

STRATHERRICK & FOYERS NEWS

April 2024 Issue Number: 49



HAPPY
RETIREMENT
STEVEN!

DAY OUT
FOR LOCAL
SCHOOLS AT
DUNMAGLASS
ESTATE



SAVE THE
DATE FOR
THIS YEAR'S
HIGHLAND
GATHERING!

and... Canadian adventure for
Croftdhu vintage car!

SPRING MAGAZINE SPECIAL



Photo by Steven Watson

*The deadline for content for the June newsletter
is 24th of May 2024.*

*Please email communications@sfctrust.org.uk
with your articles including your name and
a picture!*



HIGHLAND GATHERING 2024

CORRIEGARTH
ESTATE

SAVE THE DATE!



**SAT
20TH
JULY
12-4PM**

PIPE BAND/ FALCONRY DISPLAY/
VINTAGE VEHICLES/ FERRETS
WILLOW WEAVING/ COMPETITIONS/
FOOD, DRINKS & CRAFTS
ACTIVITIES FOR ALL THE FAMILY
MORE TO CONFIRMED!



FANCY VOLUNTEERING?
EMAIL PC@SFCTRUST.ORG.UK

Welcome to the Spring edition of the Stratherrick & Foyers Magazine! In this issue you will find community news, stories and events, as well as updates from the Board on projects and grants awarded. If you have any photographs, recipes, stories or news that you would like to share with the community, please send them through to strathnews@sfctrust.org.uk.

We are working hard to ensure that all members of the community are able to access copies of both our newsletter and our bi-annual magazine, which we will now be sending out to every household that we have addresses for in the community! If you do not want a paper copy of the magazine or newsletter and would like to receive it electronically then please contact Kirsteen, our Administrator at admin@sfctrust.org.uk.

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The Stratherrick & Foyers Magazine is published twice a year – online and on paper. Any opinions expressed are not the views of the Stratherrick & Foyers Community Trust and any businesses mentioned are not endorsed by the Trust.

CHAIR'S BULLETIN

Welcome to our Spring Magazine - full of information and news about what's happening in the area.

By the time you are reading this the clocks will have gone forward, the evenings will be stretching and hopefully the days will be warmer. Although of course there's still the lambing snow to come!!

At this time of year there is the anticipation of summer days, getting out and about again as the weather improves and enjoying the amazing countryside we have the privilege to live in. Whether on foot or by bike there are so many wonderful walks and trails to discover so I hope you will take the opportunity to use the "Walk The Walk" suggestions on our website – details on the back page of the magazine. The Pathways Group, one of the most active (excuse the pun!) groups to emerge from the Community Action Plan, has been busy creating information on some of the local paths we can enjoy on our doorstep. Thanks to them for their hard work encouraging us to be more active.

Spring is also when our thoughts turn to gardening and attempting to grow our own fruit and vegetables. It was great to see so many

folk turn out for the Wildside Polycrub Social in February where ideas, hints and tips were exchanged. Hopefully the Wildside Polycrub will be as successful as the one at Inverfarigaig. It's not a competition but some photos of what's growing where would be great for our Communications team to share. We've even taken the initiative by offering advice on growing rhubarb later in this magazine – one of those hardy plants that seems to thrive in our area.

Updates on the various on-going projects can be found in our Project Co-ordinator's article - safe to say there's a lot going on.

Finally, I would like to say a public thanks and farewell to our longest serving member of staff Steven Watson, our Community Liaison officer, who retired at the end of March after 10 years with SFCT. In the early days of the Trust, Steven could often be seen walking through the various villages and hamlets talking to as many people as he could and helping folk with Grant applications. His vast knowledge of the area will be missed – although I'm sure he'll still be getting phone calls from various directors and staff members to pick his brains. We wish Steven a long, happy and healthy retirement to spend with his wife and family.

Catriona Fraser
Chair, SFCT

Photo by Robbie Burn

FAREWELL STEVEN



Dear Reader,

As I retire at the end of March, I would like to thank

everyone across Stratherrick and Foyers who has helped me over the last few years when I have been working for the Trust. There have been so many magical moments for me, getting to know so many of you and the great history you have.

I do hope I have helped the community to benefit from the Trust's access to resources and wish Catriona

and her team of directors and Tony and his staff all the best. You have an invaluable sense of community and place, and with the resources that flow through the Trust, you have a bright future.

My very best wishes to you all in Foyers and the Strath.

Yours aye,
Steven.

IN MEMORIAM

DONALD LEATHER, WHITEBRIDGE

Donald passed away on 5th February 2024 at Raigmore Hospital. He was 75. Donald was a determined man and in spite of failing health would walk around Whitebridge and the Loch Killin road. Donald's smile was never far away and he often participated in community events with his wife Caroline. A celebration of his life took place on 19th February in Inverness.



We would like to include more family notices which could include marriages, engagements, new babies or the loss of a loved one. If you would like us to feature your news please contact communications@sfctrust.org.uk

STEVEN RETIRES



Steven Watson, the Trust's Community Liaison Officer, retired at the end of March.

Steven has worked for the Trust since 2014 and he has the dubious pleasure of having been the very first employee of SFCT, all

others having previously been self-employed. Dunmaglass Windfarm was about to go online so the Trust was not far from going from a very small income (just £30,000 from Glendoe Hydro) to unimaginable sums (about £175,000 a year). The Board had agreed that it was time we needed some assistance to help with projects, so we advertised for a Project Co-ordinator who could also liaise with the community. Zoe recalls the interview process – It had been one of the first major tasks she'd had to organise after becoming the Chair having only taken over from Ed Ley-Wilson a few months previously when he'd moved out of the area. Zoe, Frank Ellam and the Administrator at the time, Fiona Ambrose, were "the interview panel" – hardly a formidable bunch, (Frank had confessed to destroying all of his business suits when he'd retired). Steven had the best mix of everything we were looking for and that was it, he got the job!

Over the years Steven has worked tirelessly (often in the background) for our community. He would spend hours with the trustees at the time of BCC (Jane, Lyn and Morag to name but a few) helping them find ways of gaining different funding streams and assisting them to complete the odious task of SFCT grant applications. He also of course helped immensely with the refurbishment of “The Hub”, giving BCC a great facility and operational base.

Many of us will remember with fondness the Boleskine Bulletin, organised and printed by volunteers, but which had unfortunately closed. When the Trust decided to pick up the mantle of a community newsletter, Steven was instrumental in the production of what became “The News”. He was responsible for writing most of the first editions and spent many a happy hour compiling articles, gathering information and circulating editions. Anyone who has ever been involved in such publications will be very much aware of the huge amount of effort and time required to produce them, but Steven did it with enthusiasm and a great eye for detail and humour.

He has often helped individuals too; we’ve lost count of the number of times Steven referred somebody to Homes Energy Scotland or some other fund to help with home renovations. One of Steven’s great achievements is finding well-hidden, little known financial assistance... there was one occasion when he spent quite a long time with one elderly gentleman who had been struggling to keep body and soul together. Steven discovered that, years ago, he’d been a sailor and “set-to” successfully getting him assistance and an income from a charity set up to help retired sailors. And who can forget Steven’s “lightbulb moment” where anyone who wanted some, got a bagful... entirely thanks to Steven!

The landscape of our community will also have a lot to thank Steven for in the future. If you’re walking along and happen upon a

Monkey Puzzle tree growing in a hedgerow (or if you’re passing Fechlin House and see our “bonsai” example), that will undoubtedly be thanks to Steven. Steven’s passion and knowledge for the Monkey Puzzle has baffled us for years! He has been instrumental in its preservation... anyone looking in Steven’s garden at home will be amazed to find a forest of said variety, all of which he’s probably grown himself from seed.

Tenacity and an eye for detail, coupled with an encyclopedic knowledge of Scotland, its traditions and customs have all been generously given by Steven. He is not a man to leave a “stone unturned”! If you want to know about a particular type of boat used in the Western Isles, or who owns “that bit of woodland”, or the finer details of crofting, Steven is your man. We found that if he didn’t know the answer – he was sure to find it out!

Even through Steven’s own health problems over the years, he has continued to remain committed to our community and the Trust; we all owe him a debt of gratitude for the honest and productive endeavour he has generously given, alongside the way he has contributed toward the development of our Community and the Stratherrick and Foyers Community Trust. It is probably true to say that everyone in our Community has benefitted in some way from his efforts, although, because of his unassuming, quiet manner as he worked away in the background, many are probably not aware of it.

On a personal note, we will miss our little chats. We are appreciative of everything he’s done and we wish him a long and happy retirement – and if a Monkey Puzzle tree appears in a hedgerow near you, you’ll know “who dunnit”!!

Zoe Iliffe & Peter J Faye
(Two former Chairs and Directors of SFCT)

CANADIAN ADVENTURE FOR CROFTDHU VINTAGE CAR!

Early in January of this year the Comms team were contacted by an individual in Canada who had lovingly restored a vintage MG. On researching its history, he traced it back to John Shaw of Croftdhu, Errogie. We asked if we could share his story in our next magazine – we hope you find it interesting! Ed.

In the mid 1950s when I was a young lad in Victoria, British Columbia, Canada, I would occasionally see a black MG TC in the neighbourhood. I was intrigued by its size and appearance and always stopped to look. In the early 1960s, I had a chilly ride in a family friend's worn-out TC on a frosty February evening, no side curtains, wind whipped, the pencil beam of the headlights bouncing along the road ahead, the hook was set.

By the time I was in a position to buy a car in the mid 1960s, TCs were scarce and rising in price in Western Canada, so I started thinking about something a bit more modern and ended up with an MGB after scrimping and saving. But the interest remained.

While I was working in New Zealand in the early 1970s, I was inspired by an English classic car magazine MG TC

article as well as the car sales ads and hatched a plan to travel to the UK for work and possibly buy an MG TC to restore.

Soon after arriving in London in early 1976, I found and purchased a MG TC 7119, SO 8592 from a dealer, Ben Hyams of Octagon Cars, in the east end of London. It was completely original, unrestored, MOT'd and running, but very tired. The family I was staying with had a two-car garage so I was able to disassemble and rebuild the car with help from various businesses and parts suppliers both UK based and abroad. It was returned to service in mid 1979. Working on the car was much like a giant Meccano set, everything bolts together.

I was fortunate to track down the car's first logbook that showed that the TC was first registered on December 1st, 1948, to James Brown Mutch, Elgin, presumably purchased from Macrae and Dick in Inverness. John Shaw was the second owner. It spent its first ten years in Scotland before moving to Yorkshire in the 60s and finally to Kent in the early 70s. I am the twelfth owner. Years ago, I wrote to all the addresses in the two original log books but only heard back from one, Jimmy Shaw, Croftdhu, Errogie. Jimmy wrote back saying that his brother John, a marine engineer, sadly had been lost at sea in the early 60s. He said that his brother was very

fond of the car. During the restoration I found a crumpled up quarterly tax disc from 1956 in the bottom of the driver's door pocket which was from John Shaw's period of ownership.

By 1979 I was back home in western Canada on Vancouver Island with the car. It has been reliable and a pleasure to drive and remains in excellent condition as an authentically restored MG TC to a high standard built for driving and touring.

On a family visit to Scotland in the late 90s I passed through Errogie and was able to locate Croftdhu, the old Shaw farm, but on enquiring was sad to learn that Jimmy Shaw, now in his 90s, was quite unwell in hospital. The photos show the tax disc and the car on tour, southern British Columbia.

Rod Ptak



NESSIE ORIGINS

PART 2 by Alex Sutherland

A small red squirrel was brushing his teeth with a twig beside the pool when he glanced up and saw something round and brown with legs, arms, and a head go spinning over the waterfall. A little girl called Eilidh was walking with her family on the path high above the river and she noticed a sudden splash close to where the big waterfall falls into its final pool and the rushing river finally plunges into the deep dark waters of Loch Ness. Her father and mother were looking at the tree tops and told her it would be nothing more than some old brown leaves swept down from the mountains, but Eilidh may have been small, but she had very sharp eyes and she knew that she had seen something quite different!

Dark, deep and much, much colder. Those were the feelings that gripped Angus as he dropped into Loch Ness. Where was he? What was this place and how far had he come? How to get back? Angus rolled over onto his back again. He looked up, and his face turned an even paler shade of green for there high above him were the mighty Falls of Foyers down which he had been shot like a spinning pin ball. Impossibly steep rocks and crags hemmed in the waterfall and there was no helpful bungee rope to spring him back up there again.

Suddenly Angus realised with a deepening feeling of dread that there was absolutely no way that he could ever climb up that impossible obstacle and find his way home again to Loch Farraline and his dear family and friends!

Loch Ness can be a scary place, bigger, deeper and darker than any other fresh water in the land. The streams which tumble down the mountain sides are stained a strong tea

and gold colour by small particles of peat washed off the high moorlands by heavy rain and melting snow. Leaves, twigs and even whole trees can end up dropping into a trench which is even deeper than the sea and a huge new world for any small new arrival like Angus. It was a frightening but exciting new world for our little friend.

Angus was sometimes described by his family as being “feisty” and “thrawn” and I suppose you can take that to mean that he was someone who knew his own mind and as we already know he was not afraid of adventure. And the huge loch which was going to bear his name was full of surprises. For one thing there were many more boats on its surface than he had ever seen in Loch Farraline.

There were small boats following the shoreline trailing two lines behind them with spinning, flashing lures just under the surface and these were sometimes irresistible to trout and salmon who just had to dash after them and sometimes they took the hooks into their mouth and were hauled struggling to the surface. There were bigger boats with rows of tourists lining their sides listening to a guide pointing out things of interest to his audience.

Angus also wanted to learn about his new home, so he sometimes hung around these boats trying to pick up useful information. He was very careful to remain out of sight but sometimes the tourist guide said something about the natural world that he just knew was a complete fib! It was very hard not to blow a jet of water out of his nostrils and perform one of his special surface rolls in disgust.

He was particularly fond of one young lady guide who wore a most becoming tartan uniform and who had a voice like warm honey. Angus learned to wait for this boat as it came out of the canal into the loch and tagged along behind it as it visited all the special places.

Sometimes Loch Ness can be very stormy and even has its own lifeboat. One particularly windy day Heather, his favourite guide, lost her footing on the slippery deck, overbalanced and in no time was in the dark water. Angus knew immediately what had happened and before the boat could slow down and turn around, he was up there beside Heather helping to keep her head above water with his fins as best he could.

He had never been as close to a human person before, and she had never seen or let alone been saved from drowning by an Angus. Despite the surprise and shock of the cold water she found herself smiling at the strange little animal trying to help her stay afloat. Angus felt his heart melt, he was smitten at being so close to his admired lady friend but as the boat swung round to pull their very wet guide out of the water, he quietly let himself sink beneath the surface and only Heather knew what had really happened. However, Angus had a very special souvenir of their wet meeting; Heather's little tartan tammy hat which he proudly carried down beneath the waves.

Within days the boat was back on the loch with a new group of passengers eagerly enjoying the scenery, and his favourite guide was there to show it all to them. Heather usually sat on a seat high in the stern of the boat and Angus just couldn't resist popping his head out of the water close to the boat where only she could see him. Not only that but he wore her tammy at a jaunty angle. She almost toppled into the loch all over again! Angus winked then performed one of his neatest dolphin dives before disappearing beneath the waves again.

During that summer Angus and Heather saw a great deal of each other and sometimes he gave a little display to her passengers which caused great surprise and amusement.



MOBILE LIBRARY SCHEDULE

The mobile library is visiting locations in your area at the following times:

ERROGIE, GORTHLECK & FOYERS

April 23rd May 21st June 18th
Errogie Carnoch Cottage - 10:15
Gorthleck Hall Car Park - 10:45
Foyers – 11:30

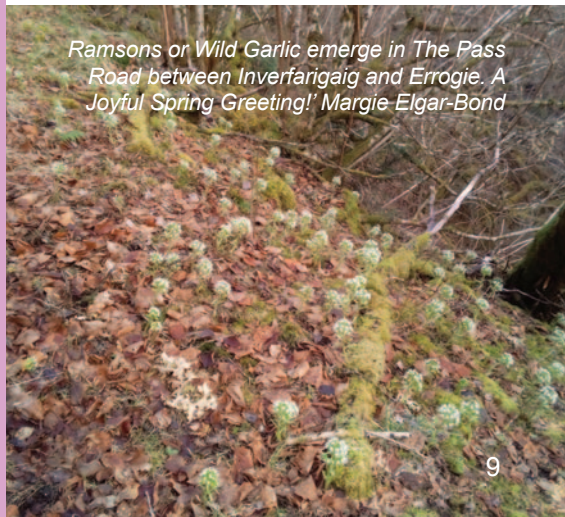
FARR & WILDSIDE CENTRE

May 1st May 29th June 26th
Farr Hall - 09:30
Wildside Centre Car Park - 11:00

Driver: mark.laurie@highlifehighland.com
Tel: 01349 869869

All dates are subject to short notice change should unforeseen circumstances arise. Please see www.highlifehighland.com for further information and contact details.

Ramsons or Wild Garlic emerge in The Pass Road between Inverfarigaig and Errogie. A Joyful Spring Greeting! Margie Elgar-Bond





Rhubarb crowns are sold like this, or in pots.

HOMEGROWN RHUBARB

Maybe you have fond childhood memories of rhubarb, with custard or rhubarb crumble. Older houses around Foyers and Stratherrick often had a rhubarb patch. Rhubarb is a very hardy plant which grows back year after year. It loves a rich compost around it. When I was wee, the odd shovel of horse manure was always directed at the rhubarb.

HOW TO GET STARTED.

One of the best pieces of advice is to find someone locally who already has a rhubarb patch. Hack a substantial piece of the rhubarb root of an existing group of plants and take it home. Plant it in a prepared bed of ordinary soil, ideally with some well-rotted manure through it. Leave the transplanted piece alone for a season to let it establish. If you manage to get a few pieces of an existing plant, you can put them in your soil about two feet apart. Do not bury the tops of the crowns, just have them peeking through the surface.

A second way is to buy Rhubarb Crowns from nurseries on-line, or rhubarb plants in pots at garden centres. A good rhubarb crown can cost between £6 and £10. You can choose named varieties such as Timperley Early, Champagne or Prince Albert. Do not be tempted by offers of numerous small plants unless you are very patient. I'd recommend that you buy the larger crowns so they can establish more quickly and give you a reasonable crop in the following year.

HARVESTING YOUR RHUBARB

You'll need to wait. Don't be too greedy until the plant is well-rooted in the soil. When it gets a good hold, you'll get plenty of rhubarb, but let it develop a substantial root beneath the surface first. Oh, and remember a shovel of manure when you have any to spare, but don't bury the head of the crown. Rhubarb likes to see where it is going and to keep its top quite dry.

RHUBARB RECIPES

Rhubarb is a very versatile foodstuff. In Rhubarb and Ginger Jam, Rhubarb Crumble, Rhubarb Pie, Rhubarb with custard. You are guaranteed a pink, sweet and tart taste like no other – and it will be home grown! There are plenty of recipes online. Here's one for Crumble that uses just a few ingredients. <https://www.bbcgoodfood.com/recipes/rhubarb-crumble>

Remember rhubarb leaves are not to be eaten as they contain some oxalic acid which disagrees with your innards. The stalks, however, can be eaten raw or cooked without any adverse effects.

If you have any gardening tips, please let us know for the next issue of the magazine. If you have spare rhubarb plants (or should I say can let someone have a crown or two from your rhubarb patch,) please let us know as well. Email communications@sfctrust.org.uk.

Steven Watson

HALL HAPPENINGS

With closure and repairs well behind us, Stratherrick Public Hall is now busy with many regular local groups and various individual bookings.

At present Monday mornings have a Dance-Fit Class, Tuesday afternoons on alternate weeks host Indoor Bowls, Ballroom Dancing is on Tuesday evenings and Pilates sessions are on Wednesday mornings and evenings. On the last Tuesday morning of each month, there is a Relaxation "Sound Bath" session. It is hoped that Thursday evenings will now host FIRA Sports Sessions utilising the Badminton Court and the other Sports Facilities which are available in the Hall.

Other recent Hall users have included the South Loch Ness Heritage Group with various very interesting, illustrated talks, and our own local "Luvvies" amateur

dramatic group who as well as regularly rehearsing in the Hall have recently competed in a One Act Festival at Nairn. There was a successful Community Christmas Lunch and various private hires for birthday parties, etc.

In the future, there are two afternoon/evening bookings from SSE and the Hall has been prebooked as a polling station for local and national elections this year.

To hire the Hall please contact the Bookings Secretary Jo Cameron on 01456 486293 or e-mail her on spotnsilky@hotmail.co.uk. The Hall can host many types of events, with a fully equipped commercial-grade kitchen, incorporating an extensive array of crockery, cutlery, glassware, etc., and a large inventory of tables, chairs, etc. There are also Sporting facilities for private hire, including Badminton, Table Tennis, etc. - contact Jo Cameron for a full availability list.

This year the Hall Management Committee are looking for volunteers to join the Committee to help with the ongoing operation of the Hall. Both the Chairman and the Secretary are stepping down after many years on the Committee, and the Committee would greatly appreciate and benefit from some fresh young blood to join and bring new ideas to the operation of the Hall for the future benefit of the Community.

If you would like to join us in helping to manage and improve this important community facility, please contact Jo Cameron - details as above.

The Committee would like to thank Stratherrick & Foyers Community Trust for the continued funding towards the maintenance and operation of the Hall - this support is very much appreciated.

Stratherrick Public Hall Management Committee





STRATHERRICK AND FOYERS COMMUNITY COUNCIL

The members of the Community Council have been extremely busy these last few months. The planning application for the proposed Loch Kemp Pump storage, its associated grid connection and the pre-planning for the proposed extension to the Foyers power station all come with hundreds of pages of documents and will have wide ranging impacts on our small community. We have had a lot of contact from members of the community who are very concerned about these schemes and the members have been trying hard to represent everyone who has attended meetings and got in touch. Community Council Members will also be attending a meeting hosted by MSP Kate Forbes at Strathnairn with neighbouring Community Councils, all the energy scheme developers, Highland Council, Forestry Land Scotland and Police Scotland to consider just how the local road network will cope and how transport will be managed with so many projects to be constructed in the upcoming years and an inevitable overlap of construction periods. This will be reported on at the next meeting.

To help with this and all the other issues that are being handled, the Community Council are delighted that four members of the community have stepped forward to be co-opted as members of the Community Council. The new members are - Olivia Grant (Gorthleck), Mike Slater (The Glebe), Helen Grainger (Inverfarigaig) and Gary MacGowan (Whitebridge). Thank you all. This brings the total number of members to eight and spreads the load for the volunteers who kindly give up their time for the Community Council.

If you would like anything raised or have any questions for the Community Council, please email admin on - admin.sfcc@aol.com or speak to any of the members.

All Community Council meetings are open to the public and they meet on the last Tuesday of the month, apart from July and December. Minutes of all meetings and agendas can be found at stratherrickfoyerscommunitycouncil.org.uk Please email admin if anyone would like paper copies.

Photo by Katie Raley

NEW WESTMINSTER CONSTITUENCY FOR STRATHERRICK AND FOYERS FOR NEXT ELECTION!

Ruraidh Stewart Scottish Conservative, Drew Hendry SNP, Peter Newman Scottish Green and Angus MacDonald Liberal Democrat have all been chosen to represent their parties at the next UK election.

Constituency boundaries and names are changing for the next Westminster election. Stratherrick and Foyers will be part of the new Inverness, Skye and West Ross-shire constituency which includes Mallaig, Fort William, Inverness, Kyle of Lochalsh and Skye.

At least four political parties have announced their intended candidates for the new seat. The SNP has confirmed that our current MP, Drew Hendry will be their candidate. Drew has represented Stratherrick and Foyers in London for nine years now and was previously the leader of the Highland Council.



Ruraidh Stewart will stand on the Conservative Party ticket. Ruraidh is currently one of the Highland Councillors elected by the Isle of Skye. Peter Newman is to be the Green Party's candidate. Peter is a teacher by profession. Angus MacDonald is the fourth candidate standing that we know about. He is currently Chair of the firm Renewable Parts Limited and is also sits as a Councillor on Highland Council representing the Liberal Democrats for the Fort William and Ardnamurchan ward.

A Westminster election is likely to be called soon, and these candidates are all expected to be on the ballot. Only one candidate will be elected as the Westminster MP.

Steven Watson
Community Liaison Officer

BIG PLANS FOR 2024!

The Wildside Baby & Toddler Group are planning lots of fun activities for 2024 with thanks to a grant from Stratherrick & Foyers Community Trust! We have our two main events booked for the year so far with our Summer BBQ on the 6th of July and our much-loved Halloween party at the end of October. We are planning themed activities throughout the Easter and summer holidays including teddy bear picnics, Easter Egg hunts, forest adventures, beach days (if the sun allows), lots of outdoor play and getting to grips with our amazing planter in the Wildside Polycrub! A massive thank you to Matt and Robbie

for making our raised bed accessible for all the kiddies and kindly filling it ready to grow! We hope to grow strawberries, potatoes, cucumbers, pumpkins (for carving at our party) and more if we can. These will hopefully become delicious snacks for the kids and they can learn where their food comes from at the same time. We can't wait to spend our Thursdays in there!



The Group meets every Thursday at the Wildside Centre from 9:30am-11:30am. If you fancy coming along just pop in or you can contact us on our FB page, just search for 'Wildside Baby & Toddler Group'. All welcome!

Jenny Tompkins



STRATHERRICK PRIMARY SCHOOL

New term, new year, new opportunities for our learners to be the best that they can be. It has been a busy time (as usual) since the last update.

Before Christmas the pupils had fun making crafts for Winter Wonderland at the Wildside Centre. Our pupils are very creative and loved this opportunity to craft and sell. Winter Wonderland is such a good community event and helps to spread the Christmas Joy and we are privileged to be a part of that. The pupils also love performing and our Nativity was an ideal opportunity to showcase our acting talents.



In January we were in luck to have the opportunity to design some stained glass windows for the church in Errogie! Caroline Tucker (SFCT) got in touch and asked if we would like to help design a window or two – what a great opportunity that we simply couldn't pass up! We had a lovely morning finding out about the church and then designing some windows!

Rokzkool Academy is an old friend with whom we have collaborated in the past on numerous occasions. A chance meeting with Mr Graham in their studio at the Eastgate in Inverness provided us with the opportunity to do so again. At the end of February Rod and Kay (owners) got the children down to Inverness to create music, learn about instruments and generally to Rock Out! This was ideal for our pupils as so many of us play an instrument – their talents are endless.

In March our P4-7 pupils went to Kilchuimen Academy to take part in their annual STEM (Science, Technology, Engineering and Maths) Challenge. This is always really difficult but so much fun! Our students won the ‘Observatory’ Quiz and came 3rd overall in the challenge to build a rocket that would travel the furthest. This was a great achievement as we were competing against lots of other schools and teams.

Finally, we would like to say a HUGE thank you to Sue Harris and Rena Slater who both retired from Stratherrick at the end of December! Sue had been a class teacher since 2014 and her dedication and commitment to the school was second to none. We could not have done anywhere near the amount of things without her knowledge, expertise and inclusive personality. Rena had been with us since 2017 and is a huge loss. Her energy and personality shone through and helped to make the kids' time in nursery so much fun, engaging and happy. Thank you ladies for all that you did for us! On a positive note, our new Early Years Practitioner in the Nursery, Karen Hall, has quickly become part of the family and it is so nice to have her with us!

We look forward to updating you all on our adventures in the next article.

Alan Graham,
Headteacher



A VISIT TO DUNMAGLASS ESTATE WITH THE ROYAL HIGHLAND EDUCATION TRUST AND LOCH NESS RURAL COMMUNITIES

What an amazing time we had at our first Food, Farming & Estate Day at Dunmaglass Estate! We had 144 pupils join us from Stratherrick, Farr, Aldourie, Holm, Hilton and Lochardil primary schools to learn about an introduction to sheep farming, wonderful wool, sustainable beef production, farm machinery, deer management and venison, tree identification including timber products and uses, renewable energy and wind turbines, and working dogs, including gamedogs and sheepdogs.

The children asked some brilliant questions, and the day provided them with a great introduction to food, farming and the working countryside, plus we hope we have helped inspire some pupils to consider a future in the rural sector! We have received some fantastic feedback from both the staff and pupils who visited us:

'After this visit I now understand how farming



works and how big of a responsibility owning a farm is and how big it is. Overall, I really enjoyed going to the trip and looking at everything.'

'This visit has taught me to understand how produce is made so we can eat it and how important caring for the animals is. Overall, I really enjoyed it and I am grateful for the chance to go.'

'I am writing to say thank you for organising our amazing day at Dunmaglass estate last week. It was an amazing experience not only because I found it fun but also because it taught me a lot where our food comes from and how it's made and how we get our wifi and energy from wind turbines.'

'It was brilliant – I got to skin a deer!'

'We have just enjoyed one of the best school trips we have been on.'

As always, these events would not be possible without the

incredible support of so many people, and we would like to say a MASSIVE thank you to The Team at Dunmaglass Estate and Farm (who were first class!), Jenny McCallum from Loch Ness Rural Communities, DM Event Catering, SSE Renewables, Scottish Woodlands, the team at Savills, as well as all the other businesses and RHET volunteers involved.

Fran Matheson,
Royal Highland Education
Trust



CHRISTMAS CEILIDH

On behalf of Stratherrick Primary and Nursery Parent Council I would like to thank everyone in our community who supported our St Andrews Day Ceilidh in December. The generosity of donations towards the raffle and silent auction were outstanding. We had weekends away, meat packs, mounted antlers, numerous hand-crafted products, there were simply too many donations to mention them all. Thank you to everyone who donated. We had a children's tombola and games to keep the younger ones occupied when they weren't kicking their heels up to Strip the Willow or Dashing White Sargent.

The Ceilidh band, Alex Sutherland, Alistair Colquhoun and Ernie Randall very kindly gave up their Saturday night to give us an evening of Scottish music, dancing and what would a community event be without a visit from our resident legend celebrity! The night was filled with lots of laughter, good humoured competition surrounding the silent auction and great company of all ages. We would like to thank Stratherrick and Foyers Community Trust for the use of the Wildside Centre, Matt Rhodes for helping to transport chairs which were lent to us from Gorthleck Hall and Calum Martin for his lighting. There are so many to thank for



helping with the event, the decorating team, set up/clear up crew, advertising team and our very own hostess with the mostess! We raised over £2000 at the ceilidh; this money will be used towards trips, transport costs for swimming etc. Again a huge thank you to everyone who supported us by attending the event and buying raffle tickets or by donating prizes. Keep an eye out for future fundraiser efforts!

Fiona Mohan



HIGHLAND DANCING IS BACK!

Highland Dancing Classes will be kick starting again this Spring every Tuesday between 4pm and 5pm from the 16th April until early June. Keep an eye out on how to book very soon!

Anna Peterkin

COMMUNITY CHRISTMAS PARTY

The 2023 Community Christmas Party was an amazing success. We were very fortunate to have one of Santa's dear friends and helper, Vekara, spend December in Stratherrick, getting to know the area and discover what makes our community so special. Vekara did not disappoint at the party, and brought lots of joy, smiles and laughter to the children. He also brought



some cheeky kisses for the parents!

We would like to thank Stratherrick and Foyers

Community Trust for the use of the Wildside Centre and the Community Council for funding the party. Also, a huge thank you to everyone involved in pulling the party together, set up crews, food shoppers (I'm positive the kids especially are very grateful), grant appliers and fund co-ordinators, and of course Vekara and his elf helpers for keeping the kids entertained. So many give their time to help keep our community party going year after year. We look forward to seeing what this year's party brings.

Fiona Mohan

STRATHERRICK PRIMARY AND NURSERY PARENT COUNCIL

The parent council have had a busy and exciting time over the festive period with various events for the children and the community, including fundraising events like the well-run St Andrews Ceilidh organised by Fiona Mohan and Committee. We would like to say a big thank you to all who attended; a good night was had by all, and it was good to see so many people from the community there.

As normal over the festive period we had a lot of activities, the highlights were the children singing Christmas carols at the community Winter Wonderland at the Wildside Centre. During this period the school children also went to the Panto and the nursery children

visited Santa at Brodie Countryfare. Both of these trips were funded by Stratherrick & Foyers Community Trust.

We must also put a big shout out to Vekara the Elf, who visited us from Lapland and was so kind in saying the children were kind, respectful and friendly. It will be great to see him or her later this year. He/she also loved our new signs but did not understand the wordings in English.

Now that the daylight is getting longer and brighter the committee/school/nursey have a few events and projects in the planning. This includes a wee visit to Culloden Battlefield as the children are currently studying the Jacobites, a new outdoor storage shed, swimming lessons and a trip to Morag's Crafty Bothy.

Paul Bain,
Chair

LOCAL SINGING GROUP LOOKING FOR NEW MEMBERS

Monadhliath is a local A Capella group that was formed in 2018. We have been singing at local events and are very happy when asked to do so. We sing a mixture of old and new songs as well as Christiane

Morley's original compositions. At the moment we are looking for new singers, male or female. If you can hold a tune and love singing, please contact Christiane on info@inspiration-scotland.com

Participating in the a cappella group is free of charge, all we ask for is commitment and enthusiasm.

Christiane Morley



HAVE YOU THOUGHT OF BEING A LOCAL BEFRIENDER?

Boleskine Community Care has made an urgent appeal to anyone living in the area who'd like to volunteer as a Befriender.

Olivia Grant, the charity's Community Services Co-ordinator said 'We are reaching out to local people with an urgent request for support. Boleskine Community Care is in desperate need of volunteer befrienders to help make a positive difference to the lives of individuals in our community.'

Olivia added 'As you know, loneliness and social isolation can have a significant impact on mental health and overall wellbeing, especially for those who may be experiencing challenging circumstances. By volunteering as a Befriender, you have the opportunity to provide invaluable companionship, support and friendship to someone who may be feeling isolated and lonely.'

'This really isn't a big commitment of your time but will make a lasting difference to the lives of many within our community.'

Finding out more about what a Befriender entails is the next step. If you are interested in becoming a volunteer befriender or would just like some more information, please contact Olivia by email at csc@boleskinecc.com or call 01456 486247.

BOLESKINE COMMUNITY CARE

BEFRIENDERS NEEDED!

WHAT A BEFRIENDER DOES:

- Support patients and carers in their homes, offering companionship and social support.
- Provide a listening ear to patients, carers, and families.
- Offer respite to carers.
- Facilitate participation in social, recreational, and daily activities, including outings.

Interested in making a difference in your community?

Each volunteer role is flexible and can fit in with your life. Give as much or as little time as you like.

Why not pop by The Hub to discuss further. We're here Monday - Friday 11am-1pm, or call 01456 486247.

WWW.BOLESKINECC.COM

DORES & BOLESKINE COMMUNITY CHURCH

Stepping out of the door of Boleskine Church and hearing the return of the bird song definitely lifts the heart and puts a spring in the step.

Looking back at Christmas we enjoyed an enthusiastic singing of carols with a full church all joining in with the old favourites... with candles and coffee and mince pies. It is not always easy to get out to church on a Sunday morning, weekends do get full, but all being together was great. We then had a smaller, but not much quieter Christmas morning, with the children taking a leading role... with enthusiasm. It has been quite a few years since we have had children coming on a Sunday morning and it is lovely having them with us every Sunday now... and there is always room for more.

Our latest news is that Boleskine Church and St Columba Church in Inverness are to be joined together later this year. It was quite a few years ago that this plan was first mentioned but Covid intervened and committees take time to make decisions. After much discussion and



waiting it has finally been agreed and we will be officially one church.

We will continue to meet every Sunday at 10.30 at Boleskine Church and from time to time there is a plan to have the folk from St Columba out to join us. The first of these occasions will be on Sunday 16th June 10.30am.

Rev Scott McRoberts will be the minister for the church although he will continue to take the services at St Columba in town whilst we continue with our usual pattern of services. Many will know Rev Scott



McRoberts from Remembrance Day services.

If you would like further information please do get in touch with Iain and Fiona King.

Every Sunday 10.30 at Boleskine Church. Come and join us whenever you like.

Fiona King
fkingdores@btinternet.com

WHY ARE THE BIODIVERSITY GROUP REMOVING SITKA SPRUCE NEAR AULT NA GOIRE?

The Biodiversity Group are working to remove the smaller Sitka Spruce regeneration within an area owned by Forest and Land Scotland near Ault na Goire. The purpose of this is to let native woodland and wetland habitats thrive along with butterflies, dragonflies and other wildlife. If the Sitka is not removed soon, it will likely outcompete the native birch as it grows taller and can shade out other species.

Sitka Spruce is an evergreen conifer native to the northwest of North America where it can grow up to 100m tall. It was introduced to Britain in 1831 and since then has become the most commonly grown tree in the UK, accounting for over 50% of commercial planting. Sitka grows quickly in our climate and the timber is used for a variety of purposes from paper pulp to building material. This fast growth means it can play an important role in reducing the reliance on imported timber products from abroad as part of a sustainable and well managed timber industry.

Although Sitka Spruce is an important and biodiverse habitat in its native North America, it is less so in Scotland when compared to native woodland. This is because it has not evolved with our native plants and animals and is generally grown intensively as a commercial crop of even aged trees that will be harvested within 40-70 years (the natural lifespan of a Sitka Spruce can be over 600 years and natural spruce forests have a variety of different aged trees). At its worst these plantations can be seen on deep peat where the trees generally grow poorly, unless the peat has been heavily drained and fertilized. This occurred a lot in the 1960's and 70's when there were grants provided specifically to plant up what was considered to be 'waste ground'. We now know that this has damaged important peatlands, and their associated biodiversity and caused the continuing release of climate change gases stored in the peat.

Dense stands of Sitka Spruce do not allow light through the canopy and if you compare the growth of other species under a canopy of Sitka Spruce with that of an ancient woodland such as Scots Pine stands in Glen Affric, or Atlantic oak woodland in the west you will notice a significant difference in the ground layer plants

that grow below the tree canopy. That is not to say these plantations are devoid of life in Scotland, some species do live there, but mostly these are generalist species that could live in a native woodland habitat equally well alongside many others. Due to the prevalence of Sitka Spruce as a commercially grown tree and its prolific seed dispersal it has begun to spread into important native woodlands, such as the protected ancient woodland in Inverfarigaig, and has the potential to alter these significantly to the detriment of the woodlands and wildlife.

The Biodiversity Group is tackling a relatively small area in the first instance but hope that we can extend into other important areas as time and resource allows, working with the relevant landowners. Our hope is to be able to support the enhancement of biodiversity in these areas and that the community will enjoy these sites well into the future.

If you would like to be involved in the biodiversity group, then get in touch with Sarah at sarah@sfcstrust.org.uk.

Peadar O'Connell

PATHWAYS GROUP

The winter months have been particularly busy for the Pathways Group with good progress made on two key project areas, the improvement of sections of the South Loch Ness Trail and our 'Walk the Walk' campaign to highlight the great walks we have on our doorstep.

The trail improvements have been challenging projects for the group to undertake but in late March, we were delighted when Hitrak completed improvements over 320m of the South Loch Ness Trail between Foyers and Inverfarigaig and an improvement to a stream crossing also on the South Loch Ness Trail between Whitebridge and Foyers. This work was mainly funded by a grant from the Highland Council's Community Regeneration Fund and part funded by the Community Trust. We are extremely grateful to Highland Council for this funding. A collaborative project with Forestry & Land Scotland, the work has rectified a notoriously 'boggy' section by resurfacing the trail and improving the water drainage with the installation of a number of culverts.

Following development of the 'Walk the Walk' campaign in early 2023, there are now 13



walks, all with detailed descriptions, listed under Our Local Environment on the Trust website. All of these can be opened in the Ordnance Survey Maps app which is available to download free of charge. In addition, one walk each month is promoted on the

Trust Facebook page. In addition, with the help of Calum and Jillian from the Trust, we have approached accommodation providers in the area and provided a QR code which links to the Walk the Walk page on the Trust website. We hope they will use this code in their promotional materials and better inform their guests of the number and variety of walks in the area.

But the work has not stopped with just these developments. The next few weeks will see the installation of people/bike counters at two points on the South Loch Ness Trail. This will provide valuable information on usage and help guide further investment in other paths and trails.

Also in February, the group facilitated a meeting to discuss the development of a path-based community App layered with the things that make our area so special - our heritage, biodiversity, landscape and community. This is an exciting project which after a long period of careful thought has reached the point where a final decision will be made soon as to whether or not to progress with it.

So, a lot has happened over winter and a lot more looks likely to happen in the coming months and for this a big thank you to all involved!

Graeme Ambrose
Chair, Pathways Group



SOUTH LOCH NESS HERITAGE GROUP

For our belated summer event the Heritage Group in late September had "A WALK IN THE PASS/T".



Starting at Errogie Corner the 35 participants walked down the Pass of Inverfarigaig to the shores of Loch Ness. This 4.5km guided walk led by Alex Sutherland along with input from the Heritage Group members Bob Main, John Townsend, Morag Maclean and Alister Chisholm looked at the Geology, History, Archaeology/Past Industry, Mythology and General Anecdotes of the area.

Alex regaled us with many stories, highlights of which were those of a bloodless battle, the skeleton of a highlander within a growing tree and a murder whilst he also showed us the location of croft houses long collapsed and a gate to the world of the Fairies. John Townsend spoke about General Wade's roads, Alister Chisholm showed us one of the locations where our outside pulpit was used for open air services. He also described the life and death of James Bryce to whom a memorial stands in the pass.

Bob Main spoke on a number of subjects especially of note was his description of the old Bobbin mill, whilst Morag gave us an insight into the pronunciation and meaning of the Gaelic names we met with and told us the story of Deirdre of the sorrows and Dun Deardil. The walk was a great success, and we intend to do a similar event this summer.

Our AGM in early December preceded a talk and presentation by Alister Chisholm, of two audio recordings of Stratherrick resident of the past, to which Alister had added a superb selection of photographs relevant to the topics mentioned.

The first recording was of Maisie MacMillan (1924-2011) who was raised at 2 County Cottages, Gorthleck, spent her professional career away and then returned home on retirement. Maisie spoke on numerous subjects on growing up in the strath, amongst these schooling, employment and characters were prominent.

The second recording was of David Rose (1891-1968) David lived most of his life in the Strath mainly following his father as a gamekeeper at Farraline estate. David was a Gaelic speaker and it was interesting to hear his pronunciation of local place names, and when speaking English David spoke in the authentic Stratherrick accent. David spoke on many interesting subjects amongst their life in the strath in the early

1900's, illicit stills, whisky smuggling and excise men and the numerous 'characters' that inhabited the Strath.

The group received a couple of photos from a former resident's family. We are attempting to identify people in them, the first of a group, possibly a British Alumilium 30-year club bus trip. The reason for that is one of the few people recognised being Foyer's bus driver Jack Maclean in uniform. Taken around the late forties/early Fifties, the location is unknown. The other photo taken around the same period is of a group of men at Foyers Factory Field, possibly a sports day. For known names go to the heritage web site page <https://southlochnessheritage.co.uk/photograp hs-south-loch-ness-people/nggallery/page/2>. If you can identify anyone else, please get in contact with the group.



For our Spring talk we have the History of Inverness Hospitals by Stephen Leslie on the 18th April at Stratherrick Hall at 7:30 pm. Stephen, a Consultant Cardiologist at Raigmore Hospital, is co-author of the book 'The Hospitals of Inverness'.

For the latest information on the group go to our website <https://southlochnessheritage.co.uk/> or our Facebook page.

Alister Chisholm

FIRA

We are a group of volunteer parents that run a Youth group in the area. We are named 'Friends of the Inverness Royal Academy' as that is the catchment school for the area, but our youth club and activities are open to anyone living in the Stratherrick and Foyers area that attends any high school. We also encourage all P7's in the area to come along to the local youth club. The activities we run help with the transition to High School.

At the moment, we run the youth club once a month at the Wildside Centre, Whitebridge. We have recently had an artist in working on a stained glass window project at the Errogie church, decorated biscuits and played some bingo! The next youth club is on Wednesday 24th April, 7pm - 8.30pm and it is free to attend.

We took the group to Kart Raceway, Inverness in January which they all loved! We also took a group skiing to the Cairngorms in February. The latter was part funded by a micro grant from the Community Council which we are very grateful for as this reduced the amount that parents had to pay.

We have a mailing list and if you have a child that is between P7 and S6 and you live in the Stratherrick and Foyers area and you are not getting our emails, please email - contact.fira@aol.com and we will add you.



INDOOR CARPET BOWLS

Every Tuesday Afternoon
2pm-5pm

The Wildside Centre/Stratherrick
Public Hall
Alternating Tuesday's

A fun, social afternoon of bowling, tea,
biscuits and a blether!

It's certainly a laugh!

For more information please contact:
ALISON ON 01456 486 586
JANET ON 01456 486 688

Use the QR code below to head over to
SFCT TV to give you a feel for what
happens on a typical Tuesday afternoon



ETAPE LOCH NESS



The 2024 Etape Loch Ness is taking place on Sunday 28 April with over 5600 cyclists coming from across Scotland, the UK and overseas. Every year the Etape raises thousands of pounds for the charity, with £244,000 raised for charity partner Macmillan Cancer Support in 2023.

Malcolm Sutherland, event director said: "We are always extremely grateful for the support we receive locally for the event from both volunteers and the community and encourage folk to come out and cheer on cyclists where possible.

"At 42 miles and after the epic climb up Suidhe, the Wildside Centre is the perfect location for one of our support stations for riders to refuel before heading off on the homeward stretch."

The event website has lots of information for locals here and if you would like to volunteer to help at the event you are encouraged to get in touch by email volunteers@etapelochness.com.



UHI LADIES TAKE HOME THE BRONZE MEDAL IN UNIVERSITY SHINTY TOURNAMENT

On Wednesday 13th March, both the women and men's teams representing the University of the Highlands and Islands (UHI) set off for St Andrews to compete in the Littlejohn Vase and McHue Porter tournament hosted by Scottish Student Sport and the Camanachd Association. The day was a success overall, despite the cold wind that was present throughout most of it with both teams finishing in the top three. The women's team claimed third position and the men's team claimed first position, taking home the coveted Littlejohn Vase trophy.

After leaving Inverness at 6.30am to head to St Andrews, the teams arrived safely and went on to meet the coaches for the day. Our first game of the pools stage was against St Andrews University. The game was tough as we had only met that day and never played together before, but we managed to pull together and finish with a 1-1 draw. Our next game was against Edinburgh University where we worked together as a team and came away with a 1-0 win. The following

game was against Aberdeen University where we pulled together once again and won 2-0. The next game after this was against Strathclyde University where we won 3-0. Then we played Glasgow University and won against them 2-0. The final game of the pools stage was against Stirling University where we won 2-0, leading us to finishing the pools stage in first position and getting direct entry into the semi-finals.

In the semi-finals, we played Edinburgh again who came back with even more vengeance. By half time, Edinburgh were 1-0 up but an outstanding goal from Abigail Kirkland in the second half led us to a 1-1 draw and into penalties where we sadly lost by 1. Despite this defeat, we ended up going into the playoffs against St Andrews which remained levelled out for most of the game till a goal from Rachel Cruickshank led the UHI team to a 1-0 victory, allowing us to come home with a bronze medal. Overall, it was a great day and a good experience.

Both myself and Abi Kirkland are grateful to Boleskine Camanachd for helping us start out in our shinty journeys and would recommend to any youngsters reading this to come along and give shinty a try.

"From small acorns great oak trees grow"

Rachel Cruickshank



JOIN US FOR A WALK AROUND THE WORLD

For our fundraising activity for 2024 Angus and Margaret (Neil's parents, both in their 70s) plan to walk a minimum of 2,024 miles, an average of 2.76 miles each, every day, that's 3238 km (4.42km per day) and would roughly get us across the Atlantic! If you would like to join us and our many participating supporters, here and across the world, we have already crossed Canada, and hope to cross the Pacific, Asia and Europe covering 15,500 miles, 25033 km before arriving home!! Join us for a year, a month, or even just a week. Walk, run, cycle, ski, swim, paddle or any other self-propelled activity. Record it and let us know your distances, in miles or kilometres, or join The Neil Mackenzie Trust club on Strava. More details are available on the website: www.theneilmackenzietrust.com/fundraising and if you can, please add a donation to www.gofundme.com/f/join-us-in-our-walk-around-the-world or by scanning the adjacent QR code

Our Supporter's Day will be on 24th August this year. Please save the date and join us if you can. We will be organising events – walking, cycling, bouldering etc. – for our friends, supporters and recipients from all over Scotland, and hopefully UK, and the recipients will be happy to talk about their training and expeditions grants. The day will culminate in a Barbeque. More details will be available on the website nearer the time.

Our aim is to support individuals on outdoor skills training courses in Scotland and individuals or small groups on expeditions anywhere in the world. We focus on those we feel are most in need due to financial, physical or mental health, or other personal difficulties who would otherwise not have the chance to get outdoors and be active.

Margaret Mackenzie



WOOD SURVEY

For the second and final year we are able to make firewood available to the community. If you require firewood please give us your details in this survey using the QR code or please fill in the paper copy included in the magazine. Firewood will be available soon.

If you have already collected firewood from the Trust at Whitebridge, Inverfarigaig or have had a delivery already please also include your details. The information provided here will inform us about your needs if firewood becomes available again in future years and that we can ensure we distribute firewood fairly and evenly this year.

Firewood is only available to you if you live in the Stratherrick and Foyers area.



Firewood Survey

TRANSPORT SURVEY

This transport survey is to help establish what the needs for the community are if we are to acquire a community minibus. You can fill this form out online using the QR code provided. We have also included a hardcopy of the transport survey within this magazine.

Due to GDPR, paper copies can only be dropped off at The Wildside Centre, or by post to The Administrator, The Wildside Centre, Whitebridge, Inverness, IV2 6UN.

The deadline to complete these forms is the 30th of April.



Transport Survey

TRUST CHAIR WELCOMES COMMUNITY COUNCIL LIAISON DIRECTOR

Craig Lightbody, the Community Councillor from Foyers, has been welcomed to the Community Trust Board as the Liaison Director.

Craig said 'As a co-opted councillor since late 2021 and now fully elected community councillor, I became aware of the void between the Community Trust and the Community Council that needed to be filled. I identified the need for mutual co-operation between the two groups which is why I volunteered to fill the post of Liaison Officer.'

Craig added 'I look forward to helping to bind the two groups in their mutual goals to serve our community and strive to allow Stratherrick and Foyers prosper, not only for the present but well into the future.'

Catriona Fraser, Chair of the Trust said 'The position has been vacant for a while and I am delighted that Craig feels able to take on the dual role. As a past Chair of the Community Council myself I know we really need someone to link the Trust and the Council. Craig cares deeply about this community.'

As a Community Council Liaison Director Craig is a full member of the Trust Board. Craig joins Catriona, Ken Sinclair, Whitebridge; Maureen Maguire, Foyers; Christopher Gehrke, Inverfarigaig; Gareth



Jones, Errogie; Maire Brown, Whitebridge; Susan Greer, Gorthleck; Mark Sutherland, Ault-na-Goire; and Malcolm Stewart, Foyers.

Catriona added 'The Trust now has a wide spread of directors, both in terms of their knowledge and homes across our communities. I applaud all these people who want the best for our locality and are prepared to volunteer themselves to steer the Trust.'

FUNDRAISER SUCCESS!

Stratherrick Clay Target Club have been busy developing their base at Abersky, Torness over the last couple of years. Funding from SFCT last year secured new toilet facilities and this year the Trust's Fundraiser Sharon has supported the club by applying for funding for rainwater harvesting to give the group a water supply.

Lesley Matheson, secretary of Stratherrick Clay Target Club said 'Thank you to Sharon Ferguson from Stratherrick & Foyers Community Trust for helping us gain funding for a project at Stratherrick Clay Target Club.'

Sharon has been brilliant as a Trust fundraiser, she has sourced funding for our latest project from the Great Glen Energy Co-operative fund that is managed by Foundation Scotland, which means we can continue to improve the club and grow its name in the community as well as keeping one of the longest known clay target clubs in Scotland up and running. To have someone local on hand who can help clubs or groups gain funds from the Trust or elsewhere is so valuable and much appreciated.

Stratherrick Clay Target
Club Committee

RIVERSIDE FIELD

Transport, event management and operational plans have now been completed and once agreed and submitted to Highland Council this will fulfil our Planning Conditions. Following the Landscape Design Consultation in

February, designs have now gone back to Horner MacLennan for final adjustments to be made. Once these have been finalised, the newly formed Steering Group will approve and the first “spade in the ground” shouldn’t be too far away. It’s been a long time coming for many but as you know these things take time.

The Steering Group will be taking the project forward with further consultation to follow with the community at large as well as continuing to liaise with the River Foyers Residents Group.

Further updates and minutes of the Liaison Group and the Steering Group can be found on our website.

ERROGIE CHURCH



Since gaining planning permission for phase 2 in October, we are keen to build up the activity levels within the building. Caroline has been working with local Artist Jacqueline Briggs to engage with the local school children and youth club to design a new stained glass window for the church, and the most recent workshop for this was held in the church in the middle of March – this was a fantastic experience for the children, and for many of them the first time they had been in the building! We have recently received funding from National Lottery to help with the cost of the design and construction of this new window.

Later this year the church will be hosting a wedding, and we also have an art exhibition lined up over the summer. We hope to have further activities throughout year, including workshops, talks and music sessions – keep an eye out for further information! If you would like to use Errogie Church, either as a community member or a group, please get in touch with Caroline by emailing pc@sfctrust.org.uk.

COMMUNITY GROWING PROJECT

Community Growing Project Wildside Polycrub

The recent Sunday Social at the Wildside Polycrub was a great success and offered a glimpse of what could be!

Thank you to all of you who came along and thank you to Toni from the Highland Good Food Partnership for coming along and supporting the event. We are now in a position to offer 2 plots within the Polycrub for those that might like one, either individually or as small groups.

Please contact Robbie at CAPOfficer@sfctrust.org.uk if you would like to be added to the list. Pop into the Polycrub anytime and check it out!



FOYERS BAY



As a result of the clearance work carried out last Autumn, some waste material was uncovered under the surface where the proposed slipway is to be built. The decision has been taken to pause the construction of the new slipway while investigative works are carried out and we identify the best method of removing and disposing of this waste.

While we work through this, the steering group have identified some other options for

making Foyers Bay more usable for the community, which we hope to make progress with this season:

- Installation of floating moorings in the loch
- Further landscaping works to improve the gradient of the existing slipway
- Introduction of an electricity bollard to enable boat users to carry out works on their boats

The steering group are very much looking forward to developing this space over the coming months so that the whole community can benefit from improved facilities on the shores of Loch Ness.

If you would like to become involved with this project, please contact either Malcolm Stewart by emailing Malcolm-dir@sfcstrust.org.uk or Caroline by emailing pc@sfcstrust.org.uk.

HOUSING

The Stratherrick and Foyers Community Trust have been awarded £227,535 to build two affordable homes for rent by Scottish Government. The remainder of the funds required will be from a drawdown of SSE funds. The homes, when built, will have a retail value of approximately £520,000.

The Trust are working with Communities Housing Trust (CHT). If successful the pilot may lead to more homes in the area, a key objective of the Stratherrick and Foyers Community Action Plan and Place Plan. The project will lead to four homes for affordable rent in the Inverfarigaig area, as part of six new homes in the area. Two will be available to buy. Catriona Fraser, Chair of the Trust, said, "Working with CHT we had completed a local needs analysis to back up the

findings in the CAP. It was while we were investigating the demand for the homes that an opportunity arose which the Board felt would meet an obvious demand. This will give us an opportunity to see if a partnership with CHT would deliver on the needs of the area long term."

"The support from CHT has been useful, particularly in an environment when building work and costs of material is extremely volatile. Their knowledge and expertise in the area of housing helped successfully get the funding from Scottish Government into the area.

The Community Council and Trust will give guidance on eligibility for the homes and CHT will manage the homes in the first instance. Pending any issues during building we hope people will be able to move in by the end of the year.

PLAYPARKS



Following consultations with the community in October last year and in February this year, we are very pleased to share with you that the equipment for the new play area at The Wildside Centre has now been ordered, and we are on track for the equipment to be installed in early May.

Thank you to everyone who came along and commented on the designs and the equipment options.

The equipment chosen is wooden to blend in with the surrounding landscape, and is suitable for all ages. There will be a bespoke wooden tree house, which will provide shelter and also a raised play area for imaginative play. Underneath there will be a platform, which will also provide options for hiding, exploring, or even just a quiet space!

We are also making the most of the mound located at the edge of the proposed area – this will be landscaped and we will be adding an embankment slide. A perfect way to utilise existing features!

The area will be completed with the addition of a log climber and a basket swing. We have ensured that where possible there are options for all abilities, while keeping it simple and appropriate to the natural landscape.

Keep an eye out for further updates on the progress of this exciting project!

THE WILDSIDE CENTRE



Wildside continues to be a hive of activity, with a steady number of community groups using it regularly. Remember you can book it for your own use too, and we hope to be sharing details of our new booking system with you very soon!

Over the Winter months, we had another successful Winter Wonderland event, a community Christmas party,

an eagle talk and a cookery workshop. The community growing group also welcomed people to the polycrub for a session led by Toni from the Good Food Partnership. Wildside has been open for community use every Wednesday since the beginning of January for members of the community to drop in, and we continue to have our monthly visits from Jane at Lyne Mhor Croft and the mobile library, and we now also have David from Strathnairn Seafoods stopping in on a Thursday morning each week, so please pay him a visit for your fresh fish.

The Trust team have been working behind the scenes on a number of further

improvements to both the Wildside building and the surrounding grounds, including replacing the disabled toilet, new windows, and further upgrades to the lights & electrics, which you have suggested to us. These will need to be budgeted and prioritised, and we hope to share some more details on what is proposed soon. If you would like to be involved in the Wildside Steering group please contact Caroline by emailing pc@sfctrust.org.uk

To find out what is going on at The Wildside Centre (and the wider community) remember to keep your eye on the What's on Calendar by visiting www.stratherrickcommunity.org.uk/calendar

HIGHLAND GATHERING 2024

We are pleased to share with you that The Highland Gathering at Corriegarth will return this year and will be held on Saturday 20th July. We already have a wide range of activities confirmed for this year, including bouncy castles, falconry displays, pipe band, and new for this year, ferret racing. The Highland dancers will be back again, including our very own youngsters, inspired by the original Highland Gathering event in 2022!

There will be lots for the whole family to see and do, and where possible we have involved local businesses – Christiane will again run a willow weaving workshop, and Sue will be running a taster 'Dance-fit' class too! There will be a craft and food market, showcasing local produce and crafts, so come and have a browse and pick some unique gifts.

More aspects of the event will be confirmed over the coming weeks, so if you would like to keep up to date with developments, please like and follow the event Facebook page - Highland Gathering 2024 | Facebook for more information.

If you would be interested in volunteering in the run-up and during the event, please contact Caroline by emailing pc@sfctrust.or.uk.

A collage-style event poster for the Highland Gathering 2024. It features several small images: a person in a red plaid shirt and a butterfly mask, a vintage tractor, a bald eagle, and a person in a kilt. Text on the poster includes: 'PIPE BAND/ FALCONRY DISPLAY/ VINTAGE VEHICLES/ FERRETS WILLOW WEAVING/ COMPETITIONS/ FOOD, DRINKS & CRAFTS ACTIVITIES FOR ALL THE FAMILY', 'SAT 20TH JULY 12-4PM', 'HIGHLAND GATHERING 2024', and 'CORRIEGARTH ESTATE'. The SFCT logo (Stratherrick & Foyers Community Trust) is in the bottom left corner.

PIPE BAND/ FALCONRY DISPLAY/
VINTAGE VEHICLES/ FERRETS
WILLOW WEAVING/ COMPETITIONS/
FOOD, DRINKS & CRAFTS
ACTIVITIES FOR ALL THE FAMILY

SAT
20TH
JULY
12-4PM

HIGHLAND
GATHERING
2024

CORRIEGARTH
ESTATE

SFCT
Stratherrick & Foyers Community Trust

WEBSITE SURVEY RESULTS!

We recently asked for community input regarding the SFCT website, in the form of another survey. I'm pleased to say that most of the feedback has been positive, and we are working on the points that have been highlighted.

Some of the points include site layout, how it is accessed and viewed by multiple device types in the area. If you missed the opportunity to share your thoughts regarding your experience when viewing the website and would like to have your say, please email communications@sfctrust.org.uk

In addition to this, we have recently updated the photo gallery on the website and added a new page 'SFCT TV', where you can view the recent videos that we have produced. If your group would like a video created, please email marketingofficer@sfctrust.org.uk and we can discuss it further.

Finally, to follow us on Facebook, you can find SFCT updates via the QR code here. Please like the page for regular posts.



Most of our updates are shared to the two main local Facebook Groups, 'Stratherrick & Foyers Community' and 'The Real Stratherrick & Foyers Community Page', which are independently run, not directly by SFCT.

Thanks to those who helped fill out the survey, it has been very useful feedback.

Calum Martin
Marketing Officer

GRANT AWARDS NOTICE OCT 2023 – MAR 2024

The following grants were awarded at the Board meetings held on the 6th December and 7th February

STUDENT/EDUCATIONAL GRANTS

£500 awarded to:

Alannah Graydon, Raine MacGruer,
Gill Gray, Maureen McGuire,
Robbie Stuart, Jessica Main,
Grant MacGruer

£400.00 awarded to:

Lisa Stuart

The following awards were made to:

Non-constituted Grants

Wildside Baby & Toddler Group - £1000.00

Further details of the grants awarded are recorded in the minutes of the meetings available on the Trust website

www.stratherrickcommunity.org.uk

The Grant Application Forms and further information are available on the Trust website

www.stratherrickcommunity.org.uk

or email

admin@sfctrust.org.uk



CASEY BURTON

The UHI flexible learning option is a great way for Casey to continue her equine studies without the need to stay away from home at a young age. Whilst most of the course is flexible learning, Casey still needs to attend practical sessions and assessments every 2 weeks and given the spread out and remoteness of the Highlands, our nearest one is still a considerable distance from our home. The grant has provided essential financial support with travel costs to and from our home in the Strath to the nearest UHI approved practical assessor. Casey continues to do well with her studies and is hoping to complete the NC earlier than planned and move on to the HNC during 2024.

Thank you to the Trust for providing the grant.



LINDSEY MCNAUGHTON

Over the last six months, since receiving the grant for the Sound Baths it has been greatly received by many people within Stratherrick and Foyers. Lots of the attendees at the Group Sound Baths at Gorthleck Hall have said how relaxing and invigorating the classes are, and how it has been helping to manage their stress. There have also been several smaller group sessions giving focus on that group's particular needs such as pain management, stress reduction and to help aid deep sleep. Many attendees have expressed their thanks that this has been subsidised by the Trust and that it's a much-needed well-being aid in the area.

SARAH FLANAGAN

The student grant from SFCT has helped me massively with the financial aspects of my course. I am studying for a HND in Integrative Counselling, at the end of which I am eligible to join the national register of counsellors and psychotherapists. An element of my training is registering as a student member of the association, which the grant helped to pay for. Also an element of my course is practising as a student counsellor and paying for fortnightly professional supervision. The money from the grant has also helped me with some of this cost.

I really appreciate the support from the community and it has helped to make my studies more financially viable.



WHITEBRIDGE HOTEL

Team Whitebridge are all geared up for the busy season ahead, our annual maintenance is well under way and the old girl is looking as lovely as ever!

We are delighted to be welcoming more new local people to our versatile team of hospitality professionals. Our reputation for authentic highland hospitality continues to grow and develop and our online reviews and guest book is a constant reminder to us that we have a wee Highland gem!

Having a workforce that's predominantly made up of local people is one of our priorities, as we believe this makes a stay at the Whitebridge Hotel an authentic Highland experience where travellers get first-hand knowledge of the local area alongside a friendly, welcoming face.

If you are interested in the hospitality industry and would like to be considered for a role, we are very keen to hear from you. We are flexible employers

who take into account that some people require shifts that fit with other commitments. We operate a diverse team and encourage everyone to be their authentic self, where their views and skills are valued. Fun is high on the agenda alongside a healthy attitude to hard work. Many of our staff say that working at the Whitebridge has been an effective way for them to meet people and many have built friendships.

As we reflect over the past few months, we have successfully delivered on a few memorable events, first up is our much-loved Burns Supper. This was celebrated in true Highland style; in attendance were many local people who also took on roles and enjoyed the evening of lyrical jam and song. Everyone got into their best clobber in celebration of our National Bard. We are committed to keeping this event as authentic as possible and therefore keen to hear from local people who would like to take part in the next one.

To kick off our 2024 season, we had live music from Dave Rudge on 2nd March – yet another night of fun and frolics, we danced and sang the night away to some old classics whilst enjoying a wee drink or two... Dave will be back in September, keep your eyes peeled on our facebook page – Whitebridge Hotel - for upcoming events.

Mother's Day was a busy one as always – we hosted many

lovely families, couples and most importantly – Mammies. We got our Dummy (Gertrude) all dressed for the occasion in her posh frock, she sat in the entrance hallway and greeted all our guests. Our creative kitchen team produced a mouthwatering Mother's Day menu that was fit for all deserving Mammies. Once again it was lovely to see so many local people enjoy this experience. Thank you for bringing along your cute chubby faced babies, they painted a smile on the face of our hardworking front of house team!



Our Long Table dining experience has been a hit with both locals and travellers - it's the perfect way to meet new people or simply catch up with people in your community. If you choose to sit at the long table, you can meet people informally – maybe you fancy going out for meal but no-one you know is free that day? Or maybe you are a couple who enjoy socialising together? The Long Table is open to anyone over 18, making it both inclusive and interesting. The Long Table will be hosted by

Bella & Lesley so there will be a friendly/familiar face to welcome you. We do hope this has piqued your interest; get out of the house and join The Long Table for some friendly chat. You never know, we may have a few giggles along the way!

Our Locals discount card has also been a welcomed offering – The 10% discount is our way of thanking the community for the year-round support. If you would like to make an application for the discount card, simply pop in and fill out the application form with your proof of address. Should you wish to use your discount card when dining with us, please ensure you have it on your possession for tendering when paying your bill. If the card is not tendered the discount cannot be applied – our team are not aware of every person who has a discount card. Your Locals discount card can be used against food when dining with us any day of the week including Sunday roast, however, excludes events and special promotions.

Sunday Roast at the Whitebridge continues to grow in popularity, again our skilled kitchen team deliver on what many say “the best roast on the Loch”- we do like our chilled Sunday service, the combination of easy listening music and a cosy warm pub is the perfect tonic for a relaxing Sunday. We serve Sunday Roast between 12pm and 7:30pm... come and enjoy the feel-good vibe our old bar has to offer. Booking is advisable.



We hope you are all enjoying the takeaway service that's on offer Monday to Saturday – 5pm to 6:30pm. The feedback so far has been good and very encouraging, let's hope we can keep it going a while longer before the summer season begins! The takeaway menu can be found on our Facebook page. All you need to do is give us a call with your order and we will allocate a time slot between 5pm and 6:30pm.

As we move forward into yet another busy season, we remain focused on delivering quality hospitality on the beautiful South Loch Ness. We are actively promoting all the wonderful things this side of the Loch has on offer through our social media and word of mouth – We believe that South Loch Ness is deserving of having a firm standing on the tourist map and therefore, banging the South Loch Ness drum is high on our agenda this year. We are committed to promoting other businesses

in the area that are delivering on quality and offering a warm welcome to travellers. We believe that supporting the local economy in this way will develop positive working relationships with other providers which in turn will create supportive networks within the tourism community as well as giving our travellers some informed choices on what is available.

We would like to thank SFCT for the “Walk the Walk” publication, this has been instrumental in supporting us to offer detailed walks and cycle paths to our guests, accessing the maps and guide using the QR code on the poster makes it easy for everyone... And stops us giving the wrong directions!!

We do hope this wee article has inspired you to come along and enjoy a visit to The Whitebridge Hotel, where you will always be met with a friendly welcoming face!

Lesley Renton



FOYERS LODGE

After a very busy winter of changes and improvements at Foyers Lodge, we're absolutely delighted to be open again for our 2024 season.

As we welcome a number of new members of staff to the team, we're excited to announce that we're now able to offer table/s for dinner to non-residents every night. So if you fancy a nice meal out why not get in touch and come and visit us? Our



FOYERS LODGE LOCH NESS

menus are available in the 'Food & Drink' section of our website – www.foyerslodge.co.uk – where you'll also be able to learn a little bit more about what we do.

Non-resident diners are very welcome to arrive early and enjoy drinks in our bar or perhaps the garden when the weather is good. You'll travel far and wide to find a better view looking out across our treasured Highland landscape with a lovely cold drink in your hand.



Call us on 01456 486351 or e-mail reservations@foyerslodge.co.uk to make arrangements as booking is essential.

You can follow us on Facebook/Instagram and TikTok @foyerslodge for updates.

We look forward to welcoming you!

Anna, Phil, Vanessa and the team.

Photo credit: Emily Sandifer

DANCE-FIT

*If you like a bit of boogie,
Getting down and jiggy with it,
Then why not join the party,
Come on down and get Dance-Fit!*

It's not about whether you can dance or have coordination, it's about having fun with like-minded people and leaving your inhibitions at the door!

45 mins of Dance-Fit and then we move on to doing 30



minutes of toning combined with some Pilates and stretching but, this section is optional so if you don't want to stay you don't have to, or, if dancing is not your thing but you like the sound of the toning part, then just come along to that.

The classes are held on Mondays 7pm Stratherrick Hall, Gorthleck

£6.50 for both sessions or split £4.00/£3.50 respectively

Make sure you wear trainers, comfortable clothing to exercise in & bring some water.

Contact Sue on 07824387162

Sue Fisher



MORAG'S CRAFTY BOTHY

Morag's Crafty Bothy has been closed for the winter but behind the scenes I have been very busy selling my sheep and Highland Cow tableware in my Etsy shop online. You can purchase them and other gifts at the Bothy so you're welcome to come and browse. I will open on Wednesday 27th March from 11am to

4pm. Wednesday to Saturday. You can book a painting session by phoning 07592 604249 or just come along.

Nancy's Nook Tearoom will be open then too. The tearoom is open to all including folk who don't want to paint, you can enjoy the peaceful surroundings after a lovely short walk to the Falls of Foyers serving hot/cold drinks, cakes, scones and the famous Loch Ness ice cream.

Nancy's Nook is a pleasant place to sit in and admire all my lovely Mum's collection of blue and white china. I placed them in the little summerhouse in memory of my wonderful Mum, Nancy, who was very proud when I started up my little business

10 years ago in April 2014 but she sadly passed away in October that year. I'm looking forward to welcoming my customers old and new this year.

As some of you know I'm officially 'retired', that is the consensus anyway! So, on that note I will only opening 4 days a week, Wednesday to Saturday inclusive, however if you wish to book a birthday party, Hen party or a group painting session I can accommodate your request on those and other days.

To book Call 07592 604249 or email moragscraftybothy@outlook.com or message me on Facebook or Instagram. See you all soon,

Morag.

USEFUL CONTACT NUMBERS

MEDICAL & EMERGENCY

FOYERS MEDICAL CENTRE: 01456 486224
Website: www.foyersmedicalcentre.co.uk

NHS 24: Phone 111

POLICE - Non-Emergency or to report a crime: Phone 101

MEDICAL, POLICE, FIRE, LOCH OR ANOTHER EMERGENCY: Phone 999

FOYERS FIRE STATION (Non-Emergency): 01463 240999

POWER OUTAGE SSE Power Cut Helpline: Phone 105

POTHoles & FLOODING

To report a fault including potholes or flooding telephone either:

Tel: 01349 886601 (Office Hours Mon-Fri)
Tel: 01349 886690 (Evening & Weekends)"

WINTER PHOTO COMPETITION WINNERS

We had the most successful response to our Winter Photography Competition! With over 90 entries, we narrowed it down to 12 (it could have been more) and we left it up to you! The Winner was Karla Stewart! Congratulations! It's a cracker!

Thank you to all of you for every entry! We have uploaded a selection onto the new Photo Gallery on the SFCT website. So, take a look and see what you think. We live in the most stunning location!



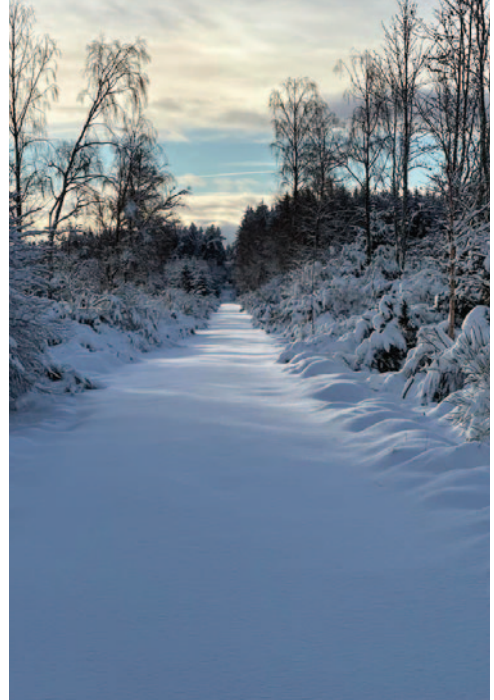
Louise Lightbody



Alliona

The Spring Photography Competition is now live until the 21st of June with the theme 'New Beginnings!' Please send your entries to communications@sfctrust.org.uk and include your name. You can also submit via our Facebook posts if you are on social media!

Thanks!



Ben Marshall



Beatrice Hadwin



Pat Durand



Morag Pickthall



Kim Burton



Karla Stewart - Winner

HELLO Spring

PHOTOGRAPHY
COMPETITION 2024!



'NEW BEGINNINGS'

SUBMIT YOUR PHOTOS NOW FOR SPRING!
THINK FLOWERS, WILDLIFE, PLANTS OR YOUR
INTERPRETATION OF 'NEW BEGINNINGS!'

PHOTOS MUST BE FROM THE
STRATHERRICK & FOYERS AREA!

PHOTOS WILL BE USED IN FUTURE
MAGAZINES/NEWSLETTERS & ON THE WEBSITE.

16 & UNDER WINNER - £20 CASH PRIZE
OVER 16'S WINNER - £20 CASH PRIZE

DEADLINE - FRIDAY 21ST JUNE 2024
SEND YOUR ENTRIES INCLUDING YOUR NAME TO
COMMUNICATIONS@SFCTRUST.ORG.UK
OR SUBMIT ON THE FB POSTS



LOCAL PRODUCE DAY!

Jane of Lyne Mhor Croft will be back on the first Wednesday of each month at The Wildside Centre from 11am-12:30pm selling fresh local produce straight from the croft! There are lots of different things each month from pork burgers to rolled joints, ribs, sausages, eggs and lots more! So pop down and support local in 2024!

- 1ST MAY
- 5TH JUNE
- 3RD JULY
- 7TH AUGUST
- 4TH SEPTEMBER
- 2ND OCTOBER
- 6TH NOVEMBER

If you think you might have some homegrown produce surplus to requirements, maybe seedlings you have grown but you don't need them all, then how about come along, join Jane and sell your produce. Please email communications@sfctrust.org.uk and we will get you involved!

OPEN BOOT
LOCAL PRODUCE DAY

*Sausages & Burgers
Mutton & Honey
Fresh Pork*

FIRST WEDNESDAY OF EVERY MONTH
THE WILDSIDE CENTRE WHITEBRIDGE
LYNE MHOR CROFT-
11AM-12:30PM
#SHOPLOCAL AND SAVE ON FOOD MILES!

IF YOU WOULD LIKE TO BE INVOLVED IN LOCAL PRODUCE DAY PLEASE EMAIL: ADMIN@SFCTRUST.ORG.UK



JOIN THE TRUST

If you would like to become a member of the Trust then please go to www.stratherrickcommunity.org.uk/join-the-trust/

MANY THANKS TO OUR FUNDERS

This newsletter is made possible by community benefit funding from SSE Renewables, Greencoat and Green Highland Allt Luaidhe (228) Limited.



Explore our local area

WALK THE WALK



Using the camera on your smart device, scan this code to view a selection of local walks.

<https://www.stratherrickcommunity.org.uk/walk-the-walks/>