



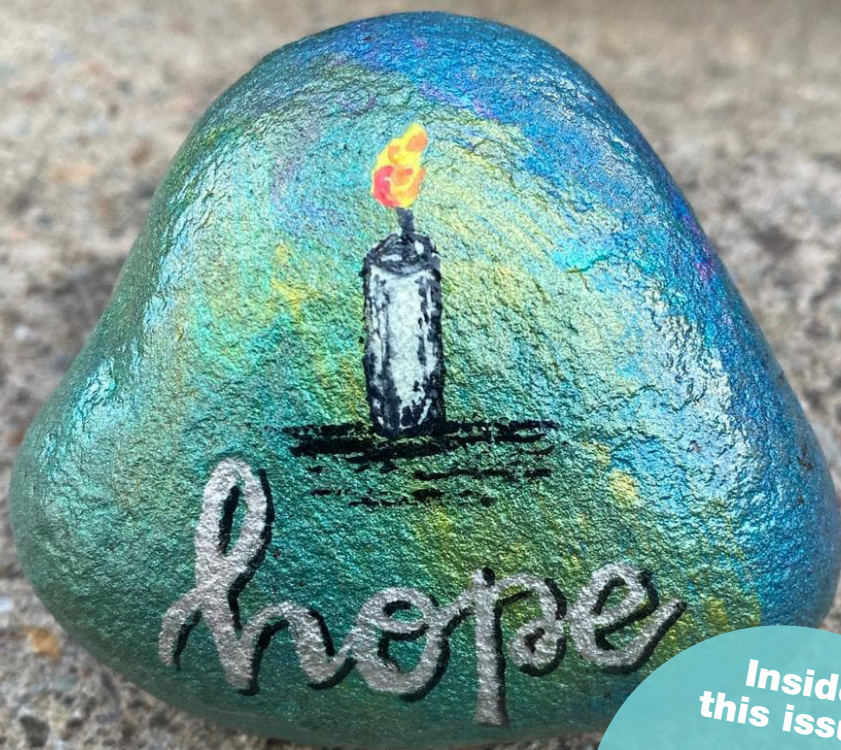
strathnairn news

Strathnairn Community Newsletter

Cuairt-Litir Shrath Narann

Issue 113, February 2021

www.strathnairn.org.uk



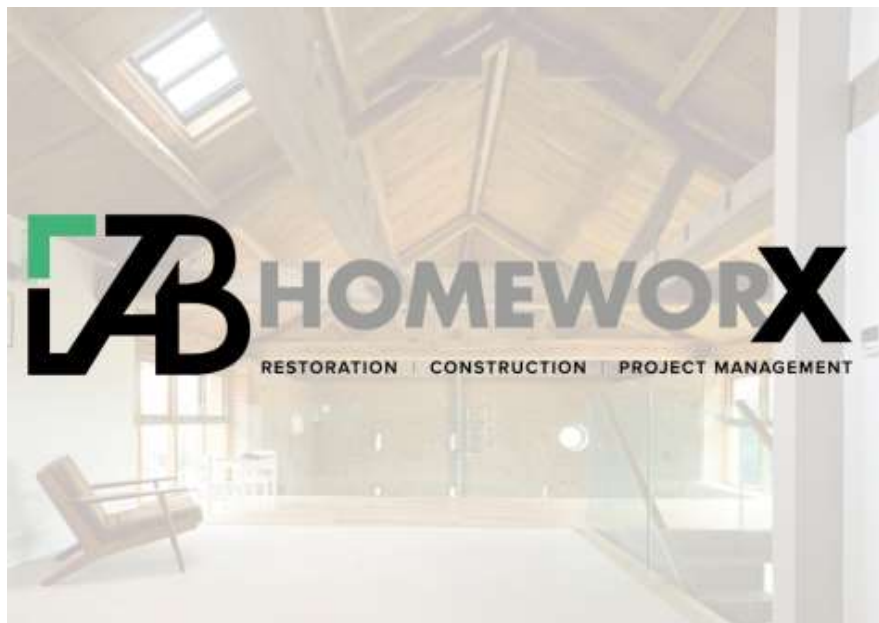
**Inside
this issue:**

NEW HEAD
TEACHER AT FARR

REPORT
ROAD DEFECTS

FEARNAG
GROWERS

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Editor's note

Happy New Year from all the Editorial Team! Let's hope for a more positive 2021. We all hope every member of our community is managing to stay safe and well.

In this issue you will find the usual community news, alongside the most up to date Scottish Government Guidance on Coronavirus (COVID-19) at time of going to print. If you have any photographs, recipes, stories or good news you would like to share with the community, please send them through!

In these difficult times we are here to help, so please do not hesitate to contact our Editor, Caroline Tucker, on 01808 521464 and she will try and help. If she is not able, she will try and assist by finding a more suitable contact.

The next newsletter deadline – Monday 29th March 2021.

Please note all dates and times published are correct at time of going to print, and please ensure all submissions are non-political and unlikely to offend.

Front Cover Photograph: Hope!, courtesy of Bec Raynes, King's Strathnairn
design&print: mmsalmac.com · tel: 01343 551234



Strathnairn Community Council

General Meeting Number 284 by Zoom Web

Meeting 7.30 pm

Monday 16th November 2020

Minutes

SNCC Members Present – James Murray (Chair), Phil Mackintosh [PM], Neil Spence (Hon. Sec) [NS], Ian Hunt [IH], Ian MacLean (Treasurer) [IM], Jonny Porteous [JP], Jayne Brinkworth [JB], Ali MacQueen [AM], Tim Rose [TR].

HC Members Present – Cllr Caddick [CC], Cllr Davidson [MD], Cllr Jarvie [AJ]

Members of Public Present – 2 members of the public were present.

Minutes

1. Apologies - Cllr Gowans, Alan Martin (Could not access meeting).

2. Approval of Minute 19th October 2020 - Proposed IH Seconded JP.

3. Declaration of Interests

IH advised the CC that as Chair of the Community Benefit Fund he would not take part in discussions relating to the SCBF unless he deemed it pertinent to do so.

4. Matters arising from Minute

Item 4 Mobile home at Balnafoich - No information has been received from HC. Follow up is required.

ACTION IH.

Item 4 Air Traffic Control proposals - As the consultation had ended this was not pursued.

Item 11 Winter Resilience Plan – Item to be prepared for December Newsletter **ACTION JM**

Item 11 Snow clearing of footpath. It is unlikely that HC will be able to provide a path clearing machine but grit bins/dumps could be provided for community use. **ACTION IM**

Item 14 – Farr Hall. Farr hall had not yet re-opened so hall management to be asked about plans for re-opening. CC advised that school halls had not re-opened but guidelines were being developed.

ACTION JM

5. Community Policing Report - A report had been circulated prior to the meeting.

6. Financial Report

Bank accounts were now transferred to the new signatories. Balance in bank £3346.01, there had been no payments in the month and 1 payment outstanding.

7. Planning Application and updates

2 new applications – Part demolition of steading and conversion to form 2 houses at Culdoich, Clava; Erection of 3 houses SW of Free Church, Farr.

1 application approved – Alterations at Gask House, Farr.

1 application refused – Erection of 2 holiday cabins Solas, Farr.

2 application withdrawn – Erection of 4 houses SW of Free Church, Farr; Erection of house west of Windyhills, Achlasachaille, Farr

Planning breach at Lairgandour, Daviot – Highland Council have confirmed that some activities at this site are not covered by existing planning consent and are pursuing this with the operator. The CC resolved that as it does not meet in December any planning application for this site in the interim would be objected to by IH. 6 votes in favour. **ACTION IH**

8. Windfarms

a) Farr WF - There was no progress to report on this.

b) Aberarder WF - There was no progress to report on this.

c) Glenkyllachy WF - Strathdearn Community Council has signed an agreement with Innogy and it is hoped that SNCC would shortly be at this stage also. **ACTION PM JB.**

9. Telephone kiosk at Dunmaglass. - BT has advised that a consultation is underway on whether the kiosk should be reinstated but the community council had not yet received any invitation to comment. Following discussion it was agreed that there was no strong case for retention as a telephone kiosk but it should be retained for some future community use. Alison Clarke at HC was the expert on telephone kiosks and should be contacted. **ACTION NS**

10. Inverernie Road Improvements - There have been a number of complaints about the road and path improvements at Inverernie, especially around the question of priority for traffic. Following discussion it was thought that the present system should be given time to bed in and that the installation of priority signs would be confusing. The Community Council would ask Highland Council to look at improving the marking of the road narrowings. **ACTION IM**

11. Winter Resilience Plan - Item to be prepared for Dec. Newsletter **ACTION JM**

12. Strathnairn Development Company This item was taken at the end of the agenda - Paul Robinson from SDC explained that production of a business plan for the company had been delayed due to the Covid 19 pandemic. When the business plan is in place it will be possible to attract funding for a development officer who would, with community participation, identify projects and a plan their implementation. To help facilitate the process Community Councillor Jayne Brinkworth was asked to assist Paul Robinson. It was noted that as we move out of the current pandemic there will be opportunities of funding from Covid 19 recovery funds for development projects.

13. Highland Council Ward Boundary Review - The community council boundaries will not be affected by these proposals but the mostly rural nature of the current Ward 12 would be changed to incorporate a significant part of Inverness city (Lochardil, Upper Drummond and Lower Drummond). Inevitably these areas of Inverness would be given priority over the rural areas. Ward councillors in attendance were not in favour of the changes. The consultation ends on 25th January 2021.

14. Minute Secretary for SNCC. There had been no expressions of interest from the notice placed on the Strathnairn Community Facebook Page. It was agreed to place further notices on social media including Stratherrick and Foyers page. **ACTION IM**

15. Correspondence received. (via email unless indicated otherwise.)

a) Highland Council- Covid 19 Business Hardship Fund- Applications invited.

b) Flat Earth Society, Inverness – (dis)Information about Coronavirus Pandemic.

c) Highland Council – Consultation on Policy for Housing in the Countryside.

d) BT- Various communications regarding telephone kiosk at Dunmaglass.

16. List of Events, Meetings and dates for attendance and interest.

a) Community Insight - Welfare Reform Digital Conference – COVID 19 Impact on Benefits | Broadcast Live | Monday 23rd November.

- b) Councillor Davidson – Ward 12 Community Councils Virtual Meeting, Thursday 3rd December at 3.30pm. **ACTION JM and IH to attend**

17. Questions from members of the Public - There were no questions from members of the public.

18. AOCB

- a) MD advised that reopening of halls is a matter for management committees but Highland Council would be issuing guidance.
- b) Strathnairn Community Benefit Fund and its relationship with the Community Council was discussed. IH explained that SCBF was now a member organisation with membership open to all individuals in the community who then elected a management board of up to 12 of which 3 could be community councillors. The community council felt that communication between SCBF and the Community Council could be improved and IH undertook to take this back to the SCBF board.
- c) JP suggested that it would be useful to put details of how to report roads issues on the community website to help in reporting these to Highland Council. **ACTION NS**

19. Date of the next CC Meeting [285] – Monday 18th January 2021

The Community Council is required to issue the agenda 7 days before the meeting. To be certain that an item can be included please make sure that it is submitted ten days before our meeting is due to take place.

Copies of this agenda and the minutes of Community Council meetings are circulated by email. If you would like to receive a copy your email address can be added to the circulation list by application to secretary@strathnairncc.com.

The meeting closed at 9.30pm



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Please contact Caroline on 01808 521464
or Email caz_mackenzie@hotmail.com

Your Community Councillors:

The Community has a website – www.strathnairn.org.uk where full details are available. There is also a closed group <Strathnairn> on Facebook where useful day to day information is posted. As a closed group access is restricted to locals and once you have visited the page you will need to ask to join. That way your Facebook page will enable you to be notified of any disruptions and late news

| | | | |
|-----------------|----------------|--------------|--|
| James Murray | Chair | 01808 521205 | murrayjames@hotmail.co.uk |
| Neil Spence | Hon. Secretary | 01808 521311 | neil.spence@strathnairncc.com |
| Ian Maclean | Treasurer | 07843 685619 | ian.maclean@strathnairncc.com |
| Ali Macqueen | | 07707 304585 | ali.macqueen@strathnairncc.com |
| Ian Hunt | | 01463 772094 | ian@strathnairncc.com |
| Isobel McQueer | | 01808 521474 | isobel@strathnairncc.com |
| Jonny Porteous | | 01808 521303 | jonny.porteous@strathnairncc.com |
| Phil Mackintosh | | 07787 155390 | phil.mackintosh@strathnairncc.com |
| Tim Rose | | 07940 832581 | tim.rose@strathnairncc.com |

Your Highland Councillors

Strathnairn is part of Highland Council Wards 12 (Aird and Loch Ness) & Ward 19 (Inverness South). Addresses & telephone numbers are available at www.highland.gov.uk

Ward 12 Aird and Loch Ness

| | |
|------------------------|--|
| Cllr Helen Carmichael | helen.carmichael.cllr@highland.gov.uk |
| Cllr Margaret Davidson | margaret.davidson.cllr@highland.gov.uk |
| Cllr Emma Knox | emma.knox.cllr@highland.gov.uk |

Ward 19 Inverness South

| | |
|------------------------|--|
| Cllr Carolyn Caddick | carolyn.caddick.cllr@highland.gov.uk |
| Cllr Ken Gowans | ken.gowans.cllr@highland.gov.uk |
| Cllr Andrew Jarvie | andrew.jarvie.cllr@highland.gov.uk |
| Cllr Duncan MacPherson | duncan.macpherson.cllr@highland.gov.uk |

Other useful numbers:

| | |
|--|------------------------------|
| Daviot Primary School - 01463 772226 | SCATA Bus - 01808 521321 |
| Farr Primary School - 01808 521246 | NHS 24 – 111 |
| Daviot Hall booking – 01463 772228 | Police - Non-Emergency – 101 |
| Farr Hall booking - 01808 521346 | |
| SCBF – www.strathnairncbf.com , cossec@strathnairncbf.com , 07858 688355 | |
| Care in Strathnairn: Kathy Collins (Chair) – broncy53@gmail.com , Derek Rose (Community Contact Officer) – 07800 796106/ 01463 772240 | |

What's on!

As we are still restricted in what we are able to do, unfortunately there are very few events within the Strath.

We are however, pleased to share with you the dates of two upcoming AGM's:

SCATA AGM will be held on **Thursday 4th March at 7pm**, on Zoom. Please contact Donna Haldane by emailing donna.haldane@btinternet.com in advance to arrange an invite.

Strathnairn Community Woodlands AGM, which will be held on **Monday 8th March at 7.30pm**. Due to Covid, this will be held online – for more information on how to join the meeting, please contact Davy via strathnairncommunitywoodlands@gmail.com



Summarised Coronavirus update from the Scottish Government

At the time of going to print, Highland remains in Level 4 – Lockdown – with guidance to stay at home, except for essential purposes. In summary, this means:

Inside people's homes

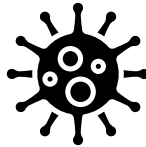
- Do not meet people from any other households in your home or another person's home socially, unless they are in your extended household
- These rules also apply to children
- Children whose parents do not live in the same household can move between homes, as can non-cohabiting couples
- Very limited exemptions apply for childcare, and for tradespeople

Private gardens or public outdoors spaces

- You can only meet people from another household outdoors and in indoor public spaces for certain reasons, such as for work, to join your extended household, for sport, exercise, or to provide care and support for a vulnerable person. This can include providing emotional support for someone whose wellbeing is at risk, including for those who are isolated because of disability or a caring situation.
- A maximum of 2 people, aged 12 and over, can meet outdoors for a permitted purpose, if they are not from the same household.
- Children under 12 do not count towards households or numbers when meeting outside.
- Children under 12 do not need to maintain physical distance from others indoors or outdoors.
- The members of an individual or extended household can meet outdoors for sport, exercise or social interaction.

Travel, Transport & Car sharing

- To minimise the risk of spreading the virus, we should all stay at home as much as possible and avoid unnecessary travel. By law, in a level 4 area, you can only leave your home (or garden) for an essential purpose.



Working

- If you are able to work from home, you must do so wherever possible. Under current rules you need to have a reasonable excuse for leaving the house. This only includes going to work if that work cannot be done from home.

When out of the home environment you should:

- Wear a face covering
- Avoid crowded places
- Clean hands and surfaces regularly
- Stay 2m away from other people
- Self-isolate and book a test if you have COVID-19 symptoms

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of any or all of:

- New continuous cough
- High temperature
- Loss of sense of smell or taste

Note: A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

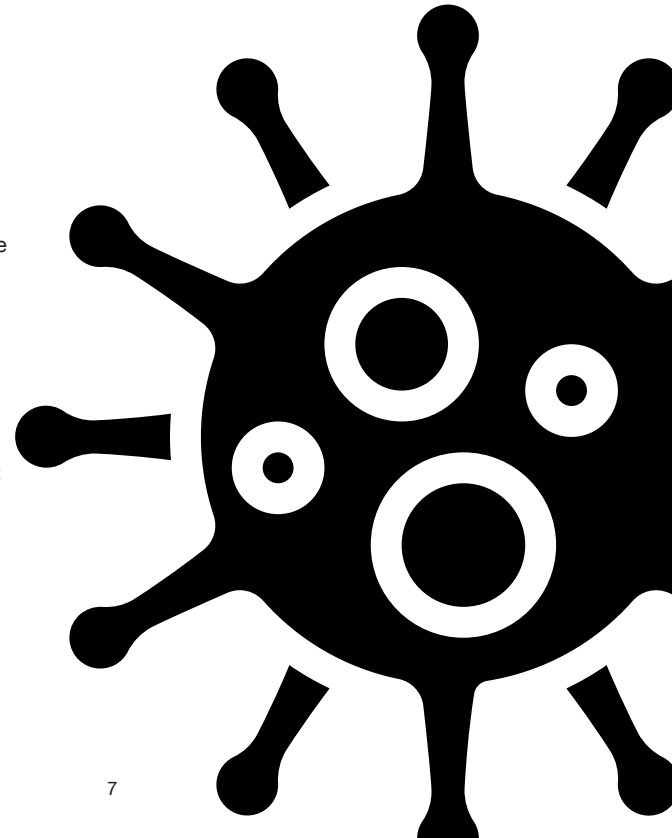
For most people, coronavirus (COVID-19) will be a mild illness.

If any ill person in your household has not had any signs of improvement and have not already sought medical advice, they should contact NHS 111 online. If your home has no internet access, you should call NHS 111.

Coronavirus Vaccinations

Vaccinations are now taking place across Scotland, with priority being given to the most at risk, including those over 80, Carehome residents and frontline health & social workers. You will be notified by your GP when you are eligible, and at this time more information will be given about the vaccination itself and where the vaccine will take place. For more information please visit Coronavirus (COVID-19) vaccine | NHS inform

Please note that all Coronavirus (COVID-19) information is correct at time of print, for more up to date information on Coronavirus (COVID-19) visit: <https://www.gov.scot/coronavirus-covid-19> and <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>



Daviot & Dunlichity Church

Welcome to 2021! Happy New Year! I know by the time you read this we will be well into 2021, but the sentiment remains the same and we all look forward to better times this year. However, not everything was bad in 2020, and we learned how to live without constant busy-ness and movement. We learned to appreciate each other's company and the magnificent countryside we live in. Simple pleasures like walking and cycling became popular and we are all the better for it! At the same time, we all had to learn to become more proficient with technology – even I can do zoom!! Then at the end of the year we celebrated Christmas. Thanks to the wizardry and technical expertise of Ben Hesling we were still able to celebrate Christmas together, and I must say I was truly humbled and impressed by everyone who volunteered to take part in our Christmas celebration – so thank you so much everyone from all ends of Strathnairn for taking part. We had so much enjoyment doing our bit, and it looked as if everybody else who took part enjoyed it too. Thank you for making Christmas as special as usual.

Of course, there were downsides to 2020, and for all those who were affected by the awful coronavirus, we commit you to God's mercy and peace, and pray for all the doctors and nurses who are working so hard and tirelessly to help the suffering. As time passes, and conditions ease, we hope, we thank God for the skill and persistence of scientists, who will help us out of the restrictions we have to face at present.

One of the restrictions, of course, is that we cannot worship together in our church. We have really missed that. However, in the meantime, Rev Robert Brookes has been producing his services on paper. You can find them on the website, or on our Facebook page, or Robert can email you direct, if you let him know – or if you'd like me to print you off a copy, just let me know. Robert had started services in Cawdor church which were videoed and available on Youtube. Unfortunately, that has had to stop again. But again, if the present restrictions work, and conditions are able to be relaxed, it will start up again.

So we have had our ups and downs, and as I write, things have not yet settled, but we look forward in faith and hope. As I look out of the window I see a bright day, the snow glistening in the sun. I look forward to a bright new year, glistening with promise of better times.

Kathleen Matheson, Session Clerk, Daviot & Dunlichity Church

SCATA Trustee Appeal

The Community Council is making an appeal on behalf of Strathnairn Community Access and Transport Association (SCATA) for volunteers to take on the role of non-executive trustees.

The association provides a transport service for individuals, other charities, local clubs and groups, and Farr & Daviot Primary Schools. SCATA is a registered charity and is financed by donation and from grants provided by Highland Council and Strathnairn Community Benefit Fund. The day to day running of the SCATA service is the responsibility of a co-ordinator so the role of trustee would only require attendance at one meeting of the Association per year and providing advice and support to the management committee when required.

If you feel you could step up and support SCATA and the community by undertaking one of these positions please contact secretary@strathnairncc.com

Road Defect Reporting

Road maintenance is the responsibility of Highland Council, including potholes, damage to road markings, pavements, drainage, bus shelters and more.

Any road defects should be reported to Highland Council by using the link on their website (from the Highland Council Home Page go to 'Report a problem' then under 'Roads & Pavements' select 'Potholes') or phoning 01349 886601. In an emergency telephone 01349 886690. Trunk Road defects should be reported to BEAR Scotland by telephoning 03300 080520.

It is extremely important that all road defects are reported as soon as they appear as this will ensure that they are dealt with as quickly as possible. Early reporting can avoid accidents occurring and can assist anyone incurring damage as result of road defects in pursuing a successful claim. Highland Council will reject claims resulting from defects which have not been previously reported.

Farr Baby and Toddler Group

Due to the most recent restrictions we are, again, unable to meet as a group, but the good news is we can still meet up virtually! Find us on Facebook under Farr Baby and Toddler Group or email me at the address below.

Everyone is welcome to the group with children aged from birth to pre-school. We meet on a Thursday morning during term time.

As soon as we are able, we look forward to getting out and about again, and of course once Farr Hall is able to open we will resume our meetings there. We will keep you all up to date on this as soon as we know any new information.

If you would like more information please feel free to contact Jennifer Brown on Facebook or email jennnewton9@yahoo.com.



Strathnairn's Little Silver Bus



The ongoing Coronavirus situation is concerning to us all. The Government's advice is constantly updating, to keep us safe. Don't be stuck, phone if you need a chat or assistance - Give Donna a call on 01808 521321. (I will get back to you if I miss your call, make sure you leave a message)

AGM - Thursday 4th March 2021, 7pm by Zoom (please contact donna.haldane@btinternet.com in advance to arrange an invite).

Sheep Worrying

At this time of year it is vitally important that dogs are kept under control around sheep, as any chasing or attack could cause them to lose their unborn lambs.

Here is a summary of the key points of legislation affecting dogs around sheep in Scotland, to help you feel confident that you and your pet are staying within the law when in farming areas.

Under the **Dogs (Protection of Livestock) Act 1953**, if a dog worries sheep on agricultural land, the person in charge of the dog is guilty of an offence. The Act considers sheep worrying to include attacking sheep, chasing them in a way that may cause injury or suffering, abortion or loss of produce or being at large (not on a lead or otherwise under close control) in a field or enclosure in which there are sheep.

Under the **Land Reform (Scotland) Act 2003**, access rights do not allow members of the public on to land with a dog which is not under proper control.

The **Scottish Outdoor Access Code (SOAC)** offers guidance for people enjoying the countryside with their dogs and says: "In exercising access rights, you must keep your dog(s) under proper control. You must also ensure that your dog does not worry livestock." The Scottish Outdoor Access Code says 'proper control' means different things in different situations, but when around sheep you should:-

- Not take your dog into a field where there are lambs. Go into a neighbouring field or onto adjacent land. In open country, keep your dog on a short lead (2 metres or shorter) when there are lambs around and keep away from them.
- Keep your dog on a short lead or under close control if you need to go into a field where there are sheep. The SOAC defines 'under close control' as close at heel and responsive to your commands. Stay distant from the sheep.
- Keep your dog under close control in more open country where there are sheep and stay away from them.
- The SOAC reminds dog owners that in some cases a farmer has the right to shoot a dog that is attacking their livestock.
- If you are handling a group of dogs, make sure that they do not cause alarm to livestock.

For more information, please visit the Scottish Outdoor Access Code website

- www.outdooraccess-scotland.scot

Care in Strathnairn

It has been a very difficult year but despite the challenges Care in Strathnairn has continued to support people living in the Strathnairn Community Council area disadvantaged by age, illness, disability or social circumstances.

Due to ongoing Covid-19 restrictions our Handyman Services are only available in very limited circumstances and the Friendship Group remains suspended for the foreseeable future. Derek Rose continues to support people with telephone contact and helping them to make contact with support services that are available.

The Prescription Delivery Service for Foyers Medical Centre continues to make weekly home deliveries.

With the vaccines now available we look forward to perhaps restarting or reimagining our services later this year.

Our AGM for 2019 has not yet taken so we are planning a combined AGM for the two years 2019/20 later in the spring. Please contact Derek Rose (07800) 796106 or (01463) 772240 or email careinstrathnairn@gmail.com if you feel the need for additional support.



**A.C.T
HERITAGE**
inspired by nature

Working with our
remote and wild places
to protect their future



Our Core Services

- Upland & Lowland Footpath Construction
- Estate Hill Roads, Tracks and Maintenance
- Bridges & Boardwalks
- Stonework
- Access Surveying & Consultancy

NEW

[Website - atheritageltd.co.uk](http://www.atheritageltd.co.uk)

☎ 01463 771336
☎ 07887 915380
✉ andy@atheritageltd.co.uk



St Paul's Church

Sadly, we have once again had to stop holding services in church during the current lockdown. We continue to have Zoom services on a Sunday morning. It is possible to phone into the Zoom service (landline or mobile) if you do not have internet access. A copy of the Service of the Word will be shown on screen for you to have the responses and shared prayers to join in and we even manage to sing a couple of hymns together. A Zoom meeting for Chat happens on Thursdays at 2pm. Please get on touch on stpaulschurch.

strathnairn@gmail.com if you would like to be able to join us at either of these Zoom meetings. Kathy continues to record a podcast service each week and links to the this and the service liturgy can be found on our website at www.stpaulsstrathnairn.co.uk. Kathy also posts the link to the podcast service on our Facebook page.

We look forward to the day when restrictions are eased sufficiently for us to hold services in our lovely church once again so when they are lifted, please check the website for up-to-date information on what is happening at the church.

Meantime, we hold everyone in the strath in our prayers and hope that you all keep safe and well.



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| Half page – 9 x 12 (Colour) | £150 | £30 |
| Half page – 9 x 12 (B&W) | £95 | £18 |
| Quarter page – 9 x 6 (Colour) | £105 | £22 |
| Quarter page – 9 x 6 (B&W) | £75 | £15 |
| 1/8 page – 6 x 4.5 (B&W) | £67 | £12 |

If you would like to know more about our Sponsorship Package or require more information on any of the above -

Please contact Caroline on 01808 521464 or Email caz_mackenzie@hotmail.com



Strathnairn 55+Lunch Club News

In spite of not having our usual Christmas Lunch celebration we did manage some festive cheer! Take a look at these 2 photos. The Christmas 'hampers' the Lunch Club provided for all members looked very joyful and we can't thank Karen Fitzgerald enough for brilliantly shopping and wrapping them up. Seeing them waiting for distribution like this lifted our spirits too and we really enjoyed seeing you all when we dropped them off. Thank you so much for all your cards and phone calls in appreciation.

We were so touched that Farr Primary School didn't forget us either as you can see from the other photo. We do want to thank them very much for the really beautiful Christmas cards and their lovely messages which every pupil in the school made and took so much trouble over.

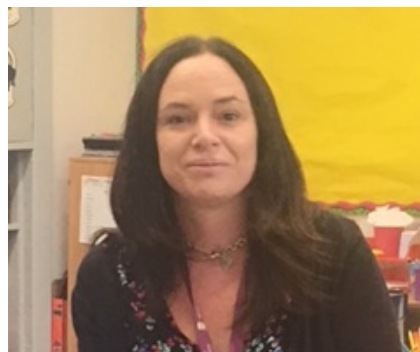
Here's wishing you all a HAPPY NEW YEAR! with our fingers tightly crossed! Luckily the vaccines do now cast a light over this very long pandemic don't they and hopefully will eventually make 2021 a year of recovery and hope. Keep very safe please.

Christina Moira Karen Ria and Fiona



Welcoming Miss Kirsty Guthrie

New Head Teacher at Farr School!



I am delighted to introduce myself as Head Teacher of Farr Primary School. Although it has been a strange start, I feel privileged to be joining such a wonderful school community! So far, I have enjoyed meeting our fantastic staff team and I have been lucky enough to meet and work with some children. Everyone has been so welcoming and helpful.

Recently I moved from Perth and Kinross Council where I was a Principal Teacher for a number of years. During this time, I led a variety of initiatives and took an active role in the wider life of the school.

Farr Primary is a beautiful school with such scope for Outdoor Learning experiences. As I grew up in the country, I am passionate about the outdoors and spend much of my spare time on our family farm. I love animals and a highlight for me is lambing time on the farm.

Already I have found out that the community spirit is great here in Farr. The children benefit from many opportunities in the local area. Moving forward, I look forward to strengthening our links with the wider school community. Unfortunately, due to current restrictions, I am unable to meet everyone at present but look forward to meeting and working with you in the future.

FANS (Farr School and Nursery Supporters) UPDATE

Unfortunately F.A.N.S have not been able to do as many fundraising events as usual because of lockdown and our return to school in August saw many precautions in place.

As a team though, we put our thinking caps on and found a few different ways of managing the situation we were in using social distancing etc. We managed to successfully run our usual Hamper raffle, and would like to thank Isobel for her support in this by selling tickets at the shop, held a Bag2school, an 'all my own work' fundraiser and a 'do it yourself sponsored walk' which were all a great success.

We would like to thank everyone for their support from people that brought raffle tickets, sponsored the children, brought childrens' work, and put bags to the school. It is great to know that all of you are as supportive to our wee school as we are.

Thanks to everyone involved we managed to raise £4000 which is fantastic, some of the money we have raised will go towards all-weather benches for the school playground. Thank you once again, FANS.



Strathnairn Music Initiative



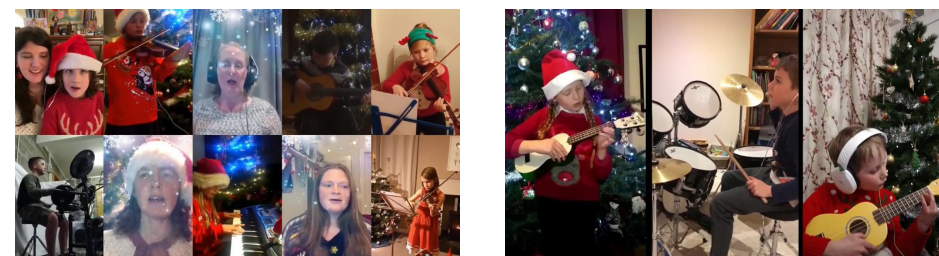
SMI are now well into term 3 of music lessons. All our lessons remain online and will probably continue as such for the foreseeable future. Luckily the transition from face to face to online teaching and learning has been really successful thanks to the dedication of our students and teachers.

Needless to say we are really looking forward to the day we can all meet up in the hall and have our music lessons.

We were really proud to be able to host a most enjoyable seasonal ensemble in December 2020 showcasing the talents of our musicians and singers. Lots of our students sent in their video recordings which were then compiled into a virtual concert. We hope you were able to join us and watch, if not then you can catch up on SMI's YouTube Channel. Three cheers to all our students for their incredible hard work in making this such a success!



As always, if you are interested in finding out more, please don't hesitate to contact us at Strathnairnmusicinitiative@gmail.com



Fearnag Growers

– it all starts with a seed

Col Gordon, is a grower and a director of "Scotland the Bread" and has been researching heritage grains for the past decade. He has offered to help run a small grain growing project with Fearnag Growers, in a small corner section of the gardens, where we'll plant seeds from interesting old grain varieties, then grown, harvest and process them at the garden. Hopefully, we'd plan to then mill what we've grown to make some flour and to then bake something tasty together to celebrate with. From seed to slice! Looking forward to the day we can build a gathering around the milling & baking. A great educational tale for the kids - 'the little red hen' in action perhaps? Fearnag Growers are so pleased to be involved in this project. For more info see our Facebook / instagram pages or contact Kirsty on kirstyadam@gmail.com



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Health and Wellbeing in the Community

Work-out at home during lockdown 2021!

As we find ourselves stumbling into another year, rest assured you are not alone in feeling uncertainty and lack of focus. As a result, keeping fit and active is even more important for our physical and mental health. Exercise doesn't need to be a chore - it can be fun, and your goals should be realistic. Little steps made daily are much better than one big arduous session that will put you off exercise until 2022!

You also want to avoid injury at all costs, so listen to your body and build on your exercise level safely.

To motivate you in to a home workout, I find music is key. Making a good playlist of music that makes you want to move can make all the difference in getting you started. I also use Interval Timer apps, to give focus and encouragement.

High Intensity Interval Training (HIIT) is a great way of exercising and gives you short, intense bouts of exercise followed by a period of rest and recovery. This type of training keeps your heart rate up and burns more fat in less time. You can do this workout alone or with a partner and lead by example and encourage the children too.

Your daily exercise doesn't just have to be done in the house. We are blessed with some of the most beautiful parts of the world on our doorstep and we all know the benefits of getting fresh air. When you can, a long or short walk up a hill is an excellent way to increase heart rate. If the weather doesn't allow it, remember to always put your safety first.

Here are some ideas for a 30 minute HIIT workout at home, that can be adjusted according to your fitness level. This programme is suitable for all ages and abilities.

WARM-UP: 5 minute warm up consisting of shoulder rolls, arm swings and side twists whilst marching or jogging on the spot preparing your body and mind for the workout ahead. You should feel warmer and have increased your mobility.

WORK-OUT: For your main workout you will do 30 seconds of maximum effort exercise followed by 30 seconds of rest.

Repeating the 10 exercises twice through. If you are unsure of the exercises or have any injuries, modify the exercise whenever you need to. Please ask if you are unsure of any of the exercises.

- 1) Squats/Squat jumps - 30 seconds, 30 second rest.
- 2) Full Press ups/Press ups on knees/Wall press ups.
- 3) Lunges or Jumping lunges - alter legs
- 4) Marching/jogging or high knees
- 5) Punching hands straight out in front using maximum effort!
- 6) Knees to chest adding opposite elbow to opposite knee or for more intense workout, try floor mountain climbers.
- 7) Reverse crunches on the floor or easier bringing knees to chest whilst sitting in a chair.
- 8) Step kicks (bring foot to bottom) or Flutter Kicks, do this whilst running on the spot
- 9) Bent knee sit ups or legs raised to make exercise more difficult.
- 10) Body jabs and upper cuts working the core.

COOL-DOWN: Finish your workout with a few minutes of walking on the spot, cooling your body down. Followed by 30 second hold stretches especially for your front and backs of thighs. Also, remember to have more water before, during and after your exercise, we are after all 70 percent water.

Finally if you want any help with kickstarting this year, I offer free 20 minute health and wellness checks. Just send me a message.

Enjoy your workout, best wishes, Val Rose Health & Fitness, North Gateway, Inverness
077221 77779.



Mindfulness

- three words to keep in mind.

Mindfulness is easily overcomplicated. However, there are three key ideas I would like to introduce you to.

Awareness is the first foundation for mindfulness. This is the willingness to focus on one thing at a time. Paying attention in this way trains your mind so that you can focus when it really matters, regardless of distractions. Giving something your attention, is also one of the most powerful things you can do. Whether it's a person, or a plant or even a drawing; they benefit a great deal from a few moments of undivided attention. Relationally too, you benefit. When we bring our awareness to the present moment, our inner world - thoughts, feelings, and emotions - becomes more easily noticed. And once aware of our own perspective, as just a string of experiences in our head, we can start to see others' perspectives more easily too.

Intention. This bit is all about what we choose to focus on. The ability to concentrate more and better is, of course, very beneficial, but to do it with purpose! - then you are on to something special. Focusing on everything negative, for example, makes no sense at all (although it seems to come quite naturally). In short, I think looking at the bright side, has more power than we give it credit for. But intention is not just about bringing the right attitude; it's also about being deliberate; striving for what we believe in; doing what makes us happy and fulfilled - that kind of thing.

And finally, the hard part: acceptance. Acceptance is one of those things that's easier said than done. Once we have noticed what's going on in our minds, and why, the best thing to do is usually to move on and let the thoughts and emotions go. Noticing without judgement, in theory, gives us the clarity to move on. Non-judgment of your own feelings and actions, and of others, takes practice. Years of awareness and intention and acceptance. So it doesn't come easy. But if you want to go a little deeper, I recommend looking up 'the power of mindfulness' and in particular, the Tedx talk by Shauna Shapiro.

Okay, that felt like a lot of ideas to fit into three simple words! But as we continue in this new year with all the challenges, and the hopes, that it may entail for you, please know that it's the choices in our own heads that have the power to change our lives.

Iona Wilson



If you are feeling a little low, please remember that if you need to talk, help is available. It's important to talk to someone about how you are feeling. This could be a family member or friend, your GP or by calling a helpline.

NHS 24 on 111: Monday - Sunday 6pm to 2am

Breathing Space on 0800 83 85 87
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

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Pop along and say hello!

February's Featured Walk

As Lockdown restrictions have been re-introduced, please ensure you only travel for essential purposes. Most of our featured walks are within a reasonable distance from, or within, the Strathnairn area, and we hope you agree that being able to go out for a walk is important for us all. Please ensure you keep a safe distance from other walkers and only meet up with one other adult, as per Scottish Government guidelines.



Clava Cairns Circuit - Revisited

Directions: (NH 752 439) 6m east of Inverness. Signposted from the B9091, 300 yards east of Culloden Battlefield.

Distance: 7.5km

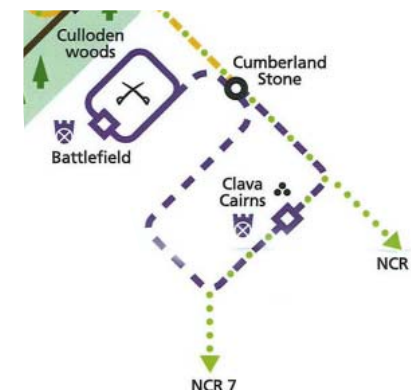
The route follows minor roads on either side of the Nairn valley surrounding the cairns, and can join up with the Culloden Battlefield route. Park at the Clava Cairns car park, and follow the green 'Pathsinverness' signs – pictured.

OS Landranger 27 (Nairn & Forres)

To the best of our knowledge, each walk we feature is suitable for varied abilities and can be used for cycling, running and horseriding as well as walking.

Please remember to follow the Outdoor Access Code when enjoying our countryside – further details can be found at www.outdooraccess-scotland.com. If you have a particular favourite route that you would like to see included, please contact The Editor.

Map Courtesy of The Highland Ranger Service.



February's Featured Recipe

Valentine
Almond Kisses

sent in by Lorna McConachie

Ingredients

100g Ground almonds
 75g Soft brown sugar
 1 egg white
 15ml Self Raising flour
 1-2 drops almond or vanilla essence

Method

1. Set oven to 170°C / No 4
2. Separate the egg and put the white into a bowl.
3. Whip egg white until stiff.
4. Fold in almond essence, sugar, almonds and flour.
5. Turn mixture on to a floured table and roll into a sausage shape.
6. Divide into 12 equal pieces.
7. Roll each piece into a ball, place on a baking tray and flatten slightly with a fork.
8. Bake until golden brown. Approx. 15 minutes
9. Sprinkle with caster sugar.
10. Transfer the biscuits on to a cooling tray. Leave to cool.

**'Highland Country Diaries'**

by Ray Collier

Our Editor has recently come into possession of a copy of Ray's book 'Highland Country Diaries', and we are pleased to have received permission to serialise it in the newsletter.

This excerpt is reproduced with kind permission of the publishers, Colin Baxter Photography, and Ray Collier's family.

Highlands – 15th February 1996

Keeping poultry these days can be difficult with the apparent increase in numbers and distribution of predators. In the last week someone further up the strath had lost four geese and he called in to see me and ask advice. He was convinced it was a pine marten and this was based on the fact that he had seen one and in any case pieces of the dead birds had been taken up into the trees. I often get such queries and the very first thing I ask is whether the poultry are put into strong hutches every night. In this case the dozen geese had simply been left to spend the night on a nearby loch only yards away from the house. Every other morning a dead and partly eaten goose would be found in the shallows although there were no signs left by the predator.

The problem with this type of incident is that the original predator may not be the only one. I remember investigating a case on an estate near Inverness when an estimated 80 pheasant poults had been killed over three nights, almost certainly by pine martens. When I examined the carcasses at the site a headed crow and carrion crow were feeding on the carcasses, a buzzard nearby had obviously gorged itself and there were fresh fox spraints. As regards the geese I could only suggest a fox may have been the initial culprit with other mammals or birds taking pieces up into the trees. My recommendation was to build some sound hutches to keep the birds in overnight. Some people I know have also been 'raided' by mink and there are now several places in the Highlands where people have simply stopped keeping poultry as they have lost so many birds, with mink increasingly to blame. Stout hutches, however, are not the complete answer as in the last few years there have been increasing reports of pine martens taking poultry in daylight and they have actually been seen doing so in a number of places throughout the highlands.

Photo courtesy of Jane McAllister

Science with Lorna; In my heart's life blood

Love is an everyday thing. It's all around us. The use of the word travels far and wide. But, despite its universality and the fact that in one form or another it is a common experience of every one of us, it remains the inspiration par excellence for poets and writers of all complexions and all degrees of superficiality or profundity. Whether their response is comic or tragic, witty or pretty, sly or mighty, there is no other subject so generally thought about or written about. As long as the sun rises and sets, love is in our in our heart.

A Birthday

*My heart is like a singing bird
Whose nest is in a watered shoot;
My heart is like an apple tree
Whose boughs are bent with thickset fruit;
My heart is like a rainbow shell
That paddles in a halcyon sea;
My heart is gladder than all these,
Because my love is come to me.*

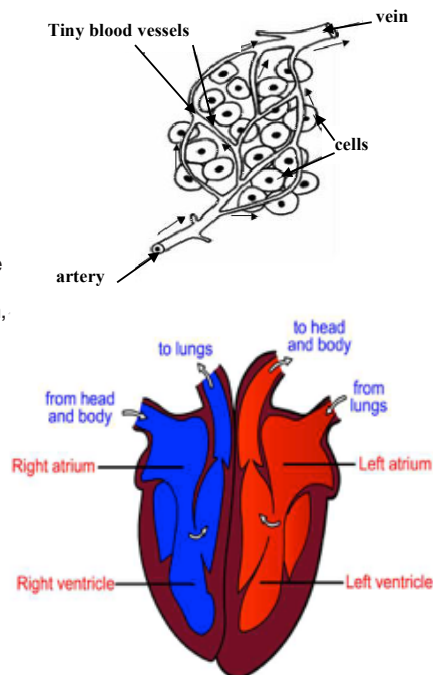
Christina Rossetti

So, what about our actual heart? You will find your heart in between your lungs protected by the rib cage. The heart is a muscular pump. It is made of cardiac muscle. The heart has its own blood supply called the coronary circulation. This blood supply provides the heart with food and oxygen which it needs to keep it beating. The heart has four chambers.

On average, the heart beats 75 times every minute. The volume of blood pushed out of the heart per beat is 100ml. Blood arriving in the right atrium is de-oxygenated, as all the oxygen has been used up by the cells of the body. The blood is pushed down into the right ventricle and to stop it returning to the right atrium, there is a valve between the chambers. The heart has many valves; they prevent backflow of blood.

From the right atrium the blood makes its way to the lungs where oxygen gas is added and carbon dioxide gas is removed. The blood, which is now oxygenated, returns to the left atrium of the heart. The circulation from the heart to the lungs is called the pulmonary circulation. The blood is pushed down into the left ventricle and from here it is pumped, under high pressure, all round the body. So, the blood passes through the heart twice on each circuit.

Arteries carry blood away from the heart. (AA) They have thick walls and swell slightly with each heartbeat as a spurt of blood is forced along the artery. This swelling of the arteries with the heartbeat is your pulse, and you can feel it at your wrist and in your neck. By counting the pulse beats it is possible to find out how many times your heart beats each minute. Veins carry blood back to the heart, they have much thinner walls than arteries and there is no pulse in veins. Veins have a valve (VV) to stop the blood flowing backwards.



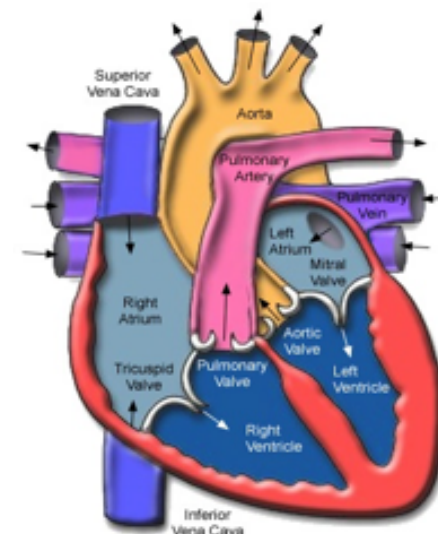
Did you know?

- Up until the 1600s, people thought that blood ebbed and flowed inside the body like the tide coming in and going out. A doctor called William Harvey had a different idea. He felt sure blood travelled round the body in a circle. He demonstrated that blood in veins cannot travel backwards but can only go in one direction from tissues back to the heart.
- An octopus has two hearts.
- Your heart beats around 100,000 times a day.

Things to try

Measure your heart rate by taking your pulse. Now try some vigorous exercise like running up the stairs and take your pulse again. How long does it take to return to normal?

Write a silly poem about the heart.



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Strathnairn Community Benefit Fund

November 2020

The November 2020 meeting was held by video conference, due to the ongoing Coronavirus (Covid – 19) restrictions.

Present: Ian Hunt (Chair); Nick Boyle (Vice Chair); Darren Read; Michael Read; Roy McLennan.

Unable to attend: Ewen Hardie; Paul MacBeth; Alannah Haldane.

Grant Activity

The table below shows the grants that were approved at the Board meeting.

| Applicant | Award | Type of Grant |
|--|---------|---|
| Parent Council Farr Primary & Nursery School | £27,900 | General Grant – to fund extra-curricular activities |
| Strathnairn.org.uk | £30 | General Grant – to fund website subscription |
| One award | £500 | Energy Efficiency Improvement Grant |
| One award | £300 | Supplementary Home Heating Grant |

Other Business

- Strathnairn Community Woodlands made a presentation about their work and discussed a potential application to the Fund.
- Five new membership applications were approved. SCBF's total membership stands at 124.
- Two applications to become directors of SCBF were received. Both applicants were invited to join the board.
- Accounts for the year ended 31 August 2020 were approved.

2021 grant application deadlines: 10 February; 10 March; 14 April; 12 May; 19 June; 14 July; 11 August; 15 September; 13 October; 10 November; 24 November.

Directors: The Directors of SCBF are Ian Hunt (Chair); Alannah Haldane; Darren Read; Ewen Hardie; Michael Read; Roy McLennan; Paul MacBeth; Mark Bessell; Jayne Brinkworth.

Nick Boyle retired as a Director on 10 December 2020. The Directors can be contacted via the Company Secretary.

Contact:

Website: www.strathnairncbf.com; Facebook: www.facebook.com/strathnairncbf;

E-mail address: cosec@strathnairncbf.com; Tel: 07858 688355;

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Contacting us via the website or e-mail will help us to respond more quickly.

Remember: Please use SCBF's Freepost address and not Farr Hall for all correspondence, saving you postage and ensuring a faster response.

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