

The Strath Times

Apr & May 2016

Contact The Strath Times

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

Deadline for the Jun/Jul Issue is **Friday 13th May 2016**

Advertising rates

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

Fairtrade Guide

Fairtrade Fortnight also saw the launch of the Strathpeffer Fairtrade Guide. In this leaflet you will find all the shops, retail outlets, accommodations, and venues that serve, sell or use FT products. The leaflet is aimed at locals and visitors alike and will be available in various outlets throughout the village and beyond. To kick-start distribution, we have included a copy in this issue of the StrathTimes, for which we would like to thank Strathpeffer Community Centre.

Strathpeffer Fairtrade Group would also like to thank New York Trust Villa for their support in making this leaflet happen.



FREE NEWSLETTER

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



Nicaraguan coffee producer visits Strathpeffer Primary School



Fairtrade Fortnight has been widely celebrated in our village, with a Big Brew, the launch of the Strathpeffer Fairtrade Guide and a talk by a Nicaraguan Fairtrade coffee producer at the primary school.

Mrs Fatima Ismael came to the school on Wednesday 9th March to talk about Fairtrade coffee producers in Nicaragua. Fatima visited the pupils courtesy of the Scottish Fair Trade Forum, who



Fatima Ismael with some of the pupils who she talked to about Fairtrade coffee production

hosted her on a tour throughout Scotland. Fatima is General Manager of the coffee co-operative SOPPEXCCA. This is a union of 18 co-operatives located in a department in northern Nicaragua where 60% of the country's coffee is produced.

Fatima talked to the pupils of P4 to P7. She told them about growing coffee in Nicaragua and the difference Fair Trade makes for children and families in Nicaragua. She explained that since the cooperation started producing Fairtrade coffee (some 15 years ago), the number of producers has risen from around 60 to 650. The premium Fairtrade prices that they are being paid does not only help the producers but also their families and all the other families in a community, for example with setting up local schools for the children. It also means a much better position for women, whose participation has risen from less than 2 % to 30% since the co-operative was established.

Other benefits are campaigns against child labour, education of people in producing sustainably, and a training centre where youngsters can learn to be a barista.

Pupils had the opportunity to ask Fatima questions and some had prepared to do so in Spanish. The visit went down really well, and the youngsters were very interested in the things Fatima had to say.

Making Waves

The fourth science festival was a great success with over 250 children and adults attending. There was lots to keep everyone entertained and informed with the chance to save a dolphin, learn about the leatherback turtle and what we can do to help its environment.



Kids made their own periscope and helped build a coral reef. There were touch and hold seashore creatures and everyone found out how to get clean drinking water. Plus lots of other topics from river birds to sailing to extracting oil out of rocks.

This event was part of the British Science Week. Clara Hickey, Centre & Learning Manager of Strathpeffer Community Centre said *“This is a great annual event which we have built up over the past four years. There is always lots to do and it’s wonderful to see children having fun and learning about science at the same time.”*

Strathpeffer Art Fair

Our annual Community Art Fair is being held on **Saturday and Sunday 21st and 22nd May at Strathpeffer Community Centre**. This free event is a chance to see some fantastic pieces of artwork all made by local people. Most of the artwork will be on sale and there will be a chance to buy some cards and prints. We will have the usual café selling refreshments and home-made cakes on both the Saturday and Sunday between 10am -4pm. Anyone wishing to display their artwork should contact Clara or Pam on 01997 421989.

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

Remembering Our Childhood

Join us for a weekend of stories and writing with children’s author Alan Durant.

at the Highland Museum of Childhood

Friday 13th May, 11am – 3pm: Alan will run a session for adults who want to reminisce and share their childhood stories.

Saturday 14th May, 1-1.45pm: Nursery Rhymes and Stories for age 4-6 years.

2-3pm: Creating stories and poems for age 7+. *Alan will also sign copies of his books in the museum after the workshops.

Sunday 15th May, 1-2.30pm: ‘Tea and Tales’ party. Come and listen to stories and view the artwork created by everyone over the weekend. Tea and cakes included!

All workshops are free but a small donation is welcome.

Highland Museum of Childhood, The Old Station, Strathpeffer IV14 9DH.
01997 421031
info@highlandmuseumofchildhood.org.uk



FESTIVAL
of museums

MUSEUM COFFEE SHOP

Homemade meals and baking served all day

Breakfasts

Hot filled rolls

Snacks



Delicious Soup

Light meals

Cakes & Traybakes

From Friday 1st April we are open 7 days a week
10am – 5pm

Old Victorian Station, Strathpeffer
Telephone 07759 690 459

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

Strathpeffer to Beauly Men's Shed

It was a hive of activity at the Men's Shed in Beauly when a small group of Strathpeffer Sheddors visited in March. The Beauly men have kindly been allowed to share their premises with the local Shinty Club. Their shed is just behind the Shinty building in the village. Beauly shedders have a wealth of hand and mechanical tools, most of which have been donated to the shed.

The Beauly men, enthusiastically, showed our shedders around and told them about their projects. One of their projects is the raised planter you can see in the centre of the picture. The men said it was a great place to go, have a chat, a cup of tea or coffee and help the community.

The Strathpeffer men came away inspired! If only they had somewhere in Strathpeffer for their shed! Any ideas?

Please contact strathresidents@hotmail.co.uk if you have any suggestions about where a shed could be put in the village.



Remembering Strathpeffer Railway Station

Research on the history of the old station is gathering pace and the group have been meeting every week in the Goods Shed with Susan from ARCH Highland. The next step is to set up our blog about the project which will be on the museum website: www.highlandmuseumofchildhood.org.uk. We still have some gaps for certain time periods in the history of the station, in particular the 1950s and 60s. **We would also like to hear from anyone who travelled on the railway or knew of anyone who did.** If you have any information or want to join us at the museum to help with research, contact ARCH Highland on 077888 35466.

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



Opening Hours

Mon-Thurs 10am-5pm

Fri closed

Sat 10am-5pm

Sun 12pm-4pm



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



PILATES CLASSES



Continuing throughout the year, with **Karen Powell** and **Cathryn Cotterill**.

Strathpeffer Community Centre

Tuesdays 7.30 – 8.30pm

Thursdays 10.30 – 11.30am

Dingwall Community Centre

Thursdays 12.30 – 1.30pm

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 and cathryncotterill101@gmail.com

Facebook [KarenPowell'sHighlandPilatesandNordicWalking](https://www.facebook.com/KarenPowell'sHighlandPilatesandNordicWalking)

www.karenpowellpilates.com



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News from the Pavilion

The Friends of the Pavilion are now into their new season and have a number of exciting events coming up over the next few months. Your attendance and participation in our events is what makes the Pavilion a thriving hub and vital focus for our community and further afield. If you would like to become a member or have some special skills in IT or could help in any way we would love to hear from you. Call 01997 420124 and your call will be forwarded to a Friend.

April 27th will see the start of our Wednesday Coffee Mornings from 10am – 12 noon in the Restaurant. This is open to everyone so come along and bring a friend (or two or three). The coffee mornings will continue on the last Wednesday of May, June, July, August and September.

May 6th is a themed movie night 'All that Jazz', starting at 8pm - for more information and tickets contact the Pavilion Box Office on 01997 420124.

Gin Tasting session on May 27th from 7:30pm again information is available from the Pavilion Box Office or visit www.strathpefferpavilion.org

June 11th Friends will be participating in the Queen's Birthday Party, a community event with lots of fun and games, to be held in the Pavilion environs. Look for information around the village closer to the date.

The Queen's 90th Birthday Celebrations in Strathpeffer

Saturday 12th June 2016
12noon – 4pm
In and around the Pavilion

Events and activities will include

- Traditional board games on the verandah
- Birthday party tea in the grounds (if wet in Pavilion hall). Bring your own tea.
- Hot drinks and cake available for a donation
- Music
- 1920s costume competition for children and adults
- Cake competition

And lots more!



Ardival Harps

Harps and Harp Holiday courses.

Makers of historical harps since 1992: wire-strung clarsachs, gut and bray harps, and levered harp.

Dates for Beginners' Harp Holiday courses, 2016, with teacher Bill Taylor:
Friday 29 April to Monday 2 May;
Friday 29 July to Monday 1 August.

Experience is not necessary, and harps will be provided. Bill will teach early and traditional tunes, and students will begin by learning technique on gut-strung instruments. Students will also explore harp history and have the opportunity to play bray harps and wire-strung clarsachs.

You are very welcome to visit and try out our harps. Please phone or email in advance.



www.ardival.com

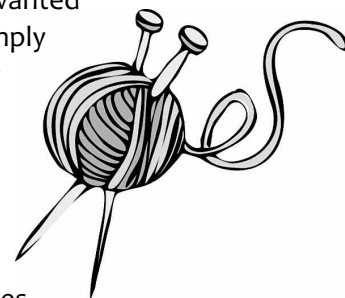
info@ardival.com

tel 01997 421260

Spring Destash Day

At some time or other we all look into our cupboard and see the yarns and materials we've bought and wonder how we are ever going to use them. So why not come and join us from 10am - 12noon on 16th April to get rid of some of your old stuff to make place for some of that new stuff you're thinking of buying?

We've hired the lower floor of Dingwall Town Hall on 16th April. We will have around 30 tables which will be used to get rid of your unwanted yarn and material. You can simply come along as a visitor to buy new yarn or bring unwanted yarns or materials to swap, sell or donate. It's up to you!



Alzheimer's Scotland will also be serving teas and coffees so there's a great opportunity to have a chat over a cuppa with like minded people.

For further details see:

www.highlandwoolandtextiles.co.uk

All profits will be donated to charity.

What's the Community Park about?

The Plan

To create a wonderful Community Park on the derelict land just beyond the Strathpeffer Primary School playing field.

Important achievements so far

- Strathpeffer Residents' Association formed in 2012.
- BIG lottery grand for Feasibility study
- Community Park show to be possible.
- Plans for park displayed and best one chosen by residents 201
- SRA becomes a charity (SCIO No. SC04687) February, 2016.
- Draft Business Plan for transfer of land to SRA sent to Highland Council in February 2016

Next steps

- Final version of Business Plan for transfer of land to Highland Council to be considered in April, 2016.
- Following decision of Highland Council to transfer land for the Community Park work can begin on applying for grants to fund the development of the park.
- Supporters of the Park become members*. Funders look for evidence of strong local support.
- Lots of membership forms are returned. Number of Community Park members is high.
- The Community Park Committee (SRA) successfully get grant funding
- 2017/18 appointment of project manager and contractors and the work begins! Hurray!

Are you community minded?

Strathpeffer Community Association is looking for a few new board members to join the team and help support the Community Centre. Prior knowledge of a charity board is not necessary as training will be given, just a willingness and enthusiasm to help and some general business experience would be required. Watch out for our leaflets on general membership to the Association for further details.



Spring Sing

Sing for the love of it at St. James' Church Hall, Dingwall on the 23rd April. No need to have experience or read music. For details, or to book, ring 01997 423209. You could probably get in on the day. 09.30 – 12.30 for £3.



Our Spring a la carte menu has just been launched to rave reviews. Lots of new lovely tea cakes too! Why not call for your reservation today?

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



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



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Email: strathmore7@btinternet.com



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 Burns Club - 86th Anniversary Celebrations

On Friday 22nd, the 86th Celebration of the Strathpeffer Burns Club got off to a rousing start with Louise McBain piping in the President, Hugh A MacKay and the Principal Guest, Mr Angus MacKay and thereafter Piping in the Haggis which was skilfully carried aloft by David MacMaster before being addressed by the President.

The Strathpeffer Hotel “Bill o’ Fare” was to the usual high standard and greatly enjoyed by all. Before the “Nicht’s Ongauns” got into full swing the Club Secretary paid tribute to five members of the Club who had sadly passed away in the last year.

President, Hugh Aberach MacKay, introduced – Mr Angus MacKay, a native of Lewis but resident of Strathpeffer for many years – to propose the Toast to the Immortal Memory of Robert Burns. Angus commenced his Immortal by stating that his favourite poem was “to a Mouse” and was able to portray the fact that Burns poetry painted a very vivid, verbal picture, of what he saw in his day to day life. He concluded an excellent Immortal Memory by reminding everyone that we have much to be proud of in our National Bard.

In proposing the Toast to the Speaker, Alan Radin gave a very witty but nonetheless sincere thanks to our speaker. The Toast to “Oor Native Land” was

proposed by Liam Christie, former banker, well known Ross County supporter and broadcaster on North Highland Radio. In proposing the Toast, Liam turned poet himself and gave the company a clever and amusing insight into his view of our Native Land. The “Toast to the Lassies” was proposed by Frank Hallet, a self-confessed fan of women, who was delighted to have the opportunity to propose a Toast to them. However, he wasn’t averse to poking a bit of fun at the Ladies much to the enjoyment of the menfolk. But, he redeemed himself by putting into verse the many attributes of women as recognized by Burns. Val Cameron gave the response to Frank’s Toast, who indicated that the only reason she agreed to do the Reply was down to the fact that she would have the last word! She referred to Burn’s poem on the “Rights of Women” yet 200 years later, men still don’t seem to get the hang of it.

William Cochrane made his maiden speech in the Club by Proposing the Toast to the Club and Artistes. He spoke in glowing terms about the “resident band” - Hamish Polson, Louise McBain and Hamish Menzies. He then thanked, the superb vocalist, Emma Mitchell for her beautiful singing and Rod MacKenzie for his recitation about “The Barra Politician” before giving his impression of how the Club should move forward in future.

To end a superb evening, the “resident band” played for the singing of Auld Lang Syne and the National Anthem.



Fairtrade Coffee Tasting

The annual Big Brew on Saturday 5th March, organised by Strathpeffer Fairtrade Group, also attracted a great deal of interest. Outside your local Fairtrade shop at the Victorian station many people stopped by to sample different types of Fairtrade coffee, accompanied by some FT home baking and FT biscuits. There were prizes to be won with two different competitions, and Alison Boyle from the Highland Museum of Childhood had organised ‘decorate your own FT biscuits’, which resulted in beautiful creations of the kids who took part. Most youngsters confirmed that his/ her biscuit tasted even better now that they had decorated it themselves!



Diary of events for April & May 2016

April 2016

Saturday 9th, 12noon - 2pm
Soup Lunch
Strathpeffer Church of Scotland Church Hall

Saturday 16th, 10am - 12noon
Spring Destash Day - Sell, swap or buy spare wool and textiles. £1 entrance.
Dingwall Town Hall

Saturday 23rd, 9.30 - 12.30
Spring Sing - £3 entrance.
St James Church Hall, Dingwall

Sunday 24th, 12noon - 4pm
Pavilion Bi-annual Wedding Fair
Strathpeffer Pavilion

Saturday 13th, 9.30am
Strathpeffer Community Park Secondhand Stall
Strathpeffer Village Square

Wednesday 27th, 10am - 12noon
Coffee morning
Strathpeffer Pavilion Restaurant

May 2016

Friday 6th, 8pm
All That Jazz - themed movie night.
Strathpeffer Pavilion

Friday 13th, 11am - 3pm
Remembering Our Childhood - workshop for adults to reminisce and share childhood stories.
Highland Museum of Childhood

Saturday 14th
1-1.45pm - Remembering Our Childhood - Nursery Rhymes & Stories for 4-6 year olds
2-3pm - Creating Stories for age 7+
Highland Museum of Childhood

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

Saturday 14th & Sunday 15th,
Sat 10-5pm, Sun 10-4pm
Strathpeffer Well-being Festival - entry for one day £3, or £5 for the two days.
Strathpeffer Community Centre

Sunday 15th, 1 - 2.30pm
Remembering Our Childhood - 'Tea & Tales' party - listen to stories and see artwork created. Tea and cakes included.
Highland Museum of Childhood

Thursday 19th, 8pm
Pip Utton is... Playing Maggie.
Strathpeffer Pavilion

Friday 20th, 7.30pm
Dingwall and District Choral Society - Broadway Beckons
Strathpeffer Pavilion

Saturday 21st & Sunday 22nd May, 10am - 4pm
Strathpeffer Community Art Fair
Strathpeffer Community Centre

Friday 27th, from 7.30pm
Gin Tasting at the Pavilion
Strathpeffer Pavilion

Saturday 28th, doors open 12noon
Hooley in the Highlands
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

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

Tennis 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

Craft and Craic 7pm - 9pm
Strathpeffer Community Centre

Tap dancing 8.00pm - 9.00pm
Strathpeffer Community Centre

Fridays

Under 5s 9.30am - 11.30am
Strathpeffer Community Centre

Monday—Friday

Out of School Club 3-6pm
Strathpeffer Community Centre

Sundays

Tennis 10am-1pm
Strathpeffer Tennis Courts

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

NEW
Brochure out now!

April 2016 May June

April

Sun	10	Isla Grant 8pm
Wed	13	Monthly Film Night 8pm
Sun	24	Spring Wedding Fair 12noon-4pm
Wed	27	Coffee Morning 10am-12noon

May

Fri	6	All That Jazz: Food & Film Night 7pm
Wed	11	Monthly Film Night 8pm
Thu	12	NHS Blood Donation 5pm-8pm
Wed	18	Dido & Aeneas 8pm
Thu	19	Playing Maggie 8pm
Fri	20	Dingwall & District Choral Soc. 7:30pm
Wed	25	Coffee Morning 10am-12noon
Fri	27	Gin Tasting 7:30pm
Sat	28	Hooley in the Highlands SOLD OUT
Sun	29	Highland Chamber Orchestra 3pm

June

Fri	3	Tibetan Monks: Power of Compassion 8pm
Sun	5	A Night of Dirty Dancing 8pm
Wed	8	Monthly Film Night 8pm
Sun	12	Budapest Cafe Orchestra 7:30pm
Wed	15	Sticky Kids: Rattle & Shake 10am
Tue	21	Conference of the Faeries 7pm
Wed	29	Coffee Morning 10am-12noon

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

Pavilion
VENUE, BAR & EATERY