

Ness News

Community News & Events

June 2023



Blast from the Past



The Gathering



Shinty Update





This issue is slightly later than expected but for future issues can contributors try to get articles in before the closing date if possible? We are grateful to those who regularly contribute though.

We have been actively looking for a minute taker at our monthly Community Council meetings so if you're interested in what's going on in our community and would like to get paid for attending the meetings, get in touch with me or any other community councillor.

Regarding community councillors, the elections will be coming up in November so if you would like to be involved in community matters, watch out for notices from the Highland Council and I hope to have more information for the next issue in September. Cllr Fraser has written an update and we, as a Community Council have responded about the proposed route for the overhead line on the Coire Glas Grid Connection close to the Torr Dhuin monument. We are also pushing for local road repairs, raising concerns about speeding and Sat Nav issues on the Ardachy road and responding to local parking and planning issues, etc.

I'd like to thank those who attend our Community Council meetings and to Angela MacCormick for checking that our accounts are in order which was much appreciated.

Shinty Update

On Saturday, the senior team had a great match against a good, strong Lochcarron team, with plenty of goals for the support to enjoy! Glengarry 8 - 5 Lochcarron.

Kilmory won the other semi final, so Glengarry will meet them in the final.

Editors
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Councillor Update

Update from Councillor David Fraser

One of the great pleasures in being a local Councillor is that I get to see corners of our beautiful area that I may not otherwise visit. Recent visits in the area have included the hills above Auchterawe Power Station as preparation for a planning application, Trees for Life at Dundreggan, Kilchuimen School and the Ardachy road. I also attend most of the community council meetings.

ROADS: I am very aware of the parking problems and potholes in Fort Augustus and I am working with the community council on trying to make improvements.

This summer will see the roll out of 20mph speed limits in all of Fort Augustus expect about 400m of the A82 as you travel south. At this stage, Transport Scotland are still refusing to lower the speed limit in Invermoriston. However, once the 20mph limit has been introduced in most villages in the Highland area, I will try again to get it down to 30mph as that will retain the 10mph differential. They are due to report back on the footpath safety audit for the A82 south of Invermoriston. Transport Scotland are working on a design for a new north bound layby between Invermoriston and Drumnadrochit and that is provisionally planned for next financial year.

One of the hazards on the A887 is tourists stopping to photograph the cows and I have asked Transport Scotland for options to make the Redburn area safer.

RENEWABLE ENERGY: We continue to see major renewable power investments in the area including additional windfarms, the proposed pumped hydro scheme at Loch Kemp and connecting infrastructure such as the 400KVA line from Coire Glas. In planning terms, these all get decided at a national level. However, Highland Council are a statutory consultee and will form a view on each one as it comes to planning committee.

CONTACT DETAILS: If I can be of assistance at any time please contact me by email david.fraser.cllr@highland.gov.uk or Mobile 07884 567200.

Blast from the Past

Businesses in Fort Augustus

Imray shop
Harris Tweed and Shetland Wool suits made to measure
With Winkie, the cat keeping a watchful eye in the window

MacDonald's Store
We trust we need not mention we'll give you prompt attention

Chisholm's Tea-shop
My the quality is more than the price

Cameron's Walking Stick Depot
At Cameron's shop where the King once stopped

Leslie's Stores
The Spot to Shop across the Bridge of Oich not the Bridge of Sighs, he who enters buys





The Malvern Tea Rooms

Its famous home made scones will cheer the marrow of your bones

Caledonia Tea Rooms

Be snug and cosy after your tea

The Lovat Arms Hotel

Tasteful cuisine and wine

The Caledonian Hotel

Mistress MacGregor, too enthrones the grace and perfect host.

Munro the Tailor

It's not the coat or the vest that makes the man but I'll try my best.

Grant's Emporium

For he is weak until - he's been to Simon Grant's Tobacconist & Confectioner. Cameras, Films, Scottish Souvenirs and Fancy Goods.

H.B.Grant

West End Garage
Tyres and Motor Hire

Golf View Restaurant

Morning Coffee, Lunches, High Teas
Afternoon home baking a speciality

Alex MacDonald boot and shoe doctor

There is a merry old Cobbler Boy sings by the river side renews it's very old sole

W. Williamson

Fancy goods, walking sticks, a picture frame,
a lovely doll or a jolly game

Alex Mackenzie, Butcher

Just call and hear him talk, you will find he sells very good pork. As every kind of meat, such highly tasteful meat

Richmond House

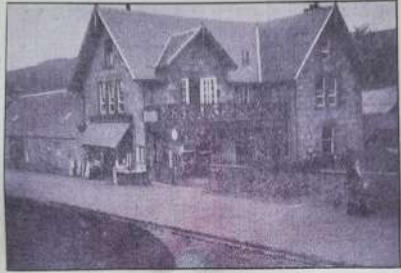
The House of Bread for it's run by a great baker and first class caker

Aitchison Bros.

Bakers and Confectioners

Cameron's Fruit Shop

This little Fairies Paradise
Fancy goods newsagent



A. D. McDonald
RADIO and SPORTS STORE
Local Agent for Marconi, K.B., Pilot
NEWSAGENT, CONFECTIONER,
TOBACCONIST, FANCY GOODS
 TELEPHONE 8
 Canal Bank
 Fort Augustus





MacVarish Activities
Stationmaster Boarding, Accommodation

Grant's Garage
For all your motoring needs
Visit Grant's Tea Room
Morning coffee, Hot and Cold Lunches, Afternoon
Tea and Suppers

John Paterson & Sons Plumber's
Plumbing and Heating Engineers

Central Garage
Prompt Repair Radio and Sports Dealers

St Lillian's Cafe
Lunches, Dinners, Teas
Hot and cold water in bedrooms
Convenient for buses and steamers

D J MacDougall Flesher
If your housekeeping is frugal, you'll bless the
name of MACDOUGALL and Craighton Tea Rooms.
All bread and cakes homemade overnight accommodation.

St Joseph Cottage, Market Hill
Mrs Forbes, you can safely trust is the best pastry cook in Fort Augustus.

Post Office
Run by George Douglas

Police
9 Lovat Terrace

Distillery
Glentarff, canal side

Douglas Hotel
Station Road

D Williamson, Coal Merchants
Station Road

Blacksmith
Lower Bunoich

White Gates Hotel
Turn up the brae to Auchterawe Golf. Fishing and
Pony Trekking.

Robertson's Tearoom
Free Church Road

Submitted by Maureen Ferguson from a booklet





Glengarry Shinty Club

It has been a very busy period for the Shinty Club with Youth Shinty in full flow, the juniors have been putting the hard work that they've done over winter into action and it has been a very successful few months.

The primary aged teams have been playing in the Glen Albyn league, with our P2/3 team taking part in a grassroots festival as well.

In 2022, our primary team had a strong season, having reached two finals but losing both. This year, the team were determined to change their fortune and have put an insurmountable effort into training. In May, we travelled to take part in the UHI Cup, taking part in the Plate Competition, coming through the group stages with 6 wins and 2 draws. We met Glenurquhart in the final and having drawn with them in the group stages, we were unsure how the result would go. The game was 0-0 at half time and very close, but our team stepped up a gear and Brooke scored a great goal which won us the trophy. Our first silverware at this level in a very long time!

The primary team also had a good run in the MacKay Cup this year, but that came to an end when they came up against a very strong Newtonmore team. However, this experience has given the team plenty to work towards as they look to improve further.

Our U14's team have also been doing well, playing in the nine-a-side League, we have played four games to date and won. The team has shown great determination and commitment in playing every Thursday and like the primary team, has trained hard in the close season to step their game up another level. We still have some ways to go to match the bigger clubs but for a club of our size, we are doing well. The U14's have been playing some good shinty and scoring plenty of goals.

Our next match is at home to Strathglass, which if anything like our away encounter, it will be an entertaining fixture. Last time, we found ourselves 4-1 down but dug deep to bring the scoreline to 4-4 at this point with Scott at wing centre, collected the ball and pushed it past his marker to then take a strike at goal to scoring to put us ahead for the first time in the match – it was quite a goal! From here the momentum swung in our favour and we went on to win the match 4-7.

The U14 team are hoping they have done enough to qualify for the league semi-finals and really hope to progress to the League Final!

In addition to playing for the U14 team, the girls have also been taking part in the WCA U14 league. This entails teams of six girls meeting at a scheduled venue and playing a round robin tournament. We have played in two rounds to date and have had some good performances against stronger teams and we are certain that our young team has a good future in this league.

The women's team has had a tough season to date; the team are in transition and are allowing our younger girls plenty of game time and experience. This means that we have had some difficult games against strong teams, but the importance of turning up and playing is valuable and we are sure that this team has a good future. The women's team head to Glasgow on 18th of June to meet Glasgow Mid Argyle in the quarter-finals of the Challenge Cup.

The senior team has had some good results of late but injuries have taken their toll on the small squad and made for some tough games too. Without a hit of the ball, we have



reached the semi-finals of the Single Team Club Competition as Strachur-Dunoon withdrew from the quarter-final match against Glengarry. Looking ahead, we'll either meet Aberdeen University or Lochcarron in the semi finals.

There is plenty of opportunity to come along and support the teams with loads of games still fixtured throughout the summer months. Keep an eye on our Glengarry Shinty Club Facebook page for up to date fixtures and results.

On July 8th, for the first time since 2019 (pre-Covid), we will be playing for the MacBain Cup against Lovat at Craigard and it would be great to see some support. If you would like to become involved in the Club, please email community.GGSC@aol.com for more information.





Telling the story of 'The Prisoner's Landlady' to an audience of parents & family.

www.the-gathering.co.uk

The Gathering An Cruinneachadh

Fort Augustus and Area Gaelic Groups

Please sign up to our newsletter to keep updated!



Visiting Storyteller 'Creeping Toad' spent a day at Kilchuimen, sponsored by the project.

During May, The Gathering project worked with pupils at Invergarry & Kilchuimen Schools. With local stories as a theme, history, culture, movement, art & sculpture, story telling and presentation skills were explored. Plus a lot of fun!



Primal Movement with Caoimhe Keohane.



Sculpture workshop with Iona McLeod.



Photography with Rob Sutherland.



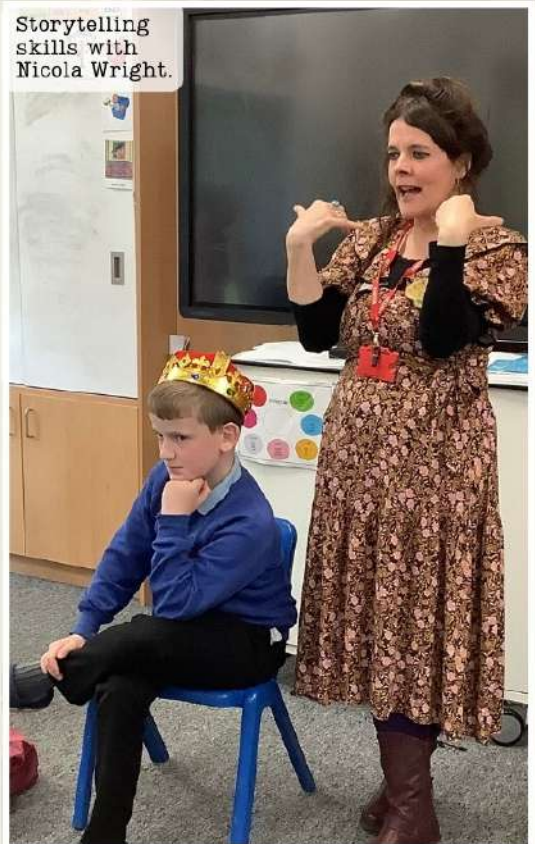
Storytelling skills with Nicola Wright.

Thanks to our funders;





Sculpture workshop with Iona McLeod.



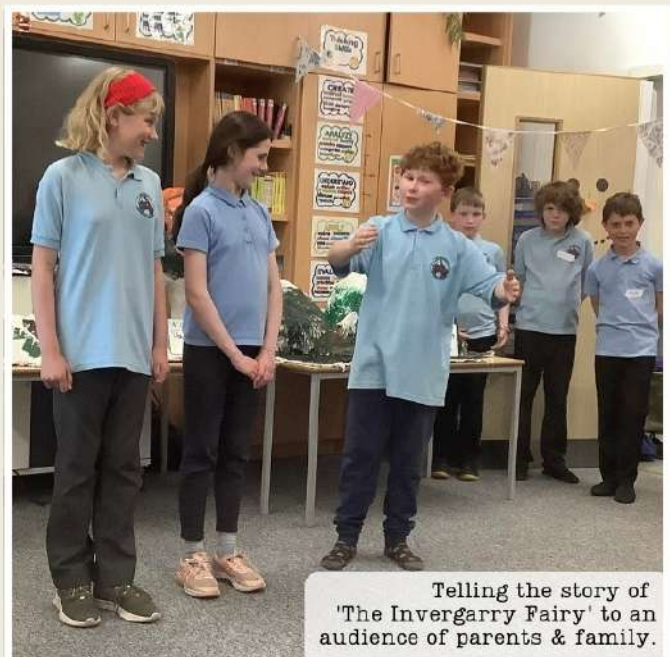
Storytelling skills with Nicola Wright.

>We hope to welcome lots of children to our Summer Holiday Storytelling Workshop! >There is also a Print & Collage Workshop for all ages planned for August. >Visit our Website for all the details.

www.the-gathering.co.uk



Dramatising the story of Tarbh Uisge (The Water Bull) without words.



Telling the story of 'The Invergarry Fairy' to an audience of parents & family.





Look out for the Children's Sculptures which will be placed around the community this Summer!

www.the-gathering.co.uk



I loved it and it was a lot of fun. I want to do it again!

The Lion Tamer of Fort Augustus

The Minister's Footprints

Happy that I did it. I enjoyed everything!

Interesting, good for the children to heard the stories of their home village and community.

St Columba & Nessie
The Mythical Origins of Loch Ness

Fantastic presentations. Very proud of each and every one of them. It is very difficult to get up and present to a group. Learnt something from the stories as well.

The Gruagach

Loved how they all took part and helped each other. Delivered the stories in a very confident and engaging way. Spoke clearly and listened to each other.

The Prisoner's Landlady

I'm feeling happy because I've done it!

Was brilliant! The kids did fantastically well - what great stories!

Old Woman of Fedden

Great to see the children so confident.



Thanks to our funders;



3 GLENS COMMUNITY CARE

'Supporting Our Communities'



Sunflower Home Care are now highly visible as they go about their day in bright blue electric cars, provided by Fort Augustus & Glenmoriston Community Company.

Working in tandem with NHS Care at Home, they greatly enhance care at home services in our glens.

Highland Hospice have responsibility for all aspects of the care service. In partnership, 3 Glens support with significant contribution to funding. Referrals for care at home services are made to NHS, who, when they cannot meet need, contract out to approved care agencies like Sunflower Home Care.

Sunflower Home Care is recruiting:
v.kilgour@highlandhospice.org.uk



Come See us at
the Glengarry
Highland Games
1st July.

*Extend a hand
and change a
life*

**TOGETHER LETS
END LONELINESS
AND ISOLATION!**

**Become a
Volunteer
Befriender today!**

Find out more please call
07507627990 or e mail
contact@3glenscare.org

AGM SHORT REPORT

Monday 15th May, 2:00-4:00 pm
Fort Augustus Village Hall

Following the official AGM business, Development Officer Kaye gave a screen presentation of Befriending services.

Harry Tedstone, our direct contact with Highland Hospice regarding care and befriending services, gave a glowing report of Sunflower Home Care success and their appreciation of the electric car scheme.

We are also pleased to have signed up new members. Minutes available on request.

3 Glens CC contact: chair@3glenscare.org

Our mission:

The Board of Trustees of 3 Glens Community Care work together, and alongside other organisations, to improve the availability of care services in our rural area to improve the quality of life, health, well-being, and independence and to reduce social isolation of people in need by reason of age, ill-health, disability, or social circumstances.

Announcements

Engagements



Ailsa Hosie & Iain Todd got engaged at Passo Tonale Ski Resort, Italy on the 28th March 2023.



Steven Shaw and Paige McCluskey got engaged in front of the Magic Kingdom at Disney Paris on 8th June 2023.

Marriages



Ashleigh and Ossian Parker-MacKenzie married at Mount Stuart on the Isle of Bute on 9th July 2022.



Ann Stewart, daughter of Neil and Rhoda, Invergarry and Andrew O'Hare, son of John and Christine, Inverness married on 5th April 2023 in Glengarry Parish Church. The reception was held in Glengarry Community Hall.



Georgejames & Tanja Macpherson married in Lohja, Finland on the 5th June 2023.

Births



Ashleigh and Ossian welcomed Aurora Sasha Parker-MacKenzie born on the 21st February 2023 at Raigmore, Inverness.



Seònaid and Cairn welcomed Flòraidh Fiona Mairghread Urquhart on the 15th March 2023 at Raigmore Hospital. First grand child for Lynne and Bill, Forest Lodge.



Jax Nicolson and Lewis Spence are delighted to announce the arrival of their beautiful baby boy Daniel Alexander Spence born on the 10th May 2023 at Raigmore Hospital. Second great-grandchild for Sandy and Lorna MacRae.

Deaths



Leonard Newton (Rocky) born in 1928 in California, USA was a former Master Sergeant in the USAF. He met his wife, Alma while stationed at Burtonwood and had 4 boys and 2 girls.

He worked in the Fire Brigade at Southwold after retiring from the USAF.

Later, they moved up to Invermoriston Chalet Park before moving to Fort Augustus where he lived for 30 years. He loved living in Fort Augustus and used to run the Royal British Legion for many years. Passing away at 94 years old, he was a loving dad and will be missed very much.



Catherine Cameron, known to everyone as Cathie, was born on the 4th of June 1946 at Glen Lyon, Perthshire, daughter of William and Janet Hendry. Part of a large family, she moved to Glen Luie, Invergarry at a young age. Her education began at Invergarry Primary School, then she attended Fort Augustus Junior Secondary School where she became "dux" of the school.

At the age of 12, she left Glen Luie and moved to Faichem to live with Mrs. Cuthbertson. After leaving school, Cathie worked for a while at Tomdoun Hotel,

then joined staff at Glengarry Castle Hotel, where one aspect of her job was to shine the silver teapots which she did until you could see your reflection in them.

In 1962, at the age of 16 she married Leslie, a lorry driver and moved into his Granny MacKenzie's house at 8 Garry Crescent. That year their first son Ian was born, and they moved to 1 Garry Bank, Invergarry, being one of the first residents in the new houses. A new business venture, burger vans started from the house and many a time you would see Cathie out stocking the vans with other family members. Her second son, Steve came in 1974 but tragically she lost both her sons at an early age. In 1996, her beloved granddaughter was born whom she doted on and always looked forward to Holly's visits. In later life, Cathie decided to learn sign language so that she could communicate with Holly and gained several certificates. She even attended the local Brownies one evening and taught them some words.

She always put family first and there was always a warm welcome for visitors at 1, Garry Bank. Cathie love animals especially cats and dogs of which there were many over the years. She also loved music and Cliff Richard was the other man in her life although her "summer holidays" were spent visiting her family in Callander.



Cathie was loved by many especially her granddaughter and will be missed by many.



Barbara Margaret MacDonald Murray was born at Ness View North Kessock on the Black Isle on the 15th October 1930. She grew up in a very rural environment and when it was time to attend Drumsmittal Primary School she walked the half mile or so, which was through fields of golden wheat in summer heat or or ice cold wind and driving snow and dark winter skies, her determination always got her there and back. Life was very different then, as time went on she progressed to secondary school, and that determination would be tested again as she had to use a ferry boat to cross the Beaully Firth to Inverness Royal Academy, this journey again varied between mirror like calm waters to guts wrenching

tossing and turning, yet again her determination got her there.

After leaving school she started work at The Inverness Savings Bank, continuing to cross on the Ferry, she had been seeing a young man from the village called George Murray who was a trainee engineer, their friendship blossomed and on the 4th of April 1956 they were married. Mr and Mrs Murray moved to Fort Augustus as the North Of Scotland Hydro Electric Board required young engineers to work on the new power stations in the glens. The village was expanding with Hydro and Forestry Commission workers arriving. The young Mrs Murray embraced this new life and became involved in the WRVS and many other charity events, always with enthusiasm and determination. It is around this time she found her secret weapon for persuading others, its called Barbara's Pancake; these were produced in her kitchen on an almost industrial scale and used on many occasions to feed eager councillors and MP's before she pounced and made her demands. Legend has it that the Telford Centre was built in Fort Augustus through the power of Barbara's pancakes. Her commitment to helping others never wavered and was rewarded in 2003 with an MBE for services to charity. Her time with us has sadly passed but she will be remembered for her

infectious smile and determination to help others.



Sandy Russell

Sandy was born in South Laggan, Inverness-shire, on 17th May 1930. His parents both came from rural east Inverness-shire and moved to the area a few years previous. However, Sandy's mother became fatally ill with tuberculosis so, when only two years old, the family went back to Cantray, Croy where he and his sister Margaret were brought up at Hillcrest. Tragically, his father died in 1944 leaving Sandy and Margaret in the care of their Aunty Jean and grandparents. Losing both parents at such a young age, resulted in Sandy growing into the fiercely independent man he became. He did well at Cawdor Public School and commenced a career in forestry work which eventually took him to the Forestry Commission hostel in Fort Augustus, where he met and married Ileen Bain in 1952. They moved into a lovely new house in Jenkin's Park and

then to 29 The Riggs which became the Russell family home before moving to Milton Crescent in Inverness in 1974.

Sandy loved working, and he had a various jobs over his long years, from tree planter, van driver at MacDonald's shop, Forestry Roads operative, Hydro Board electrician, Hydro Electric scheme electrician and ultimately as an electrician at McDermott's, Ardersier which brought him and Ileen to Inverness. He loved the Hydro Scheme work, at Loch Awe and Foyers in particular but McDermott's was his favourite and he enjoyed recalling his work there at every opportunity.

He didn't really have a lot of time for hobbies, but enjoyed working in his garden and pottering about in his shed much to the amazement of Ileen who never knew what he found to do in there!! Sandy loved his cars - and driving them at speed. In fact, up until the grand old age of 91, he was still seen whipping round the Inshes roundabout on his way to Tesco for some much needed supplies! He played badminton in Croy and in Fort Augustus, where he also had a brief dabble in amateur dramatics. He was a very keen Free Mason - especially in his later years and reached a high level - something of which he was extremely proud.

Sandy and Ileen loved their holidays - especially to

Majorca and the Santa Lucia Hotel in Palma Nova where they splashed on the factor 2 and basted in the hot sun. Their last visit was in 2018 when they were aged 88 and 94 respectively. They loved going down the town on Saturdays, speaking to friends in Marks and Spencer's with a wee stop at the Rannoch on the way home for a couple of large Maclan's and a pint of Guinness. He liked his dram.

Ileen passed away peacefully at home in Inverness on 15th December 2020. It was a huge miss for Sandy after being together for 68 years and his health slowly deteriorated thereafter. But he resisted all attempts to move into alternative care and through the excellent level of care provided for him by NHS Highland's Care and Enablement team and ultimately also Gateway Care, he was able to continue to live as independently as possible in the comfort of his own home. A fact that both Sandy and his family are eternally grateful for.

After a short illness, Sandy passed away peacefully at Raigmore Hospital on 21st April. He leaves behind sister in law Morna Bain, sons Gordon and Malcolm, daughter Angela, four grandchildren, Rory, Gemma, Jacqui and Eilidh and six great-grandchildren, Oran, Aaron, Emily, Callum, Lucy and Will. A long life, lived well by a kind, warm

hearted Highland man.

He will be sorely missed.



William Bell

Having experienced some chest pains, William was taken into hospital and received treatment before being discharged. All seemed to be going well, so when William suddenly and peacefully passed away in his own bed on 29th May 2023 everyone was shocked to have lost the down-to-earth man, who could be too stubborn for his own good, but who was the most honest and caring gentleman they could ever have had the pleasure to know.

From his family.

Willie was well known locally when he worked for the Forestry Commission on the Highland Bear and living at South Laggan and Aultsigh and was a member of the Glengarry Tug-of-war team.

Kilchuimen 3-18 News

A fond farewell...

Mairi Sutherland, Head Teacher of Kilchuimen 3-18, retires at the end of this term after five years back in Fort Augustus where she started in Primary one in 1971. Mairi says it has been her professional ambition throughout her 34 years of teaching to return and be Head Teacher at Kilchuimen in Fort Augustus.



Mairi says "I would like to say a big 'thank you' to our wonderful community for all the support that the school and I have had over these last few years. The children themselves are so willing to learn and the parents working with me to encourage and motivate their children is such a strong partnership. The wider village community is always ready to turn up and participate at our school events. A big 'thank you' to the Community Council and the Community Company and the business individuals who are always there to fund events and give opportunities to our young people, ensuring that they have the best start. This support has been a constant and I am very grateful. I hope that, moving forward, the new Head Teacher, when they are appointed, will be able to count on the communities' continued support."

On behalf of all whom Mairi has taught, worked with, and supported over her time at Kilchuimen 3-18, we would like to extend our thanks and gratitude and wish her a wonderful retirement as she embarks on the next chapter in her life.

Retirement

Mrs Cherry Duncan, who has been an Invigilator for the SQA exams at the school, retires from the post after 16 years of service, 8 of which in the role of Chief Invigilator.

As a school, we would like to extend our thanks to her from all the past and present staff and pupils for her diligence and professionalism while handling what is, for all pupils, a very important time in their school lives. We wish you every success in your next endeavours, which we're sure will include some dancing! Thank you, Cherry.



Kilchuimen Academy - Hill to Grill S4-S6 Students

The Hill to Grill Project was created through a partnership between DYW West Highland and Loch Ness Rural Communities (Jenny McCallum & Sue Emery). The project was the culmination of planning between both groups to bring different partners and employers together.



Day 1: Glendoe Estate, students worked with gamekeeper Nick Dalgety and his team.

Day 2: Glenmoriston Estate. Steven Gray and his team spoke to students about wild boar, deer management and much more. Local butcher, Geoff Allan gave demonstrations.



Day 3: Danni Menzies & David McPherson, chefs from Glendoe Estate, visited Kilchuimen Academy sharing their culinary expertise. Student cooking competition.

Day 4: School Technology department with class teacher Miss Monti to design and create their own branding. Colin Morrison from Angus Davidson Rural Consultancy also visited the students to talk to them regarding different roles and jobs within his company and other rural sectors.

The final part of the week was the conclusion of the cooking competition. Three groups prepared their meals, overseen by Danni Menzies, and presented them to a panel of judges. Students had to think about presentation, taste and had to explain their dish/brand to the judges. After a long deliberation, the 'Atdoe" group's dish of Gourmet Venison Pie was selected as the winner.

The week was a huge success. The feedback from students, parents, school staff and employers has been fantastic.

Our thanks go to all who were involved with this project.

Kilchuimen Primary School and Nursery

This is always our busiest term with trips, sports days, picnics and many other activities. The nursery went to Soft Play in Fort William, P1/2 went to Urquhart Castle, P3-6 went to the Glasgow Science Centre and P7 go to Edinburgh at the start of June.

We are grateful to Kilchuimen Primary School Parent Council for securing generous grants from Fort Augustus & Glenmoriston Community Company, these grants paid for the Glasgow Science Centre Trip and the Edinburgh Trip.





Loch Ness TaeKwon-Do

Local leading Martial Arts Instructor Simon Canning proudly boasts of his students' accomplishments at the Scottish Open Championship in Livingston. Loch Ness TKD played a large part in hosting the International TaeKwon-Do Council's inaugural Scottish Open in April meaning the club's members had extra pressure to perform on the day. And they did not disappoint! LN-TKD are delighted to have Scottish Champions once again in the club.

Local girl Lucy Burnett took the Gold medal for Patterns and fought her way to the Silver medal for sparring. Lucy's division includes competitors who are one or two successful tests away from the coveted First Degree Black Belt, so her divisions are always filled with talented and experienced youngsters; an indictment to Lucy's talent and toughness as a TaeKwon-Do competitor.

LN-TKD's success didn't end there though with brothers Ben and Josh White pushing themselves to bring home some medals. Invergarry lad Josh's determination earned him a gold medal in the Speed Kicking contest. Josh didn't stop there; earning his place in the sparring final, he fought his way to gaining the Silver medal. Josh's opponent in the final was clearly a seasoned competitor but Josh displayed courage and determination by refusing to give way to his experienced opponent.

Ben White, elder brother to Josh, excelled in some tough divisions proving that his training, courage, and strength make him a tough opponent for anyone to face. Ben took the Gold medal for the Patterns in a large division, and the Gold medal for the speed kicking. He wasn't content with that and thoroughly deserved his Gold medal for sparring. Ben's opponent in the sparring final was another experienced and clearly tough competitor. Ben put some pressure on his opponent, keeping him in the corner with ferocious flurries of kicks and punches. His opponent soon lost his cool while Ben kept the match under control; a thrilling match to watch. Ben and Josh then travelled to Motherwell on the 20th May for another Scottish Open Championships with more amazing success, bringing back an array of medals.

Josh excelled himself once again by taking silver for patterns and silver for sparring while Ben also proved himself to be fierce competition by taking the Bronze medals in all three of his categories; patterns, sparring and special technique.

Simon explains "The medals that both boys are bringing home time and again is indicative of their talents and commitment to training. I'm looking forward to seeing their progress in the coming months and years."

LN-TKD run every Monday and Friday evenings at the Fort Augustus Village Hall. To book your place in this friendly and welcoming club, call or WhatsApp Simon Canning on 07432 620202 or email canningsimon@rocketmail.com.





The 1st Fort Augustus Brownies and Guides have had a busy term so far. Our Guides unit is now up and running after a few absent years.

We finished off last term with a joint Easter party, where the older girls made Easter nest cakes and an egg hunt as well.

This term we have made slate mosaics, roasted marshmallows and learnt about fire safety near the convent woods, with some of the girls also visiting the screen machine to see Super Mario. Additionally, we held a royal tea party and raffle at the church hall to celebrate King Charles III coronation, generously funded by Fort Augustus and Glenmoriston Community Company. Thank you to everyone who donated prizes, bought raffle tickets and/or came on the night, we raised a massive £310 which was split between both units.

During the remainder of this term, we are doing a sponsored walk/cycle to Kytra and back, having an evening at Jenkins park, going on an evening boat cruise, having our end of term party and finally some of the guides are heading on their first guide camp where we will join a couple of other units from the local area, the girls are particularly excited about this.

Brownies have had a few new girls join us recently which has been brilliant to see, the more the merrier. We also have a young leader helping us at Brownies at the moment.

If your daughter is between the ages of 7 – 10 years they are welcome to join Brownies or if your daughter is between 10 – 14 years old they can join Guides.

Brownies is held every Tuesday evening (term time) between 5pm – 6.30pm at the church hall and guides is again held every Tuesday (term time) but between 6.45pm – 8.15pm.

If you would like to register your daughter or volunteer at either of the units please get in touch with either myself (Lisa Gordon), Kat Douglass or Liz Ferguson on Facebook or messenger. Alternatively you can register online at girlguiding.org.uk

Lisa, Kat and Liz



News from Glenmoriston

Invermoriston Community Shop

We opened on April 1st as planned and would like to thank the local communities for your support. We have had donations of Open signs, a printer, bike rack and a bench planter outside the shop and customer comments have been very positive. In response to demand, we stock Three Little Bakers bread, Murdoch Pies, Scottish cheeses, fresh milk and stamps and our local crafts are selling well, with admirers from all over the world. We are about to sell Eco-sized refills of dried foods and soaps.



We are currently looking for members, since we are set up as a Community Benefit Society: this is free, shows your support and gives you a vote on what should be done with any end of year profits. Membership flyers are available in the shop. We will also soon be launching Shares if you want to be a full part of the shop. Come and visit and enjoy a coffee or icecream in the sun!

Invermoriston Play Park



The long awaited play park improvements at Riverside Park are due to be installed this summer, with a Double Cableway, new double slide and Springer. These are being paid for by funds raised in the community by the Glenmoriston Improvement Group with the support of Trees for Life from its carbon offsetting sales.



The Highland Council has also approved its picnic area as a site for a new Windfarm-funded play area. This will offer 10 varied pieces of play equipment suitable for all ages and abilities (including a roll runner). This too will be installed this summer and we are grateful to the Fort Augustus and Glenmoriston Community Company and Beinneun Community Funds for their support.



Incredible Edibles Invermoriston



Incredible Edible network is a movement that is spreading all over the UK. It was first conceived in a sleepy place called Todmorden in Yorkshire. Since then, the number of Incredible Edible groups have soared and we are happy to say that Invermoriston is now one of that number.

On May 9th, after receiving funding from the FAGCC we could start to plant out. With the help of a number of volunteers we took over a small unused piece of council land (on the corner of the car park in Invermoriston)

We have planted all sorts of lovely things from onions to climbing peas. There is a Facebook page for anyone who would



like to be involved. The more the merrier. The idea is we plant lots of lovely edibles, veg, herbs etc. and you get to pick them. All we ask is that you consider other people and don't take more than you need. We are always on the lookout for more planting ideas, and it would be amazing if we could fill Invermoriston with lovely things to pick and eat.

We have some beautiful, decorated stones that have been donated by one of our talented residents and help identify the plants that we have.

We actively encourage a bit of guerrilla gardening or indeed a bit of weeding, and if you are on a wander around the village in the evenings (with a hose pipe!!!) watering is always welcomed. If anyone has a water butt they would like to donate that would be great.

Hopefully you can join us on our next gardening day. Please like and share our Facebook page Incredible Edible Invermoriston

Mama Mia Sing a Long

Well, we certainly had some "Dancing Queens (and Kings) for our very first Sing a long film night, Mama Mia. It was a fab night, fun, music, dancing, more music, food and even more music. Dressing up was optional but thank you to Hilary Wilson and her friend Val who went all out and looked absolutely fabulous.

Greek themed, Kebabs and Greek salad was served, the tables were set out with flags, feather boas, glow sticks, blow up instruments to help the party go with a bang.

So from "I have a dream" to "does your mother know" I am glad that you lovely people "Took a chance on me", said "I Do, I Do, I Do" you were all " Super Troopers" and last but not least " Thank you for the Music".

Watch out for more sing a longs.

Coronation Field Party

About 50 people of all generations came to the field by Riverside Park in Invermoriston on Sunday 7th May to celebrate the King's coronation. There was a Disco Dome, barbecue, Connect 4, Jenga and various throwing and splatting games. The sun shone and people enjoyed the chance to get together for the afternoon. The Coronation Trifle was a piece de resistance and there were plenty of cakes and other food to share. It was particularly good to see so many children at the event.

Plans are afoot for a Kids Club coming soon in Invermoriston.

Glenmoriston Millennium Hall

Regular events through the summer include the following:

- Monday evenings – Bowls
- Wednesday evenings – Zumba
- Thursday mornings – Yoga
- First and third Saturdays of the month – Craft Club
- Scottish Country Dance on 14th June, 20th July and 17th August

If you would like to volunteer to do a session in the shop, or take charge of ordering newspapers for us, please pop in. It's a great way to meet people.





To contact the Community Company, call 01320 366800
or email contact@communitycompany.co.uk
Follow us on Facebook to keep up with all the news.

Tarff Trading – Hardware Store

We thought it might be useful to explain a bit more about the Community Company's purchase of the Hardware Store. The Community Company bought the Girvans building back in January, in order to retain the hardware store as a facility for the community. As a charity there are rules we have to abide by. So, the Tarff Trading business has been set up as a trading subsidiary which pays rent to the Company and has to cover its own costs.



We were delighted to welcome Donna Smith as the Manager in early March. She joined John and Nigel, together we think they make a great team.

We are currently looking at all the suggestions you have made to see what new products we can offer. The first of these new ranges is the pet food. The most popular so far has been the chicken food which sold out in a week! We are also looking at the possibility of dispensers for you to fill up your own containers with dried foods like oats. There have been other ideas which we are still assessing to see if we can incorporate those, so watch this space!

Grants awarded

Since the last issue of Ness News, the following grants have been awarded:

- Moira MacDonald £576 for a family activity day at Old Convent Woods
- Deirdre MacKinnon £581 for 2 trail cameras to record wildlife in Old Convent woods
- Jackie Buckley £933 to create an edible community garden in Invermoriston
- Kilchuimen Primary Parent Council £7638 for trips, set up games club and play equipment
- Glenmoriston Improvement Group £9173 towards playground equipment
- Fort Augustus Golf Club £23066 for lawn maintenance equipment
- 3 Glens Community Care £349 to pay for volunteer training for Telford Minibus



You can apply for a grant at any time, and it will be assessed at the first possible opportunity. The forms have all been simplified but do get in touch if you need any help.

Update on Glentarff House & Memorial Hall

Both of these properties are currently going through the process required when doing a community asset transfer. We are hopeful that both will be successful but have to be patient and let the process take its course. We hope to have some more news for the next Ness News

Village Hall

It has been a really busy few months in the Village Hall. There are very few days now when the hall is not in use mid-week. We have a whole host of different exercise classes and the Youth Club have started back again as well. Weekends are often available though. We were delighted to host our first wedding since pre-covid last month. You can see from the photographs what a great space it makes for parties.



If you would like to book, please do get in touch.

Old Convent Land



You will have noticed that the Community Caretakers have been doing some clearing to reduce the amount of overgrown rhododendrons and other scrub. If left alone they will tend to take over!

The really exciting news is that the Community Company has received funding from FERN to appoint a Development Officer to work with the community in developing the land. We want to make it a more useful space for all. Ideas suggested to date have been for a community garden, a workshop/craft space, outdoor nursery and trim trail. Look out for invitations in the future to be part of the development of this lovely area.



Fort Augustus & Glenmoriston Community Council

Draft Minutes of the Community Council Meeting
held at Fort Augustus Memorial Hall on 26th April 2023

Members Present:

Deirdre MacKinnon – Chair (DM)
Iain MacKnocher – Vice Chair (IM)
Mike Anderson – Treasurer (MA)
Jeff Dymond (JD)
Claire Pegrum (CP)
Cllr David Fraser (DF)

Apologies:

Helen Clay – Secretary (HC)
Robert MacDonald (RM)
Hilary Wilson (HW)
Cllr Chris Ballance (CB)

1. Previous Minutes

Due to HC having injured her arm, the previous minutes were not available and will be presented at the next meeting.

2. Matters Arising

Glenmoriston Estate: The case is still in the hands of solicitors, ongoing.

Scottish Canals: Email from Ailsa Andrews was circulated regarding Caledonian House, dog fouling and parking problems from guests at the Lock Chambers AirB&B.

Canalside: Parked tour buses are making deliveries difficult and preventing the senior citizens parking near the venue of their lunch club. Potholes are still a problem. The collapsed drain cover and the lighting have been repaired.

Minute Taker: The CC are still seeking a Minute Taker which is a paid position.

3. Police Report: No report has been received.

4. Treasurer's Report:

The current balance is £4677.32. The cheque for the insurance premium is yet to be cashed.

MA Noted that the CC's remaining assets should be transferred to the Community Company.



5. Community Amenity Issues:

Public WCs – HC has passed info re income and expenditure to Community Company.

Achnaconeran Road – Road has been repaired. Sign advising vehicles not to use it has been removed.

St Columba's Well – Fence has been repaired.

Footway outside Fort Augustus Gift Co. - The temporary ramp is not a suitable substitute for a proper dropped kerb.

Footbridge between the top car park and playground – Currently being repaired.

Abertarff Bus Shelter – Still not replaced. DF to remind Highland Council.

Bunoich Brae – Fence by Ar Dhachaidh has been repaired.

6. Planning & Licensing

23/00989/FUL Proposed annex for short term letting (retrospective) (resubmission of 22/04296/FUL), Thistle Stop Tea Room, Invergarry. Applicant Mr & Mrs Keith Sturgeon.

The CC had no comment.

23/01507/FUL Change of use of garage to annexe (retrospective),

Ard Beag, Mill field, Fort Augustus. Applicant Mr Nicholas McAlonan.

The CC had no comment.

23/01580/PNO Phase 2 of peatland restoration scheme, Land 1500M SE Of Meall A Cholumain Radio Station, Invergarry. Applicant Culachy Footprint Management Limited.

The CC had no comment.

23/01484/PNO Erection of agricultural shed (storage of feed and housing animals/460sqm), 500 Metres North Of Netherwood Cottage, Glenmhor, Invergarry. Applicant Mr Archie MacLellan.

The CC had no comment.

23/00970/FUL Installation of a 5m high wind turbine, Land 5300M SW Of Ceannacroc Lodge, Glenmoriston. Applicant Airwave Solutions Ltd

The CC had no comment.

7. Auchterawe Liaison Group

A local resident stated that local residents are unaware of SSEN's preferred route (Option LL-FA 2) for the proposed 400kV line between the proposed Loch Lundie substation and Auchterawe substation and said that the alternative route Option LL-FA 1 would be preferable as it would pass through an area of forestry where the trees have already been felled. There will be a pylon near Torr Dhuin. Preferred route is well used

for leisure activities and SSE have recently given £100k to upgrade paths in the area. DM to visit local residents and arrange meeting. Next Liaison Group meeting 22nd May 7pm at The Lovat.

8. Correspondence

Letters have been received from a resident of Ardachy Road about the speed, size and number of vehicles using the road, the danger to walkers, cyclists and wildlife and maintenance issues. It was further noted in the meeting that the volume of traffic on Ardachy Road is likely to increase when it is made a more attractive short cut by the introduction of a 20mph limit on the A82 through the village and if the Glendoe mountain bike trail development goes ahead. DF to visit road and liaise with Highland Council.

9. AOCB

The Community Council considers that it should have been consulted about the extent of the 20mph speed limit to be introduced on the A82 through the village.

Concerns have been raised locally about the use of the Glendoe airstrip by helicopters in connection with the Coire Glas exploratory works, regarding noise and danger to MOD aircraft. DF stated that Highland Council are currently investigating.

Concern was expressed about the number of temporary traffic lights on the B862 at times when no road works appear to be taking place. DM to liaise with Scottish Water.

The A887 carriageway is collapsing near the Redburn Cafe. DM to contact Bear/Transport Scotland

The next meeting will be directly after the AGM at 7pm to be held on Wednesday, 31st May 2023 at the Memorial Hall, Fort Augustus.

Did you know Taekwondo improves self-esteem & also heightens mental and physical wellbeing?



The group meet in the Fort Augustus Village Hall on a Monday and Friday evening from 18.00- 20.00. Their instructor, Simon, will be happy to welcome you and help you learn the skills needed to enjoy this ancient art form.

So make it your new year resolution to come along and give it a go!

Notice Board



**EVERY BODY
EVERY LEVEL**

**Wednesday 7.15pm
Glenmoriston Millennium Hall**

To book your place email
zumbadebbiegg@gmail.com



Glenmoriston Craft Club

1st and 3rd Saturdays of the month

At Glenmoriston Millennium Hall
11am - 3pm

Cost only £3 per session

Come along to our friendly group
bringing whatever craft takes your fancy.

Glengarry Church Flower Festival 19-23 July 2023

Theme:

Coronation and
Commonwealth

Open 10am to
3.00 pm

All donations to
Church Funds

Home-baking, Tea
and Coffee available



The Telford Centre

Would like to invite everyone to our



Saturday
29th
July 2023
2pm

Support
Dementia
Awareness

- Tombola and Raffle
- Baking and Drinks
- Bric a Brac
- Beat the Goalie
- Tattoos and Balloon Art
- Music from DJ Doogz
- Plus much more



Notice Board

suicide bereavement support

service in highland and argyll & bute

A free and confidential service for anyone affected by suicide

suicidebereavementsupport@nhs.scot
0800 471 4768

