

# The Strath Times

Aug & Sep 2016

## Contact The Strath Times

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

Deadline for the Oct/Nov Issue is **Friday 16th September 2016**

### Advertising rates

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

# MACK'S TAXI

**Strathpeffer**

**Evenings & Weekends**

**1830 Hrs - 2359 Hrs Evening**

**1830 Hrs - Till Late Weekends**

**07464 160144**

Remember to check the village website  
**[www.strathpeffer.org](http://www.strathpeffer.org)**  
For all your news and what's on in the area

## FREE NEWSLETTER

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



# Support Your Local Enterprise

As is highlighted with The Strath Times, a number of businesses have closed or are closing, while others are just scraping by – the Pavilion Restaurant closed in mid-June with the Green Kite due to close in September. This is a sign of the continued economic downturn that has affected all of us over the past couple of years. However, the community can and should play a massive part in the survival of the remaining local enterprises.

Support your local shops by purchasing items from them, where possible use your local cafes and restaurant and check out the food and drink on offer at the hotels. There are a number of leisure activities for you to try from golf to tennis, from bowling to badminton. You could always attend a concert or play at the Pavilion or visit the childhood museum. The Community Centre provides a range of activities and support other local community groups like the Brownies and Under 5's. Unless people participate or volunteer these activities will also have to stop.

The Victorian Festival did not happen again this year due to lack

of volunteers, this one event helps to bring other people to the village and helps sustain businesses and provide fun and entertainment to the whole community.

Using and supporting your local business or group is one simple way of ensuring that they continue, and this then helps attract other enterprises and encourages people to visit and stay in our village.

If you have ideas of what could be changed or want to get involved but not sure how, then your first step is to contact this newsletter (on 01997 421989) and we will put you in touch with other likeminded people.



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

## Adult Classes in Strathpeffer

Strathpeffer Community Centre would like to know what classes YOU want to see running in the centre over the autumn and winter. In the past we have run Computer Classes, Garden Maintenance, Employability and Craft Classes. It is now your chance to let us know what else to organise. Contact Clara with your suggestions.

We already have a Felting Class planned for Sat 3rd September, this follows on from our last fantastic Felting Class with tutor Rosie Hazelton. There seems to be a demand for cooking classes for young and old and so we will be looking to get these classes off the ground.

In addition, each month we run "Helping Hand" This is a chance for you to bring along your tablet, phone or laptop and get some support on setting up or managing your emails, online shopping or how to set up a group text. Next session is Tuesday 9th August 10am – 11am due to the holidays, then back to the first Tuesday of each month e.g. Tuesday 6th September. If you know someone who we can help, please let them know, no question is silly and there's a cup of tea or coffee available.

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## The Peffery Way

Although we have not needed to carry out any work parties so far along the route of the old railway line, the trustees of the new charity – The Peffery Way, are working hard on a number of areas with preparing planning applications, setting up membership and donation details and organising to showcase the project at a couple of local events like the Strathpeffer Highland Games on Saturday 13th August.

Please show your support for the project by doing a couple of simple things now!

Become a member - it is painless and free (but if you want to donate that it even better) – just go to our website [www.pefferywayassociation.scot](http://www.pefferywayassociation.scot) If you have not "liked" our facebook page then please "like us" to get regular updates. [www.facebook.com/pefferyway/](http://www.facebook.com/pefferyway/)

Maintenance on the path - A big thank you to everyone who has come along and helped with the path over the past 6 months. We dealt with a fallen tree the last month and will be looking at a Strimm Fest again before the weeds and grasses take over!



### Enjoy fresh local food delivered to your door

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



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

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

## MUSEUM COFFEE SHOP

### Homemade meals and baking served all day

Breakfasts

Hot filled rolls

Snacks



Delicious Soup

Light meals

Cakes & Traybakes

**Open 7 days a week  
10am – 5pm**

**Old Victorian Station, Strathpeffer  
Telephone 07759 690 459**

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

## Fairtrade Mad Hatter's Tea Party

Strathpeffer Fairtrade Group invites you to Wonderland at the Mad Hatter's Tea Party on Sunday 28th August. An afternoon tea including cakes & sandwiches will be served and there will be fun games for all ages.

The event is inspired by Lewis Carroll's Alice in Wonderland. Secretary Sarina Armshaw from the Fairtrade Group had been playing with the idea to organise this for a couple of years, and with Alice Through the Looking Glass [the sequel to the Alice in Wonderland film] having been released last May, there really is no better time than to do it now. 'I have often thought it would be fun to organise a Mad Hatter's party,' Sarina says, 'and this summer just seems a really good time for it.'

The Achterneed room of the Community Centre will be transformed into Wonderland, where time does not exist, and where young and old can enjoy Alice-themed cakes & sandwiches, as well as playing games that relate to the stories. Every-one who wants to come along is encouraged to make & decorate their own hat, which can be entered into the competition.

The Fairtrade Mad Hatter's Tea Party is at the Community Centre from 3 – 6 pm. Tickets are £8 (adults) and £4 (up to 12 years); children under 4 go free. Tickets are available from Green Kite Trading and the Community Centre. For more information email [info@greenkite.co.uk](mailto:info@greenkite.co.uk) or phone 01997 - 420074.

**We look much forward to seeing you there!**

## Local services available

Over the past few months, Strathpeffer Community Centre has had a number enquiries regarding printing, laminating and use of the internet or WiFi facilities. So just to let everyone know that we can print up to A3 in colour or black and white, laminate again up to A3 and even design basic flyers or business cards. If you need to print travel documents etc but don't have a printer, then don't worry you can access your email account on one of our computers and print it out. We can also scan documents and email them to you or even fax documents.

Don't forget we also hire out the centre for bouncy castle parties, meetings, fundraising events and the occasional family party. Contact the centre to book your event on 01997 421989.



**Mad Hatter's Tea Party**  
Strathpeffer Fairtrade Group invites you to **WONDERLAND**

Under 4 Free  
CHILDREN £4 ADULTS £8  
Tickets available at:  
Green Kite & Community Centre  
EMAIL: [info@greenkite.co.uk](mailto:info@greenkite.co.uk)  
PHONE: 01997 420074

AFTERNOON Tea Served,  
With activities For  
ALL AGES

Where: Strathpeffer  
COMMUNITY CENTRE  
When: 28th AUGUST  
Time: 3PM-6PM



**Marion Taylor MCFHP MAFHP**  
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**Professional Practitioner**

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



[WWW.KEMPO.CO.UK](http://WWW.KEMPO.CO.UK) Tel: 0845 838 5156

**KEMPO FOR KIDS (7YRS+) & TEENS**

The Martial Art of Kempo is not just about youngsters learning Self-Defence.  
We also teach fitness, discipline, anti-bullying skills, respect and confidence!

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

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

# Strathpeffer Celebrates Queen's Official Birthday

Strathpeffer Community celebrated Her Majesty The Queen's 90th Birthday in style, on Saturday 11th June! The celebrations started, outside the Strathpeffer Pavilion, with the Irvine family raising the Union Jack, Hamish Galbraith together with Katie Hunter and Finlay Coleman opening the newly refurbished band stand, then the gathered members of the community sang Happy Birthday to Her Majesty and Janet Bowen the Lord-Lieutenant read The Queen's response to the Loyal Greetings send from the Community.

Due to the wet weather the VIP guests (residents from local care homes and luncheon club) and friends from Malawi, moved inside the Pavilion where lunch was provided and served by the ladies of the Church of Scotland with tea, coffee and juice by the Friends of the Pavilion.

Throughout the afternoon there were old fashioned board games available for all ages and Laser tag outside.

Everyone was richly entertained with music by Hamish Polson and Hamish Menzies; 1920s songs and dances by pupils from Strathpeffer Primary School; Kiltarn Fiddlers, The Strathpeffer and District Pipe Band and a Kempo demonstration.

The Bake a Cake for the Queen competition was won by Brenda Brown and the winners of the 1920s dress parade were Darcie Houston and Lewis King.

What great community spirit this event demonstrated with so many turning out for a picnic on what was such a wet day!



The gardens are looking fabulous, great excuse to come and have a drink on the terrace.

Bring a friend for afternoon tea or treat your loved ones to a dinner to remember.

Afternoon Tea	11 am – 5 pm
Lunch	12 noon – 2.30 pm
Dinner	6.30 pm – 9.30 pm
Soup & Sandwiches	11 am – 10 pm
Warm Welcome	All Day Every Day



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



## PILATES CLASSES

With Karen Powell and Cathryn Cotterill.

Strathpeffer Community Centre  
Tuesdays 7.30 – 8.30pm (continuing during the summer)  
Thursdays 10.30 – 11.30am (starts back at on 18<sup>th</sup> Aug)  
Dingwall Community Centre  
Thursdays 12.30 – 1.30pm (starts back at on 18<sup>th</sup> Aug)

Contact Karen on 07795465540 for daytime classes and Cathryn on 07522241728 for evening class. All classes to be booked in advance.

[karen\\_powell\\_pilates@yahoo.co.uk](mailto:karen_powell_pilates@yahoo.co.uk) and [cathryncotterill101@gmail.com](mailto:cathryncotterill101@gmail.com)  
Facebook [KarenPowell'sHighlandPilatesandNordicWalking](https://www.facebook.com/KarenPowell'sHighlandPilatesandNordicWalking)  
[www.karenpowellpilates.com](http://www.karenpowellpilates.com)



## Restaurant Closes

The restaurant within Strathpeffer Pavilion closed in the middle of June. Unfortunately, this has meant the loss of jobs for a few locals. Some local residents have organised a petition for people to sign. The petition asks Strathpeffer Pavilion Board to think again about the decision and asks if everything has been done, within economic means to save the restaurant and promote it? It feels that the community has not been consulted prior to the board's decision.

They are concerned the closure of the Restaurant is based on the needs of the Pavilion and doesn't take into account how the closure will impact upon local businesses and people. A copy of the petition to sign can be found at ???

*Strathpeffer Garden Group would like to extend a huge Thanks to the New York Villa Trust for their kind donation this year. In addition to the regular grant from the Community Council fund, this donation has allowed the group to buy a large number of perennial plants and compost for the planters, hanging baskets and newly renovated beds in the Square.*

**Thank You!**

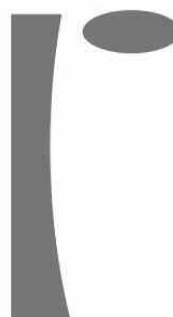


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[www.leggattsfs.co.uk](http://www.leggattsfs.co.uk)

# Strathpeffer Wellbeing Festival 14th & 15th May 2016 (A Tale of Two Celebrities, Cheesecake and Chanting...)

Yes even the Wellbeing sector has its celebrities and this year we welcomed back for a second year the “Zen from Amsterdam” Tim van der Vliet and welcomed Dr. David Hamilton PhD to Strathpeffer. Once upon a time David was a pharmaceutical researcher, he explains the science behind the measureable health benefits of kindness and compassion, which cost less than drug development. Other great speakers covered topics from Intimacy, Canine first aid, The Alexander Technique and Hip Hop Dance.

This year the festival went through the Big Yellow Doors, the main hall was too small, to house the wide variety stalls and the new performance stage with its lively mix of TedEx type talks, dance, drumming Kirtan Chanting and 1/2hrly free gifts for visitors.

For a break from the liveliness people melted into taster sessions



of massage, reflexology, had spiritual readings, took retail therapy with crystals, gifts, skin care products or a snack from the healthy café. Serving hot drinks, fresh green juices (“mown grass in a glass”), gluten and sometimes sugar free cakes and a cheesecake made from nuts!

Good preventative wellbeing was available through Iridology and Medical Qigong practitioners.

Kirtan Scotland led us in Mantra chanting on both days and for the Festival party.

So for now the festival is over but just like The Strathpuffer, Birthdays and Christmas it will soon be with us next year. Sarina and Phil from Crystal House (festival organisers) would like to thank all the visitors, stallholders, speakers and volunteers that make this Festival possible.

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## Large Rise in Highland Carers leads to Carer Positive Awards

A 10% rise in the number of people involved in providing unpaid carer and support for a family member, friend or neighbour in the Highlands has prompted a local charity to launch ‘Carer Positive’ – an initiative that aims to encourage employers to create a supportive working environment for carers in the workplace.

Roisin Connolly, Manager of Connecting Carers commented ‘In Highland the average age of unpaid carers is 44 and means that a large number hold down a job whilst carrying out their caring roles, juggling home, work and caring daily.

For carers, work can often represent a lifeline, however, juggling work and caring responsibilities can be challenging and extremely stressful, with many carers unable to sustain their careers. This can lead to financial hardship and move carers and their families into a dependence on benefits. 22% of unpaid carers are in poverty as their caring role impacts on the family income. Another impact can be frustration in the workplace when employers are unaware of a carer’s situation’.

The Carer Positive scheme helps employers in Highland develop and create a working environment where

unpaid carers are valued and supported. Carer Positive employers recognise the importance of retaining experienced members of staff, reducing absence, and cutting down on avoidable recruitment costs.

The award incorporates 3 levels or stages, from ‘engaged’ to ‘established’ through to ‘exemplary’. This enables employers to progress from one stage to the next, building from an initial level of commitment to embedding a culture of support for carers within their organisations.

James Fraser, Chairman of Connecting Carers said ‘Supporting carers to manage the sometimes difficult job of balancing work with caring responsibilities can deliver real benefits to employers as well as helping individuals and their families. Unfortunately many carers give up work because the job of juggling their work and caring responsibilities simply becomes too much’.

Employers interested in more information on becoming ‘Carer Positive’ should contact Roisin Connolly at [carers@hccf.org.uk](mailto:carers@hccf.org.uk) or by telephone on 01463 723560.

# Diary of events for August & September 2016

## August 2016

Thursday 4th, 7.30pm  
**Shona Brown & Cruinn**  
Strathpeffer Pavilion

Tuesday 9th, 10-11am  
**"Helping Hand"**  
Strathpeffer Community Centre

Wednesday 10th, 8pm  
**Monthly Film Night**  
Strathpeffer Pavilion

Saturday 13th  
**Strathpeffer Highland Gathering**  
Castle Leod, Strathpeffer

Wednesday 17th, 8pm  
**Luke Jackson**  
Strathpeffer Pavilion

Saturday 20th, 8pm  
**Bike'n'Hike Charity Ceilidh**  
Strathpeffer Pavilion

Sunday 28th, 3pm - 6pm  
**Mad Hatters Tea Party -**  
**Strathpeffer Fairtrade Group**  
Strathpeffer Community Centre

Sunday 28th, 7.30pm  
**Auld Hat - New Heids**  
Strathpeffer Pavilion

Wednesday 31st, 10am - 12noon  
**Coffee Morning**  
Strathpeffer Pavilion

## September 2016

Friday 2nd, 8pm  
**BOND: An Unauthorised Parody**  
Strathpeffer Pavilion

Saturday 3rd  
**Felting Class**  
Strathpeffer Community Centre

Tuesday 6th, 10-11am  
**"Helping Hand"**  
Strathpeffer Community Centre

Saturday 10th & Sunday 11th, 12-4pm  
**Photography Fair**  
Strathpeffer Pavilion

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

Wednesday 14th, 8pm  
**Monthly Film Night**  
Strathpeffer Pavilion

Thursday 22nd, 10.30am  
**Oscar & The Highland Castle**  
Strathpeffer Pavilion

Friday 23rd, 8pm  
**Glasgow Phoenix Choir**  
Strathpeffer Pavilion

Saturday 24th, 8pm  
**Songs From The Silver Screen**  
Strathpeffer Pavilion

Sunday 25th, 12-4pm  
**Autumn Wedding Fair**  
Strathpeffer Pavilion

Wednesday 28th, 10am - 12noon  
**Coffee Morning**  
Strathpeffer Pavilion

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

## Regular events

Please bear in mind that **some activities stop during school holidays.**

### Mondays

Hung Ga Kung Fu 12.15-1.15pm  
Crystal House

Jog Scotland 12.30pm  
Strathpeffer Community Centre

Qi Gong 1.15-2.15pm  
Crystal House

Kempo 4.30pm - 5.30pm  
Strathpeffer Community Centre

Rainbows 4.45pm - 5.45pm  
Strathpeffer Community Centre

Brownies 6pm - 7.15pm  
Strathpeffer Community Centre

Guides 7.30pm - 8.45pm  
Strathpeffer Community Centre

### Tuesdays

Under 5s 9.30am - 11.30am  
Supervised sessions - contact Kate on  
07808079054 for more information  
Strathpeffer Community Centre

Yoga 12.30pm - 2.00pm  
Strathpeffer Community Centre

Pilates 7.30pm - 8.30pm  
Strathpeffer Community Centre

Strathpeffer Pipe Band Practice 7.30-9.30pm  
Strathpeffer Community Centre

### Wednesdays

Blethers Community Cafe, first Wed of every  
month (term time only) - all welcome - tea,  
coffee, bacon rolls, home baking etc.  
Strathpeffer Community Centre

Bumps, Babies & Toddlers 9.30am - 11.00am  
Strathpeffer Community Centre

Outdoor Bowling, 2.30pm - 5pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

Strathpeffer & Dingwall Tennis Club  
6pm - 9pm, Strathpeffer Tennis Courts

Yoga 7.30pm - 9.00pm  
Strathpeffer Community Centre

Shimmy - Beginners fun belly dance  
6pm - 7pm, Crystal House

### Thursdays

Walking Group 9.45am  
Strathpeffer Community Centre

Pilates, 10.30am  
Strathpeffer Community Centre

Slimming World, 5.30pm - 6.30pm and  
7.30pm - 8.30pm  
Strathpeffer Community Centre

New Adventure Sports for Kids, 6pm - 7pm  
Strathpeffer Community Centre

Outdoor Bowling, 7pm - 8.30pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

Craft and Craic 7pm - 9pm  
Strathpeffer Community Centre

Tap dancing 8.00pm - 9.00pm  
Strathpeffer Community Centre

### Fridays

Under 5s 9.30am - 11.30am  
Strathpeffer Community Centre

### Monday—Friday

Out of School Club 3-6pm  
Strathpeffer Community Centre

### Saturdays

Outdoor Bowling, 7pm - 8.30pm  
Strathpeffer Bowls Club (*back of the Pavilion*)

### Sundays

Strathpeffer & Dingwall Tennis Club  
10am-1pm, Strathpeffer Tennis Courts

2nd Sunday of each Month - Singing Bowl  
Relaxation, 1-2.30pm, Crystal House

# Pavilion

STRATHPEFFER



WHAT'S ON

## Aug

Thu	4	<b>Shona Brown &amp; Cruinn</b> 7:30pm
Wed	10	<b>Monthly Film Night</b> 8pm
Wed	17	<b>Luke Jackson</b> 8pm
Sat	20	<b>Bike'n'Hike Charity Ceilidh</b> 8pm
Sun	28	<b>Auld Hat - New Heids</b> 7:30pm
Wed	31	<b>Coffee Morning</b> 10am-12noon

## Sept

Fri	2	<b>BOND: An Unauthorised Parody</b> 8pm
Sat-Sun	10-11	<b>Photography Fair</b> 12-4pm
Wed	14	<b>Monthly Film Night</b> 8pm
Thur	22	<b>Oscar &amp; The Highland Castle</b> 10:30am
Fri	23	<b>Glasgow Phoenix Choir</b> 8pm
Sat	24	<b>Songs from the Silver Screen</b> 8pm
Sun	25	<b>Autumn Wedding Fair</b> 12-4pm
Wed	28	<b>Coffee Morning</b> 10am-12noon

## Oct

Thu	20	<b>NHS Blood Donation</b> 8pm
Thu	27	<b>Aleister Crowley: A Passion For Evil</b> 8pm
Fri	28	<b>Murder Mystery Dinner</b> 7:30pm

# Aug Sept Oct

2016

Keep up to date with all that's going on at the Pavilion with social media. Just search: StrathPavilion



Box Office 01997 420124  
Find out more at [strathpefferpavilion.org](http://strathpefferpavilion.org)

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

Information correct at time of print, applicable until 30 Sept 2016