

GAIRLOCH & DISTRICT TIMES

Vol. No. 33 – Issue 09– 30th April 2010

40p

COLLECTION POINT DEADLINES FOR ISSUE 10

All postal information should be addressed to: -
Gairloch & District Times,
c/o Harbour Post Office,
Gairloch. Ross-shire. IV21 2BQ

Friday 7th May, 2010

POOLEWE VILLAGE STORE 12 NOON
AULTBEA POST OFFICE 12 NOON

Saturday 8th May, 2010

STRATH POST OFFICE 12 NOON
GAIRLOCH HARBOUR POST OFFICE 12 NOON
GAIRLOCH TIMES OFFICE 12 NOON
EMAIL CONTRIBUTIONS 12 NOON

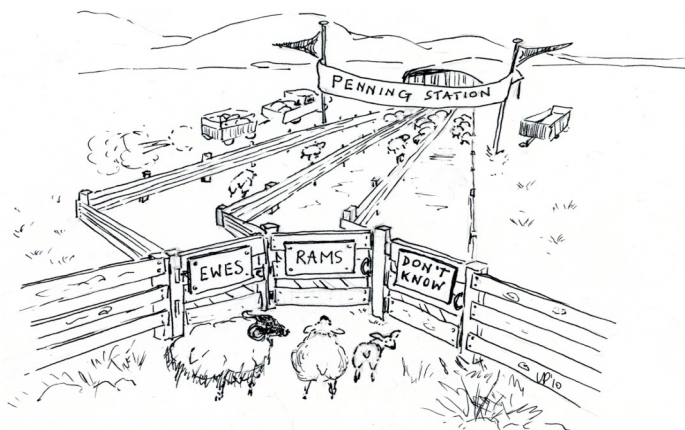
Telephone enquiries regarding all aspects of the
Gairloch & District Times should be made to

Dorothy Malone 01445 712577

G. & D. Times Office Tel - 01445 712856
(Phone only operational during office hours of
publication week - Mondays & Tuesdays 9am - 1pm)

E-mail: - gdt@gairloch.co.uk

If adverts are phoned through, or e-mailed, then the
required fee should be left at the collection points
by the required deadline date.



April

- Fr 30 **Gairloch Toddle-in** - Gairloch Library 10am
Summer Isles Res. Course Iyengar Yoga
to May 2
Live Music Scott MacDonald - Old Inn

May

- Sa 1 **Gairloch Golf Club Gents Open**
Primrose Walk - Laide Wood 2pm
- Su 2 **Boat Club** - Club House 9am
- Mo 3 **Blythswood collection**
Gairloch Service Point closed
Golf Club Open Day 2 - 4pm
- Tu 4 **Poolewe Market** - Poolewe Hall 10am– 2.30pm
WLECC meeting - Inverasdale School 7.30pm
- We 5 **Blackheart folk duo** - Gairloch C. Hall 8pm
- Th 6 **Election Day**
Aultbea Toddle-in - Aultbea Free Church Hall 10.30
Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
- Fr 7 **Deadlines Poolewe & Aultbea**
Gairloch Art Club Exhibition to June 4th
Ullapool Book Festival to 9th.
Live Music Dave Fleming - Old Inn
Live Music Blackheart - Poolewe Hotel 8 - 11pm
- Sa 8 **Deadlines Gairloch & email**
Bealag Beag Cycle Challenge
Rainbows Spring Fayre - Poolewe Hall 11am - 2pm
- Su 9 **Race for Life 5K race**
Wildlife Walk
Boat Club - Club House 3pm
- Tu 11 **Gardening Talk Highland Liliums** - Torridon H. 7.30
Poolewe Market - Poolewe Hall 10am – 2.30pm
- We 12 **Boat Club** - Club House 6pm
SNH Evening Reception - Gairloch HS Hall 7– 9pm
- Th 13 **Produce & Craft Market** - Kinlochewe Hall
10.30am - 2.30pm
Seashore, Animals & Plants - Gairloch Area
11.30am - 2.30pm
Loch Ewe Ladies - Poolewe Hotel 2pm
WCA Mr. Darwin's Tree - Gairloch C. Hall 7.30
- Fr 14 **Live Music** Johnny Hill - Old Inn
Bill Bailey Live 2010 - MacPhail Centre Ullapool 8pm
- Sa 15 **The Faith Mission** - Church of Scotland Hall, Gairloch
7.30pm
Golf Club Ladies Day
- Su 16 **Boat Club** - Club House 6pm
- Mo 17 **Tea Dancing** - Aultbea 2-4pm
Summer Isles Res. Course Poetry Writing to 21st.
- Tu 18 **Poolewe Market** - Poolewe Hall 10am – 2.30pm
WLECC Open Meeting - Poolewe Hall between 4&7
Flowerless Plants 11am - 4pm
- Th 20 **Produce & Craft Market** - Kinlochewe Hall
10.30am - 2.30pm
A Walk Through Time Sands River Trail 1 - 3pm

Diary continued on last page

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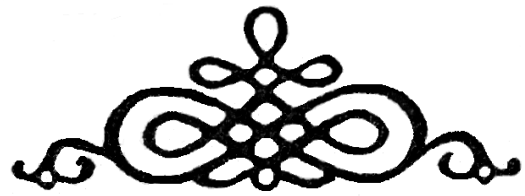


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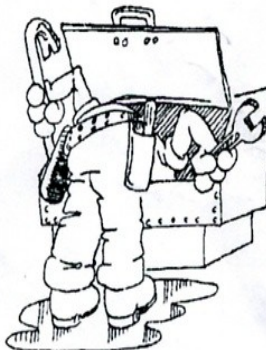
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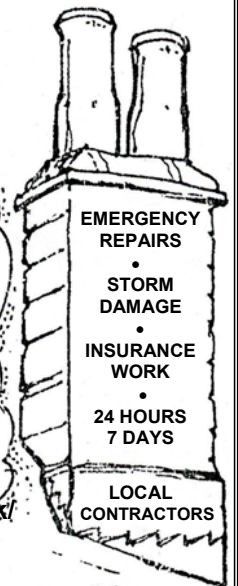
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Gairloch & District Times Contributions

Contributions can be handed in at collection points or posted to G & DT, c/o Harbour PO, Gairloch, IV21 2BQ with the correct fee. If contributions are sent by e-mail, payment should be made through the collection points or posted. Please do not use FAX.

It would be helpful if **all** contributions have a name, address, telephone number or e-mail address in case we need to make contact.

We cannot print in colour so if your originals are in colour it is possible that some of your words and pictures might print rather faintly.

Personal ads. (up to 5 lines, 90mm column width) **£1**

Business ads, property to rent, situations vacant:

Up to five lines, 90mm column width **£2**

up to 1/4 column (1/8 page), 90mm x 60mm **£2.50**

up to 1/4 page, 90mm x 128mm **£5**

Sale of property **£5**

Adverts, which are to be repeated, should be accompanied by money to cover all insertions. Deduct 10% for 13 issues (1/2 year) if the advert will not be changed over that period of time. If a receipt is required please enclose a SAE. A charge of £2 will be added to any business advert which needs our preparation as a set-up fee.

Diary entries are free, as are acknowledgements, local information, notices of local events (if these are non-profit making), reports and letters.

Because of space please try to be as concise as possible.

We may have to change your layout etc. in order to fit the space on the pages.

Emailed contributions are appreciated. Reports should be done in a blank word document with no columns or margins. Adverts can be done in 'word' or 'publisher' and should be in their correct size 1/8 or 1/4 of a page rather than as whole pages. If you have the facility it is even better if your advert is sent as a jpeg file (picture). Then for us it is just a matter of inserting it and there is no hassle with fonts changing etc.

The views expressed by contributors do not necessarily reflect those of the Editor and the Editor reserves the right to shorten letters/articles or reduce the size of advertisements.

If there are any queries about the above please contact Dorothy on **01445 712577**.

Issue 9 has been produced by the following:

Editorial / Typing Team:
Dorothy Malone, Maureen Bone, Corinne Duncan, Sandi Urquhart.

Printing Team:
Phil Staton, Iain Strutt, Richard Spence.

Distribution Team:
Pat Jones, Merete and Johnny Keene.

Illustrations: Viveca Port, Clipart.

More About the Highlander Mountain Marathon

Just 'Google' the above and a fascinating website appears with lots of information and photographs about this event which was held in our area recently. Obviously the organisers and competitors were very pleased that Gairloch gave them 14 hours of 'glorious sunshine' (although some of the competitors seem to have found the weather rather too hot). There were 4 classes with different routes and teams of two had to navigate their way around a 2-day course, carrying all their provisions and equipment needed for an overnight camp. A beneficiary is MFR Cash for Kids which is the charity arm of Moray Firth Radio which supports sick and underprivileged children within that local area.

Volunteering

The contributions to our paper show how many of us in the wide Gairloch area donate time and/or cash in order to help others (either locally or further afield). For example, thanks are given in this issue from the Highland Hospice, 'Cakes for Haiti', Mercy Ships, Blythswood and Gairloch Community Hall. In each case money was raised from members of the community from events organised by others. There are notices of future events where monetary support will be given, such as to various school and hall funds, Rainbows, the Highland Hospice and Clic Sargent. Again voluntary help will make sure these events take place. We also publish information about more regular activities such as the Step-it-Up Walks, Tea Dancing and Project Linus. These are organised by unpaid volunteers as are many others, too many to mention. Without the generosity of so many people this area would certainly be a 'poorer' place.

Keep sending in your articles

If you organise an event why not send in a short report on what went on, how well it did etc. I'm sure everyone would be interested.

Good news

It's always heartening to read some positive information in reports. I found Roy's article about Inverewe particularly full of good cheer. Another interesting snippet appears in Peter's Wildlife column. A Wildlife Festival is coming to Gairloch, based around Flowerdale. This is an extension of previous biodiversity days and more details will be given in the next issue of the paper.

To end with the first cuckoo

On the Wildlife Walk on Sunday 25th I heard my first cuckoo of the year but one of my friends informed me that a cuckoo had been heard about a fortnight previously in the Laide area. However, this bird certainly tells us that spring is really here to stay as do the primroses, violets, celandines and wood anemones. Soon the orchids will be making an appearance. It is to be hoped that Laide Wood's display of primroses for its Primrose Walk day will be stunning.

Dorothy Malone

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ACKNOWLEDGEMENTS

The pupils and staff of Inverasdale Primary School would like to thank everyone who supported their "Cakes for Haiti" Coffee Morning in March. A cheque for £197.22 has now been sent to DEC.

Easter Breakfast in aid of MERCY SHIPS

Sue Thomas would like to extend a big 'thank you' to everyone who supported the Easter Breakfast event at Cairnbank on April 7th. The donations totalled £234.00 and an anonymous donor to the charity has pledged to match all monies raised in April, up to £100K, so the total was £468. Thank you too for generous raffle prizes and help received. We enjoyed a happy morning!

Congratulations to **Kevin Maciver** (Cove) on gaining a 'Diploma of Higher Education' in Nursing Grade A (Mental Health). Good luck Kevin in your new job!

Love from all the family.

Blythswood Soup Lunch

The sum of £421 has been raised from the soup lunch held in Gairloch Community Hall on Saturday 17th April. Thanks to all who helped by making soup, baking, giving donations, in kitchen and main hall duties and especially to all who came along to support the event.

All money sent will be used to help to send aid and 'Buckets of Love' to Haiti.
Onie Mackenzie (712565)

LOCAL NOTICES

Highland Open Studios

You may have seen yellow directories appearing in the area, here is a little information about them.

This directory will be active for a 2 year period, but if artists would still like to join, they may sign up for the website which is updated regularly and now plays a much more active role in advertising the members and events.

Highlands Open Studios - or HOS - is a collective of artists, makers and galleries based in the Highlands region of Scotland. Members of HOS open their studios and galleries to the public at various times throughout the year.

Some are open all year round while others open for specific events. Please check each member's entry for opening times and dates.

HOS also produces an annual comprehensive listings directory of Highland artists. Directory entries appear on this site or hard copies can be requested from info@highlandsopenstudios.co.uk.

There are several members in the Gairloch area taking part: Sam Banister, Lynn Bennett-Mackenzie, Rosanne Wiseman, Viveca Port & Solas Gallery. There is also a collective of artists further south who have produced a leaflet for their area and the artists taking part there.

The open days in this area this year are to be 1st-9th May, but many of the studios may be open at other times as well, so pick up a directory and have a look.

For further information contact:
Lynn Bennett-Mackenzie : 01445712389
email: lynnbmack67@yahoo.co.uk
www.lbm-art.moonfruit.com



Many thanks to everyone who bought raffle tickets for our recent draw. A fantastic **£331.00** was raised. Special thanks to all the vendors who sold the tickets. The prize winners were as follows : 1st prize M. MacLennan, 2nd prize Mr Dickens, 3rd prize R Massey and 4th prize R Massey. We are really grateful to 2 Lochs Radio for allowing the draw to take place on Westering Home. If you listened to last Saturday's morning round up on 2 Lochs Radio you might have tried the excellent anagram set by Lennie. A certain radio presenter was sure that nobody would get it and pledged a donation to the Hospice for the first correct answer. This was matched by Chemistore and Trish. By the end of the programme, there were 5 correct answers with a total of **£300.00** being raised, thanks to 2 Lochs Radio. Please note a change of date for the Memorial Service in Poolewe. This will now take place on May 26th 2010.

L.E.A.G.

WCA WCA WCA WCA WCA WCA WCA WCA WCA WCA WCA

WEST COAST ARTS

Presents

Mr Darwin's Tree

Gairloch Community Centre
7.30pm Thursday 13th May

In 2007 Andrew Harrison brought us a biographical play about the naturalist John Muir and last year an equally harrowing, amusing and uplifting play, *The Last Cuckoo*.

Mr Darwin's Tree is a new one man play commissioned from Murray Watts, Andrew's established collaborator. Written during the bicentenary of Charles Darwin's birth, it was premiered last year in Westminster Abbey to great acclaim.

It has attracted considerable interest because of the play's focus on the relationship between Darwin (an agnostic) and his wife Emma (a Christian), and its bold treatment of issues around science, faith, love and human destiny.

Tickets £8, £6 concessions and free for schoolchildren.
(Coffee/Tea and Homebakes available)



WCA WCA WCA WCA WCA WCA WCA WCA WCA WCA WCA

Did you know?

The first song, dating between 3,400 and 4,000 years old, known to have been written down is a Syrian cult hymn, the *Hymn to Creation*. This was written in cuneiform.



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LOCAL NOTICES

Gairloch Community Hall Fundraising Group

Two West Coast Arts evenings have enabled us to raise just over £70 by providing refreshments. Many thanks go to those who provided the home-bakes and to Heather Widdows and Beatrice Somers who worked so hard on both occasions. Thanks also go to Lyn MacKenzie who organised books to be left in the Hall lobby during the Outdoor Sales. An honesty box was provided and just over £64 was received by people using and visiting the Hall. Amounts of money such as these continue to mount up and they are going to be needed for further improvements to the building, both inside and out.

Please, remember that we can store books if you're having a clear-out and we're always looking for raffle prizes.

Dorothy Malone

CALLING ALL EMPLOYERS....

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GAIRLOCH PRIMARY SCHOOL BUN-SGOIL GHEÀRRLOCH



Gairloch Nursery needs your help!

Is there anyone with any Bikes or Trikes suitable for ages 3 to 5 years old that they no longer require and would like to donate to us?

If so we would love to hear from you!!

Please call on 01445 712 165

TORRIDON & KINLOCHEWE COMMUNITY COUNCIL NOTICE OF ELECTION – 2010

The full Community Council is due for election for a three year term – 2010 – 2013

The number of Councillors required from the various wards are :

DIABAIG	1
ALLIGIN & WESTER ALLIGIN	2
TORRIDON, CORRIE & ANNAT	2
KINLOCHEWE & COULIN	3

Nomination forms may be obtained from myself, from Monday 3rd May, telephone no : 01445 791365 and should be returned to me by Monday 17th May, 2010.

If more than the required number of candidates for any ward are nominated, a Postal Ballot will be held immediately thereafter.

Sheila Bates
Electoral Returning Officer
5 Fuaran. Torridon

NOTE : Persons qualified to stand for election, to nominate a candidate, or to vote in an election must be on the Electoral Roll (available for inspection at Post Offices) and their addresses shown on the Electoral Roll must be within the relevant ward.

PLEASE NOTE :

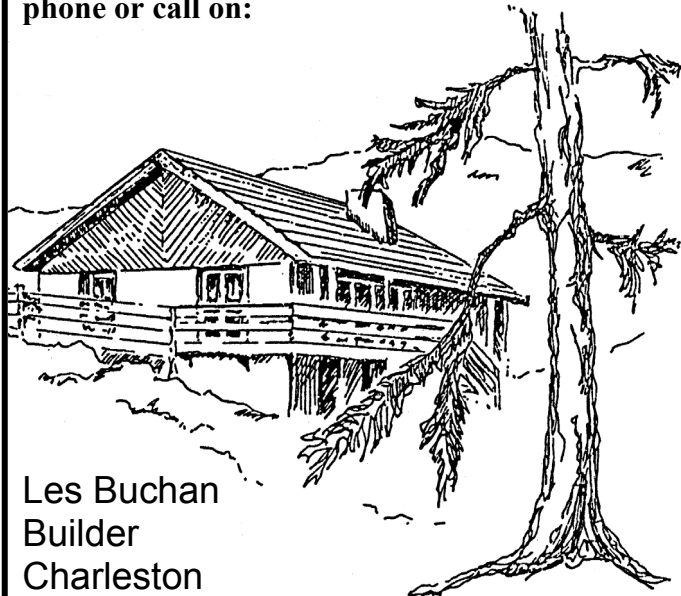
Friday 30th April Gairloch Toddle-In will meet in the Gairloch Library today at 10am for Rhymetime as the Annexe is being used for School Exams.

Thursday 6th May Aultbea Toddle-In will meet in Free Church Hall 10.30.am due to the General Election.

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**COMING TO
GAIRLOCH
MAY 15th. 11am**

**WESTER LOCH EWE COMMUNITY
COUNCIL**

OPEN EVENING

**Tuesday May 18th
Between 4pm and 7 pm
In Poolewe Village Hall**

We welcome your suggestions for future projects so why not drop in, meet the members and also see what has been happening in your area recently

ALL WELCOME



**Eighty Years in the Highlands
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Pauline Butler

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and later at the Shielling for presentations, raffle and
musical entertainment

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or Peter Macdonald - 01445 712209
to register your interest

More details on the Gairloch Boat Club website together
with application forms to register your boat in the event

Proceeds to the Highland Hospice and Clie Sargent

GAIRLOCH ART CLUB

EXHIBITION

at the

GAIRLOCH MUSEUM

7th MAY - 4th JUNE

PREVIEW EVENING

THURSDAY 6th MAY

7.30pm - 9.30pm

Soup & Pudding Lunch

12 - 2pm

22nd May - Gairloch Community Hall

In aid of the Gairloch High School's link with Malawi.
Raising funds to enable 2 Malawian teachers to visit our
school later this year.



This will not only be of
benefit to the pupils in
Malawi but will also allow
our pupils to learn more
about the world they live in.



Come and join us. . . .

(Further details on page 33)



EXHIBITION 8th - 30th May 2010

Fresh and exciting work from a variety of artists

Open daily 2.00-5.00pm

Find us next to the Village Hall on Market Street, Ullapool

All welcome, entry free



Work will be for sale

an t-alla solais (Ullapool Visual Arts) is a charity registered in Scotland SC040348



**Laide Wood
Primrose
Walk
Saturday
1st May**

**Don't miss this year's Primrose walk
Commencing 2 p.m. Main Car Park**

**Duck Race
Treasure Hunt for children
Machinery Demo
Face Painting
Yurt
Refreshments
And the Primroses**

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**Scottish Biodiversity Week Events
in Wester Ross**

Seashore Animals & Plants – Gairloch area

Thursday 13th May, 11:30am - 2:30pm

As part of Scottish Biodiversity Week, join Dr James Merryweather and the Wester Ross Countryside Ranger to search for fascinating seashore wildlife. Catch and learn about the creatures that live in this ever-changing environment. All ages welcome! Meeting place given out on booking. Gairloch Area. Booking and wellies essential. Call **01854 613904**.

Flowerless Plants

Wednesday 19th May, 11am – 4pm

Dr James Merryweather is an author/lecturer with the Field Studies Council who specialises in ferns, liverworts, mosses and lichens. Join him during Scottish Biodiversity Week to learn more about these beautiful but 'unfashionable plants'. Suitable for all. Meeting place given out on booking. Gairloch Area. Booking essential. Call **01854 613904**.

A Walk Through Time - Sand River Trail

Thursday 20th May, 1pm – 3pm

Step into the past and discover how and where people lived over the ages. A fascinating walk looking at the remains of ancient settlements and homes of the people who once lived in this area. We'll look out for wildlife along the way. A Scottish Biodiversity Week event. Path can be very boggy so come prepared. 3km walk approximately. Meeting place given out on booking. Please call **Lindsey Duncan** on **01854 613 904**.

KINLOCHEWE PRIMARY SCHOOL

Summer Fair

on

Saturday 22nd May

in the school grounds
starting at

1pm

Entrance £2- includes tea and biscuits
(Children Free)

*BBQ Bouncy Castle
Stalls Raffle Games*

Parking limited
(please use Village or Heights Car Parks)

Proceeds in aid of School Funds

All Welcome

**1st Lochewe Rainbows
Spring Fayre**

Poolewe Village Hall
Sat. 8th May, 11am - 2pm

Soup Lunch
Home Baking
Produce Table
Traditional Games
Raffle
Guess the Weight of the Cake etc.

**Tables for hire - £5
Contact Ruth O'Brien 712744**

**All Welcome!
Come and have some fun
and support
your local Rainbows!**

Gemini

This sign is the twins and its dates are May 21st to June 21st. In classical mythology the twins are Castor and Pollux who were the sons of Jupiter and Leda. They had many adventures, one of which was sailing with Jason when he was on his quest for the Golden Fleece.



TEA DANCE

on

MONDAY 17 MAY 2010

at **AULTBEA HALL**

2pm until 4pm

EVERYONE WELCOME

**AFTERNOON TEA (Not EARL
GREY!) PROVIDED**

(DONATIONS WELCOME)

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blackheart

An evening with the fastest rising stars of British contemporary folk. Powerful songs, sublime voices, breathtaking harmonies and jaw-dropping guitar wizardry – Blackheart are all this plus two wicked senses of humour.

Gairloch Community Hall
Wednesday May 5th
8.00pm

Refreshments available (BYOB)

Tickets £8 or pay on the door or
phone Lyn on 712230

WHIST

Gairloch Community Hall Annexe
Friday 28th. May
7.30pm

(in aid of Hall funds)



Afternoon Cream Tea

Poolewe Village Hall

Saturday 22nd May 2010
2 - 4pm

Cream Teas Sales Tables Games

Admission £2 Adults £1 Children

In aid of Inverasdale Primary School Funds

JAMIE AT HOME

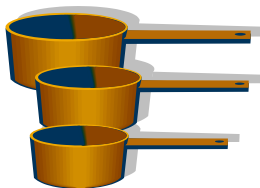
in

GAIRLOCH COM. HALL ANNEXE

on

Wed. 26th. MAY

In aid of the Church of Scotland Parents &
Toddlers group and Friday Toddle-in



For more information contact Lucy on 741293



Scottish Natural Heritage Evening Reception

Wednesday 12 May 2010
Gairloch High School Hall 7 – 9pm

An opportunity to raise issues relating to the natural environment which are of interest to you.

Hosted by Andrew Thin, SNH Chairman, along with
Steve North, Area Manager

The event is free and light refreshments will be provided.

For further information call SNH Kinlochewe
Tel: 01445 760254

E:mail : kenny.nelson@snh.gov.uk

CHURCHES

Rosary Group

Come and join our Rosary Group at St Maelrubha's Church, Poolewe every Tuesday at 10 a.m. (2nd Tues of month at 11a.m.) Everyone Welcome.

Contact Lin McMahon 781712

Catholic Church, Gairloch



Sunday Masses are at 2.30pm in the Community Centre on 2nd & 4th Sundays of each month Eucharistic Services are held on all other Sundays at 2.30pm.

Contact Father David Kay SJ, St. Lawrence's Dingwall on ☎ (01349) 863143

Free Presbyterian Church of Scotland Laide

Times of Services

Sabbath Day 12 Noon and 6pm

Wednesday Prayer Meeting 7.30pm

Minister Rev. Donald A Ross

ALL WELCOME

GAIRLOCH & KINLOCHEWE FREE CHURCH OF SCOTLAND

SUNDAY SERVICES.

GAIRLOCH. 11am & 5pm.

Sunday School & Crèche During Morning Service

KINLOCHEWE. 2.30pm. ENGLISH 1st & 3rd Sunday of Month.

Preachers Expected:

2nd May - Rev. Douglas MacKeddie
Maryburgh Free Church.

9th May - Communion. See separate notice.

PRAYER MEETINGS

WEDNESDAY OPINAN 7pm. GAELIC.

THURSDAY MANSE 7pm.

All Welcome

free church
of scotland

Poolewe and Aultbea Congregation

Sunday Services 2nd May

10.30am Inverasdale (Sunday School)

12.00pm Aultbea (Crèche and Sunday School)

6.00pm Poolewe

Sunday Services 9th May

Poolewe and Aultbea worship with Gairloch

Free Church for communion services.

Prayer Meetings @ 7.15pm

Wednesday 5th May — Aultbea

Wednesday 12th May — Poolewe

All welcome Wheel chair access

Minister: Rev. Jeremy Ross (01445 731345)

Poolewe Associated Presbyterian Churches Congregation
worship jointly with Poolewe and Aultbea Free Church.

www.pooleweandaultbea.org



POOLEWE & AULTBEA FREE CHURCH OF SCOTLAND [Continuing]

Lord's Day Services
11:30 a.m./5:00 p.m.

Prayer Meeting
Wednesday 7:30 p.m.

Minister

Rev. Andrew R. Allan

Tel: 01445 731064 E-mail: revara@tiscali.co.uk

Location:

Bualnaluib School, Aultbea.

"The LORD is good, a strong hold in the day of trouble;
and he knoweth them that trust in him." Nahum 1:7.

All Are Welcome.



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Services:

SUNDAY - HOLY COMMUNION 11 am.
WEDNESDAY-HOLY COMMUNION 10.30 am.

1ST Wednesday of the Month - 5.30 pm.

All other Wednesdays - 10.30 am.

For further information contact :

Revd. Heather Widdows. Tel. 712176.

Revd. Pam Shinkins. Tel. 781346.

Revd. John Searl. Tel. 741231.

Joan Deakin. Tel. 731394.

**THE SCOTTISH EPISCOPAL CHURCH IS
PART OF THE WORLD WIDE
ANGLICAN COMMUNION.**

**For Church Hall bookings please contact
Mike Somers on 731 097**

**Gairloch and Kinlochewe
Free Church of Scotland
Communion Services
6th—9th May 2010**

Thursday	12 noon	7.00pm
Friday	12 noon	7.00pm
Saturday	12 noon	
Prayer Meeting	4.15pm	
	5.00pm	Gaelic Service
Sunday	11.30am	6.00pm

Preachers expected :

Thursday : Rev. A. Macleod, Lochbroom

**Friday : 12 noon : Rev. J. Ross, Poolewe/Aultbea
7pm : Rev. J. Wagner, Free North**

Saturday : Rev. D. Macleod, Perth

Gaelic : Rev. D. Macleod, Perth

Sunday : Rev. D. Macleod, Perth

All welcome

THE FAITH MISSION

in
Church of Scotland Hall, Gairloch
on
Saturday 15th May
at
7.30pm

**Meeting chaired by
Donnie Macleod Faith Mission**

Speaker : Rev. Jim Lyons

All welcome

Book Stall and Refreshments

Church of Scotland Gairloch & Dundonnell

**Minister
Rev. Derek Morrison B.A.**

Services on the Lord's Day

**Gairloch 10:30am – Badcaul 12:15pm
Aultbea 5pm.**

**Sunday School meets during the morning
Service in Gairloch**

**Home Groups meet on Wednesday Evenings
For further information contact 712053/712235**

***God says, "give ear and come to Me, hear Me,
that your soul may live." Isaiah 53:3***

All made welcome

From the Archives : No. 24 16th February 1979

‘Miscellaneous’ by William Blackbird

Oh! Kind human can't you see,
That the ground's too hard for me?
I would dig there if I could,
For my favourite wormy food,
But it really has me beat,
And all creatures have to eat,
So won't you spare a crust or two,
You'll not regret it if you do,
For when the Spring comes round again,
I will sing with might and main.

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Friday 7 May

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Johnny Hill

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Friday 28 May

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Blackheart

Friday 7th May

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ON

SATURDAY 29 MAY

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FROM 9.00 PM IN THE PUBLIC BAR

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Gardening Talk

and

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£3 admission to include tea

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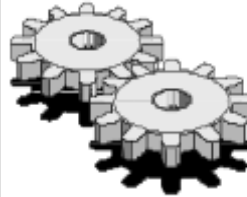
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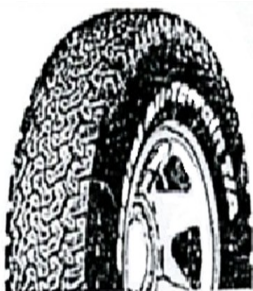
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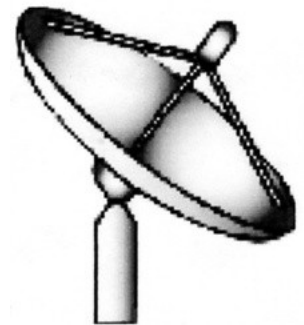


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Pro 210mm Compound Mitre Saw **£20**

1 pair heavy-duty snips **£5**

Sealey 2-ton trolley jack **£15**

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Hand plane No.4 **£5**

Small work bench **£10**

Mitre saw **£5**

Aluminium scaffold tower 5m lightweight (for inside DIY use) **£40**

Ladies Crash Helmet Nolan Integrale N80 – small **£35**

Prinz 35mm slide projector & screen **£10**

2-seater leather couch small, turquoise **£50**

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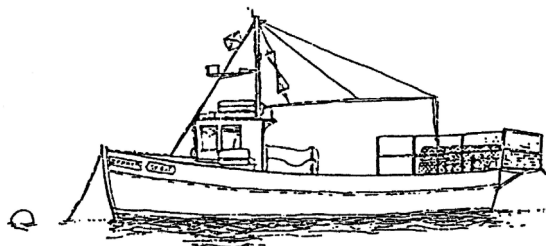
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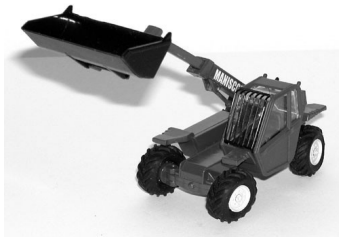
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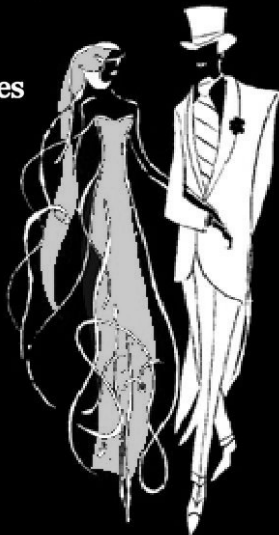
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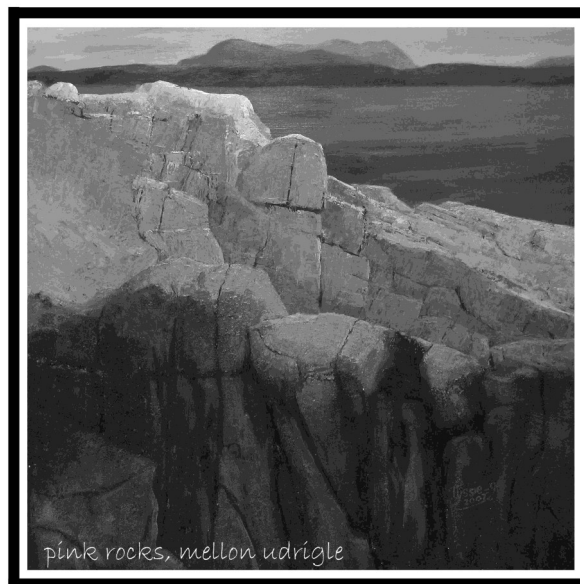
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Know your Rights – when buying tickets this Summer! - advice from Highland Trading Standards

Festival goers and rock/pop fans are gearing up for a summer of outdoor and stadium ticketed events. However buying tickets for that ‘special event’ or concert can be more complicated than you think. As a ticket buyer, you may not be aware of all the pitfalls of buying tickets online or what rights you have if an event is cancelled or you are overcharged the ticket price.

Here are a few tips on buying tickets and advice on your consumer rights from Highland Trading Standards:

Buying tickets – Your rights

Ticket sellers are legally required to:

- Give clear information about the total price of the ticket.

If there is a booking fee, for instance, this information should also be given or shown to enable you as the consumer to work out the total costs. Likewise if there are discounts available for group bookings (e.g family tickets) this information and any terms and conditions should be clear and unambiguous and not misleading.

- Offers of availability of seats should also be clear.

If there are only a limited number of seats available at a particular price or venue, this should also be made clear in any advertising materials or promotion of the event.

Ticket sellers should also provide:

- Confirmation of seat location and
- Despatch tickets in time to attend an event.

If the event is cancelled, the ticket seller should refund all monies paid. If the event is cancelled by an events promoter or producer and the tickets have been bought over the phone or via the internet, you should be offered a refund of your monies or be offered an alternative indoor event.

Buying your tickets online – Advice and Rights

Beware of fraudulent ticket websites! Unsuspecting fans for sporting events as well as rock concerts etc have been duped into buying either fraudulent or non-existent tickets with the promise of reduced priced tickets. Only go through official websites and don't be tempted by bargain offers as once a fraudulent website disappears it can be very difficult for you to get your money back.

Remember to read through all the terms and conditions of any website that sells tickets. If you still decide to go ahead and order your tickets online through an official website – take a printed copy of your completed order form BEFORE you push the “send” button.

When you buy tickets over the internet you are not entitled to any cancellation rights and therefore cannot change your mind when your tickets arrive through the post. However, if your tickets do not arrive, or the supplier fails to perform the contract preventing you from getting to the event, then you are entitled to a refund.

Extra Protection

It is worth remembering that if you pay for your tickets using your credit card then you may have further protection against losing your money if things go wrong. If the contract you have made costs over £100 and you paid by credit card, then the credit card company is equally liable for any problems. This is good to know, if a promoter goes bust or you cannot get in touch with the ticket seller and the event cancelled. Remember also to keep your credit card statements safe so you can show your credit card company the payment you made.

If you need more information about buying tickets you can contact Consumer Direct on 08454 04 05 06 or go online at: www.consumerdirect.gov.uk

Alternatively consumers can visit or write to Highland Trading Standards, 38 Harbour Road, Inverness IV1 1UF.

The Early Years of Osgood Mackenzie

taken from *Eighty Years in the Highlands. The Life and Times of Osgood H. Mackenzie of Inverewe. 1842 - 1922* by Pauline Butler

B. Very Early Years

Osgood's parents left France, with their infant son, early in 1843. After a short stay in Jersey, where they dined with ‘a friend of my father, a Colonel Lecouteur’ and were offered thirty different pear dishes for desert, they went to England. Sadly, Francis became very ill, was admitted to a private asylum in St. John's Wood in London, and died on 2 June, aged just forty-four.

The body of Osgood's father was returned by sea to Scotland. The funeral service took place in the old, ruined, roofless priory of Beaulieu: ‘The deceased baronet was an Episcopalian, the beautiful service of that Church was read and listened to with a deep and thrilling interest and solemnity’.

‘Sir Francis, being a member of the Temperance Society, the funeral was conducted in strict conformity with what might be supposed to have been his own wish and desire. A handsome collation was provided for the better classes in the mansion house but without wine or spirits, while meat and bread were abundantly supplied to others on the grounds. This was very different, we need hardly say, from the usual arrangements of great Highland funerals which were formerly marked by wild excess, and a sort of frantic enthusiasm. Even the bagpipe was here dispensed with. The chief mourners were the two youthful sons of the deceased, arrayed in the Highland dress, and their uncle, Dr Mackenzie, Kinellan. The private carriage of Sir Francis followed, containing Lady Mackenzie and her sister, Miss Hanbury’.

The cost of the ‘Mourning’ for Lady Mackenzie were £40 and for her son, Osgood, £9.

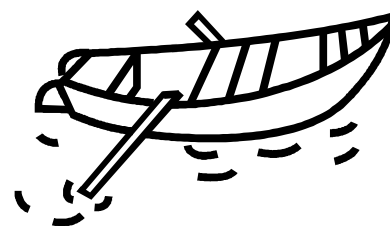
Gairloch : Then and Now (continued)

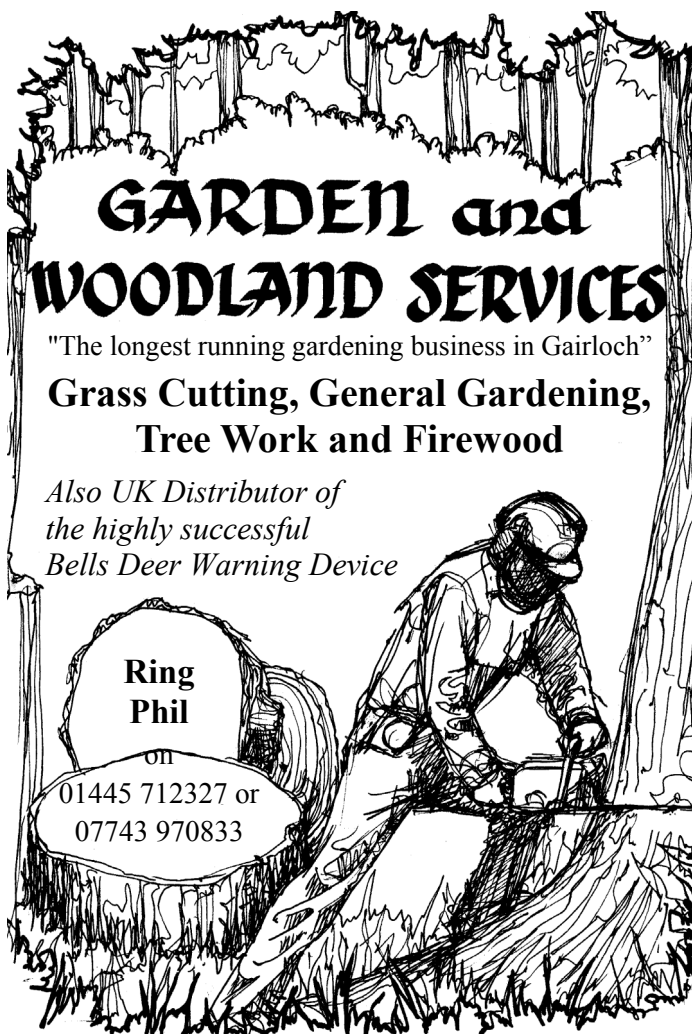
Chapter 8 of Part IV, in *Gairloch and Guide to Loch Maree* continues with Dixon's theme of journeys and describes excursions from Kenlochewe.

Excursion from Kenlochewe on Loch Maree

Dixon thought that boating on Loch Maree was ‘perhaps the most generally enjoyable excursion’. He advised that boats could be hired from the Kenlochewe Hotel and many sailing or rowing trips could be taken along either of the shores. There were many interesting trips for anglers, ‘the searcher after health’, archaeologists, artists or amateur sketchers.

Boating would enable the traveller to visit the Fasagh burn and the ironworks, the Cladh nan Sasunnach, Gruidh island and the lower part of the Gruidh river. To be continued.





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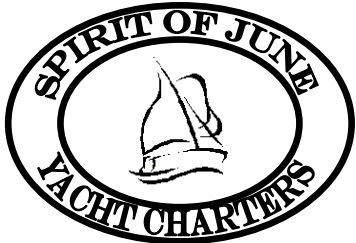
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Gairloch High School News

Staffing – Mrs Whall returns to teaching Mathematics on Tuesday 4th May after being on maternity leave since last summer. In that time we have been very lucky to have the services and talents of Mr James Brough. Staff and pupils alike have benefited from his presence in the school this session. He will be missed but all staff and pupils will gather in a special assembly to wish him a fond farewell.

Pupil Success – Congratulations to **Roxanne Ramsay** for having raised the necessary funds for her Project Trust trip. You may have read **Calum Milner's** article in the last issue. The report is also available on the school website. The project Trust Gap year is certainly a worthwhile venture for any youngster!

Kim Watson and **Alasdair MacLennan** were both interviewed by the Dingwall Rotary Club for possible selection on a Youth Leadership Award scheme. Kim was successful and has been invited to a weeklong training camp in July. Alasdair was a runner up and has been offered first reserve. Well done to both of them!

Leah Kenny S5, & Adam Gunn S6, attended *Operation Youth Advantage* based at Cameron Barracks for a week. Working with Army and Police combined, a group of around 40 young people were tested for leadership and other skills required by these organisations. Leah was awarded a trophy at the end of her stay as *Most Improved Candidate 2010*. Well done to both pupils. Previously Adam spent a very productive and successful week on Skye taking part in Columba 1400 Leadership training. Both these events were supported by our Careers initiative to support positive destinations for all of our pupils.

Swimming Gala - 70 Pupils took part in the annual Swimming Gala at Poolewe on Thursday 25th March. It was an exciting morning with Maree House winning overall, helped significantly by the senior girls - well done **Amy, Judith** and **Briony**! There were lots of brilliant performances and individual achievements throughout the morning but credit must go to **Peter Banks, Conal MacDonagh** and **Isla Mackenzie** who swam very well and were a pleasure to watch. Thanks to the staff from school and at the pool who helped. You can view some photos on the school website.

Comic Life - On the very last day of the Spring Term, the whole of S2 had a great treat in the shape of a 'Comic Art Masterclass' by Kev F. Sutherland. Kev is a comedian, artist, writer and producer. For *The Beano* he writes and draws Bash St. Kids, and has also worked for *Marvel Comics, Viz, 2000 AD* and *Dr Who*. He worked all day with the S2 pupils, not only impressing them with his amazing skills, but also encouraging them to make up and illustrate their own stories. Kev was in the north as part of the third 'Highlands International Comic Expo!' held annually in Inverness. We will definitely be watching out for this event next year to see if we can benefit again from his presence.

Golspie Mountain Bike Race - **Samuel Parsons S1, Ryan MacLean S2, Luke Gorman S2** and **Alasdair MacLennan S4**, represented the school at the second of the Highland Schools Mountain Bike Race series, held at Golspie. The Scottish X-country junior race squad had chosen Golspie as the venue for their training session that day and their coach had decided that they should take part in the race as well. Our results weren't quite as impressive as they were at the first race

at Learnie, although Sara Johnston from Gairloch Primary School won her race in the Under Tens girls category. All had a good day out and it was great to see first class competitors, male and female, in action.

Paper Tweets in Library - As part of the recent World Book Day celebrations all Gairloch High School pupils and staff were asked to report on what they were reading at the moment. Library staff put together a massive display with many of the pupils' recommendations. Pupils and the public could vote on their favourite review from the short-listed best.

- Rhys Leonard for Loathsome London by Terry Deary
- Paige Fox for Ghost Girl by Torey Hayden
- Neil Mackenzie for Sleeping Sword by Michael Morpurgo
- Kenneth Mackenzie for The Thief Lord by Cornelia Funke
- Cameron Moys for The Looking Glass Wars by Frank Beddor
- Justin Claydon for The Knife of Never Letting go by Patrick Ness
- Leanne Mackay for Twilight by Stephanie Meyer
- Katrina Port for The Book Thief by Markus Zusak

The winner for best review was **Leanne Mackay** for her piece on Twilight by Stephanie Meyer. Out of 46 votes cast Leanne's review received almost 50% of votes. Second place goes to **Paige Fox** for Ghost Girl by Torey Hayden. Well done to both girls who received prizes of book tokens at assembly.

Gaelic Writing Workshop - The fluent Gaelic speakers in the school recently had another wonderful opportunity to learn from a famous Gaelic and English writer.

Air Dihaoine an 16mh den Ghiblean, thill Aonghas Pàdraig Caimbeul dhan sgoil airson bùth-obrach sgrìobhaidh eile a dhèanamh. Bha e air na sgeulachdan a thòisich sinn an turas mu dheireadh a bha e an seo a leughadh, is thug e comhairle dhuinn. An dèidh seo, thòisich sinn air dàin a sgrìobhadh air a' chuspair "Briosgaid Teoclaid"! Chòrd an latha ris a h-uile duine. Anna Hulme, 4B

"On Friday the 16th of April, Angus Peter Campbell returned to do another writing workshop with us. He had read the short stories we had started on his last visit, and gave us advice on how they could be improved. After this we wrote poems on the subject of "Chocolate Biscuits"! We all enjoyed the workshop."
Anna Hulme, 4B

Gaelic Careers Visit - We had another visitor recently who spent time with fluent and learners' classes.

"Diluain, an naoidheamh latha deug den Ghiblean, thàinig Morna NicLeòid, bho Bhòrd na Gàidhlig, a bhruidhinn ri sgoilearan Gàidhlig mu dheidhinn obraichean 's cursaichean ann an Gàidhlig agus dh'inns i dhuinn mu dheidhinn a h-obair 's na tha i a' deanamh. Fhreagair i ceistean a chuir sinn oirre mu dheidhinn suidheachadh na Gàidhlig ann an sgoiltean air feadh Alba agus, cuideachd, dh'inns i dhuinn mu dheidhinn Gàidhlig air an eadar-lìon, mar eisimpleir, BBC Alba, mygaelic.com 's àitean Gàidhlig air Facebook. Bha an taisbeanadh glè inntineach 's feumail agus dh'ionnsaich sinn gum faodadh sinn tòrr rudan a dhèanamh le ar beatha ma tha sinn ag ionnsachadh Gàidhlig." Seumas Staddon, 5B

"On Monday, the 19th of April, Morna MacLeod from Bòrd na Gàidhlig came to talk to Gaelic pupils about careers and courses in Gaelic and she told us about her job and what she does. She answered questions we asked about the situation of Gaelic in schools across Scotland and she also told us about Gaelic on the Internet, for example, BBC Alba, mygaelic.com and Gaelic pages on Facebook. The presentation was very interesting and worthwhile and we learned that we could do a lot with our life if we learned Gaelic."
James Staddon, 5B

SQA national exams – Good luck to all our pupils S4 to S6!
continues on page 33 with Malawi Report



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**ULLAPOOL BOOK FESTIVAL 7 – 9 MAY
NEW ARTS BOSS TO VISIT
ULLAPOOL BOOK FESTIVAL**

Andrew Dixon, the Chief Executive Designate of Creative Scotland, will be visiting Ullapool Book Festival on Friday 7 May 2010. This visit forms part of his plan to meet artists across Scotland during his first couple of months in post. While at Ullapool, Andrew will take in some readings and meet some of the writers.

Creative Scotland is being formed from the amalgamation of the Scottish Arts Council and Scottish Screen.

In her introduction to the festival's programme Fiona Hyslop, Minister for Culture and External Affairs, wrote "Now into its sixth year, the Ullapool Book Festival is a fantastic opportunity to promote the very best in Scottish literature. This year's programme features a wealth of Scottish literary talent as well as writers from further afield. There is truly something for all tastes and for everyone to enjoy."

Some of the events have already sold out. All the available weekend tickets have gone, as have tickets for Iain Banks on the Friday evening and for Kevin McNeil's writing workshop on Saturday afternoon.

NB : Late Change in Programme

Ullapool Book Festival regrets that Norman Maclean has had to cancel his appearance at this year's festival. The session on the Saturday afternoon of the festival will now be taken by Margaret Bennett talking on Old Wives' Tales and Scottish Medical Traditions. Margaret has enthralled and enchanted audiences at the last two Ullapool Book festivals and the book festival is grateful to her for coming to fill what Margaret herself called "an infillable spot".

Her prize-winning books include *Oatmeal and the Catechism* (1999), *The Last Stronghold: Scottish Gaelic Traditions in Newfoundland* (1989), and *Scottish Customs from the Cradle to the Grave* (2004). CD collaborations with her late son, Martyn, feature in theatre and film, (including 'The Black Watch'). As the late Hamish Henderson wrote, "Margaret embodies the spirit of Scotland."

The festival is particularly pleased that there will be exclusive previews from four works still to be published. In addition to Iain Banks reading from a new unpublished science fiction work, James Robertson will be reading from *And the Land Lay Still*, his forthcoming novel, set in Scotland between 1950 and 2008, Lewis writer Iain Finlay Macleod will read from his soon to be published Gaelic novel *Iompaire (Empire)* and another Lewis man, Kevin Macneil, will read from his novel due to be published later this year, *A Method Actor's Guide to Dr Jekyll and Mr Hyde*.

There will be more fiction from Anne Donovan, Ron Butlin, Regi Claire, Andrea McNicoll and Jason Donald. Scottish poets Tom Leonard and Stewart Conn and Guatemalan poet Humberto Ak'abal will be there and there is storytelling from Bess Smith. Highland favourite Norman Maclean will talk about his autobiography and there will be a one "woman" show from young Scottish writer Alan Bissett.

In the opening session of the festival Andrew Greig will read from his new book *At the Loch of the Green Corrie*. A fishing trip honouring a dying man's wish becomes a meditation on life, nature and friendship, a literary biography and a celebration of the beauty of the Highlands of Scotland. Shortly before his death, the much-loved poet Norman MacCaig asked Andrew Greig to try to catch a fish for him at his favourite place, the Loch of the Green Corrie in Assynt.

The full programme can be seen on the festival website www.ullapoolbookfestival.co.uk. Tickets are available online at The Booth www.thebooth.co.uk.

HELP LINES

AL-ANON & ALATEEN works for families and friends of problem drinkers. Meetings are held weekly in Gairloch
Contact number and meeting times - **Tel: 020 7403 0888**.

E-mail: alanonuk@aol.com

Web Site: www.al-anonuk.org.uk

ALCOHOLICS ANONYMOUS for those who have or think they may have a drink problem. Meetings are held weekly in Gairloch.

Contact and meeting times - **Tel: 0845 769 7555** (24 hrs.)

ALCOHOL COUNSELLING SERVICE - Ross-Sutherland. Free confidential one to one counselling, in any area. Support for family members. Practical advice & information.

Tel: 01862 89409 - Answer service outwith office hours.

SSAFA Forces Help Tel: 01381 620672.

EMERGENCY DENTAL HELP - Ring **0845 644 2271**

DentalHelpLine@hpct.scot.nhs.uk

PARENTLINE - Helpline for parents under stress.

Central office manned from 9am. – 6pm. Answerphone service outwith office hours. **Tel: 01702 559 900.**

PRAYER-LINE - If you need prayer, phone **01445 771225**.

RAPE & ABUSE LINE (RAL) - **0808 800 0123** answered by women & **0808 800 0122** answered by men. 24 hour answerphone.

ROSS-SHIRE WOMAN'S AID OUTREACH SERVICE

Confidential advice for women who are experiencing, or have experienced, domestic abuse.

Support worker can be available in your area.

Please telephone for advice or to see a support worker.

Mobile: 07715 532979. Tel: 01349 863568.

SAMARITANS - 66 Tomnahurich St. Inverness.

Tel: 01463 713456. Also **08457 909090**, charged at local rate. All branches offer 24 hour service.

TERRENCE HIGGINS TRUST - The HIV & sexual health charity for life – 34 Waterloo Place, Inverness IV1 1NB

Monday – Friday 9.30 – 12.30 & 13.30 – 16.30.

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chunky chips
Local mince, root vegetables,
cauliflower cheese, mashed potato

SANDWICHES

Venison sausage, black pudding, apple
chutney ciabatta
Local beef, sweet red onion, grain
mustard, smoked cheddar ciabatta
Sleepy hollow smoked salmon bagel,
cream cheese and chive
Chicken, bacon, mayo, wholemeal bun

SAMPLE EVENING MENU:

BEGINNING

Pressed pork belly, creamed parsnips,
woodland mushrooms
Local king scallops, black pudding,
cauliflower puree, chive oil

MIDDLE

Loin of pork, apple and spring onion
mash, sugar snap peas,
grain mustard sauce
Rump steak, chunky chips, wild
mushroom jus, fine beans
Chicken filets, sauté potatoes, ricotta
cheese, parma ham, broccoli,
light sage jus

END

Baileys cheese cake, maltesers ice cream
Sticky toffee pudding, butterscotch
sauce, vanilla ice cream

Vegetarian dishes change daily

We are also looking for both kitchen and waiting staff, no experience required.
If you are interested, please phone: 07793 941622

Na Mara Restaurant, Strath, Gairloch IV21 2BZ
info@namararestaurant.co.uk • www.namararestaurant.co.uk

Profiling Andy

(This is the final assignment given to Alexander McFedries when he worked with the paper as part of his DoE Bronze Award).

Andy and his wife moved up to Gairloch from Southport near Blackpool. They had been taking holidays up here and liked the area, and so decided to move. They wanted a fair-sized bungalow with land and spare rooms. Luckily when the search was almost over, a house went up for sale, it was more or less what they wanted so they bought it. Andy stayed in Southport to earn some money, while his wife moved in to their new house. Andy works at Gairloch High School as a janitor, however he did not move up with the intention of working at Gairloch High School. The job only came up just after he moved up.

Andy has no regrets about having moved, and doesn't really miss anything about their former life. His friends come up and stay every so often. Andy has not taken any holidays away from the area as the beautiful scenery of Gairloch compensates.

Since living in the area Andy and his wife enjoy activities like hill walking, they have joined the running club, and participate in marathons. Gairloch's shops and various facilities provide most of what is needed for their daily living so they only go to Inverness every one or two months. They find there are plenty of local activities and entertainments on offer, and have found people very friendly.

Andy and his wife took several holidays up to Wester Ross before moving, and would recommend anyone considering moving up to do so as well.

And of course they will stay here forever.



LibraryNews

The library will be closed for May Day on Monday 3rd May

Big Gardening Display

Develop your green fingers, grow your own veg, design your garden...

There are many books on our new display which will assist and inspire you in your work outdoors. Choose from titles such as 'Scotland for Gardeners', 'Garden Crafts' and 'The Ultimate Garden Designer'.

Little ones will also find titles about beasties you find in your backyard (e.g. 'Honey Bee' and 'Minibeasts on the Compost Heap') and non-fiction about how plants grow and how to grow them.

Summer Knits

When the gardening is done or the weather is not too kind to you, relax with your summer knitting. For inspiration consult our brand new books on knitted accessories, retro chic pieces and one-skein wonders. Titles include '25 Bags to Knit', 'Fun & Funky Knitting' and 'Easy Knitted Accessories'.

Donations

Have you got any good reads you want to pass on? If you are having a spring clean and come across books you no longer require, Highland Libraries welcome donations of items in good condition.

(We reserve the right to dispose of donated items which are not suitable for library stock or offer them for sale in the library.)



Malawi Link - In the first week of term, we received replies to the letters we sent to our Link School in Malawi last term. These were about daily routines on a typical school day and the replies showed some interesting differences between the lives of young people here and in Malawi. We have just completed writing new letters to send out to Malawi - this time the topic is "my favourite school subject".

Following our receipt of a Global Schools Partnership grant through the British Council to allow teachers to visit between the Link Schools, plans for two Malawian teachers to visit us here in Gairloch are making progress, albeit slowly. We plan that the Malawian teachers will be coming here towards the end of August, although this is obviously dependent on them obtaining passports and visas - a rather drawn out process in Malawi. There will then be a return visit by two teachers from Gairloch to Malawi in October. The purpose of these visits is to allow teachers to learn more about their partner school and to develop collaborative projects for pupils in both schools to work on to increase their understanding of the world. It is hoped that they will pave the way for further joint projects and visits between the schools in the future.

Although the Global Schools Partnership grant and other funds will cover the majority of the costs associated with these visits, it is still necessary for us to raise about £800 to fully cover the costs of our Malawian visitors. Malawi is one of the poorest countries in the world and one of the conditions of the grant received is that the UK partner school covers the additional costs of the visit. The Parent Council are organising a Soup Lunch to raise money for this (see separate advertisement on page 11) and we hope that many of you will support this.

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WESTER LOCH EWE COMMUNITY COUNCIL

At our meeting on April 6th items discussed included:

Roads Matters. The priority system and new pavements at Poolewe Bridge have now been completed. The wide pavement is much appreciated by pedestrians. However we think that the posts on the narrow, east, pavement are unhelpful as people still want to access that side of the bridge and will continue to do so, though more dangerously. Concerns were also expressed about the direction of the priority system. The community council will continue to monitor it over the coming season.

There was a request for a dropped pavement opposite the campsite. Transerve have notified us of resurfacing work on the A835 through Contin which is scheduled to start in early May and last two weeks.

Dog Fouling. This is still a problem in Poolewe. We have asked the Dog Warden to visit the area more regularly. She can issue an on-the-spot fine to offending dog-owners. The Camping & Caravanning Club has placed their bin outside the campsite. Dog owners are requested **again** not to leave plastic bags of dog mess lying around.

Coinpeg. Micro-hydro scheme at Naast. The engineer attended the last meeting. He reported that he expected SEPA to grant a CAR licence shortly. Once this is obtained a planning application will be submitted to Highland Council. He suggested moving the intake 50 metres further up the burn, and in the future we could consider a small dam on the loch. SSE have still not given a date for connection to the National Grid.

Stock Control/Fence. It was agreed to suggest a meeting with all parties in mid-May to progress this matter, and if there is no response, to mothball this project.

Friends of Inverewe. There was a successful coffee morning in March at which Pauline Butler's book 'Eighty Years in the Highlands' about the life of Osgood Mackenzie was launched. This is available in the local shops and is highly recommended. The Visitor Centre and Restaurant opened on April 1st – Easter has been quiet this year.

Firemore Beach Top. SNH have agreed to fund the whole project. There was a site meeting recently to agree a specification for the path extension and track repair. This work has now been advertised.

Open Evening. The CC will hold an Open Evening on Tuesday May 18th in Poolewe Village Hall between 4pm and 7 pm. This will provide an opportunity to members of the public to meet the members, find out what we have been doing, and suggest future areas of action.

WRA. We had a long discussion about the strengths and weaknesses, and present and future needs of our area. We have sent our ideas to the Alliance.

Hospital Transport. We are trying to obtain an update on the situation from the SAS.

Core Paths. It was agreed that we were content for signs for the core paths to include Gaelic.

Community Councils Review. We have been sent consultation documents to respond to by June.

The next meeting is on Tuesday May 4th in Inverasdale Primary School at 7.30 pm ALL WELCOME

Items for the agenda, in writing please, to the Secretary, 15 Cove Inverasdale, IV22 2LT. Tel. 781457, by April 24th. Copies of the full minutes are available for inspection at Gairloch Service Point and Poolewe shop, or from the Secretary.



Gairloch Heritage Museum

www.gairlochheritagemuseum.org

6th May 7.30pm: Gairloch Art Club Annual Exhibition Preview

On the 6th of May we will be holding a preview evening for the Gairloch Art Club, open to museum members and their guests. In addition our shop will be open, and refreshments will be available. Non-members are welcome and can join as members on the night.

7th May – 4th June: Gairloch Art Club Annual Exhibition

Our second exhibition of the season is a display of artworks by the Gairloch Art Club. We are proud to support the community's budding artists.

Exhibitions 2011

We are currently seeking proposals for exhibitions for our 2011 line-up. The vacancies that are currently still available are from **7th May to 4th June, 11th June to 9th July, and 20th August to 17th September.** If you have artworks, crafts, or research that you would like to display, or have another idea for an exhibition that you would like to make a reality, please get in touch with our curator either by phone **01445 712287**, email

info@gairlochheritagemuseum.org, or visit the museum for an informal appointment to discuss your ideas.

Gairloch Heritage Museum Membership 2010

Please note that fees for membership of the Gairloch & District Heritage Society are now due. Family memberships for this year are £15, while an individual membership costs £10. You can either drop by the museum to join on the day, or you can print out a membership form from our website.

A Hundred Years Ago...

The Established Church manse in Poolewe was burned to the ground. The manse was a large building on three floors and very little was saved in the way of furniture. Both the building and the furniture were insured. (May 1903)

A piano has been gifted to Poolewe school by Mr. Mitchyell of Rugby and Inveran. (May 1907)

Clue

A clue is a 'ball of thread' (from the Old English *cleowen*). The only way out of the Cretan labyrinth was by following a skein of thread. Therefore, a clue is a hint. Labyrinths are complex sets of passages and mazes like the one at Hampton Court in London.



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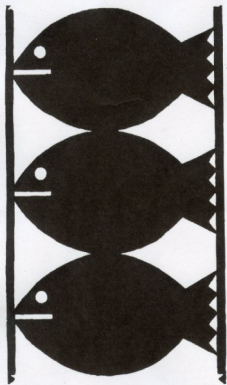
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Inverewe is celebrating some good and positive news.

There is no lead!!

Heavy metals yes, but no lead!

I refer of course to the Walled Garden where for the past four or five years there has been concern about the contents of the soil. It was all kicked off some years ago whilst I was still in (even greater) horticultural ignorance working in Edinburgh and Kevin was First Gardener and oblivious of the burden later to land on his shoulders. An interested party wanted to study the effect of seaweed as a fertiliser as used in the Walled Garden. They were surprised to find traces of lead and this began a protracted series of investigations to establish the cause, effect and the safety of eating the crops. Developments were slow and erratic, partly due to changing roles within the Trust ; land agents changed, Property Manager changed, new Head Gardener was appointed, consequently the momentum was often lost.

Latterly our internal H&S team have taken up the gauntlet (or poisoned chalice depending on your view point). They began from scratch with samples being taken from several areas of the Walled Garden as it was presumed that we only had a hot spot and proving this would allow us to then deal with that area in isolation. A number of samples were taken and the result was, not lead as expected, but traces of a number of heavy metals throughout the Walled Garden. This new information caused a stir resulting in a complete ban on any of the Walled Garden produce being eaten by the team (though strangely they kept offering me choice bits of fruit and veg) and at one point the suggestion that many of the fruit trees and bushes would have to be grubbed up to avoid visitors “grazing”. Thankfully common sense prevailed and we were able to get the Macaulay Institute involved.

You will recall that we entered upon a partnership with the MI a couple of years ago. They had pine saplings from forests in different areas in Scotland which they wanted to grow in a wet, mild location such as ours and a cold dryer location such as theirs in Aberdeenshire. Many of you will recall the talk given on the subject at the Garden Club. Thanks to that contact and co-operation experts from the MI were prevailed upon to analyse further both our soil and the crops grown in it. They then undertook to report in plain English so that we could understand all the implications, assess any risks and take appropriate action. We are now assured that there is no particular danger from crops grown in the Walled Garden. They have made practical recommendations for staff who permanently work in the area and have advised that any crops be eaten in moderation, especially leeks which retain trace elements taken from the soil more than other vegetables. As we grow crops for display and not harvesting, eating only those samples which are “past their best” and usually in small quantities the Walled Garden is no longer a cause for concern and, strange, I am offered less veg these days!

Protracted, sometimes painful but at last a result and one we can be both relaxed about and satisfied with.

Anyone for *soupe à l'oignon gratinée avec une pincée d'arsenic* !?

Roy Dowsett – Property Manager – Inverewe Garden



832 (WESTER ROSS) Sqn. ATC

Drill and Church Parade

On Saturday April 17th the cadets took part in the 3rd successive drill session with Mr Williamson. The cadets learned many new drill moves and greatly improved on their marching and especially turning. These sessions have been of great benefit to the cadets and we thank Mr Williamson for his time and effort. The cadets then changed into their dress uniform and headed to Poolewe for an inauguration of a Mission Reverend at St. Maelrubha's Church. Our attendance at this service was much appreciated by the congregation. All who attended this event would like to thank St Maelrubha's congregation for the invitation to this event and the lovely food afterwards.

New Promotions

On Thursday's parade 3 cadets were promoted to the position of Acting Corporal: Cadets D Robertson, I Paul and R Pollington. It is hoped that they will wear their stripes with pride and serve the squadron admirably. The cadets were also charged with the task of showing these and our existing NCO's with the respect that their promoted status requires.

We are continually looking for new cadets so why don't you come in and see what we do. Learn about all aspects of the Royal Air Force, have a go on our flight simulator, go on flying trips at Kinloss RAF base or go shooting at the range at Dingwall. There's a load of opportunities with the Cadets so come and give it a go.

The Sqn. Parades on Thursday evenings at 18.30 at the HQ behind the Shieling, Gairloch. . Phone **712 687**

To see how the Flight functions, and the activities we undertake, why not come and pay us a visit.

Contact can be made out of hours on **731 013**.

May

May is derived from the Latin name *Maius*, probably from *Maia*, the goddess of growth and increase. The Anglo-Saxons called it *thrimilce* because cows were then milked three times a day. The old Dutch name was *Blou-maad* (blossoming month) and in the French Republican Calendar it was *Floréal* (the time of the flowers).

'Cast not a clout till May is out' is an old saying which warns one not to take off winter clothes too early in the year. The word *clout* means 'rag' or 'patch', therefore clothing. It is debatable whether one should heed this warning until the end of the month of May or wait until the hawthorn blossoms as may is another word for the hawthorn.



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Gairloch Wildlife Group

A springtime walk to Stattic Point

Both a diver and migrating geese were gagging together (24/4). Not quite wide-awake, I was too slow in jumping out of bed and getting to the door to see them; there were large numbers of Pink-footed geese in fields near Contin earlier in the month, though at first I thought the ones I heard over Gairloch might have been Barnacle geese on their way north. Did anyone else see them? R-t divers fly down from hill lochans to the Gair Loch to feed (more of a quacking noise than a gaggle). [A Blackcock flew across the road at Achnasheen on 17/4].

Later that morning Greenshanks were displaying by the lochside; there may be several pairs in the parish. A Common sandpiper flew low up the burn. On the other side of the high ground cock wheatears fanned white tail feathers and sang from prominent perches on fences, rocks, telephone wires, and from exuberant zebedee flights as I planted potatoes. Around and overhead, swallows twittered the same message . . .

As we arrived in the lay-by next day there were already several telescopes lined up on Gruinard Island. One of the birdwatchers said that an osprey had flown north towards the Summer Isles a little earlier. A Great-northern diver surfaced not far out into the bay. We walked along the roadside to the gate, passing primroses and Lesser celendines in flower on the verge. Sand martins skimmed low over the dunes. A Ringed plover flew from the shingle by the burn mouth to the lower shore: take care not to stand on nests when walking by the strandline! The first Mungasdale lambs were still a bit wobbly. Yellow gorse bushes bloomed brightly in the hazy sunshine.

Over the dyke in the green grassy mole-drained fields, 'resident' Greylag geese stood to attention. Nine Golden plover in smart summer plumage with dark throats and bellies landed. A second group of plover appeared and flew in tight formation to and fro over the fields, sunshine reflecting off wings; yodel-whistling as they turned in unison. I think these may be migrant birds which, like the G-n divers in the bay, will wait a little longer before heading north to Iceland or further afield for their summer. Nearby, a curlew kept an eye on us; perhaps it has a nest in one of the fields? There were skylarks singing and pipits, and willow warblers and other birds . . .

I poked a piece of seaweed in a clear rock pool encrusted with barnacles, limpets, anemones and winkles and a fish shot out and swam fast beneath another boulder, too fast to say what it was. The tide was far out, the sea sloshed gently against the weedy rocks. Offshore, we looked at a large dark ruffled patch where currents converged. There were few birds nearby and it wasn't just the wind: a mackerel shoal I think. Mackerel filter-feed on zooplankton in the spring and I have paddled through shoals off Melvaig.

On top of a large block of warm sandstone, the first sea pinks were almost out; stonecrop, crowberry and assorted lichens added varied colour and texture. From a crevice concealed by little ferns and liverworts, a wren nipped out; as safe a place as any to hide a nest. Amongst the cobbles at our feet, there were violets in flower. As we followed a path up onto higher heathery ground, a snipe jumped up; two red grouse took off.

We had our picnic on the lichen yellow splattered rocks at Stattic Point: seagulls, shags and divers drifted on the water around us; a fulmar glided by. Then we headed inland. From the top of the first hill, a red deer stag stood silhouetted on the horizon. Approaching the top of the second hill, a cuckoo called from trees by Badluarach far across the moor to the east. From the top of the third hill (of gneiss), the Fisherfield mountains confronted us: An Teallach, Beinn Dearg, Mullach Coire Mhic Fhearchair and A' Mhaighdean. Across the Minch Lewis was only just visible through the haze. The sea was still calm; the mackerel shoal had moved to the north of Gruinard Island.

Forthcoming Gairloch Wildlife Group activities:

Thursday 6th May: Loch Gairloch: past, present and future?
Postponed; not ready for this!

Sunday 9th May: Melvaig to Rhu Reidh (and back) coastal walk. Meet at the Flowerdale Car park opposite the Old Inn at 9:30am to share transport or phone for further details.

For further details, please contact:

Peter Cunningham, 01445 771 206(hm) 712 899 (wk) 07786 836 003
Jackie Wilson, 01445 781 411

Saturday & Sunday 29th-30th May: 'Gairloch Wildlife Festival', based around Flowerdale.

Late May is a wonderful time of year for seeing summer birds, wildflowers and other local wildlife. In addition to the usual informal 'biodiversity' walks to nearby seashores, woodland and hills to see how many species we can record, other activities planned include: a snorkel expedition from the golf course beach; sweep-netting (to monitor sea trout) in the Flowerdale river estuary; and bug hunting. The Wester Ross Environment Network (WREN) may also use the occasion to launch their new book: 'Go Wild in Wester Ross': further details to follow.

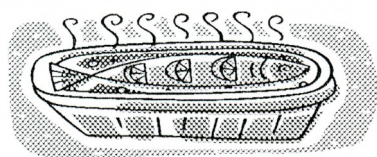
We would also like to hire a Remote Operating Vehicle to survey and film the seabed and some of the underwater wildlife of Loch Gairloch. For over 20 years, trawlers and dredgers have been excluded from the loch. Much of the seabed is relatively undisturbed, including extensive eelgrass meadows and maerl beds. To help make this survey possible, funds are required. If you would like to help discover more about the loch, please contact Peter for more information. In return for a suggested donation of about £20 you will receive a dvd with edited highlights.

For further details, please contact:

Peter Cunningham, 01445 771 206 (hm) 712 899 (wk)
07786 836 003



Poolewe Hotel



Bistro & Restaurant Menu

Every Night 6.00pm – 9.00pm

Every Day 12.noon – 3.00pm

High Teas

Friday – Sunday 4.30pm – 5.45pm

Take Away Menu

5.45pm onwards

Bar

Monday – Thursday 12noon – 11.00pm

Sunday 12noon - 11.00pm

Friday & Saturday 12noon till late

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THE WAY!



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We are members of  and use fresh local produce to prepare our snacks, lunches and evening meals with the emphasis on simplicity and flavour.

We take time and care to create the food we serve ... we hope you will take time to enjoy a meal or a snack in our warm, friendly bar.

For more information, or to book your table, please telephone: 01445 760253



MON	Lane Swim 1000-1100	Parent & Child 1100-1200	Over 50s 1200-1300	C L O S E D		Swim Lessons 1600 - 1700	Swim Lessons 1700 - 1800	General Public 1800 -1900
TUE	Lane Swim 1000-1100	General Public 1100-1200	Ladies 1200-1300			Poolewe Dolphins 1600 - 1700	Junior Kayaking 1700 - 1800	Adult Kayaking 1800 - 1900
WED	Lane Swim 1000-1100	Aqua Size 1100-1200	Wellbeing 50p Session 1200-1300			Swim Lessons 1600 - 1700	Swim Lessons 1700 - 1800	Staff Training
THU	Lane Swim 1000-1100	General Public 1100-1200	General Public 1200-1300			Jungle Fun 1600 - 1700	Ladies 1700-1800	Wellbeing Hour 1800 - 1900
FRI	Lane Swim 1000-1100	Parent Child 1100-1200	Ladies 1200-1300			Swim Lessons 1600 - 1700	Swim Lessons 1700 - 1800	General Public 1800 - 1900
SAT	Lane Swim 1000-1100	Parent Child 1100-1200	Family Swims 1200-1300	Jungle Fun 1300-1400	General Public 1400-1500	All Inclusive Highlife Scheme Pay one affordable monthly payment and get unlimited access to pool run activities Contact 01445 712345 for Details 		
SUN	Lane Swim 1000-1100	Family Friendly 1100-1200	General Public 1200-1300	Jungle Fun 1300-1400	Available for parties 1400-1500			

Cliffon Poolewe IV22 2JU 01445 781345 www.poolewepool.co.uk

Family Swims – designed for families (no unaccompanied adults or children) mats toys available during this session

Well-being Hour – Admission is only 50p for these sessions

Jungle Fun – Pool inflatable session for 12 years + under (*participants must be able to swim 1 length unaided*)

Aqua size – Water based aerobic session

Swimming Pool News

Swimming Lessons have started again, with 70 children attending lessons. This represents about 53% of the primary school roll for the associated school group.

We do have some limited capacity, so if you have not enrolled or registered your child for swimming lessons and would like more information please contact the Swimming Pool.

Shakespeare's Plants

*....and nothing teems
But hateful docks, rough thistles,.....
Henry V*

Docks denote neglect. They grow profusely but they have some use. Where there are stinging nettles there are dock leaves because their cool leaves soothe nettle stings. Herbalists used to cook the leaves and make warm poultice from them in order to alleviate boils, carbuncles and abscesses. Thistles also show neglect, growing well on both good and poor soil.



a



Tel: 01445 712407

Open Day

To mark the opening of our new practice and coaching facilities

Meet the professional – get some tips

Monday 3rd May 2 - 4pm

All Welcome

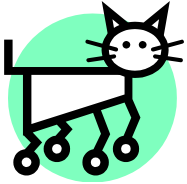
Other Dates:

Sat 1st May Gents Open
Sat 15th May Ladies Day

See report or website for details

www.gairlochgolfclub.co.uk





McColls
Gairloch

Telephone 01445 712242

Some longterm special offers

Typhoo Teabags 160s	£1.99
Nescafe 200g	£2.99
Maxwell House Coffee 200g	£1.99
Granulated Sugar 1kg	95p
Robinsons Orange/Apple Juice 1 litre	£1
Baxters Jams/ Marmalade	2 for £3.50
Selected Baxters Soups	2 for £1.50

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Many new lines in our Poundzone section
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from 29th April to 19th May

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Saturday 8.30am – 9pm



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Join the hotel mailing list and be first to hear about special offers and events, telephone 01445 720252 or email your details to info@ledgowanlodge.co.uk

**Bridge Cottage
Café & Gallery**



**We re-open for
the season on
Saturday 27th March
six days a week
(closed Wednesdays)**

10.30am - 4.30pm

Main Street,
Poolewe.
01445 781 335



Gairloch Trekking Centre



Lead rein and Walkouts

Accompanied if necessary for the young and inexperienced
1/4hr £5.25 ~ 1/2hr £9.00 ~ 3/4hr £13.50

Trekking

Accompanied on horse back with a qualified trek leader
1 hr £18.00 ~ 2 ½ hr £40.00

Private and Group Lessons

Are available by arrangement in the all weather arena
1/2hr ~ £18.00 ~ £12.00, 3/4hr ~ £27.00 ~
£18.00

Kids Riding Breaks

For children who want to spend a longer time with the ponies
1~ 3 days £45.00 per day

Pony trekking in the beautiful Gairloch Estate.

The centre is fully licensed and approved by the T.R.S.S. and A.B.R.S. with qualified instructors and friendly staff. No matter what your age or experience, come and ride our well mannered horses and ponies. Riding hats and induction are provided. Advanced booking is recommended.

For further information please contact us on

01445 712652

March ~ October

Monday ~ Sunday 9.30am ~ 5.30pm

Closed Thursday

www.gairlochtrekkingcentre.co.uk

TWO LOCHS RADIO

106 & 106.6 FM



WARBLING WILD

Nick Wakeham's long-running series, *I'm the Greatest Star* came to an end last week, but the ever-inventive Nick has already come up with a brand new series that will appeal to Gilbert and Sullivan fans everywhere. *Warbling Wild*, which is described by Nick as "a miscellany of Gilbert and Sullivan madness", began on Thursday evening at 7pm. If you missed it, don't worry – as usual, Nick's shows can be heard again at 1pm on Sundays.

DIGITAL SWITCHOVER ... AND RADIO

You've probably heard the various messages we're broadcasting at the moment (how could you miss them!) alerting everyone to the Digital TV Switchover that's coming to this area in July. This affects anyone using an ordinary TV to watch signals from the Loch Ewe and Gairloch TV transmitters (and anyone with long distance reception from Lewis or Skye). Two Lochs Radio was also commissioned by the BBC's Digital Switchover Help Scheme to produce additional Help Scheme publicity material for other radio stations in the north, so if you're travelling around the region you may hear some familiar voices!

However, none of this affects anyone who uses only satellite TV reception (eg Freesat or Sky) or the Internet, and more to the point for us, it doesn't affect existing local radio reception at all. No changes to radio receivers or their tuning will be needed.

Talking of the Internet and radio reception, can we take this opportunity to remind you that you can listen to Two Lochs Radio anywhere in the world that you have a good Internet connection. This includes on devices such as multimedia mobile phones and wi-fi radios. But of course, you can just as well use these locally if you happen to be in a bad spot for reception of our signal of the air.

KIRSTY'S CLASSICS REVISITED

Rather than take a complete break from her show over the summer, Kirsty Adam will revisit some of the music she's played in *Kirsty's Classics*. This time, instead of hearing just short extracts, or single movements, listeners will be able to enjoy the whole musical piece – a few each week. So if you would like to hear anything from Kirsty's present series in full, do get in touch with her at the radio station..

CD PLAYER NEEDED FOR KIRSTY

Kirsty is looking for a newer CD player than she has to help her prepare her shows. If you have a reasonably modern one to spare that allows individual tracks to be selected, do please get in contact us and we'll put you in touch.

AFRICA CAME TO GAIRLOCH!

Many thanks to those who came along to our Africa evening in Gairloch Community Hall. As well as a fascinating talk, and delicious refreshments (including Hippo Mud Pie and a towering "Kilimanjaro cake"!), we all enjoyed African music and even some warming African sunshine – thanks to Alex's special effects. The money raised was divided between Two Lochs Radio and the Mtitu Foundation – just over £70 each. That's enough to pay one day's running costs of our local radio – and a Tanzanian teacher's salary for a month!

TO CONTACT US call or text on 01445 712106, fax us on 712857 or e-mail us at info@2LR.co.uk

REPORT'S cont'd

Golf Club Report

The new playing season is now well under way and many locals and visitors have once again been returning to enjoy all that the course and clubhouse have to offer.

Open Day

To mark the launch of our new practice facilities, the club is holding an Open Day on Monday 3rd May from 2pm - 4pm. We would like to invite everyone who has any interest in seeing the new facilities to come along and try them out. Now in place is a state-of-the-art Huxley putting green, large chipping nets and a practice bunker. The Open Day is also a chance to meet with the visiting professional, Michael Field, who will be available to offer helpful tips and to arrange coaching.

Junior Coaching

Junior Coaching will begin on the 28th April and will run for ten weeks from 4 – 6pm. Michael Field will be attending from the 3rd May to run stage 2 junior coaching. Adult coaching will also be available on Mondays and can be arranged by contacting Jo Powell at the club, or by coming along on the Open Day.

Gents Open

The annual Gents Open takes place on Saturday 1st May. Even if you haven't yet signed up for it, there is still time. It is always a good event with worthwhile prize money to be had.

Ladies Day

The inaugural Ladies Day is to be held on Sat 15th May and will take the format of a "3 lady team" event. It is a fun competition, with ALL lady members welcome and no handicap required! It is hoped that as many lady members as possible (very much including country members) will come and play. Your support is much needed to make this day a success.

Results

Seniors:	March Medal	Harry Davis
	April Medal	Peter Meredith
Gents:	April Medal	Adam MacLeod
	9 hole Stableford	Brian Grant
Ladies:	Winter Eclectic	Irene Croal
	Mar 9-hole Stbl'ford	Elna Lawrie
	April Medal	Susan MacVicar
	Apr 9 hole Stbl'ford	Jo Powell
Club:	Opening Match	Ladies

www.gairlochgolfclub.co.uk

01445 712407



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Half pigs	£1.53	£3.37
<u>Top piece of beef – includes:</u>	£2.25	£4.96
Silverside, Topside, Round steak & Mince		
<u>Hip of beef – includes:</u>	£2.40	£5.29
Silverside, Topside, Round steak, Mince, Fry steak & Fillet steak		
<u>Shoulder of beef – includes:</u>	£1.72	£3.80
Rolled brisket, Rolled pot roast, Shoulder steak, Mince & Boiling beef		
Silverside / Topside (min 12lb / 5-6kg)	£4.38	£9.66
Flank of beef (rolled or on the bone) (min 10lb)	£1.26	£2.78
Rump steak (grill / fry) (min 5lb / 2.27kg)	£5.40	£11.90
Shoulder steak (min 10lb / 4-5kg)	£2.97	£6.55
Shoulder steak mince (min 10lb)	£2.97	£6.55
Leg of lamb	£4.50	£9.92
Rolled shoulder of lamb	£4.85	£10.68
Leg of pork	£1.60	£3.52
Pork chops (min 5lb / 2.27kg)	£3.16	£6.96
Fresh chickens (min 3)	£1.75	£3.86
(Un)Smoked gammon (min 5lb / 2.27kg)	£3.28	£7.23

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Beef sausages (5lb pack)	£5.75	per pack
Pork sausages (5lb pack)	£9.00	per pack
Unsmoked bacon (3lb pack)	£6.93	per pack
Smoked bacon (3lb pack)	£7.56	per pack
Eggs (large) (2½ doz tray)	£3.99	per tray

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Saturday

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12.00 noon - 11.15 pm

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Morning 09.00 - 11.00	Monday to Friday	Monday to Friday
Afternoon 15.00 - 16.15	Mon, Thu, Fri	Mon, Wed, Fri
Evening 16.30 - 18.30	Wednesday	Thursday
To leave a message requesting a repeat prescription call: Aultbea: 731599 Gairloch: 712358		

THE HIGHLAND COUNCIL GAIRLOCH SERVICE

POINT & DISTRICT REGISTRAR for GAIRLOCH

Tel: 01445 712572 Fax: 01445 712911

Opening hours Mon - Fri - 9.00am. - 12.30pm, 1.30pm - 5pm.
(Closed at lunchtime 12.30 – 1.30pm.)

Call in or phone for advice on any Highland Council Service.
Rent payments, Council Tax, Burial Grounds information, Travel
Cards, Registration of Births, Deaths & Marriages.

(Funeral Directors will give advice on Emergency Registrations)
Home visits for housebound / elderly can be arranged.

We will always try to help.

Emergency Contact Telephone Numbers: -

Housing Repairs / Homelessness	0845 7002005
Social Work/Roads	0845 7697284
Highland Roadline	0900 3401363
Northern Constabulary HQ	01463 715555
Fire Brigade	01463 227000 (24 hrs.)
Scottish Water	0845 6018855
Floodline	0845 9881188
Hydro Electric Freephone	0800 300999
Bear	0800 5871108 (A835)

MACLEOD UNDERTAKERS

Enquiries to: Poolewe (01445) 781434
Or if unattended: 079 099 46715 (mobile)

HIGHLAND LIBRARIES - Gairloch Library, Gairloch High School. Ross-shire, IV21 2BP Tel: / Fax: **01445 712469**.

Email: gairloch.library@highland.gov.uk

OPENING TIMES DURING SCHOOL TERM

You may also renew your loans by letter, telephone, fax or email.

NORTHERN CONSTABULARY GAIRLOCH

Mondays & Fridays : 9.00am. – 5.30pm.
Tuesdays & Thursdays : 9.00am. – 5.00pm.
Wednesdays : 9.00am. – 7.00pm.

Local Office Tel: 01445 712017

Constable Bremner & Constable Chisholm.

Calls are directed to Dingwall when the office is not manned and they will provide cover and advice.

THE PENSIONS SERVICE ADVICE SURGERY at Gairloch Service Point 10.30am. – 12.30pm. on the last Wednesday of each month. Drop in or ring **01592 647655** to arrange an appointment.

PLANNING ADVICE - Sally Morton the Planning Officer will be available at Gairloch Service Point on the first Tuesday of each month or on site, and appointments must be made in advance by calling the Planning Office in Dingwall on **(01349) 868600**.

PROTECTIVE SERVICES

Weights & Measures, Money advice, Animal health: -
38 Harbour Road, Inverness. **Tel: 01463 228700**.
Trading Standards Call Centre. **Tel: 0845 600 4222**

RECYCLING CENTRE - Opening Hours

Gairloch, Clach na Broig, Poolewe Road
Monday – Friday 8am. – Noon, 12.30 – 4pm.
Saturdays Open, 1st April to 31st October Only: -
8am. – 12.30pm. **Tel: 01445 712096**.

COMMUNITY HALL BOOKINGS - If you wish to make use of your community hall facilities these are the numbers for availability and costs: -

WESTERBUS - GAIRLOCH Tel: 01445 712255.

Aultbea	-	Barbara Hindley	01445 731361
Gairloch	-	Lyn Mackenzie	01445 712230
Kinlochewe	-	Maddy Kellett	01445 760202
Poolewe	-	Mary Buchanan	01445 781208
Torridon	-	Alistair Maclean	01445 791323

GAIRLOCH CHEMI - STORE, Pier Road, Gairloch
Supplier of baby milk in the Aultbea & Gairloch Medical Practice area.

Baby milk is available during normal shop hours: -
Mon - Sat. 9am - 5.30pm - Sunday : 10.00am. – 5.30pm.
Tel: 01445 712700.

COMPANAS OUTREACH - a branch of NSF (Scotland) supporting people with experience of mental illness in group and 1 to 1 confidential chat sessions.

INFO: Mhairi 07713627105 or 01599 511416.

COMMUNITY CARE TEAM - SOCIAL WORK SERVICES
Ian Smith, Senior Social Worker - Ullapool. **Tel: 01854 613906**
Dyllis MacDonald, Social Worker - The Service Point, Gairloch.
Tel: 01445 712915.

Jill Bruce, Mental Health Officer / Social Worker.

(Weekly visit to Gairloch) **Tel: 01854 613906.**

Please Telephone to make Appointments.

Occupational Therapy Department - Enquiries for Mobility Aids and Housing Adaptations.

Please Telephone **01854 613906.**

Emergency Out Of Hours - Tel: 0845 7697284

During working hours calls are directed to Ullapool Service Point when the worker is unavailable.

HOME CARE ORGANISER - Seonaid MacRae -

Poolewe Village Hall - **Tel: 01445 781776.**

Mon. – Fri./If call is urgent contact- **Gill Brown** - Care at Home Coordinator Dornie - **Tel: 01599 555764.**

GAIRLOCH COMMUNITY CAR SCHEME - covers the whole district from Laide, Melvaig, Poolewe and Gairloch and their outlying areas. Passenger cost 25p per mile. Minimum charge of £1.50 per journey.

Tel: 01445 712867 (between 9am – 1pm. Mon to Fri).

GAIRLOCH & LOCH EWE ACTION FORUM

Gairloch Tourist Information Centre, Achtercairn.

Tel/fax 01445 712071. Email: gale.admin@tiscali.co.uk

Website www.highlandwelcome.co.uk

HANDY PERSON SERVICE - Need help with small jobs in your home? **Tel: 01445 781312** (this is a free service).

Ullapool
Laundry & Dry Cleaners Ltd


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Delivery & collection directly to property

We provide a local and flexible service to all types of commercial establishments: **B & B, Guest Houses, Self-Catering, Estates and Hotels...**

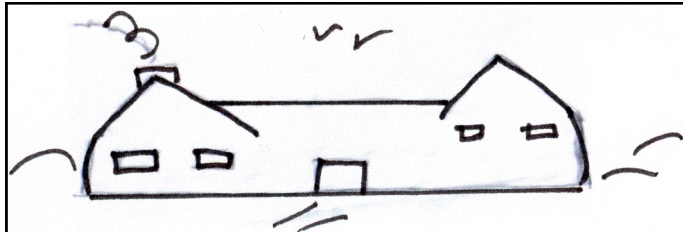
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The Aroma Café and
Perfume Studio, Mellon Charles.

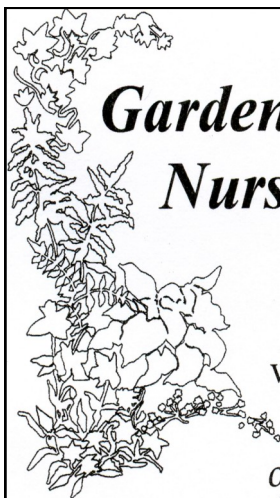
Lunch, soups, cakes, coffee, teas – in our beautiful licensed café;

elegant shopping; workshops in the perfume studio; stunning scenery to relax and inspire, including our new trail through the croft, down to the shore

from Tuesday 4th May open
6 days per week 10.00-5.00

closed Mondays

01445-731618 www.aromasciences.com



Garden Cottage
Nursery

Tournaig by Poolewe

Tel : (01445) 781777

www.gcnursery.co.uk

See our web site for loads of info on coastal gardening

Very wide range of plants suitable for local gardens.

Both unusual & tough.

Something of interest to all gardeners in a beautiful setting.

Ask for expert advice

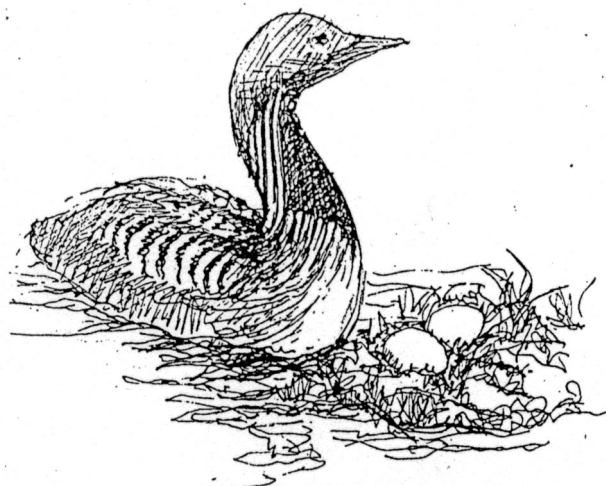
Open: Mon - Sat
10am - 6pm

LOCH MAREE BOAT TRIPS

Trips which last for 1½ hours stop at Isle Maree to see the Druid grave, the graves of the Viking Prince and Princess and the famous money tree. Tours go around the islands.

There could be sightings of black throated divers, sea-eagles, sand-pipers, dippers, and greenshank.

Boats take up to 5 passengers -



Telephone Nick Thompson - 07871 174600

Also: Rowing boats available to hire - including fishing licence.



BLYTHSWOOD COLLECTION TIMES - Kinlochewe Old V. Hall 9 – 9.30; Gairloch C. Hall 10 – 11; Poolewe Village Hall 11.15 – 11.30; Aultbea, Opp F.C. Manse 12 – 12.30; Dundonnell Hotel 13.15 – 13.30. See Diary for dates.

POOLEWE MARKET – Poolewe Village Hall 10am. – 2.30pm. every Tuesday until 27th October.

POST OFFICE HOURS –

Achnasheen – Tel: **720241** – Mon. – Fri. 11am. – 1pm.

Torridon – At Village Hall Friday 2 – 4pm.

Kinlochewe – Tel: **760252** – 9am. – 11 – 00am. Mon – Sat.

Gairloch Harbour – Tel: **712175** – 9am. – 1pm. Monday – Friday. Saturday 9am. – 12pm.

Gairloch Strath – Tel: **712008** – 9am. – 1pm, 2 – 5.30pm.

(Thursday 9am. – 1pm., Saturday 9am. – 12.30pm.).

Poolewe – Tel: **781240** – 9am. – 1pm., 2 – 5.30pm.

(Wednesday 9am. – 1pm. Sat. 9am. – 12.30pm.).

Aultbea – Tel: **731209** – 9am. – 1pm., 2 – 5.30pm.

(Friday 9am. – 1pm., Saturday 9am. – 12.30pm.).

Laide – Tel: **731252** – 9am. – 5.30pm except Wed & Sat when shop open but P.O. closed.

CONANVET - Gairloch Surgery Times Monday & Thursday from 1 - 3pm. By appointment Tel: **01349 861203** {see main advert}.

FRASER & FRASER - THE VET surgery is held every Tuesday in the Community Centre, Gairloch, **by appointment only**, from 12.30 – 1.15pm.

Please Tel: **01349 863117** the Dingwall surgery to book your appointment **before** the day of the Gairloch surgery.

MARINE WILDLIFE - In the event of marine mammal or bird strandings contact **Ian French**, Gairloch Marine Wildlife Centre **01445 712636** or **077422 34810**.

NEW DIAL A BUS SERVICE

(Kerrysdale - Laide / Kerrysdale - Redpoint /Gairloch -

Melvaig / Poolewe - Cove) Tues, Fri, Sat, 9 - 3; Fri, 5 - 6

(School term only). Must be pre-booked on - **01445 712255**

CHILDREN & YOUNG PEOPLE

AIR TRAINING CORPS - 832 (WESTER ROSS)

SQN.ATC - Parade Night most Thursdays

18.30 – 21.30. Age 12½ plus.

Contact can be made on 01445 731013 or 01445 712687.

AULTBEA TODDLER-IN, Aultbea Village Hall Thursdays

10.30am. – 12.30pm. A relaxed and friendly welcome to all parents and carers with children under 4. Admission Free.

Elsbeth Nicolson - Co-ordinator Families in Focus.

Tel: **07979 600609** e-mail: familiesinfocus@sky.com

BROWNIES (girls aged 7 – 10) – Thursdays 6 – 7.30pm.

in the Poolewe Village Hall every Thursday during school term. All welcome to come along and join the fun.

Contact - Kirsti 01445 712530

LOCH EWE MOTHER & TODDLERS - Every Wednesday

at 1 – 2.30pm. in Poolewe Village Hall. All welcome.

Tel: **Rachel** on **01445 781441** or **Mairi** on **01445 781467**.

MUMS 'N' TODDLERS - Meet each Monday (except when schools are closed) at Church of Scotland Hall, Gairloch from 1.30 – 3.00pm. Play and craft for pre-school children and their parents. Tea – Coffee. All made welcome. Admission free.

Tel: **Liz 01445 741718**.

NA DAOINE BEAGA – Gairloch Community Hall Annexe Tuesdays 11.30 - 1.00 pm. (except School holidays). Parent & Child Group with Gaelic speaking Leader. Learn Gaelic through activities, songs, games & snack.

Anne Tallach 01445 741 361

Anne MacLeod – **01470 562328** / annecnsa@btinternet.com

Member group of CNSA (Comhairle nan Sgoiltean Araich)

RAINBOWS - Poolewe Village Hall 'small room'. Girls 5-7

years. Thursdays 6-7.30pm.

Contact : Sue 01954 633761 or Ruth 01445 712744

SHIPMATES - (formerly Campaigners)

re-starts in August.

Contact: **Fiona 01445 731345** (3rd Mates)

Susan 01445 731539. (2nd Mates)

Murdo 01445 731539 (Secondary)

THE TOYBOX CHILDREN'S CENTRE - Childcare for children aged 3 months - 12 years at Toybox. Open Mon. – Fri. 8.30 am. – 5pm. To book a place or to visit us call the Toybox on : **01445 712362** or email us at : toybox@burach.org.uk

GAIRLOCH TODDLER-IN, Gairloch Community Hall Annex Fridays 9.45am. - 11.45am. A relaxed and friendly welcome for all parents and carers with children under 4. Admission Free.

Elsbeth Nicolson- Co-ordinator Families in Focus

Tel: **07979 600609** e-mail: familiesinfocus@sky.com

DROP IN CLINIC for well babies and pre-school children.

Thursdays 10.30 - 1.30 at Nurses' house, Poolewe. Contact Janet Williams, Health Visitor on **01445 781781** for further information.

GAIRLOCH PONY CLUB Every Saturday at the Trekking Centre. Sessions are 10-12pm, 12-2 pm and 2-4 pm

New Members Welcome. Tel: **01445 712652**

ACTIVITIES/CLUBS FOR ADULTS

GAIRLOCH INDOOR BOWLING CLUB – play every Wednesday from 8pm. to 10pm. in Gairloch Community Hall. Open to all over 12 years old, and visitors. Indoor shoes only please, all other equipment provided, and tea and biscuits.

JOG SCOTLAND – Thursday evenings 6.00 pm. Flowerdale Car Park (16+). For more information contact: **Fiona 01445 712761** or **Andy/Margot 01445 712197**.

Beginners by arrangement contact Andy /Margot.

SHORT TENNIS - Aultbea Hall -Tuesday's 12.30 - 1.30pm - contact: ☎ 712 539

LODGE LOCH EWE - Meetings every 2nd and 4th Thursday of each month, September to April. Held at the Masonic Hall Aultbea at 8pm. Contact **01445 712766**

STEP-IT-UP WALKS on Mondays at 10.30am for those who want to increase their level of physical activity while meeting people. Mainly walk from Poolewe Hall, but in Aultbea on first Monday of month (MacLennan Park) and in Gairloch on third Monday of the month (Flowerdale Car Park). Contacts **Janet 01445 731095** or **Jackie 01445 781411**

WRITERS' GROUP - This group meets on the 1st Friday of each month.

Tel: **Shirley and/or Mike on 01445 712069**

PROJECT LINUS - Wednesday 1pm - 3 pm. Project Linus @ Church of Scotland Church Hall, Gairloch. **01445 741 326 Lennie Cole**

AULTBEA CLAY PIGEON SHOOTING CLUB Meet Saturdays at 2pm at Mellon Charles. Further information from **Jane on 01445 731477**

GAELIC IMMERSION CLASSES meet in Gairloch Community Hall Annexe Tuesdays @ 7.30pm, newcomers always welcome and old friends too. Any with Gaelic welcome to join us too in this friendly session.

For further information contact **Joyce MacKenzie 01445 712417** or **Maureen Cumming 01445 731028**

Diary continued from front page

- Fr 21 Deadlines Poolewe & Aultbea
Bookstart Rhymetime @ Toddle-in Gairloch,
Gairloch C. Hall 10am
Live Music Dave Fleming - Old Inn
 - Sa 22 Deadlines Gairloch & email
Soup Lunch - Gairloch Com Hall 12am - 2pm
Summer Fair - Kinlochewe Primary School 1pm
Afternoon Cream Tea - Poolewe Hall 2 - 4pm
 - Su 23 Boat Club - Club House 2pm
T'ai Chi - Kinlochewe Hall 2 - 5pm
 - Tu 25 Scotland's Garden Scheme Open Day - Inverewe
Poolewe Market - Poolewe Hall 10am- 2.30pm
 - We 26 Boat Club - Club House 6pm
Hospice Memorial Service - Poolewe Hall 7pm
Good for Ewe Meeting - Inverasdale P. School 7.30
Jamie at Home - Gairloch C. Hall Annexe 7.30pm
 - Th 27 Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
 - Fr 28 Whist - Gairloch C. Hall Annexe 7.30pm
Live Music Howlers Acoustic - Old Inn
 - Sa 29 Live Music Ken Maybury/Hypnosis Show - Old Inn
Gairloch Wildlife Festival & Sunday 30th.
 - Su 30 Boat Club - Club House 6pm
- June**
- Tu 1 Scotland's Garden Scheme Open Day - Inverewe
Poolewe Market - Poolewe Hall 10am - 2.30pm
 - We 2 Poolewe Ceilidh Partnership - Poolewe Hall
 - Th 3 Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
 - Fr 4 Live Music Adrian Telfer - Old Inn
Deadlines Poolewe & Aultbea
 - Sa 5 Deadlines Gairloch & email
Summer Isles Res. Course Intro to Sea Kayaking
to 8th
 - Su 6 Boat Club - Club House 1pm
 - Mo 7 Blythwood Collection
 - Tu 8 Poolewe Market - Poolewe Hall 10am - 2.30pm
Gairloch 10K from Millcroft Hotel 6.30pm
 - We 9 Summer Isles Res. Course Intermediate Sea Kayaking
to 12th
Boat Club - Club House 6pm
 - Th 10 Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
Friends Of Inverewe Meeting - Inverewe Restaurant
7.30pm
 - Fr 11 Live Music Johnny Hill - Old Inn
 - Sa 12 Summer Isles Res. Course Creative Journals to 19th
Live Music Kitchen Party - Old Inn
 - Su 13 Boat Club - Club House 6pm
 - Tu 15 Poolewe Market - Poolewe Hall 10am - 2.30pm
 - Th 17 Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
 - Fr 18 Live Music Dave Fleming - Old Inn
Deadlines Poolewe & Aultbea
 - Sa 19 Deadlines Gairloch & email
 - Su 20 Boat Club - Club House 12.30pm
 - Mo 21 Tea Dancing - Gairloch 2 - 4pm
 - Tu 22 Poolewe Market - Poolewe Hall 10am - 2.30pm
 - We 23 Boat Club - Club House 6pm
Good for Ewe Meeting - Inverasdale P. School 7.30
 - Th 24 Produce & Craft Market - Kinlochewe Hall
10.30am - 2.30pm
 - Fr 25 Live Music Adrian Telfer - Old Inn
 - Su 27 Tai chi - Kinlochewe Hall 2 - 5pm

Gairloch Tides

April / May 2010

	<i>BST</i>			<i>BST</i>	
April	02.43	0.5		02.17	3.9
<i>FRI</i>	08.27	5.0	<i>FRI</i>	08.47	1.8
30	15.03	0.6	7	15.18	3.7
	20.44	5.0		21.26	2.0
May	03.23	0.7		03.24	4.0
<i>SAT</i>	09.10	4.7	<i>SAT</i>	09.59	1.7
1	15.41	0.8	8	16.18	3.9
	21.24	4.8		22.32	1.8
	04.04	0.8		04.20	4.1
<i>SUN</i>	09.55	4.5	<i>SUN</i>	10.55	1.5
2	16.20	1.1	9	17.03	4.1
	22.06	4.6		23.21	1.6
	04.46	1.1		05.05	4.3
<i>MON</i>	10.46	4.2	<i>MON</i>	11.38	1.3
3	17.01	1.4	10	17.39	4.3
	22.55	4.4			
	05.31	1.4		00.02	1.4
<i>TUE</i>	11.44	4.0	<i>TUE</i>	05.43	4.5
4	17.47	1.6	11	12.16	1.1
	23.54	4.2		18.10	4.5
	06.23	1.5		00.39	1.2
<i>WED</i>	12.51	3.8	<i>WED</i>	06.18	4.6
5	18.43	1.9	12	12.52	0.9
				18.40	4.6
☾	01.04	4.0		01.15	1.0
<i>THU</i>	07.28	1.7	<i>THU</i>	06.52	4.7
6	14.04	3.7	13	13.27	0.8
	20.01	2.0		19.10	4.8

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- Summer Isles Res. Course Journey to Tanera
Bridgehouse Art to July 3rd
Boat Club - Club House 6pm
- Tu 29 Poolewe Market - Poolewe Hall 10am - 2.30pm
- We 30 Poolewe Ceilidh Partnership
Boat Club - Club House 7pm

