies from September onwards. Amongst various local reports, Margaret Maunder told of seeing a Redpoll down at Leacanashie, Helen Murchison has seen Shelduck at Tornapress, Stan and Linda Jackson are enjoying visits from Bullfinches to their garden and a number of people continue regularly to be seeing a White-tailed Eagle out on the loch on Sgeir Fhada.

Some Ospreys will already have arrived in the UK from their wintering grounds in West Africa, with most arriving in April – I hope our local ones make it back safely.

Osprey, Eurasian Beaver, Large Blue Butterfly, Pool Frog, Sand Lizard and Stinking Hawksbeard are six iconic reintroduced species to grace a special new set of Royal Mail stamps. However, the Ospreys' dramatic Scottish comeback in 1954, when a pair nested at RSPB Loch Garten reserve, was actually natural (BBC Wildlife April edition). I will never forget the experience of watching one fishing on the other side of the loch last year, its trademark dive beneath the water providing pure theatre.

Still on the subject of birds of prey, I have had numerous sightings of a male Sparrowhawk in the garden and on Main Street. I recently moved my bird feeders to a different site and the 'resident' hawk planned its new route of attack very quickly. Many people speak of their dislike for these particular birds because of their killing method but Sparrowhawks have learnt to exploit our daily handouts of food on the bird table to obtain their dietary requirements. They are classic opportunists and their habit of feeding on small songbirds has placed them high up on the 'villain' list among the millions of people who enjoy feeding birds in their garden.

For me, like it or not, they are not villains and it is a privilege to see these birds hunting. They are simply doing what they have evolved to do in order to catch their food, survive and feed young. The skill, technique and speed they exhibit is quite phenomenal.

Soap box moment – if you want an example of real villains, look no further than those humans who take pleasure in gunning down so many varieties of

migrating birds, from Ospreys to small songbirds, simply 'for fun'.

When birds begin to nest in the spring, a question that hadn't gone through my mind until very recently was, what is the actual timing of egg laying? Strangely enough, this very subject was given mention by Mike Toms in April's BBC Wildlife and, I quote....*"Most small birds lay soon after sunrise, most likely because their eggs are relatively large compared to body size. Carrying such a big, fragile object around may make a bird more vulnerable to predators and increases the risk of damage."*

Larger birds, whose eggs are much smaller relative to body size, often lay at other times of day with no clear timing pattern. Some, however, are constrained by behaviour. For example, most Petrels and Shearwaters only return to their nesting burrows after dark, which restricts egg-laying to night-time hours. Interestingly, female cuckoos – whose eggs are very small for a bird of their size - lay during the afternoon, possibly because they are less likely to be detected by their hosts, who spend more time away from the nest during these hours".

A female Cuckoo lays about a dozen eggs. She will place each one in a different nest but generally belonging to the same species, usually the same species that raised her. As soon as the incubating host leaves its nest, the Cuckoo steals in, removes an egg and replaces it with its own, all in a matter of seconds. When the host parent returns, it generally doesn't notice the slight difference in the appearance of the eggs but not all potential hosts are fooled and some do remove newly-laid Cuckoo eggs. Smaller birds often mob Cuckoos, similar to the way that an Owl or other predator is harried. It is unclear whether the mobbing is caused by the Cuckoo's striking resemblance to a hawk or falcon or whether its misdeeds are known to the mobbers.

Very soon, adult Common Lizards will start to arouse themselves from hibernation as warmer weather moves in. They may have overwintered in groups (known as 'hibernacula') and will spend a lot of time basking in our glorious sunshine (here's hoping) before turning their attention to mating, with the first young born live in July.

Sand Lizards (mentioned earlier) are one of the UK's rarest reptiles and the only native egg-laying lizard. A captive breeding programme reintroduced them to various sites in England and Wales after their population crash (caused by dramatic habitat loss). According to information I have found, there is a small population on the Isle of Coll. They are short-legged and stocky in appearance and during the breeding season, males develop bright green flanks which makes them easily recognisable. Confusingly, Common Lizards sometimes have green colouration but their bodies are much sleeker and more stream-lined than the Sand Lizard.

Our other species of UK lizard is the Slow-Worm and I know that these are frequently seen in gardens in Lochcarron. As is well known, these are not worms or snakes but legless lizards, this fact given away by their ability to shed their tails and blink with their eyelids.

As reported by the BBC (on the NE Scotland, Orkney & Shetland page), five years after the "once-in-a-lifetime" sighting of a Walrus in Orkney, a second animal has been spotted there by a volunteer at North Ronaldsay

Bird Observatory. How wonderful and what a surprise. Who knows what might suddenly appear in our loch? I doubt it would be a Walrus but never say never. Keep your eyes open...Let me know... From Wagtail to Walrus...it's always good to hear your news.

Happy listening, looking and watching.

HATTY ARTHUR

Bank House
01520 722551

hattyarthur@me.com



FREE CHURCH LOHCARRON & APPLECROSS

You are welcome at our services
Lochcarron Church Street IV54 8YP

Sunday 11am and 6 pm

(Crèche and Sunday school)
Midweek Wednesdays 7.30pm

Applecross Camusterrach IV54 8LU
3 pm every Sunday

Other events as intimated.
Scottish Charity SC038169

Rev M. Florit 01520 722999

marcos.florit@gmail.com

www.freechurch.org

LOHCARRON
FUND RAISING GROUP
FOR
THE HIGHLAND HOSPICE
INVITE YOU TO OUR

AGM
ON TUESDAY
10th APRIL 2018
AT 7PM

AT
AZALEA COTTAGE
MAIN STREET

If you feel you could help us in any way at all please come along to our Meeting. If you are unable to do so but are interested please phone Sheila 722909 or Rita 722995 for a chat. We would really appreciate your support.

WEATHER RECORD - SLUMBAY

FEBRUARY 2018

Date:	Max Temp in oC	Min Temp in oC	Rainfall in inches
1	5.90	2.90	0.27
2	6.60	2.40	0.23
3	6.50	0.20	0.09
4	3.80	-0.90	-----
5	5.80	0.10	0.12
6	3.70	-2.80	0.02
7	6.30	-1.20	0.14
8	7.00	0.20	0.39
9	6.10	0.10	0.21
10	6.30	-0.90	0.16
11	2.70	-0.70	0.39
12	4.30	-0.10	0.86
13	5.40	0.10	0.32
14	6.10	1.20	0.93
15	4.70	1.10	1.02
16	5.70	1.70	0.66
17	7.50	1.50	0.22
18	6.90	1.30	0.45
19	9.10	4.70	0.32
20	8.40	-2.40	-----
21	8.10	-1.50	0.01
22	6.70	3.40	-----
23	7.80	-0.70	-----
24	8.30	-2.80	-----
25	9.30	-2.40	-----
26	6.30	-3.50	-----
27	4.40	-3.50	-----
28	-0.50	-4.90	-----
29			
30			
31			

TOTAL	FEBRUARY	2018	6.81
RUNNING	TOTAL	2018	15.72
TOTAL	FEBRUARY	2017	5.97
RUNNING	TOTAL	2017	11.99



Lochcarron Sailing Club News

We are now looking forward to the new sailing season.

Over the next few weeks the new boat shed will be

taking shape,. We hope it will be up for the rigging day on the 31st March when we will be preparing the club house, boats and grounds for the coming season.

Our first sailing date is the Easter race on the 1st April at 6pm. It's a great chance to get out on the water. The first Wednesday night sailing is on the 18th April, 4.30pm onwards at the sailing club.

If you are interested in learning to sail or would like to improve your sailing skills, Lochcarron Sailing week takes place in the first week of July. The club runs RYA sailing courses for adults and children of all levels. If you would like to try out sailing before then, speak to a club member on a Wednesday night or phone to arrange to try out sailing.

If you are interested in joining the club as a sailor or supporter, please contact Angela 722989, Steve 722870, Frances 766270, or Lochcarronsc@googlemail.com

Diary dates:

31st March: Rigging day. Come along and help prepare the club buildings, grounds and boats for the coming season. From 10.30 am.

1st April: Easter day race - Come and enjoy the first outing on the water... with an Easter egg prize.

18th April: Wednesday night sailing starts.

2nd - 7th July: Sailing Week - RYA courses for juniors (from new P6) and adults, all levels.



Remembering Bethany

As many of you will know Bethany Walker died on the 5th January passed. She was just 18. The cause of her death was Sepsis complicating Pneumonia.

Bethany's mum, Heather, writes, "It brings comfort knowing that fundraising can provide more research into Sepsis, and also raise awareness. Nothing can bring Bethany back but preventing others from going through what happened to her and what Danny and I are going through, is extremely important."

Gerry McPartlin has devised his own sponsored challenge to raise money for Sepsis UK in Bethany's memory. Gerry, who is 74, is going to try to run 2 marathons in April: Paris on 8 April and London on 22 April.

If you would like to sponsor Gerry you can do so on line at, <https://uk.virginmoneygiving.com/gerrymcpartlin>
Thank you.



AGM

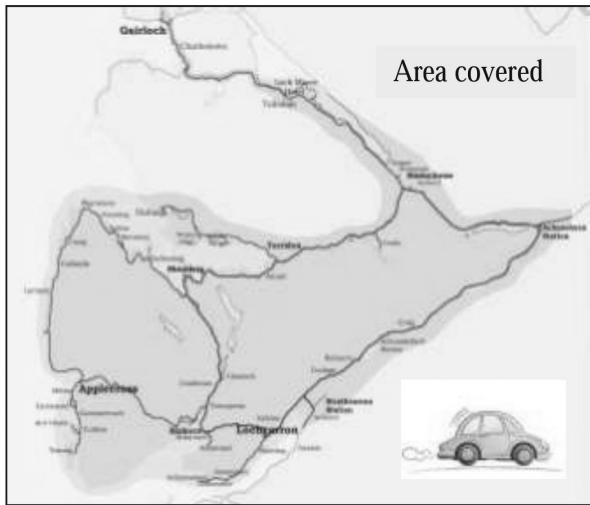
**in the Upper Village Hall,
Lochcarron
on Tuesday May 8th at
19:30**

All welcome.

Existing members are reminded their subscriptions will be due at this time. Any members unable to attend can nominate a proxy by completing a proxy form available from the Secretary, Liz Howard.

South West Ross Community Car Scheme

Registered Scottish Charity, No: SC034461



Need transport locally? We can provide runs 7 days a week. We're here to help residents where public and/or private transport is not available or suitable. Shops, surgeries, dentist, hairdresser, Church, to visit friends or community events - if you're not sure just ask. Remember we are a community car scheme and it is open to all (over 16's) in the community.

Call: 01445 791 436

9.30am – 2.00pm, Monday to Friday

Fare 20p/mile (up to a max fare of £8.00 for journeys over 30 miles)

Like to help? Call Steve on 01445 791335 (office) for more information

S.W.R.C.C.S. is funded by



Registered Office: Loch Torridon Community Centre, Torridon, Achnasheen, Ross-shire, IV22 2EZ

HRI ARCHITECTS

Incorporating Thomas Munro & Co



www.hri-architects.com

62 Academy Street, Inverness 01463 240066

The Kishorn Meeting House



As far as I know, this is the oldest building in Kishorn since Courthill House was demolished.

The Meeting House was built after the Free Church separated from the Church of Scotland in 1843. The Free Church had a huge problem. They had about 150 congregations and only 51 Probationers. Money was scarce.

The country was in the grip of the Potato Famine. How could the Free Church pay to educate future Ministers? Indeed, how could they educate prospective students? Very few schools existed and cost money.

A proposal was put forward that schools should be created in the Highlands and Islands with the students teaching all summer, and going to college in the winter. The Ministers of the Free Church had many duties and responsibilities. They turned over the problem to the energetic ladies of the Glasgow and Edinburgh Ladies Association. Thus the Free Church Schools became known as the Ladies Schools.

Other organisations were at work too eg. The Society for Propagation of Christian Knowledge.

In due course a Free Church School was built in Kishorn (The Meeting House). In 1874 the education Act was passed and a new Government School was built across the road, making the 'Ladies School' redundant .

At that time everyone had to walk to Lochcarron to church. One day some Kishorn men were walking past the ruined church in Lochcarron where they saw that the interior was being stripped out and that the pulpit was lying outside in the graveyard. The men had a 'lightbulb moment'. Kishorn had a redundant building and not only that , but the pulpit had been used by 'Maister Lauchlan', a much revered former Minister in Lochcarron. Having asked permission, the pulpit was promptly moved to Kishorn. John Stuart of Ardoch, the then owner of the building, was quite willing for it to be used for public worship and an agreement was drawn up. Dated Whitsun 1895, it gave the people of Kishorn use of the building for public worship at an annual rent of 10/- (50p). Failure to pay the rent for two years in succession meant that the building reverted to the Landlord. The congregation was responsible for the upkeep. A fund was set up to pay for repairs and improvements.

Originally the entrance faced the road but when the Rev Jackie Cross came to Lochcarron, he decided that changes were necessary. The congregation size was much



Kishorn Notes

March certainly came in like a lion...I wonder who thought of this analogy, it is so often right. Freezing cold winds are blowing the daffodils horizontal as I write, and yet more snow to come our way...it has been a long winter.

One morning this week when it was actually warm and sunny, (amazingly spring like for a brief moment!) I spied considerable turbulence in our pond. The pond has not been there for more than two years, and on closer examination, I was intrigued to witness a large quantity of frogs which had spawned in profusion. They were concentrated to one area of the water, their heads popping up and down as they went energetically about their work. The next day, in fact ever since, there has been no sign of a frog just plenty of evidence in the way of frog-spawn. The heron visits us fairly regularly, I hope he doesn't greedily demolish the lot; it is so good to have frogs in our gardens.

We must all be aware of wild fire at this time of year. The ground is unusually dry and the wind has taken all moisture out of the long grass. We must not be tempted to light bonfires. Skye has had several hill fires in March. Probably by the time this goes to print, we shall be muddy and sodden with rain.

The village should be springing to life soon with Easter upon us, and the first visitors coming to enjoy the three principle businesses ,which are now open...The Seafood Bar, The Bealach Cafe and Patterns of Light. Gillian Pattinson is running her first art course of the season, with Eleanor White coming as a very popular Tutor. Let's hope the weather will allow the students to be out and about.

**AL ANON FOR FAMILIES
AND FRIENDS OF PROBLEM
DRINKERS.
CONTACT NO:
020 7403 0888**

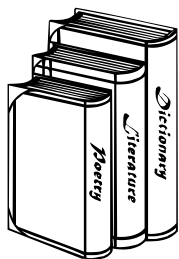


reduced. To save heating such a large space, the corrugated iron porch was removed, and the entrance closed, with a new door opened in the South wall. A partition was created to give some storage space and further reduce the area internally. In later years a small carpark space was made.

In recent years with the changing population, and the amalgamation of parishes, the building fell into disuse. There are only a few elderly people who know or indeed care about the history of this building. We have to accept changing times and it is good to see the building renovated by the present owner Alastair Baxter. The external appearance will look much the same but the interior will be transformed into modern holiday accommodation.

Who knows what another 100 years will bring?

Helen Murchison



LOHCARRON LIBRARY NEWS

Perhaps the tide is finally turning weather wise and the snow has gone at last? But whatever weather we've had here, I think we can safely say that we've fared better than many others, and for once it has actually been dry too!

Before I forget, I am trying to offload a 3 feet high 2 drawer, fire-safe filing cabinet. It is housed in our library back store, and am wondering if anyone can give it a home? If so, just contact the library (contact details at the end), if not it will be uplifted and go on to distant pastures!

From time to time some of our many visitors will (unintentionally of course!) leave items in the library. Reading glasses are popular (for obvious reasons), gloves, wallets/purses, umbrellas, pens, coats, various items of children's clothing, wellie boots, even rucksacks are left behind here from time to time. So, if after a visit to the library, you find something is lacking (and I don't mean your books!), then please get back in contact with us. Even though I don't keep a specific lost property box, I will try to keep items for a fairly long time, so don't despair. But please don't forget to check with us!

This summer will see our library on the list for a Customer Service Quality inspection. This occurrence happens throughout the Highlife Highland library network approximately every 3 years. Lochcarron Library was one of the first few libraries to be inspected back in 2015 and is now due for another inspection. All aspects of our customer service will be looked at, and I will usually spend around 30-45minutes being interviewed, making sure my paperwork, displays etc. are all in order and that the 'customer service/experience,' on offer here is as it should be! This will take place sometime in June, and then again in 3 years' time!

I am glad to see many of you are making use of our wonderful requesting service as evidenced by the number of books appearing in our fortnightly deliveries. Apart from our usual 'exchange stock' provided by our Library Support Unit in Inverness, our deliveries are made up of requests that are either made by myself, or by my relief colleague Adam, on behalf of borrowers, or by borrowers themselves. Either way it is good to see a healthy supply coming Lochcarron's way.

Thank you also for the many contributions of almost new books which have been turned into our library stock. We had a large display of these for World Book Day, and it was good to see such a wonderful community effort. We have also had two authors very kindly donate a copy of their

book to the library for cataloguing, the first is by local author Peter Barr, written jointly with Mel Young and entitled, '**Home Game**'. The book is published by Luath Press Ltd. in Edinburgh and is the official story of the homeless World Cup. It looks a super read, and Peter has very kindly signed it for the library! The second donated book is in Spanish, and is a thriller set in and around Lochcarron. Organised very kindly by local councillor, Kate Stephens, and written by Arturo Fuentes, we look forward to having both copies in circulation very soon and on the shelves at Lochcarron.

So far, we have two events organised for the month of April. On the **Friday 6th April at 10.30am**, we have the Writing Group's next meeting with, '**the chase/chasing...**' as the title. It is good to know that this group still continues to grow, and that we receive regular enquiries about it!

Many of you will remember local author **Jane Mackenzie's** very enjoyable presentation/book launch of her third book, 'Summer in Catalonia,' in the library last summer. To a packed library she also mentioned her new book, '**Tapestry of War,**' to be published this year. I am delighted to say it will now be launched at Waterstones in Inverness on **Thursday 19th April**. As we had such good attendance here last year, Jane has asked if anyone would like to attend the launch, including, of course, the Writing Group which turned out in such numbers last year. If anyone is interested please let me know, and I will get back to Jane as she is thinking of organising a bus to pick up from Lochcarron, and to return here later that night. Please do let me know, but if this date isn't feasible, Jane is still happy to come over in the summer and do a talk for us like she did last year!

Finally, I have to say it is very heartening to know that even in these very straitened times, nearly every session that we are open is an extremely busy one. We now have the Poetry group meeting here once per month, and the Bridge Group, meeting twice per week on Mondays and Fridays, and what a fun group this one is! We also have several new members joining which is good. This is how it should be, libraries *should* be busy, needed places, and I'm glad to say at the moment, we really are!

So do see our contact details and opening times below so you are able to access our many services, and get in touch.

Tuesday 9.30am - 12.30pm and 6-8pm

Wednesday & Friday 2.00pm-4.30pm

Telephone: 01520 722679

Email:

Lohcarron.library@highlifehighland.com

LOCHCARRON CANDLES

HANDCRAFTED
IN

THE SCOTTISH HIGHLANDS

www.lochcarroncandles.uk

01520 722785

Find us at the Smithy Community Hub on the A896, 3km North of Lochcarron.

Alan & Becky look forward to meeting you.

April Opening times

Week commencing 1st: Sun 10am – 4pm, Mon 9am – 3pm. **Closed: Tue, Wed, Thurs, Fri.** Sat 9am to 5pm.

Week commencing 8th: Sun 10am – 4 pm, Mon 9am to 5pm, Tue 9am – 5pm, Wed 9am – 5pm, Thurs 9am – 5pm, Fri 9am – 3pm, Sat 9am – 5pm

Week commencing 15th: Sun 10am – 4pm, **Closed: Mon, Tue, Wed,** Thurs 9am – 5pm, Fri 9am to 5pm,

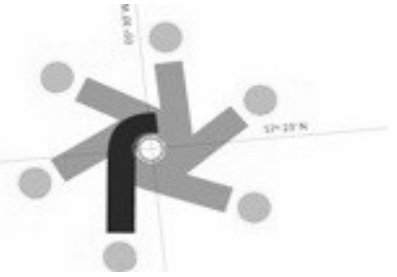
Sat: Closed.

Week commencing 22nd: Sun Closed, Mon 9am – 5pm, Tue 9am – 5pm, Wed 9am – 3pm, **Closed: Thurs, Fri,**

Sat 9am – 5pm.

Week commencing 29th: Sun 10am – 4pm, **Closed: Mon,** Tue 9am-5pm, Wed 9am – 5pm Thurs 9am – 5pm,

Fri 9am – 5pm, Sat 9am – 5pm.



LaDBA introduced a Business of the Year Award, inviting nominations from LaDBA members on the alternative criteria of innovation, quality of service and longstanding contribution to the local economy and community. The strength and wealth of our community is dependent on all the businesses, large and small, who provide our services, create our employment and attract our visitors. A prize of £250 was fixed for the winner. Upon consideration of nominations the 2017 award was given jointly to Carron Restaurant and the Bealach Cafe and Gallery. Located at opposite ends of our district both businesses have invested and expanded in the last two years, significantly enhancing the quality of our tourist provision as well as providing great hospitality to local residents. Congratulations to them and to the other businesses that received nominations. Nominations will be invited for the 2018 award in November.



Chairman : Alastair Baxter, Tigh Ardoch, Kishorn, Strathcarron, IV54 8XA Tel: 01520 733213
Secretary : Michelle Teago, 23 Kirkton Gardens, Lochcarron, IV54 8UQ Tel: 01520 722688
Email: secretary@lochcarron.org.uk



The Lochcarron Youth Maritime Trust was formed in 2015 on the retirement of Dr David Murray. He requested that any money raised in recognition of his time both as a doctor in the area and his contribution in many aspects of village life should be put to establishing a Youth Maritime Trust to support young people from the catchment area of the Gairloch and Plockton High Schools.

In the past three years, young people from this catchment area have benefitted from attending national and regional courses connected with sailing in its broadest sense. It has also supported a joint sailing course from Plockton and Gairloch High Schools. The trustees will consider applications to cover up to 50% of the cost to a maximum of £500 for each applicant towards the expenses of :-

- 1 Offshore training offered by the Ocean Youth Trust, the Tall Ships Races or similar.
- 2 Entry fees for National and Regional courses and competitions including transport and subsistence costs.
- 3 Equipment and rigging costs in certain circumstances.

This is a sample of a comment from one applicant who was supported by the trust.

“ My favourite part of the whole journey was Thursday when we were sailing home and decided to night sail and it was amazing. We all knew each other by then and were drinking hot chocolate, talking and laughing and singing songs while giving each other foot massages. I learnt so much in just a week and got my Competent Crew certificate “.

Applicants should be between 10 and 25 years of age but need not be a member of a sailing club. In the first instance, application should be made to the Trust Treasurer. Dr George Hendry, The Old School House, Balnacra, Strathcarron. IV54 8YU

APPLECROSS INN

APRIL @ THE INN

Applecross Inn-Side Out

Our very popular (and freshly shined) take away van will be open again towards the end of March, weather dependent. Check out our website or Facebook page nearer the time for details.

Serving our famous fish & chips, freshly made sandwiches, snacks, hot and cold drinks and ice-creams from Applecross Ices. ***Come and enjoy the Inn on the other side!***

Thursday the 5th TARNEYBACKLE – Celtic folk trio - from 9pm in bar

Tarneybackle are a great Scottish folk group who play regularly at the Inn. They play a mixture of traditional and contemporary Scottish folk music. They always give us a great night!

If you can't make this night they are also scheduled to come on the 5th of July and the 4th of October.

Sunday the 8th – LOCAL MUSICIANS – from 3pm-6pm in the bar

The local musicians from Lochcarron will be coming over this Sunday (instead of their usual first Sunday of the month). They play a mix of Scottish traditional and popular tunes. Other musicians are welcome to join in. Normally a good afternoon of music, food and drinks! All welcome.

Bealach na ba

Currently, there is no change from last month. The closure request from SSE with the Highland Council to close this road for **6 weeks from 9th of April**. The current proposal involves the road being open daily in some capacity and on weekends under traffic management, so delays are likely. The road is already under traffic management so please allow for a little bit of extra time when coming over. You should not be held up for more than 15 minutes. Any queries/concerns should be directed to the Highland Council.

We are very concerned about the arrangements and nature of this closure, and indeed the detrimental impact it will have on our businesses and residents. As this is still in the consultation phase we are, currently, unable to confirm any more. Once we have more information, we will let people know through the website and Facebook page. Please check the local press or the notices at either end of the Bealach for more details.

The coast road will be available regardless of what occurs, and we will of course be open, as normal, all day every day.



Gardening

April and May are probably the busiest months for a gardener and while March saw some bright & sunny days tempting the inexperienced to make a start...caution is the watchword. Records show the mean temperature this month is 7.6°C (11.2-4.1°C) so still too chilly for reliable germination in open ground and a risk of frost at night. Consider the use of fleece, plastic ground covers and cloches to warm the soil & offering a degree of frost protection.

So let's make a start with some of the jobs to do this month, gardeners in the south are about 1 month ahead of us and their daffodils will be over, and as ours finish, dead head them, but DON'T tie up or cut back the foliage, otherwise the bulbs will be undernourished and next year's flowering reduced. If you, like me, don't like the appearance of dying spring bulbs then, this Autumn, consider planting them in pots and baskets for burying in the ground to be lifted after flowering. This clears space up for the bedding to go in.

I am a great advocate for using pots, modules & other bits of kit to start seeds off in. Guttering is a novel way of getting things off to an earlier start this month, particularly peas. I tend to use 1 metre lengths of old plastic gutter that fit snugly into my cold frame or across my raised beds. They are also a manageable length to move around in a greenhouse/polytunnel.

There are several other advantages: sealed at each end with tape, I use masking tape, and filled with compost, preferably non-peat based, they are far easier to work on placed on a table, which avoids you having to bend your back when sowing directly into the ground. Sowing 2 seeds, spaced according to the seed packets, they can also be accurately thinned.

Some crops can be left to grow on & cropped in the guttering sited in the greenhouse/polytunnel, while others may be slid out into the ground once the weather is favourable. This is possibly a two man task but I do manage solo. Peas are the perfect veg to try this latter method on, while rocket, spinach, parsley, mizuna chard as cut 'n come again and radish suit the former.

Root vegetables, such as beetroot, parsnips, and carrots that you might think were not suitable for this treatment, as transplanting is disastrous for them, but you would be incorrect. As long as the seedlings are small, no more than 1 inch high, they should grow away OK. Parsnips are incredibly slow and difficult to germinate some years, so I have used modules for beetroot & parsnips, with reliable germination and little or no bolting, they have been a success.

This year I planted my onions & shallots in modules to give them an early start. Beans, runners & Broad will be sown, 8-10 beans, in a 6 inch pot to be ready for planting out May/June time. I pre-soak them until the wee root appears; this does not work with French beans as they rot.

Carrot seed I buy in a taped form and will lay out lengths this month, immediately covering the plot with fleece to deter carrot fly. Use of tape avoids the need for thinning so the risk of fly attack is reduced as the crop remains undisturbed under the fleece.

As you can tell, perhaps, I'm more of a veg man rather than flower one. As a child, my mum attended to the flowers while dad and I tended our veg plot. Perhaps next month the imbalance will be addressed by the next contributor.

Jan Overmeer

Shieldaig Notes

It has been a sad winter "over the hill" this year with both the Applecross and Shieldaig communities losing much-loved friends and family; some expected some unexpected; some young, some older. Our thoughts are with all those who have been left behind.

As the days get longer and the snow begins to melt there is a sense of regeneration in the air. The first green leaves are unfurling on the Rugosa, the first Daffodils are on the point of bursting into flower and the birds are singing their hearts out. We probably still feel a bit stiff and sedentary after the winter months but it's now far more tempting to get out and about! Businesses are beginning to open up and the first tourists have been sighted out and about, brave souls that they are.

There is no news yet on whether or not our White-tailed Eagles have any eggs in their nest this year but we'll be keeping our fingers crossed that they do. Our resident Otters have been seen on a regular basis fishing away in the bay and judging by the number of times they've been popping up and down there is plenty to eat out there at the moment.

Our Red Squirrels are doing well and are occasionally spotted on the outskirts of the village but they're quite hard to spot! We're all keeping our fingers crossed for a good spring, without too many storms, so that both the animal and human populations can begin to spread their wings after this year's challenging winter.

Starring **Ceilidh Dance**

'The Ceilidh King'

Fergie MacDonald

& Band



Lochcarron Village Hall

Saturday April 14th

Tickets £10

Stovies Supper £4

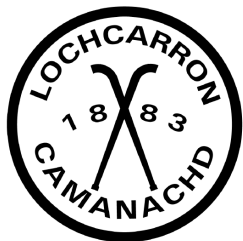
From 7.30 p.m.

Licensed Bar

Raffle

Tickets available online from lochcarron.skiffies@gmail.com

also from The Gallery, Main Street; Ferguson Medical Centre; Bealach Café,



Lohcarron Camanachd

Going into the 2018 season there has been a change in the management. After two years in charge, Andrew Slaughter has stood down

due to work commitments but will continue to be a member of the playing squad as much as he can. We welcome back Murdo John Fraser at the helm. Drawing from previous experience, we wish him well for the forth coming season.

Our first game of the season was due to take place on the 3rd March against Boleskine, but down to the weather and an unplayable field the game has been rescheduled for a later date.

Due to this we had our first game of the season on the 10th March against Lewis Camanachd at The Battery Park. Lochcarron started the game with a couple of returning faces to the team: Michael McMillan and Daniel MacRae. The home side made a strong start to the game and had a few early chances and in the 8th minute they made the breakthrough with Liam Arnott scoring from close range. Lochcarron continued to play good shinty but struggled to convert their chances. Lewis began to play their way into the game but were kept away from the goal by the strong defensive performances of Daniel MacRae and Calum Dean Morrice. With the game only going back and forth, the half time whistle blew with Lochcarron 1, Lewis 0. At half time an injured Liam Arnott was replaced by Gabriel Parsons allowing Michael McMillan to move into the forward line. The home side had the majority of possession throughout the second half. Plenty of chances were created but were being denied by a strong performance of the Lewis fullback. This changed when McMillan scored for Lochcarron taking the tally to 2-nil. On the 80th minute Peter Mackenzie was replaced by Andrew Ford. It did not take Ford long to make an impact, setting up Lance McCuish for a third goal for the home side. Final score: Lochcarron 3, Lewis Camanachd 0.

This year we have entered two Cups, the Sutherland Cup and the Strathdern Cup. We have a bye for the first round of the Sutherland Cup so our first game in this competition will be 5th May against either Glenorchy or Fort William 2nds. Our first game in the Strathdern Cup will be on the 26th May against Lochaber 2nds.

Dates for your diary:

7th April – No game scheduled – we have a bye in the Sutherland Cup

14th April – Strathspey (H)

21st April – Beaulie (A)

28th March – No game scheduled

Community Race Night

One of those magical occasions – the community got together in the Village Hall on the 4th March for a fund-raising evening.

With a record turnout, almost all the tables were taken for the pre-race dinner – provided by the lovely Woodland Group helpers.

The race itself – organised and stewarded as ever by Roddy Butcher with the 'bookies' and Tote run by the shinty boys - produced many nail-biting moments. A lot of money was won and a lot was lost – but all for a good cause. With the proceeds of the horse auction and David Murray's auction of donated goodies, the bar run by Laura Mackay (helped by the generosity of the Spar) and not forgetting the raffle, in all nearly £3600 was made on the night.

This will be divided equally among the four organisers – The Shinty Club, Woodland Group, Golf Club and Leisure Centre. Our thanks must go to the Howard Doris Centre for the loan of the projector and screen, the raffle prize donors, the horse owners, the most generous bidders for the horse auction race and of course the punters. By the end there was a wee bit of *deoch laidir* taken, here and there, but judging from the camaraderie it was a truly enjoyable and worthwhile community night out.

An advance notice of another community evening – the Coastal Rowing Association has booked Fergie MacDonald himself for a ceilidh in the Village Hall on Saturday 14th April. So, get your dancing shoes polished.

**If anyone is interested in child
minding locally, please contact
Tracy McIlvar,
Family Resource
Co-Ordinator for information
on Tel: 01478 614890**

SAMARITANS

Whatever you've done.

Whatever life's done to you.

Call Samaritans.

No pressure.

No judgement.

We're here for you any time.

0845 790 9090.

THE WHISTLE STOP CAFE

Old Village Hall Kinlochewe

From 30 March 2018
We will be open
Monday to Saturday 8am-8pm
Sunday 10am-5pm

Full menu available all day:

- locally-sourced fresh fish, meat and shellfish
- tea, coffee and home-made cakes
- all day breakfast

Remember to bring your own bottle

Please ring to book

01445 760423

We look forward to welcoming you again



The Tee-Off Café Lochcarron Golf Club



FROM MARCH

Open
6 DAYS A WEEK
9.30am to 4.00pm
CLOSED SATURDAY

Please phone to book:-
01520 722744
Mobile :-07765657457
BYOB





Visit Wester Ross *The Celtic Fringe*

The 2018 season is here!

Yes, it would seem that this is now underway – all local hotels are now open, and cafes and the like should be readying their scones and filled rolls in time for the end of the month, Easter falling on Sunday 1st.....hmmmm.....April 1st!

As far as major Visitor facilities are concerned, Inverewe Gardens are opening full time from March 24th, with the Beinn Eighe Visitor centre following suit on March 28th.

2018 Events:

The aforementioned attractions at Inverewe and Beinn Eighe each have a range of events planned for 2018 – in fact, Inverewe has something of interest happening virtually every single day of the year until October! Beinn Eighe doesn't have quite the same range of activities or facilities, of course, but they will also be running several events during the season – butterfly hunts / dragonfly walks and the like. Watch the press and the facebook pages!

ALL of these feature on the Visit Wester Ross website, on either the “major events” page, or the events calendar - just log on to the www.visitwester-ross.com site and look under “Area information and events”.

That's all very well, arose a distant shout....**but how do I get my event listed on the site?** Very simple – YOU TELL US! It's free – just email contact@visitwester-ross.com with the details. Keeping events information up to date is one of the great problems of maintaining a website, because it absolutely relies on folk letting others know what they have planned. So , please do tell!



Attadale Gardens

Local tourism information:

Following removal of the local information centres a few years ago, Visit Scotland have had little representation in the area – however the Beinn Eighe Visitor Centre has agreed to work with Visit Scotland

as an information partner - so, if you have leaflets or information you would like to have available for visitors (currently 18,000 per annum at the Beinn Eighe VC + the trails attendances) – drop these into the centre anytime you are passing after the 28th OR give them to a member of SNH staff to take down.

Our website:

The www.visitwester-ross.com site is about to undergo some major changes....not a new site quite yet – but aiming towards this. Initially new text / different photos / a search facility / and very likely a “members” section for all VWR members. This should at least avoid sending out mass emails to you all, allowing everybody to access information when and where you actually want!

Our Strategy

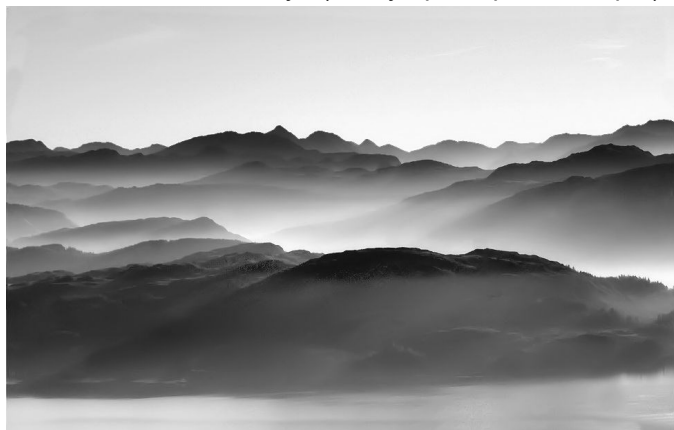
We are currently in discussions about redrafting our 5 year strategy for development, re-aligning this to take into account the success (and the interest) created by the NC500. When the original document was produced, the NC500 was only in its initial year, and nobody could have foretold its subsequent growth. Therefore, we want to look at how we can develop tourism for the area in a way that's fully sustainable and compatible with this. More news next time!

Ah, yes....members.....thinking of joining us?

Tourism is undergoing one its largest increases in visitor numbers for several years – not just here, but across Scotland. These visitor numbers might not yet be at the stage they were back in the 80's and 90's – but we had many more B&B's then! Perhaps you could be doing some B&B or putting a “pod” on the croft or garden area? Ask us about becoming part of the local tourism scene!

Bealach na Ba road

Everybody note that this will be closed for a good bit of April and May.... From April 9th for 6 weeks, this will be closed weekdays (briefly open 4pm – 5.30pm),



then open after 11pm and at weekends. And be aware that this will potentially make the coastal alternative significantly busier – it has it's fair share of bends and steep drops as well, so if you have visitors going over that way, offer some good advice. If they really must go – be careful.

Who are we? Why.....we are:

www.visitwester-ross.com
www.facebook.com/Wester.Ross

And the Committee for 2018: That's Fran Cree, Ronnie Mul-laney, Natasha Hutchison (WR Biosphere), Paula Gordon, Peter Jarozs, Jenny White, Mat Webster, Alec Cormack, and Alison French

Should you want to contact, comment, feedback - or even join us - Speak to : **Douglas Gibson, Secretary, 01445 712085** or email : contact@visitwester-ross.com

1/4 Page @ £10

1/2 Page Portrait @
£18

1/2 Page
Landscape @ £18

House Style

These are the sizes for An Carrannach, there is of course full page as well @ £28. Please bear in mind that if you send an advert which is full page on your screen it will be full page when it is printed, especially if it is in pdf format.



News from Applecross and Lochcarron Primary Schools

Naidheachdan bho Bun-sgoiltean A'Chomraich agus Loch Carrainn



Turas Ball-coise

Diciadain, 7mh Màirt, chaidh sgioba bhall-coise Bun-sgoil LochCarrainn gu Inbhirnis airson co-fharpais 7nar gach sgioba. 'Se latha brèagha gheamhraidh a bh'ann – fuar ach taitneach – an deidh an aimsir reòhte a tha air a bhith aig an dùthaich airson an co-la-deug mu dheireadh. Chaidh an co-fharpais a chumail ann an Acadamaidh Millburn agus bha 8 sgoiltean eile an sàs ann a' mhòr-chuid dhiubh fada na bu mhotha na Bun-sgoil LochCarrainn. Chan fhaca sinn ach ceithir caileagan a' cluich fad an latha agus bha dithis dhiubh a' cluich airson sgioba LochCarrainn. Mar sin rinn sinn gu math aig deireadh an latha. Chaill sinn sia geamannan agus chrìochnaich dhà gheama co-ionnan. Cha do chuir sgioba sam bith barrachd air ceithir thadhail seachad oirnn ged a bha na luchd-dion againn gu math trang. Co dhiubh chord an latha rinn fìor mhath.

7-a side Football

On Wednesday 7th March, a team of footballers went to Inverness to take part in a 7-a side football competition at Millburn Academy. It was a great learning experience for us all. We knew we wouldn't be involved in battling for the one place available to qualify for the finals, which are due to be played at Hampden Park in the summer since we were up against some much bigger schools.

There were only four girls in the whole competition and two of them were playing for Lochcarron. We managed to draw two games and lost the other six. There were nine teams competing altogether, two with school rolls of 378 and 348. So it was no disgrace for us to lose to teams like that and, mostly, we fought a brave rear-guard action and our biggest defeat was 4 – 0.

It was a very enjoyable day and I am sure our players will have learned a lot from the experience!

World Book Day at Lochcarron



The whole school (even the staff) dressed up as their favourite characters for "World Book Day".

The children were split into groups and worked on preparing a wee play to show in the afternoon. Great fun was had by all!





Parents Leading Learning For Their Children At Lochcarron Primary School

On Thursday 22nd February we held our first workshop looking at providing hands-on advice on how our parents could support their children's reading and spelling skills, especially in the early years. This reflected the latest research and strategies presented in Scottish schools and was brilliantly led by the Highland Council's Literacy Development Officer, Laura McGinlay.

It was really encouraging to see that seven very enthusiastic parents attended this lively session. They all took away with them some great and easy to use resources which are fun, engaging, and build up vital confidence and encourage success amongst children. On top of this, it proved a supportive and relaxed opportunity for the parents to get together, have a cup of tea and a cake, and share their own experience of how their children learn new things at home.

We are presenting the same workshop to our parents at Applecross in April. Indeed, this is part of our long-term commitment to provide an exciting and relevant family learning programme covering many of the skills and experiences which parents/carers from both schools have identified as important to them.

Details will follow throughout the year, and all parents/carers are most welcome to get involved.



Applecross Primary School Summer Shieling

Outdoor Learning.:

Applecross is littered with the remains of shielings; where families spent their summers tending animals up in the hills. We hope to be able to decamp from our classroom and head across the road for lots of different learning opportunities. Our first project has been to dig a pond. After doing some research the children set to work as a team, with some digging and others transporting soil. Some huge rocks were removed and a pond began to take shape. We found out that ponds should have shelves at different levels so that different plants could grow. The pond was then measured so a liner can be ordered. Next we will build a fence around it using our knot skills from forest school, plant some willow, install some seating, and then go on the hunt for some frog spawn. Just imagine the tranquility! Other projects we have planned are an enormous mud kitchen, turf walling, a fire place, an obstacle course, vegetable gardens, fruit trees, a mini beast hotel, and a shelter.

Requests:

We would love to receive old tyres and planks at the Applecross Primary School as we have undertaken a project to turn our outdoor pitch area into a place for the school to use in building projects. You could drop anything off at the school pitch, or contact the school if you can help us out. Or if you have any grand ideas for our beautiful, wild pitch – you could come and talk to us at the school.



Lochalsh Junior Pipe Band News

Lochalsh Junior Pipe Band had a fantastic start to 2018 by returning from The Scottish Schools Pipe Band Competition in Livingston with two shields. The development band had made such good progress in recent months it was decided they should compete as the 'B' band and both bands were placed.



It was Lochalsh Junior A band's first outing having moved up to a higher category Novice Juvenile A. They rose to the challenge and were third. The Lochalsh Junior B band's first ever competition was a great success, they came second in the Junior B category against 18 other bands and were delighted with this result.



There was a very moving and emotional performance in the Freestyle category by the Sgoil Lionacleit Pipe Band. Dedicating their performance to band member Eilidh Macleod who was tragically killed in the Manchester bombing last year.

The videos of these performances can be seen on the Lochalsh Junior Pipe Band's facebook page.



Gallery
Newsletter
APRIL 2018

In this Issue....

Summer Season Exhibition

CARDING Sheila Bates

SOLO EXHIBITION Rosanne Wiseman

INTERVIEW David Hay

Summer Season Exhibition

*We look forward to receiving work for the upcoming Summer Season Exhibition 'Night and Day'.
Submissions may be in any medium. Please find more information on the website*

www.lochtorridoncentre.co.uk

The Closing Date for Submissions for this is 16th April

CARDING ~ Sheila Bates

Carding is a combing process used to prepare fibres in the textile industry ready to create cloth of some description. It is generally undertaken before spinning yarns for knitting, crochet & weaving. It is also commonly a preliminary part of feltmaking. Traditionally, feltmakers would spend a lot of time teasing the fibres into an open fluffy mass ready to mesh down into strong cloth, thus bypassing the need for combs. So depending on the end use, raw fleece can be washed, scoured & teased (teasels were used in days gone by!) before carding or combing (in the textile industry these are two different techniques applied according to the end use required). The 'card' is a sheet of very durable, almost spongy thick cloth, through which small fine & strong tines have been punched approximately 60 – 120 tines per sq inch. The tines are angled at their tips.

On a pair of Hand Carders, the fibres are laid onto one card only, while the other one brushes repeatedly down vertically over the fibres. This is repeated, at 90 degrees over several minutes according to fineness of the finish required. The brushed fibres can create a fluffy 'rolag'.

With a Drum Carder, fibres are fed onto a cylinder which is aligned to a larger one. The large 'drum' is turned by a handle at the side, the sett of the tines is just like that on a pair of Hand Carders. The resulting mass of fibres ready to spin or in my case felt, is considerably higher than on hand carders.

The main purposes of Carding are

Aligning fibres in one direction, this helps create strength in the finished article

Opening up the tips of fibres, especially curly animal fibres.

Create a mass of fibres, whose staple length is as uniform as possible.

Remove dirt & vegetation.

Blend fibres and colours together.



Drum Carder



Hand Carders

All of these factors enable me to make felt. I use both a Drum Carder and a pair of Hand Carders; the latter for blending colours for my art work. I am very fortunate to have a Drum Carder which I use exclusively for fleece 'in the grease' (not scoured). This gives me lanolin rich fibres to work with & creates a 'batt' approx. 18" x 10" x 3". It is these batts that I use for building the backs of 'Florrie' rugs & other sheets of felt. I find the process very therapeutic, especially when working with freshly shorn fleece, full of lanolin. The finished size of each batt will depend on the breed of fleece I am working. The down land & shorter staple (hair) breeds (Suffolk, Cheviot etc) comb up differently from the longer staple ones (Blackface, Border Leicester etc).

Those of you who know me, know how passionate I am about wool! and the carding process is definitely an enjoyable aspect of my felt craft. Every fleece I card is very individual.

A solo Exhibition of work from the Artist Rosanne Wiseman is on till the end of June 2018. In the AV room at the Torridon Gallery.



Interview with David Hay Woodturner

I first discovered wood turning in Dingwall Academy as a teenager, I made my first lathe out of bits of a motorbike and an old drill. Then many years later a good friend gave me a very old second-hand lathe which I spent many hours experimenting with.

I bought my first lathe on the Isle of Skye, second hand again but with chuck and wood tools, it opened up a completely different experience for me, I taught myself, sometimes learning the hard way. Living in the Highlands, I source all my wood locally, and with our weather there are always trees blown down. Drying wood is a long process, sometimes it takes years; I use a moisture gauge, half turn the pieces then leave them to dry in the shed.



I do find some woods easier to turn. Wych Elm, or Scotch Elm as it is sometimes called, has beautiful green markings, Monkey puzzle is very nice when green, but not so nice when dry, while Oak is extremely difficult but it does look beautiful when finished. There are so many different woods available.

I am very lucky, it helps that I enjoy fishing, and with many lochs and rivers on my doorstep, I do a lot of walking. I am always on the lookout for a burr. I also buy wood already dried.

I do think wood should be left as wood, but sometimes cracks and shakes need attention, so then I use CA glue, brass and copper powders,

I finish with sanding sealer and melamine lacquer.

No two pieces of wood are ever the same and it is the wood that determines the end result. I am still amazed by a finished piece, by the colour and figuration of the grain.

Work by David Hay can be seen at the Torriron Gallery

haziehay@icloud.com

Summer

24 March – October 31st
Monday to Saturday
10am – 4pm
Closed Sunday

Address

Loch Torriron Community Centre
Torriron,
By Achnasheen
Ross-shire, IV22 2EZ

Contact

Email: manager@lochtorrironcentre.co.uk
Tel: 01445 791 361
Website: www.lochtorrironcentre.co.uk

Community Councils' Minutes

Comhairle Choimhearsnachd Gearr-chunntais

MINUTES (draft) of LOHCARRON

COMMUNITY COUNCIL

Meeting Monday 12th March 2018

7:30 pm Village Hall

Members Present:

Mrs Helen Murchison BEM (Chair), Mr Roger Cundiff (Treasurer), Mrs Emma McCallum (Secretary), Mr John Macpherson, Mr Alec Cormack, CDR Q Banting RN (Minute Sec)

Ms Aileen Grant was co-opted onto the Council; proposed by Emma McCallum, seconded by John Macpherson.

The Chairman took the opportunity to ask **Mr Robert MacInnes whether he would be interested** in being co-opted to the Community Council. He said he would but it was agreed that he would attend a few more meetings first.

Remove

Also Present:

Cllr Kate Stephen, Mr Finlay Matheson, Ms Janet Price, Mr Robert MacInnes

Apologies:

PC Craig Allan

SPECIAL ITEMS

Scottish Sea Farms – recent concerns at Kishorn Sea Site and Future Plans

Mr John Rea (Production Director/Marine) accompanied by Mr Niall McCallum (Coul Moran Manager/Freshwater) and Miss Siobhan Murray attended the meeting at the request of the Chairman. Mr Rea began by expressing his **profound regret that the company had failed to liaise with or brief the local community** over last year's problems at the Kishorn Sea farms. He explained in some detail how abnormal sea temperature had increased the plankton induced attacks on the fish gills culminating in **unprecedented mortality of the fish**. He acknowledged that while the local management and employees had reacted magnificently they were simply overwhelmed by the problem. To compound matters the infrastructure to deal with the situation was overstretched across the industry. He acknowledged that he and Scottish Sea Farms were so concentrated on the problems they did not keep the wider community apprised especially over **beach contamination and road spills** although there was no danger at any stage to public health. For the future Mr Rea outlined the extensive measures the Company were taking in management structures of the farms, increasing numbers of employees and investment in infrastructure equipment as well as fish stocking. He committed the Company to regular updates (about every 3 months) on the Kishorn farms to the Community Council and re-iterated his regret that Scottish Sea Farms had fallen short in this regard recently. The Community Council thanked him for his honest and fulsome explanation and welcomed the **liaison initiative for the future**.

NHS – changes to GP out of hours for Lochcarron and area

Dr Antonia Reed who is the clinical lead for 'Out of Hours'(OH) Highland accompanied by Mr Evan Beswick gave a brief on future OH provision. She explained that out of hours meant from 6p.m. to 8a.m. on weekdays and all weekend. The new GP contract will come into force on 1st April provided it is accepted by the GPs and the priority in the new contract centres around daylight hour's surgeries of which the Ferguson Medical Centre at Lochcarron is one. With the reducing number of GPs nationally and many of them no longer prepared to work out of hours routinely to

the detriment of their private and family life, a solution needs to be found and implemented. Dr Reed explained that although the use of locum and agency doctors would continue, there would be increasing use of Advanced Nurse and Paramedic Practitioners. This would significantly boost the number of OH medics available and ensure adequate coverage of the dispersed geography of the Highlands. In particular for us, OH cover would continue to cover Lochcarron, Torridon and Shieldaig as at present and deployed as appropriate pending a call to NHS24. The Council thanked Dr Reed for making the time and for her clear briefing.

ORDINARY MEETING

Approval of Minutes Monday 12th February 2018:

The minutes were agreed unanimously.

Matters Arising:

During the tour by Director of Community Services to South West Ross/Plockton on Friday 2nd March, Helen Murchison, Quentin Banting and Alec Cormack attended a meeting at Carron Restaurant. They raised the following matters with **Mr William Gilfillan:**

The bridge over the river at Achintraid to be surveyed.

Speeding through Kishorn

Lack of gritting at key places

Appalling state of roads with potholes

Issues with setting up and the scope of any resilience programme by the community

Mr Gilfillan was largely in listening mode but after a short statement on his priorities for roads, he said he would consider the Community Council's points and respond in due course.

Chair's Report:

In addition to reporting the outcome of the Director of Community Services' visit, Helen Murchison said she understood that the cattle grid, organised by the ad hoc committee for preventing deer encroaching at Battery Park, had arrived at the Roads Depot. She supposed that it would shortly be installed at Kishorn hill as planned.

Planning Applications:

The Community Council has been notified of the following planning applications:

20th Feb

Erection of house, land NW of Mount Cecil, Croft Road (13/2/18) (J Buxton)

27th Feb – nothing

6th Mar

Alterations and Extension, Nab Camas, Lochcarron (27/2/18) (J Howarth)

Treasurer's Report:

The Treasurer submitted the financial statement where current balances stand at:

Community Council: £2011.75

Community Fund: £6556.34

The Treasurer noted that HC had confirmed there would be significant cuts to Community Council grants which would be detailed by Ward Managers. So far we have not heard from ours.

Roger Cundiff raised the requirement for us to agree and pay for the Indemnity Insurance. Q Banting raised the issue that there seems to be an overlap and duplication with HC's undertaking to cover volunteers for the Winter Resilience programme under their own (HC's) insurance. It was

decided to resolve this issue separately and that the Treasurer should go ahead with our insurance.

The Treasurer has paid for the pavement gritter requested by Mr K. Mackenzie out of CC resources. In the end a considerably cheaper yet most satisfactory machine had been found by him.

Secretary's Report:

Correspondence received:

- (email 23/2) **Community Council Budget** (Carran McDiarmid). Confirmation that HC did agree proposed cuts to CC budgets. Ward manager will be in touch regarding this. The **CC scheme is intended to be reviewed this year**, with initial work beginning around May. This will provide an opportunity to explore different methods.

- (email 28/2) Scottish Water Consultation – asking customers throughout Scotland to **help shape water and waste water services**. The six month programme will define service and spending priorities over next 25 years. www.yourwater.scot

- (email 2/3) **Grass cutting provision**. HC decided to in source cutting operations in Nov 16, and since April 17 it has been primarily completed in house. During first season there were issues with tight timescales and whole operation was delayed in starting and not fully functioning until June 17. For coming season, it is intended to streamline operations. High amenity grass (pitches) will be cut once a week, General amenity (open spaces): fortnightly, Low amenity (verges): once a month. Some places will be cut on annual basis. Largest machines visit first, with a follow up team with small machinery and weed killing edges and kerb lines. They are looking for efficiency savings; changes to priority and frequency. For queries contact 01349 886606.

- (email 2/3) ALISS Inverness Road show. *A Local Information System for Scotland*, 13th March, helps people work together to find and share information about range of services and community assets that can support health and wellbeing in local communities.

- (email 8/3) Wester Ross Information Shelters update. They are to improve the sense of place and visitor orientation on arrival in Wester Ross and promote local attractions and amenities. Contract to construct and install the Lochcarron shelter is out for tender and should be let at end of March. The proposed content for this shelter is:

History of Lochcarron, Wildlife, Walking opportunities, map based suggestions for photographs, places to visit, things to see and do including Attadale, Plockton, Dornie, Bealach na Ba, Applecross and Kyle. (**Kishorn not listed? And Rassal Ashwood mentioned?**). Sources for further information are online.

- (email 9/3) Scottish Fire and Rescue Service 90 day public consultation will run to 14th May. Scottish Government has increased spending by £15.5m for 2018/19 to deliver transformation.

- 9/3 (Kenny MacLean) Road Maintenance reported potholes up to Blackwood. HLC case reference FS69944607

- (email 12/3) Zurich Insurance helpline. Local Community Advisory Service (LCAS) lcashelpline@uk.zurich.com

- (email 12/3) Launch of North of Scotland Resilient Communities Fund. Now open for applications up to £20k. £220k is available. Consider applications which protect the welfare of vulnerable community members through enhancing their resilience and improving community participation and effectiveness. Enhance community facilities, services and communication specifically to support local response in the event of a significant emergency.

The Secretary completed her report by stating that the house at Murray Sq was being done up over the last 6 weeks and is nearly complete.

Lochcarron Community Fund update

Roger Cundiff is in talks with Anthea Zell regarding future

projects and applications.

The Community Council approved the draft agreement for Community Royalties from the new Coulags Hydro Electric Plant. The Chairman signed the agreement a Councillors will witness by the Secretary and Q Banting will submit this via the River Carron Improvement Association for their approval before returning it to the Coulags Hydro Company.

Police Feedback:

Nil

Any Other Business

Mr Finlay Matheson raised the matter of the appalling state of the Arinackaig Rd. He said the potholes were truly dangerous and that there should be signs to warn motorists of the bad condition of the road. He said he had made contact with the Council over snow and gritting but there had been no response. He urged the CC to pursue this problem and for action to be taken. Council agreed that everyone should be encouraged to make reports and complaints and **obtain a reference number**. The more this happens the more likely our potholes will get attended to as a priority!

The number to call is: Roads, flooding and street lighting 01349 886601 or you can fill in a form online at the HC website.

The Meeting Closed at 9:40 p.m...

Date of next meeting:

Monday 9th April 2018 at 7:30 pm Lochcarron Village Hall (Upper)

Members of the public are most welcome to attend Community Council Meetings which are held on the second Monday of each month.

Applecross Community Council Meeting Held at the Community Hall, Applecross

MINUTES (Unapproved) – Tuesday 6 March 2018, 7.30pm

Present: Ali Brown, Ruaridh Cameron, Ishbel Ferguson, Ewen Gillies, Jon Glover, Jacqueline Liuba, Sarah Paramor, Mark Stewart

Robbie Bain, Ward Manager

Members of the Public: 2

Apologies: None

Election of Office Bearers:

Chair: Jon Glover

Treasurer: Ewen Gillies

Secretary: Sarah Paramor

Jon Glover welcomed everyone to the new Applecross Community Council, and remembered Alasdair MacLeod, whose recent death was such a loss to the community.

Future Meeting Dates:

Tuesday 10th April 2018

Tuesday 8th May 2018

Any Other Business

Actions from Previous Meeting:

Banister in Camusterrach Place has been fixed.

Action: Robbie Bain undertook to liaise with Kate Stephen regarding whether the green dustbin on the Ardh Dubh road could be reinstated.

Matters Arising:

Single-track driving information It was pointed out that some literature is being placed in hire vehicles regarding how to drive on single-track roads, through the police and Visit Wester Ross. This was welcomed, and it was hoped that it might be distributed more widely, for example placed in cars rented at Inverness Airport. It was suggested that a future meeting of the Wester Ross Community Councils might be a good place to address this, so that all Community Councils could coordinate.

Fire beaters Following a number of fires in Applecross, the

(Continued on page 30)

(Continued from page 29)

possibility of having fire beaters in strategic places was raised. **Action:** JG agreed to look into the health and safety legislation, and talk to the Fire Brigade. SP agreed to raise this matter at a future Applecross Forum meeting.

Role of Council: It was agreed that the role of the CC needs to be defined, particularly how it sits within the community. **Action:** MS agreed to look at the CC website, Facebook page and other possible platforms for minutes/agenda etc.

Finance: EG undertook to get the signatories on the cheque books changed.

Proposed closure of the Bealach

Businesses: It was pointed out that in the face of a £385,000 loss of trade as a result of this closure; local businesses had made it clear that they would be unhappy with the timing of the proposed closure, from 9th April. This would hit businesses at the worst time of year: when they had been closed for the winter, and would put small businesses (and jobs) in jeopardy.

Schoolchildren: It was made clear that April is a month when primary school children are able to go on outings; these would necessarily be curtailed with the additional journey time; secondary school children would be in the middle of exams, and would be disrupted in journeys to and from school.

Locals: It was considered that the choice of the busy month of April for proposed closures would have a negative impact on everyone. Choosing a time of year when the roads are quieter would mean that the additional journey time would be less.

Visitors: It was agreed that there would not be enough time to warn visitors about the planned closures and to publicise the fact of them. April is a very busy time of year for visitors, many of whom are coming in order to drive (or cycle) the Bealach. Many individuals and rallies have already made plans, and might not find out about the closures until they arrived.

Repairs: It was not clear whether the Highland Council would be able to make necessary repairs to the road during the proposed period. It was felt to be vital that any repairs to the road be made at the same time as the SSE closures, to avoid future closures for these repairs.

Traffic management: Concerns were expressed that traffic management on the coast road had been imperfect, raising further concern for traffic management on the Bealach. It was suggested that outstanding work on the coast road should be completed before work on the Bealach commences.

All expressed dismay at the way the consultation was being conducted. Rumours of £20,000 compensation had not been discussed with the community directly, and £100 per person in the community in no way addressed the disruption envisaged.

Action: Robbie Bain agreed to try to obtain the results of a traffic count that was done in 2017.

Action: JG undertook to write to the Highland Council, copying in Ian Blackford MP, SSE etc. The community accepts that a closure must go ahead at some point, but would request that it be in the quieter month of June. A block closure, and working during the long nights, would make this closure shorter and less disruptive. Alternatively, a closure in October or November.

Correspondence:

A letter was received from MP Ian Blackford regarding the proposed road closure and suggesting a meeting on the 29th of March. As this date falls outwith the consultation period, it was agreed that JG would include Ian Blackford in correspondence about the closures.

Meeting Closed: 20:45

Next meeting: Tuesday 10th April 2018, 7.30 pm

Members of the public warmly encouraged to attend these meetings. If you would like to add any items to the agenda please send these to the Secretary by the Friday before the meeting – email: info@applecrosscommunitycouncil.org.uk.

The World Day of Prayer story so far.....

As always thank you to everyone who came out on a cold night to share an evening with the people of Suriname, and for those of you who joined us after lunch at the Howard Doris Centre. We learnt a lot about Suriname and their environmental concerns. There were deliberate places in the service where we were asked to reflect on whether we thought we were looking after God's creation and how we could commit to doing a better job.

Thanks to the children and Les-Ann for being there and for illustrating the first chapter of Genesis in such a poignant way.

Thank you. We raised £251 for the WDP movement who, in addition to organising the WDP service on the first Friday in March each year, also support Scottish Bible Society & Feed the Minds work in Suriname giving physical and spiritual help.

The service is ecumenical and there are a group of us from different denominations who get together 2 or 3 times in January and February in Lochcarron to plan the service. Our group is made up of Les-Ann Cundiff, Rosemarie Gates, Kay Liston, Helen MacVarish, Claire Munday.

Is there anyone from another denomination or none in our area who would like to join us for the planning? We'd love to hear from you.

Claire Munday Tel: 01520 755206



Lochcarron Gallery is run by three local artists.

Original paintings :: Hand-crafted
Prints :: Hand-made Wool Rugs ::
Ceramics :: Jewellery :: Locally Made
Crafts :: Cards :: Books

OPEN NOW

5 DAYS A WEEK

Mon, Wed, Thurs, Fri, + Sat

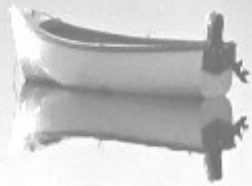
11am to 5pm.

(Closed Tuesdays and Sundays)

FEATURED ARTIST FOR APRIL

Helena Emmans.

**Tutored Art Group will meet regularly
Please email or phone for details.**



**LOHCARRON GALLERY, MAIN
STREET, LOHCARRON IV54 8YB.**

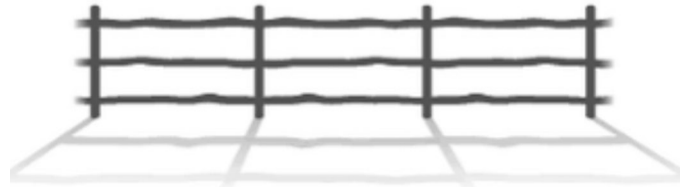
tel: 01520 722510

email: info@lochcarrongallery.co.uk

web: www.lohcarrongallery.co.uk

Arts, crafts and a friendly welcome

J W Services



All aspects of groundworks under taken
Small jobs to much larger contracts

Fencing

Landscaping

Water and Drainage

All types of concrete work

Roads and drives

Foundations

Site clearance

Plant hire

Haulage

Waste removal

Kiln dried firewood available for delivery

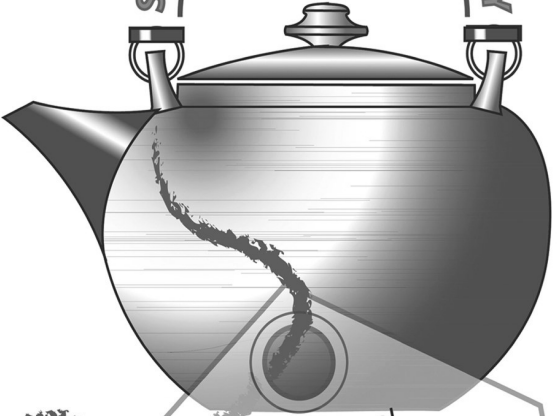
Lohcarron

07895104151

01520935007

jamiesee12@gmail.com

SCHOOLHOUSE POTTERY



For functional
PORCELAIN & STONEWARE
MUGS, BOWLS, TEAPOTS, VASES, ETC.
Visitors welcome - Open most days

SUSAN DUNCAN
THE SCHOOLHOUSE, LOHCARRON
(01520) 722417

WATERSIDE CAFE

**Main Street
Lohcarron
Telephone: 01520 722 303**

**LOHCARRON'S 2ND YEAR RUNNING
AWARD WINNING CAFÉ**

**REOPENING FOR THE SEASON
MONDAY 19TH MARCH
MONDAY-SATURDAY 10am TO 6pm**

SUNDAY 10am TO 4pm

**BREAKFAST, MORNING COFFEE,
LUNCHESES, AFTERNOON TEA**

**CAKE COUNTER WITH OVER 30
DIFFERENT HOMEMADE TRAYBAKES,
SCONES, CAKES AND PIES.**

**ALL FOOD AVAILABLE TO SIT IN OR
TAKEAWAY**

Looking forward to serving you all this
season

Lohcarron Bistro

Open from 5pm
Monday-Saturday
01520 722799




SURF STUFF	
Poached Salmon Fillet	18.95
Grilled Haddock	15.95
King Scallops	18.95
Haddock & Chips	12.95
Scampi	10.95
Sea Bass Fillet	16.95




TURF STUFF	
Sirloin of beef	19.95
Pork Loin	15.95
Beef Brisket	12.95
Roasted Stuffed Duck Breast	18.95
Chicken Breast	12.95
Lamb Leg Steak	16.95

WOODWORKZ

WOODWORKZ

WOODWORKZ

WOODWORKZ

WOODWORKZ

**TIMBER CONVERSION
CABINET MAKING
HARDWOOD SUPPLIES
KILN DRYING**

**FIREWOOD
SOMETIMES
AVAILABLE**

**Stuart MacLeod
Tigh-na-Ault
Lohcarron
IV54 8YQ**

www.woodworkz.co.uk
stuart@woodworkz.co.uk

☎ 01520 722568
📞 07831091526

ASHS
MEMBER OF
THE ASSOCIATION OF
SCOTTISH WOODWORKERS

Lochcarron & District Business Association

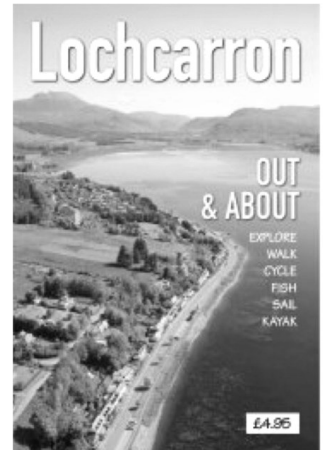
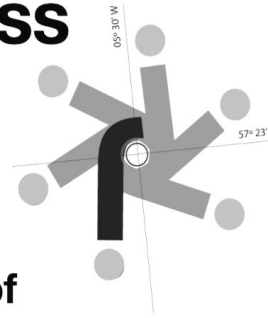
Lochcarron and District Business Association promotes and serves the businesses and trades of our community and wishes to encourage new enterprise into our area. Join LaDBA and add your voice to the local business community.

Look 'out and about' for the Definitive Local Guide

Available by ordering online or from local retail outlets



info@lochcarron.org.uk



D Mackay Plumbing & Heating

Lochcarron

Repairs and general maintenance
New heating & hot water systems
Bathroom and kitchen re-fit
Lead work & guttering
New Builds

Call with any queries or for a quote

Contact Daniel on:

M: 07887 573443

T: 01520 722453

E: 22mackay@googlemail.com

HOLIDAY COTTAGE TO LET - ELMBANK, LOCHCARRON

Situated in a quiet lane and enjoying stunning views across Loch Carron, Elmbank is a traditional detached stone cottage set in its own delightful country gardens.

This attractive cottage is beautifully presented throughout. The pretty living room has wood effect floors with lovely rugs, and a welcoming wood-burning stove. There is a separate dining room with comfortable seating as well as a sofa bed for extra guests.

The three bedrooms on the first floor are bright and cosy and all rooms have superb views across to the sea loch and the surrounding hills. The gardens are a real feature of the cottage with masses of flowering shrubs.

 07960 443475

bookings@lochcarroncottage.co.uk

www.lochcarroncottage.co.uk

Elmbank Cottage, Church Street,
Lochcarron, Ross-shire IV54 8YQ

HOLIDAY ACCOMMODATION

Broom Cottage is a detached bungalow in Lochcarron available throughout the year as self-catering accommodation on a weekly basis; part-weeks are also offered.

Broom Cottage sleeps up to four people in one double bedroom and one twin-bedded room.

A modern property, equipped to a very high standard, it has everything required for a comfortable stay. Free use of an Internet link is included in the accommodation price.

Broom Cottage offers ample off-street parking and a pleasant garden.

No smoking is allowed in the property.

Pets are welcome by prior arrangement.

www.broomcottagelochcarron.co.uk

tel: Louise Martin 01520 722607



George Macleod Funeral Director

3 Braes, Inverasdale, Poolewe,
Achnasheen, Ross-Shire.
IV22 2LN

Tel. 01445781434
Mob.07909946715

**ALL
ARRANGEMENTS
UNDER PERSONAL
SUPERVISION**

Angus Robins Chimney Sweep

APICS, HETAS & SFA - Registered Sweep
HETAS Registered Installer

£5,000,000 Public Liability Insurance

Chimney Sweeping
Chimney Surveys and Reports
Solid Fuel Appliances
Installed, Serviced and Maintained
HQ Camera Inspections
Video Capture for insurance purposes

Applecross
01520 744366 / 07774 631970



windiesweep@gmail.com

Book Catering

Home Farm B & B

Genuine Home Cooking and Baking

Catering for all events

PAT Testing

Linda Hoejlund
Attadale

079587 44410

enquiries@bookcatering.co.uk

www.bookcatering.co.uk

Mackenzie Electrical Ltd

Electrical Contractors

Iain (Jeck) Mackenzie - Approved Electrician



Jeck's, Lochcarron, Ross-Shire. IV54 8YQ

Tel: 07909 985840

Email: mackenzielectrical@btinternet.com

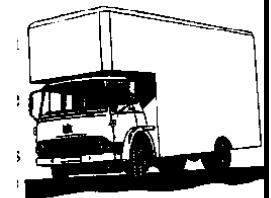
Proposed Short Lease of Part of an Owner-Occupied Croft

Ruairidh MacIennan is applying to let part of the croft at 326A Shieldaig, on a short-term lease to Ann Barton of The Croft House, Shieldaig for 5 years.

Written comments from those with a relevant interest (which may be made public) to: Crofting Commission, Leachkin Road, Inverness IV3 8NW, info@croftingscotland.gov.uk by 29th April 2018 please.

Are you stressed out at the thought of

MOVING HOME?



It is reckoned to be one of life's most stressful events. Would you like to have a stress free move? Then call us NOW

SCOTTISH REMOVAL SERVICES

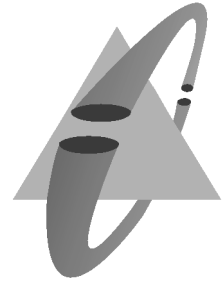
PHONE : 01471 822777

or visit our Web site
www.scottish-removals.co.uk

or e-mail us
flit@scottish-removals.co.uk

A. L. J
Plumbing and Roofing

Primrose Cottage
Main Street
Lochcarron



Bathroom Suites
Soil Pipes
Drains
Sinks
Cold and hot water tanks
And all plumbing work carried out

Pitched Roofs
Lead flashing
Fascia soffit
Guttering
Windows fitted
Flat roofing
And all general repair
work carried out

Telephone: 01520 722 886
Mobile: 07952 869 962



FERGUSON

TRANSPORT & SHIPPING

LOGISTIC SOLUTIONS, SUCCESSFUL WITH PARTNERS

Road Haulage • Shipping • Port Facilities • Storage & Warehousing • Craneage

Operating 365 days a year, to provide intermodal road, rail, sea, port and warehousing services; with established warehousing and quay side facilities in Mallaig, and our own Port and warehousing facilities in Kishorn.

KISHORN PORT:

Sea Freight & Logistic Services

Kishorn Base, Strathcarron, IV54 8XA

Please contact Mike Bauermeister, Alec Cameron,
or Janet Price, Office Admin

Tel: 01520 733 358

E mail: enquiries@kishornportltd.com

HEAD OFFICE:

Integrated Freight Facility,

Annat, Corpach, PH33 7RB

Tel: 01397 773 840

Email: enquiries@fergusontransport.co.uk



A joint venture between Ferguson Transport & Shipping and Leith's (Scotland) Ltd.

A & J BROWN LICENSED GROCER & POST OFFICE



CAMUSTEIL, APPLCROSS

(Branch Right at Fire Station)

TEL Shop: 01520 744421

TEL P.O.: 01520 744491

AGENTS FOR CALOR GAS AND CAMPING GAZ

SHOP HOURS

MONDAY: 9AM – 5PM
TUESDAY: 9AM—5PM
WEDNESDAY: 9AM – 5PM
THURSDAY: 9AM – 5PM
FRIDAY: 9AM – 5PM
SATURDAY: 10AM—5PM

SUNDAY CLOSED

POST OFFICE HOURS

MONDAY: 9AM – 5PM
TUESDAY: 9AM—5PM
WEDNESDAY: 9AM - 5PM
THURSDAY: 9AM - 5PM
FRIDAY: 9AM - 5PM
SATURDAY: 10AM—5PM

Lunch 12 -1

SUNDAY CLOSED

SCOTT'S GARDENING SERVICE

GENERAL GARDEN MAINTENANCE

TREES: FELLED OR PRUNED AS
REQUIRED BY FULLY
INSURED AND
CERTIFICATED OPERATOR.

GRASS: FULL GRASS CUTTING
SERVICE INCLUDING
SCARIFICATION TO
ERADICATE MOSS FROM
LAWNS.

HEDGES: TRIMMED AS REQUIRED.

ALSO

PAINTING: INSIDE AND OUT.

TEL: 01520 722526
MOBILE NO: 077997 52175

RONALD ROSS Funeral Director

4 Camusnagaul
DUNDONNELL
Ross-shire

ALL ARRANGEMENTS MADE
FOR BURIAL AND
CREMATION.

24 HOUR PERSONAL
SERVICE.

Tel: 01854 633 237
or
01854 633 380

ASHBOURNE JOINERY

All types of work undertaken -

Kitchens
Bedrooms
Bathrooms
ALSO
Tiling
Plastering
Roofing, etc.

Enquiries welcome

John Ward
Taobh-an-allt, Lochcarron

Telephone : (01520) 722377
Mobile : 07768 894891



David Whittingham
Cabinet Making and Joinery

- Cupboards
- Chests of Drawers
- Hand Made Kitchens
- Staircases
- Bookcases & Shelving
- Wall Panelling
- Internal & External
Doors & Frames
- Old Joinery Refurbished
- Casement & Sash Windows
- Floorboards
- Experience with Reclaimed
Timber

Phone Dave on 07900 957371

01520 722867

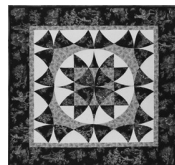
dave@davewhittingham.co.uk

Kiki's *Craft Corner*



*Classes &
Workshops*

*Hand - made
Gifts*



Spinning & Felting
Patchwork & Quilting
Knitting & Embroidery
Notions & Accessories

Smithy Heritage Centre, Lochcarron, IV54 8YS
www.kikiscraftcorner.co.uk, Tel. 01520 722919
Opening times: Tuesday – Saturday, 10 am – 5 pm
Crafty Saturday: every **last** Saturday of the month 2 – 4:30 pm.

M & D MACLEOD FUNERAL DIRECTORS

Station Road

Kyle of Lochalsh

Ross-shire

IV40 8AE

Over 40 years local service

24 hour availability

Home Visits

Funeral Plans
Memorial Stones

Tel. 01599 230 355



LEITHS

Built on Quality



Kishorn Surface Dressing



Kishorn Quarry and Port

- Quarry Products
- Concrete Products
- Construction & Surfacing
- Precast Concrete
- Plant & Transport
- Technical Services
- Contract Crushing
- Road Marking
- Road Planing
- Agricultural Lime
- Industrial Fillers
- Demolition
- Asbestos Removal
- Animal Feeds

With our operations at Kishorn Quarry, Torrin Quarry on Skye and Achilty Quarry at Contin, Leiths are able to supply a full range of quality construction materials into Wester Ross, Skye and Lochalsh

Providing a complete service from a family business

For Sales enquiries for all products, contact either:

Ian Rae on tel. 07771 554363 email. irae@leiths-group.co.uk, or Brad Flett on tel. 07584 701841 email bflett@leiths-group.co.uk

HEAD OFFICE

Leiths (Scotland) Ltd, Rigifa, Cove, Aberdeen AB12 3LR

Tel. 01224 876333 Fax. 01224 876332 Email. sales@leiths-group.co.uk Web. www.leiths-group.co.uk

Joint Venture between Leiths Group and Ferguson Transport
www.kishornport.co.uk



TREE SURGERY

Tree Surgery carried out by an experienced and fully insured operator. Up-to-date test certificates.

Lop and top can now be chipped on site.

All aspects of garden work carried out, grass cutting, hedge trimming, strimming etc.

Also fencing undertaken.

Phone **DAVID THOMSON** on Lochcarron 722347 (evenings)

K and A CAMERON GENERAL CONTRACTORS AND HAULAGE

and
CAMERON CARRIERS
Achintee
STRATHCARRON IV54 8YE

We operate a DAILY collection and delivery service from Inverness to local areas including:

- APPLECROSS
- ACHNASHEEN
- KINLOCHEWE
- TORRIDON
- ALLIGIN
- SHIELDAIG
- KISHORN
- LOHCARRON
- STRATHCARRON
- STROMEFERRY
- ACHMORE
- DORNIE
- KYLE
- PLOCKTON



WE ALSO OPERATE A LIGHT REMOVALS SERVICE - ENQUIRIES WELCOME.

For all enquiries please
Telephone/Fax
01520 722450
Mobile 07876233717

CHRIS HINGLEY TREE SERVICES



All aspects of tree surgery & felling undertaken by certified and insured operator.

☎ Chris on 01520 744452

Or email

chrishingley@hotmail.co.uk

SP BUILDING & PROPERTY MAINTENANCE TRADESMAN WITH 30 YEARS EXPERIENCE

GARAGES & SMALL EXTENSIONS

KITCHENS & BATHROOMS

TILING

TIMBER & UPVC DOORS AND
WINDOWS

ALL ENQUIRIES
WELCOME
NO JOB TOO SMALL



*Simon Phillips,
Ardrock, Lochcarron*

☎ : 01520 722 126
Mobile : 07971 081 568

Nanny's

SHIELDAIG

- ♡ Freshly ground fairtrade coffee
- ♡ Speciality loose leaf teas
 - ♡ Breakfast rolls
- ♡ Capaldi's ice cream
 - ♡ Free wifi
- ♡ Toasties and sandwiches
 - ♡ Local seafood
 - ♡ Homemade soup
- ♡ Delicious home baking
 - ♡ Sit in or take away

Open
10am to 5pm
Monday to Saturday,
closed Sunday.

www.nannysshieldaig.com

01520 755787

Shieldaig, IV54 8XN

CARRON POTTERY, CRAFT SHOP & GALLERY

Cam-allt, Strathcarron,
Ross-shire, IV54 8YX
Tel: 01520722321
carronpottery@btconnect.com
www.carronpottery.com



NOW OPEN FOR THE
SEASON

Monday to Friday 10.00 – 4.30
Saturday 10.00 – 2.30
CLOSED SUNDAYS



Situated on the south shore of Loch Carron, one mile south of the Strathcarron railway station on the A890, in an Old School and Schoolhouse.

We are a working pottery with two potters, specialising in a wide range of hand-thrown and hand-built stoneware, tableware and commissioned pieces.

The Craft Shop stocks an extensive range of the very best of Scottish Crafts, some local, including wood, silver, jewellery and many different ceramics.

The Gallery upstairs displays paintings, prints and reproductions in a wide mix of media and styles from local and Scottish professional artists.

We have gift vouchers available

Thank you to everyone who has brought us wrapping, boxes and packing to recycle.

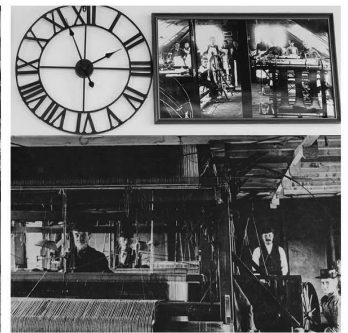
Please keep it coming, it is very much appreciated, thank you.

the LOCHCARRON WEAVERS shop

Visit our Iconic Shop, situated on the banks of the picturesque Loch Carron in Wester Ross, Lochcarron Weavers has to be one of the most scenic locations for a shop. Once you step inside our quintessentially Scottish store you will find a wonderful range of tartans, luxury knitwear & tweed, all complemented with just the right accessories from Scarves, Stoles, Sashes, Serapes to Tweed Coats and Jackets, so there is something for everyone. You can buy these top quality Scottish products in the finest natural fibres including Cashmere, Lambswool, Lamora & Mohair.

We look forward to welcoming you here in Lochcarron very soon.

the worlds leading
MANUFACTURER of TARTAN



HIGHLAND WEAR

tailor made

If you are interested in a full made to measure kilt outfit, some made to order trews or a skirt, our experts are on hand in store to offer advice and take your measurements to ensure the perfect fit.

As the world's leading manufacturer of tartan, we have over 700 authentic Scottish tartans available to you, all woven at our Selkirk mill. From this extensive portfolio of fabrics we can offer everything from bespoke handmade kilts & highland dress, through to made to measure tailored skirts, trews & a full range of accessories including tartan ties, jackets, sporrans, belts, buckles, socks, flashes, crested cufflinks & sgian dubh's.

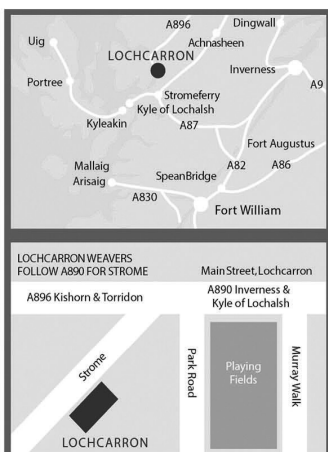


Meet the Staff



OPENING HOURS

Easter - end of October	November - Easter
Monday to Saturday (Closed Sunday)	Monday to Friday (Closed Saturday & Sunday)
9am - 5pm	10am - 4pm



HOW TO GET HERE

65 miles from Inverness on the A9, A832 to Garve, A890 to Lochcarron. The shop is situated on the banks of the Loch Carron in Wester Ross, find us by heading 2 miles west out of the village of Lochcarron heading towards North Strome. Sat Nav Ref: **IV54 8YH**



For all enquires please contact our Shop Manager, Joy Moran who will be happy to help you.

E: Joy@lochcarron.com



Lochcarron Weavers Shop, Mid Strome, Lochcarron, IV54 8YH
T: 01520 722212 | E: Joy@lochcarron.com
www.lochcarronweavers.com



The Torridon

WHERE LUXURY, ADVENTURE, & HOSPITALITY COMBINE
FOR AN UNFORGETTABLE EXPERIENCE.



Don't miss out! Book your Torridon adventure today, from a wide range of activities to afternoon tea, lunch and dinner.

Call 01445 791242 or visit thetorridon.com to book online.

The Torridon

by Achnasheen, Wester Ross, Scotland IV22 2EY
01445 791242 - info@thetorridon.com



The Kishorn Playing Field Club



Session Dates for 2018

Family friendly activities on “The Dell” in Kishorn.

Open to all ages, boys and girls.

Come along and play sports!

We ask that parents/guardians of children under primary school age stay in attendance.

1pm-3pm

8th April, 13th May,

Saturday 9th June (Beach Clean & BBQ*)

8th July, 12th August & 9th September.

For full session activity details:

Email: kishornplayingfieldclub@gmail.com

www.kishornplayingfieldclub.wordpress.com

****Any session changes or cancellations will be posted on the website.****



*Beach clean & BBQ in conjunction with Scottish Sea Farms & Countryside Rangers—final details tbc.