

strathnairn news

+ EVENTS, CRAFTS,
FUNDRAISING,
ACTIVITIES AND
COMMUNITY
ISSUES AND HELP

HOT WATER

Don't lose
your bottle,
look after it

STRATHERRICK CLAY TARGET CLUB

Welcoming New Members In
The Strathnairn And Beyond!

STRATHNAIRN COMMUNITY WOODLANDS

WOODLAND NEWS AND GALA

STRATHNAIRN DEVELOPMENT

New faces, Latest
Updates for the SDC

GOOD FOOD?

Is this food off
and what to do.

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True care when you can't be there



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Issue 125
COVER: DJHR

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Welcome

Welcome page photo: Contributor: Design: Editor

Aurora Borealis

We have been blessed with some stunning Northern lights these past months for those willing to stay awake to see them.

As the days get warmer it is nice to enjoy the Strathnairn flora coming to life once more and enjoy the extending hours of daylight.

With the improvements in the weather the locals have planned various events to enjoy over the coming months. Please keep an eye out for the

ones we have listed and show your support by going along whenever you can.

Thank you as always to our regular and one off contributors for the great content provided to keep this Newsletter interesting and relevant to the residents of Strathnairn.

Editor, David Reid,

We are here to help, so please do not hesitate to contact our Editor, David Reid, and he will try and help. If he is not able, he will try and assist by finding a more suitable contact. Keep safe!

Get in touch: strathnairnewsletter@gmail.com 07580 299165



THE PROPOSED NEW PARISH OF STRATHNAIRN AND STRATHDEARN

During 2023 the parishes of Daviot & Dunlichity, Moy, Dalarossie & Tomatin, Cawdor, and Croy & Dalcross, are to be united to become the new parish of Strathnairn and Strathdearn Church of Scotland.

As we move into 2023, great changes are about to take effect. During 2023 the parishes of Daviot & Dunlichity, Moy, Dalarossie & Tomatin, Cawdor, and Croy & Dalcross, are to be united to become the new parish of Strathnairn and Strathdearn Church of Scotland. It is hoped that the new format will start from the beginning of August 2023, with Sunday services from then being held in Croy church and the Strathdearn Hall in Tomatin. The churches at Daviot and Cawdor will be used as missional churches, holding Bible studies, prayer meetings, as well as the usual Coffee and Crafts, (in Daviot), and children's groups in Cawdor. The buildings will be available to the community, and it is hoped, will be open every weekday. Midweek services of worship may also be held in these two churches, as we hope to become ever more available to the communities we serve.

The finances of the four existing charges will also be united and there will be one charity number.

The biggest change will be the fact that we will once again have a full-time minister. Rev Robert Brookes will become the minister for the new parish of Strathnairn and Strathdearn. Robert has been our Interim Moderator since 2018, but this will be the first time since June 2015 that we will have our own minister. He will take our services, and will be available to the whole parish. The new parish will have one session consisting of members from the four present parishes. All elders remain elders, but not all will be part of the new session – it would be too cumbersome.

There will be lots of changes, and a lot of hard work ahead. However, we are in God's hands and are confident of the future. Be sure Daviot church will remain in use, and we hope that more and more it will play the pivotal part of the community that we all want it to be.

**Kathleen Matheson - Session Clerk
Daviot & Dunlichity Church**

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 latest news.

Phil Mackintosh Chair	07787 155390	phil.mackintosh@strathnairncc.com
Neil Spence Hon. Secretary	01808 521311	neil.spence@strathnairncc.com
Ian Maclean Treasurer	07843 685619	ian.maclean@strathnairncc.com
Ian Hunt	01463 772094	ian@strathnairncc.com
Jonny Porteous	01808 521303	jonny.porteous@strathnairncc.com
Tim Rose	01808 521370	tim.rose@strathnairncc.com
Jayne Brinkworth		jayne.brinkworth@strathnairncc.com
James Murray	01808 521205	murrayjames@hotmail.co.uk

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 Crawford	helen.crawford.cllr@highland.gov.uk
Cllr Chris Ballance	chris.ballance.cllr@highland.gov.uk
Cllr Emma Knox	emma.knox.cllr@highland.gov.uk
Cllr David Fraser	david.fraser.cllr@highland.gov.uk

Ward 19 Inverness South

Cllr Colin Aitken	colin.aitken.cllr@highland.gov.uk
Cllr Ken Gowans	ken.gowans.cllr@highland.gov.uk
Cllr Andrew Sinclair	andrew.sinclair.cllr@highland.gov.uk
Cllr Duncan MacPherson	duncan.macpherson.cllr@highland.gov.uk

Local Strathnairn Police officers

PCN0162 Laura Kerr, **PCN0953** Jo Barclay, **PCN0348** Katie Johnstone

They can all be contacted on:-

HighlandsandIslandsCommunityBeatsInverness@scotland.pnn.police.uk

Other useful numbers:

Daviot Primary School	01463 772226	Daviot Hall booking	01463 772228
SCATA Bus	01808 521321	Police - Non-Emergency	101
Farr Primary School	01808 521246	Farr Hall booking	01808 521346
NHS 24	111		

SCBF – www.strathnairncbf.com, cosec@strathnairncbf.com, 07858 688355

Care in Strathnairn: TBC
07800 796106 / 01463 772240

FIRE SAFETY AT HOME

Be Safe: Don't be a statistic, make sure you and 2022 regulations for fire safety to protect

are on top of the legislation yourselves, home and family.



Alarms: Check your smoke and heat alarms are working. Replace batteries if necessary.



Cooking: Never cook hot food while under the influence of alcohol. Leaving cookers unattended or being distracted while cooking is the most frequent cause of fire in the home.

Tumble dryer: Empty the lint (fluff) from the filter within your Tumble dryer regularly. The lint is



very flammable and letting it build up increases your risk of a tumble dryer fire.

Lights: Unplug fairy lights or other electrical Christmas decorations when you leave the house or go to bed.



Candles: Extinguish all candles before you go to bed. Never leave a burning candle in a bedroom. Be especially careful with night lights and tea lights, which can get hot enough to melt plastic. Always put candles on a heat resistant surface/holders.

Electric blankets: Never leave an electric blanket switched on when you're in bed unless it's marked 'suitable for all night use'. Check the blanket, plug and flex regularly for damage (e.g. fraying fabric, scorch marks, exposed wires). If you're in any doubt, don't use the blanket.



Portable heaters: Keep heaters away from curtains and furniture and never use them for drying clothes. Unplug or switch off portable heaters when you go out or go to bed. Only use gas or

paraffin heaters in well-ventilated areas. Heaters consume oxygen and in enclosed spaces can produce harmful gases and/or cause carbon monoxide poisoning.

Smoking: If you feel tired smoke outside or stand up and smoke at a window or outside door. Most fatal fires are caused by smoker's materials.



Wood Burning/Solid Fuel Stoves

◆ Chimneys and flues should be swept regularly.



- ◆ Use well-seasoned, air-dried (minimum of 6-12 months) wood.
- ◆ Do not run the appliance at low output for long periods such as overnight. Do not damp down to save relighting in the morning.
- ◆ If the wood burner has been used at a low output for a long period this should be followed by a controlled high burn for at least



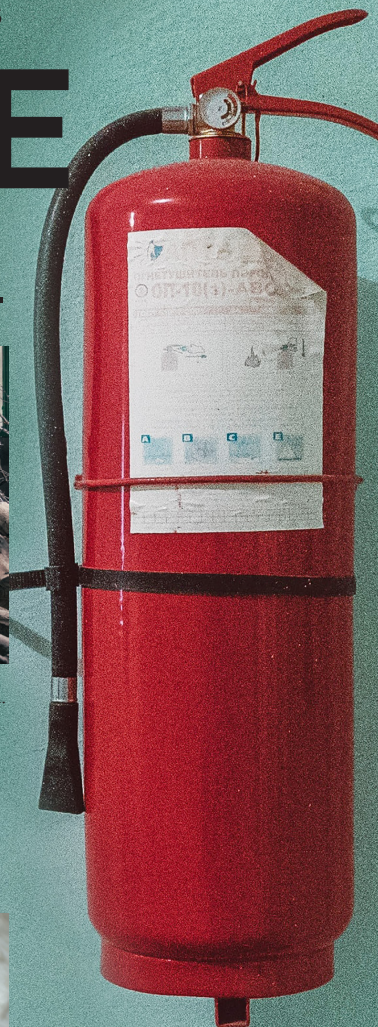
30 minutes to dry out any creosote and to warm up the chimney again.

- ◆ Do not stack logs or place any other combustible materials immediately adjacent to the stove, boiler or heater.
- ◆ Empty and check the ash can every day.
- ◆ Always use a metal non-combustible ash can.



Carbon Monoxide (CO) Poisoning

◆ Heating and cooking appliances fuelled by coal, smokeless fuels, wood, oil and gas can cause CO poisoning. You should have a carbon monoxide detector fitted in any room where there is a



carbon-fuelled appliance (such as boilers, fires (including open fires), heaters and stoves) or a flue.

◆ Recognise the early symptoms of carbon monoxide poisoning will save your life. Symptoms are similar to flu, with nausea, dizziness, tiredness, headaches, stomach and chest pains all key indicators.

Strathnairn Community Woodlands update

Firstly, we'd like to thank the volunteers who have come along to workdays and helped with the maintenance that is needed to keep Milton and School Woods as beautiful assets to our community, enjoyed by walkers, runners, dogs, families, school children, community groups and people who want to reconnect with nature. And our thanks also extend to all the people who came in December to cut down their own Sitka spruce Christmas trees! The Sitka spruce love our woodlands to the point that if we didn't cut them down, none of our native trees would survive and we'd lose the biodiversity that's so important to us. Look out for our next Christmas tree event this December. And our next workday will be in Milton Woods on the 15th April - there are loads of jobs still to do, so we would love to see you there!

Milton Woods has been receiving plenty of care and attention in the last few months. The new trees that have been planted over the years are doing well, and many tree tubes have been removed (there are plenty more to be removed - one of the ongoing jobs on our workdays). We have purchased more benches, so look out for them next time you wander around the woods. It's a good opportunity to sit and appreciate a few moments of calm absorbing the sounds and sights of

our lovely Strath. Some of them still need to be properly placed - the ground was too frozen for placing supporting slabs on our last workday. So just check before you sit down!

The picnic bench has been moved to the Milton Wood orchard (signs are due to be reworked, so there will be directions to get there). We now have about fifty fruit and nut trees in the orchard, thanks to recent help from the P6 children of Farr Primary School. The children came out on Friday 24th March along with Mrs. Fitter and Mrs. Logan and did some excellent work planting twenty heritage apple trees. This was accompanied by some learning on the physiology of trees as well as how

they protect and support each other. We hope to run an apple picking event in the autumn, and get hold of a juicer - so it might be a bring your own bottle event. The trees we planted last spring seem to be doing very well and were even trying to weigh themselves down with apples last year.

We're also preparing for our Community Woodland Gala on Saturday 27th May (see poster). We're expanding on last year's very enjoyable gala, and will be based at the School Wood cabin, with activities such as singing, music, weaving, spinning, woodcraft, make your own smoothie (by bike!), wood splitting, learning about the medicinal properties of plants, and mini-orienteering, bush-



Strathnairn Community Woodlands Presents:

Community Woodland Gala

May 27th 10am-2pm
School Wood cabin
IV2 6XB



Live music from Strathnairn Music Initiative

Bushcraft 1030 + 1130

To be confirmed...
• Singing for all in the woods
• Storytelling walk
• Outdoor catering
• Fun exercise session

• Weaving with natural materials
• Spinning
• Woodcraft
• Mini-orienteering
• Test your wood splitting skills!
• Make your own smoothie with a smoothie bike!

Medicinal uses of plants and foraging session

And eat cake and enjoy nice chats in School Wood!

- * Cake donations would be extremely well received on the day (please label ingredients).
- * There is no payment requested for any of the sessions, but donations to SCW would be much appreciated.
- * Parking is limited, so if you're able to car share or come without a vehicle then please do. Farr School have kindly allowed us to use their car park for overspill.
- * School Wood is opposite the play park in Farr on the B851, IV2 6XB

craft, foraging and possibly singing and story walks out and about in the woodland. We might even have some "hill to grill" catering - watch this space! We're really hoping to see lots of people there from our community - there will be activities for all ages and interests! And we're also very happy for people from out-with Strathnairn to come along - so please spread the word.

There is more and more evidence now that time out in nature is good for people's mental as well as physical health, and areas where biodiversity is encouraged are absolutely vital to continued public health and the health of our planet, so it's important that we put energy into looking after our wild areas. We are so lucky in Strathnairn to have our community woodlands, and we're always on the look out for new members to help with the decision making related to keeping them beautiful. Please do contact us if you would like to be involved.

For more information please contact us at **strathnairn-communitywoodlands@gmail.com** or via our facebook page.

Strathnairn Community Woodlands

SCW's next Saturday workday :
Strathnairn Community Woodlands
Communal workday on Saturday 15th April at Milton Wood
10-12 noon. All welcome.
Activities to suit all volunteers.
Contact 01808 521207
Email: strathnairncommunitywoodlands@gmail.com

Community Prize Bingo Night

Friday 19th May
Eyes Down at 6pm

Farr Community Hall

£4.00 per book per person
(6 games)

All books must be pre-paid for

Bring your own refreshments

to book a seat and make payment
please contact

judymcinnis@yahoo.co.uk

or

WhatsApp or message Judy on:-
07710 2292452

LIKE A LOCAL

Your newsletter needs you!

If you want like to contribute to the newsletter regularly or with a one off article then please do get in touch.

You can email on:

Strathnairnnewsletter@gmail.com

PART-TIME GARDENER REQUIRED

REQUIRED BY ANCIENT LADY

1 or 2 mornings a week
would be sufficient.

01463 790217

Dolina Stephen (Mrs)

Quiz Page

Crossword puzzles are a good exercise for the brain and puts your vocabulary to the test.

Sudoku

			3	5				
						1		
1	9					3		
4	1	2	9			7	3	
		3	2		4	9		1
9	6	8	7				2	5
8	4					5		
							6	
			7	8				

Quick Crossword

1		2		3			4	5		6
							7			
8							9			
	10			11						
12										
13		14						15		
										16
17							18			
19						20				

ROYAL QUIZ

SOME QUESTIONS TO GET THE GREY CELLS WORKING. TRY NOT TO CHEAT WITH THE INTERNET.

1. What are the 'Scottish Crown Jewels' officially called?
2. Which member of the Royal family won a medal in the London 2012 Olympics?
3. Which one of Henry VIII's wives lived the longest?
4. During what event does the monarch visit Edinburgh every year?
5. King Charles plays three instruments. What are they?

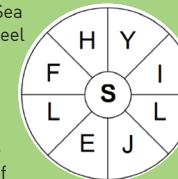
Across

1. Constant (6)
4. Evidence of past injury (4)
8. Haggard (5)
9. Fiends (5)
10. Salutory (10)
13. Clearly (10)
17. Dialect (5)
18. Copious (5)
19. Part of an egg (4)
20. Pressing (6)

Down

1. Mentor (4)
2. Evade (5)
3. Point (3)
5. Breed of dog (5)
6. Answer (6)
7. Outcome (6)
11. Mystery (6)
12. Collector's item (6)
14. Motionless (5)
15. Oversight (5)
16. Portable shelter (4)
18. Atmosphere (3)

This Under The Sea themed word wheel is made from a 9 letter Under The Sea word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S



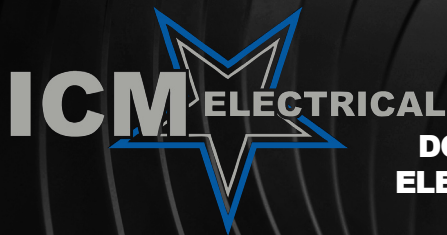
Answers

Wordwheel
Fruitcake

5	7	3	1	4	8	9	6	2
9	2	6	7	5	3	8	4	1
8	1	4	6	9	2	5	7	3
4	5	9	2	8	6	3	1	7
7	6	2	3	1	9	4	5	8
3	8	1	5	7	4	2	9	6
1	9	8	4	3	7	6	2	5
2	4	5	8	6	1	7	3	9
6	3	7	9	2	5	1	8	4

S	A	G	A	C	I	O	U	S	D
C	R	A	I	N	A	N	E	R	
O	V	O	I	D	I	N	A	N	E
P	T	E	O	R	A				
E	V	E	T	A	N	T	R	U	M
S									O
A	C	O	U	I	R	E	G	N	U
R	U	M	X	A	P				
O	P	E	R	A	T	U	N	E	S
M	G	R	C	E					
A	P	R	E	V	A	L	E	N	T

ANSWERS IN THE NEXT ISSUE.



DOMESTIC & COMMERCIAL ELECTRICAL CONTRACTORS

- NEW BUILDS, RENOVATIONS & MAINTENANCE
- TESTING & INSPECTION, INCLUDING LANDLORD COMPLIANCE
- SMOKE & HEAT ALARM SYSTEMS
- ENERGY EFFICIENCY SOLUTIONS
- GARDEN LIGHTING
- EV CHARGEPOINT INSTALLATIONS

24HR EMERGENCY CALL-OUT

Office for
Low Emission
Vehicles

Peponi, Inverarnie, Inverness, IV2 6XA

01808 521709 | 07843 685619

info@icmelectrical.com



Strathnairn Music Initiative News

THE SPRING TERM OF MUSIC LEARNING IS NEARLY OVER AND WE'RE MOVING TOWARDS SUMMER!

It's been another term of amazing work by our budding musicians thanks to the great collaborative work by our incredible music teachers.

The performance group has just started meeting on Tuesday evenings in Farr Hall - an opportunity for all abilities of musician from grade 1 equivalent experience and above to meet and play together with our professional tutors. Group music lessons continue weekly on Wednesdays with fun music sessions, keyboard, guitar, ukulele, violin and drums at Farr Hall, and our learners are making really impressive progress. Some of our musicians have recently been working hard towards sitting music grade exams, and we'd like to congratulate them with this. This requires tuition over and above the group music lessons, but we're proud to have been able to facilitate people in gaining the music learning background to be able to do this. Exams aren't for everyone, but they're certainly a good way of focusing the mind!

On Wednesday evenings anyone is welcome to join us for our Sing and Feel Good sessions with Julie Harvey. We have a regular group with new members continuing to join us, and we always leave Farr Hall with a sense of a weight having lifted from our shoulders after a session. A quote from one of our members: "As a novice to singing I just wanted to say how amazed I was at the beautiful overall tone to the group on my left singing the lower part of 'Ye Banks and Braes'. Last week it was the group on my right. I have always appreciated music but this was a different kind of listening and understanding for me and it was truly

beautiful. Julie you brought this magic into play and it made my heart leap. So thank you to everyone who helped me take a step into another realm of experience in singing." Julie returns to Farr Hall on Friday afternoons to work with our budding young singers - and the sound they create is beautiful too!

Following the success of the music cafe in December last year, we're planning for another music cafe on the afternoon of Friday 21st April at Farr Hall. A great atmosphere for chat, drinks and cake, and making music. We will be very grateful for cake donations, and people are welcome just to come and chat and listen to music, as well as bringing their instruments and voices to create some music.

We're also preparing and looking forward to our summer concert on the 17th June - a chance to share our progress and group working with our community, and a chance for the community to get together and enjoy listening to music of a wide variety of genres. It is a great opportunity for our musicians to share the music they have been learning, and we're so glad we can do this in person again!

Our AGM will be on Thursday 4th May at 8pm for SMI members. We welcome any members to attend and help us develop this initiative to suit our community, we are also very happy for more committee members to join us to help make this initiative sustainable for the future (current Trustees won't be around forever!)

Please do get in touch with us if you would like more information on SMI. Email strathnairnmusicinitiative@gmail.com or our Facebook page.

www.strathnairn.org.uk/smi.asp



strathnairnmusicinitiative@gmail.com

Strathnairn Music Initiative Community Concert

Saturday, 17th June
Take your seat at 10:30am - 12:30pm
@ Farr Hall

A warm welcome to our summer showcase of music and singing...

Modern & trad tunes played by our budding students and performance group

Raffle and refreshments

Songs from the Singing Groups

Fun performance by our wee musicians

Open to all
Free entry

Can't wait to see you there!

@strathnairnmusic
strathnairnmusicinitiative@gmail.com



Farr Primary

Primary 7 have made a busy start to term 3 and are looking forward to their residential trip in March.



Nursery

On Tuesday 21.03.23, the children of Farr Nursery visited Munro's Garden Centre with some of their parents and staff. We had a lovely morning choosing some spring flowers to brighten up the entrance to the nursery. While we were there we planted some sunflower seeds and learned about why the bees need lots of flowers to gather food and make honey. We finished up with juice and biscuits in the outdoor café. The bus ride there and back was really fun too.

Green Room P7

Primary 7 have been putting their engineering and problem solving skills to the test this term as they were tasked with creating a fairground ride using a motor circuit. They worked well in their groups to design and create a fairground ride and the end results were impressive! The skiing trip to Cairngorm was enjoyed by all and we had an amazing day of sunny weather! Transition events have been keeping our pupils busy as they prepare for their journey to S1. We have been lucky to have visits from the geography teacher, Gaelic teacher, maths teacher and PE specialist and have had the opportunity to tour the Inverness Royal Academy and work with the library and English department. Primary 7 are also looking forward to putting their teamwork skills to further use as they head off on their residential trip to Loch Insh at the end of the term.

Yellow Room P1-2

The Yellow Room have thoroughly enjoyed continuing their Egyptian topic this term. They have explored the different Gods and Goddesses; the role of the Pharaoh; the process of mummification through mummifying apples and making their own Egyptian bread (this was a particular highlight!) The class had an amazing day on their Ski Trip to the Cairngorms and produced some excellent recount pieces of writing. Recently the Primary 2's have enjoyed learning about angles, going on a right angle hunt in the classroom. The Primary 1's have enjoyed using directional language to direct friends around the class and play with the Bee Bots. A big highlight has been getting out into the woods to do outdoor learning and to link up with the nursery.

Red Room P3-4-5

On Monday, as part of our Young Leaders of Learning, the Red Room had a visit from Aviemore Primary School leaders. Our children started by giving our visitors a guided tour of the school and discussed improvements they have made across the school from the audit they carried out. The next task for our Young Leaders was to answer a series of questions about our school. The staff and children from Aviemore Primary School enjoyed their visit and we look forward to our visit to their school. This is great learning for our pupils - developing life skills and making new friends.



Blue Room P6

On Monday 20th March the Primary 6 class visited Cultybraggan Camp in Comrie. As we have been studying WWII this term, it was great to see an actual PoW camp where Nazis were kept. We enjoyed seeing the cells PoWs were kept in and writing Morse code to one another. It was a fantastic day!

On Wednesday 22nd March Farr Primary participated in the McRobert Cup at Bught Park. Pupils from P2-7 raced in the blustery and wet conditions and demonstrated such resilience throughout. They all raced superbly and P2/3 girls and P6/7 girls came overall second place and P6/7 boys came in first place. We are incredibly proud of their achievements!

Well done Farr Primary!
Andrea Fitter.



FARR COMMUNITY HALL



FARR COMMUNITY HALL
HOT-DESKING
 Between 9.30-12 noon every
Wednesday

TEA & COFFEE AVAILABLE
 Everyone welcome.

No Booking required.
 First come, first serve basis.

Hot-desking is a workspace system in which tables/desks are used by different people at different times on an ad hoc basis.

Your community workspace offers a place outside the home, giving a place to stop, get a coffee and use the facilities without having to head into town. The boardroom at Farr Hall offers a large work table, wifi, and electric points for devices.

If you have any questions, please contact:
Beth Rose (01808 521 370),
 e-mail bethscheleen@yahoo.co.uk or
 Lorna Mcconachie a
lornamcconachie@btinternet.com

Regular activities at Farr Hall:

THROUGHOUT THE YEAR AND DURING SCHOOL TERM-TIME THERE ARE REGULAR WEEKLY ACTIVITIES TAKING PLACE IN THE HALL, AS FOLLOWS:

Second Monday of the month	Strathnairn Woodland Project meeting.
Third Monday of the month	Strathnairn Community Council meeting.
Tuesday Afternoon	Strength and Yoga
Wednesday morning	Hot Desk, 9:30 - 12 noon + Post Office van, 10:45 - 11:15.
Wednesday afternoon/evening	Strathnairn Music Initiative.
Thursday mornings -	Farr Baby and Toddlers
Thursday evenings from 6pm-7 pm -	Community Keep Fit (from late September through to May)
Friday mornings	Yoga class, contact Ali Cartwright.
Friday afternoons	Strathnairn Music Initiative.
Sunday afternoons	Sunday School.

STRATHERRICK CLAY TARGET CLUB



**WELCOME TO
 NEW MEMBERS IN THE
 STRATHNAIRN AND BEYOND!**

WE HAVE SEVERAL SHOOTING DAYS THROUGHOUT THE YEAR, OPEN TO ALL ABILITIES. IF YOU ARE INTERESTED IN JOINING, OR SIMPLY WISH TO COME ALONG AND GIVE IT A GO, PLEASE GET IN TOUCH ON THE CONTACT DETAILS BELOW.

FACEBOOK PAGE - WWW.FACEBOOK.COM/GROUPS/3159518770926316/?REF=SHARE_GROUP_LINK
EMAIL ADDRESS - STRATHERRICKCLAYTARGETCLUB@OUTLOOK.COM
SECRETARY - LESLEY MATHESON

Our History

Stratherrick Gun Club was founded in the 1890's, originally called Stratherrick Glass Ball Club.

It was situated at various sites over the years but settled at Lyne of Gorthleck in 1922 where it stayed for 52 years then to Druim Temple in 1974 and finally in 1983 at Abersky, Torness where it is now.

Our club, believed to be one of the oldest in Scotland, shall continue to supply a safe and happy environment for all clay pigeon enthusiasts as well as somewhere for the young ones to learn and hopefully progress in the sport.

2008 - Club erected Cabin and Toilet block, along with a Generator to supply power to the cabin and 3 electric traps with an acoustic release system.

2019 - With an SSE approved Grant for new traps and a new acoustic release system, however, due to Covid, (which



affected most Sports), the Club sat dormant.

April 2022 - The Club got back up and running, after a lot of maintenance through many volunteers, we were able to hold a Charity Shoot. The old Traps and old Generator struggled through the day, but a great day was had by all.

September 2022 - The SSE approved Grant was used to purchase new Traps and an Acoustic Set, as well as connecting the Cabin to

National Power Grid with a Grant coming from SCTC.

December 2022 - Club held a Christmas Shoot with 20 entries, and all claimed a prize! There was also some tuition on hand with a "have a go" trap set up.

2023 and beyond - We are now in the process of building the club back up and introducing new members with the help of a Facebook page. Our Clubhouse is fully connected to PowerGrid and is warm and inviting. New members can shoot alongside our old faithful's, the international shooters and those new to shooting. Our new DTL traps and a Rabbit Trap will keep us entertained - without the breakdowns! We hope to have an Open day during the summer with a Ladies and Novice Day, we even have something in store for the Little ones. All equipment and supervision will be taken care of by the Club.

Strathnairn Heritage Association

The Strathnairn Heritage Association(SHA) trustees would like to update residents of progress to date.

We would like to update the community on the progress Strathnairn Heritage Association has made since the last newsletter. We have been successful in our application to Strathnairn Community Benefit Fund(SCBF) for the capital sum to buy Dunlichity Church and we wish to convey our thanks to SCBF for supporting our project so that a new heritage centre can be created. Also, we wish to acknowledge help from the community council in voicing their agreement that this centre will be of great benefit to the glen in collecting archiving and displaying our history for this, and future,

generations resident in our area. Now that we have sufficient funds to purchase the church, we have instructed a solicitor to handle the legal transaction on our behalf. The church purchase is only the beginning of our fundraising as legal costs, heating, insurance, installation of water and other facilities are only some of the charges we will face. Fundraising ideas have, already, been discussed between trustees and these will occupy much of our efforts over the next few months and years. However, we must acknowledge the generosity of some residents who have recognised this

need and contributed to our requirements over the last few days. In particular, we would like to thank Philip MacKenzie, Chris Draper, Roddie MacLennan and Mike Danson for contributions already made and for others who have asked if we would wish them to do some fundraising. Your support is very touching and demonstrates the enthusiasm there is locally for this project. All ideas from local residents are welcome. This will be your own heritage centre containing your own glen's history.

Alasdair Forbes (Chairman-Strathnairn Heritage Association)



FOOD SIMPLE



Corn Bread Muffins

Corn Bread Muffins or Loaf

Makes 8 generous muffins or a loaf

A great value and simple recipe for a savoury snack for all the family. They will keep for 3 days in an airtight container. Slice the corn bread loaf and freeze it in slices, ready to be toasted or defrosted at will. Freeze muffins whole.

Ingredients

250g Plain flour
 ½ tsp Salt
 10g/2 tsp Baking Powder
 50g Sugar
 ¼ tsp chilli flakes or two pinches of cayenne pepper
 70g Tinned sweetcorn
 50g Onion
 2g Fresh Parsley or Coriander
 1 Egg
 50g Diced Butter or use 50ml Sunflower oil
 250ml Milk

Instructions

Step 1 - Lightly grease your muffin or loaf tin. Preheat the oven to 200C. Add the flour, salt, baking powder and sugar to a mixing bowl with a pinch of cayenne or chilli flakes and mix.

Step 2 - Drain sweetcorn and mash roughly with a fork and fold through. Very finely chop your onion and parsley-or-coriander and add to the mix. Make a well in the centre of the mixing bowl and crack in your egg, and pour in most of the milk.

Step 3 - Add softened butter and beat the wet ingredients in to combine to form a soft and slightly sticky dough – it should be looser than a normal bread dough but a lot thicker than a batter.

Step 4 - Pour into your tin and sprinkle the top with flour. If making a loaf, score a split down the centre. If making muffins, make a small X in the top of each one. Place in the centre of the oven – cook loaf for 40 minutes or muffins approx 18 minutes. Remove from the oven and allow to cool for 10 minutes before removing from the tin. The bread will need a further 10 minutes cooling to firm up before slicing.

Strathnairn Development Company (SDC) News

It is Spring 2023 and Strathnairn is certainly seeing green shoots as it reawakens after promises of renewal, growth and development. At the beginning of March, Strathnairn Development Company was very pleased to welcome Helena Macleod as the first Community Development Officer (CDO) for the glen. She has already met many of you at Farr Hall or out and about, and you will be reading her own introduction in this Newsletter. We are excited about the energy, expertise and contacts Helena is bringing to the community and look forward to her helping us, community groups and you to deliver events, better and more facilities and activities for all in Strathnairn.

As we said in the previous Newsletter (Issue 124), we are working on a number of initiatives and proposals which you raised in the community survey last year and which were captured in the CAP (Community Action Plan). Many of you wanted to see the Farr Gala resurrected, others have mentioned they would like to see the Farr Garden/flower show running again, and for groups and volunteers to

have support to build their specific services and activities. We are working on all these, along with assessing demand for social housing for local folks, investments in the Halls, and listening to what developments young people want to see locally.

SDC has been supporting Strathnairn Heritage Association in its efforts to secure Dunlichity church for the community as a heritage and archive centre, and as a venue for small gigs and events. Now that funding has been secured from our Benefit Fund, we are anticipating exciting developments there and across the glen.

Similarly we have been delighted with the successful launch of Strathnairn Connect which has been demonstrating how local people can come together for work and craic, sharing ideas and knowledge, and generating new enterprising ideas in informal conversations. Many thanks to Beth Rose for this initiative, do drop in and join.

Further details on all these ventures will follow in future Strathnairn Newsletters, membership of SDC is free so please join us please request a form from :-

strathnairndevelopmentcompany@gmail.com or apply directly on <https://strathnairndevelopment.scot/become-a-member/> and see our pages on Facebook (<https://www.facebook.com/strathnairndevelopmentcompany>) and on Instagram (sn_d_c).

MAKING A DIFFERENCE IN COMMUNITIES:

A Community Development Officer for Strathnairn

It is with great delight that I have been appointed as your new Community Development Officer for Strathnairn Development Company where I'm currently based at Farr Hall, 4 days per week. Over the month of March, I've been meeting up with some incredible people from local community groups who are doing great things to involve people in their activities. My heart lies in communities where



my passion for community development drives me to make a difference in peoples' lives. My aim is to create a friendly, social environment for people to come together and feel connected, so they can lead happier and healthier lives where they can thrive in

their community. The purpose of my role is to help facilitate the delivery of the CAP and the ways in which I do this is by taking direction from the Board of Trustees on the CAP priorities and by meeting the performance indicators set by our funder, SCBF. Initially I have been tasked with delivering on the 'quick wins' identified in the CAP so my job in the first few months will involve organising events and liaising with community groups to encourage new ideas through knowledge sharing and community learning. Other objectives include providing

support to help develop and connect people with the aim of creating opportunities for community groups to grow and refocus community activities.

My background

My range of knowledge, skills and experience in community learning and development is broad and I've worked in several management roles across the public, private and third sectors, as well as volunteering in my own community. Originally raised in the Isle of Lewis, my home village of Aignish is in the Eye Peninsula of Point at the site of the 14th Century Eaglais Na h-Aoidhe (Uj Church) where 19 Lewis Macleod Clan Chiefs are buried, including the infamous feuding warrior Roderick Macleod, 7th Chief of Macleod. Nearby is the Aignish Farm Raiders Monument which commemorates the struggles of 14 brave men and women, who in 1888 fought for land rights in



the face of oppression from the government and landowners, paving the way for Scottish land reform. During the time of the Covid Resilience Response I was privileged to spend time in Lewis where I was able to work remotely and take care of my mother where I also reconnected with the people and the island once again. This gave me an opportunity to take long beach walks along the coastal trail on the Braighe some of which took me along the sandy boardwalk to the neighbouring village of Melbost where Maggie from Farr Hall grew up.

Currently I live in North Kessock by the shores of the

Beauly Firth with my partner Les and two sons, Connor and Seumas, who play rugby for Highland. It was here in 2016 where my passion for community development began with start of my social business Bridge A Gap which focused on mental health & wellbeing and tackling social isolation and loneliness in communities.

Current development activities

The current goal of the CDO is to meet people and create lasting relationships across the 27 community groups to build community capacity and improve community cohesion by working collaboratively with groups and other stakeholders to enhance the social, environmental, economic and wellbeing benefits in the community of Strathnairn.

The quick wins identified in the CAP include:

Smaller Projects	Description of project	Community groups / CDO actions
FEBRUARY MARCH	<ul style="list-style-type: none"> CDO is meeting with a wide range of community groups, attending online meetings, conferences, learning exchanges and networking events on behalf of SDC and the Strathnairn community to build knowledge, relationships and new connections 	<ul style="list-style-type: none"> Historic Environment Scotland Strategy Consultation (Feb), SNCC (Feb & Mar), Rural Housing Scotland Conference (Feb), DTAS Development Officers (Feb & Mar), SCATA, SHA, SMI, Strathnairn Connect (Feb & Mar), Sustainable Strathnairn, Farr Hall Association, Daviot Hall, SCBF, SSE Renewables, Woodlands Association, High Life Highland, HTSI Community Development Forum, FANS, HLH Youth Development, Toddlers, Yoga, SCOTO Conference & Paths Network learning exchange (Kingussie), SCOTO roadshow Loch Torridon Community Hall & Hub, Dunlichity Church, SDC Board, Impact Hub Restoring & Running Heritage Buildings, Stratherrick & Foyers Community Trust, North Kessock Village Hall learning exchange for Farr & Daviot Hall
Meetings with community groups and stakeholders (various dates)		
APRIL	<ul style="list-style-type: none"> SDC to host a stall at the Car boot / table top sale at Farr Hall on Saturday 1st April Introduce the CAP Mascot Red Squirrel with fun, games and prizes for children Encourage engagement with the CAP and sharing of ideas on how to take forward community actions 	Judy MacInnes <ul style="list-style-type: none"> Farr Hall Association Meet groups at the event Poster boards to generate ideas Increase membership to SDC
Car boot / tabletop sale Sat 1st April Farr Hall		

<p>APRIL</p>	<ul style="list-style-type: none"> ◆ Build on the excellent Community Groups event organised by SNCC in November 2021 where rich data was gathered to inform the development of the CAP, published in summer of 2022 	<ul style="list-style-type: none"> ◆ SNCC, SCBF, SDC ◆ Community Groups ◆ Other stakeholders
<p>Community Groups Event</p>	<ul style="list-style-type: none"> ◆ Develop a regular interface between community groups to ensure that effective communication is established to facilitate community conversations and knowledge sharing across Strathnairn 	<ul style="list-style-type: none"> ◆ CDO to establish Strathnairn Community Groups Forum to meet bi-monthly for a Show & Tell where groups take turns to share their successes stories and discuss their challenges, providing opportunities for the group to provide guidance and peer support
<p>Sat 22nd April Farr Hall</p>		<ul style="list-style-type: none"> ◆ CDO to coordinate the promotion of Community groups activities in a monthly calendar of events with Farr Hall and Daviot Hall by liaising with key contacts in each group.
<p>MAY</p>	<ul style="list-style-type: none"> ◆ Vintage Tea Party in the Farr Hall Gardens 	<ul style="list-style-type: none"> ◆ CDO to agree GDPR protocol for data sharing of contact details
<p>Big Help Out Day Vintage Tea Celebration Monday 8th May Farr Hall</p>	<ul style="list-style-type: none"> ◆ Event to celebrate the contribution of volunteers and how we can get more involved with our community 	<ul style="list-style-type: none"> ◆ CDO to work with SNCC (D Reid) and Community Groups to coordinate content creation for new Strathnairn Community website
<p>JUNE</p>	<ul style="list-style-type: none"> ◆ Working with FANS and Farr Hall Association to increase the breadth and depth of the stalls to reintroduce the old days of the Farr Gala 	<ul style="list-style-type: none"> ◆ CDO to organise Vintage Cream Tea party with support of Farr Hall Association and community groups
<p>Reintroduce the Farr Gala</p>	<ul style="list-style-type: none"> ◆ Event to celebrate the contribution of volunteers and how we can get more involved with our community 	<ul style="list-style-type: none"> ◆ Contributions of home baking, sausage rolls, sandwiches, teas & coffees vintage crockery & teapots, old time tunes, outdoor event shelter, bunting, flowers
<p>8th to 10th June</p>	<ul style="list-style-type: none"> ◆ Thursday 8th June (day) - crowning of the Gala Queen, Gala Prince & Gala Princess ◆ Friday 9th June (evening) - quiz night and musical ensemble, beer garden ◆ Saturday 10th June (day) - stalls, pets parade, bouncy castle, agricultural displays, face painting, BBQ, beer tent ◆ Saturday 10th June (evening) - live ceillidh with dancing, beer garden in the large stretch tent 	<ul style="list-style-type: none"> ◆ CDO to connect with additional Gala stall holders and performers by working with FANS and Farr Hall ◆ CDO to organise large stretch tent 21m x 15m and smaller Gala tents for stalls, generator, toilets, fire safety, decorations, beer garden etc ◆ CDO to apply for 3-year Public Entertainment Licence (PEL) and Occasional Liquor Licence (OLL) from Highland Council, CDO already holds certificate as a Personal Licence Holder (PLH), organise and train volunteer bar staff ◆ CDO to produce Gala promotion and programme with input from FANS, Farr Hall and other groups
<p>Farr small field</p>		

Call to Action

We would like to hear from people in groups to learn about the difference you're making, or would like to make, in the community. We understand you face many challenges and would like to know how we can best support you on your journey to reach your goals. On Wednesday mornings there is a good opportunity to meet people at Strathnairn Connect between 9:30am and 2pm. Thanks to Beth Rose, Birchwood Croft, we can have an informal catch up over breakfast croissants, coffee and home baking in the meeting room. The post office van, fish van, mobile library and other local producers also stop by, so why not drop-in for a visit to catch up with folks who

would be delighted to see you.

My name is Helena Macleod and my email is helena.macleod@strathnairndevelopment.scot. Feel free to contact me on 07825 508945 or you can book a 1-2-1 in my office in Farr Hall, where the kettle is always on. We're also interested in hearing from people who would like to be involved in contributing to the direction of community development in Strathnairn. You can do this by joining SDC free of charge as a member by of the Development Company by emailing me or applying directly at <https://strathnairndevelopmentcompany.scot/become-a-member>. Thank you, Helena Macleod.

Hot water bottle safety

A London hospital treats 1 person a week for severe burns from Hot Water Bottle's. Half of all Hot Water Bottle injuries need skin grafts to recover.

Use your Hot water bottle safely:

- ◆ Regularly check your Hot water bottle without the cover on. Check for defects or damage.



◆ Do not use boiling water. Boil the kettle but then allow to cool a little before adding to your bottle.

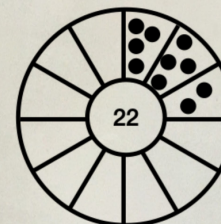
◆ Hot water bottles are supposed to be replaced every 3 years. Check the date and update your supply.

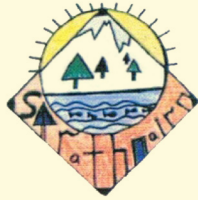
◆ When buying a Hot water bottle choose one with a high rubber content. Does it smell rubbery? Does it wobble and feel rubbery?

Check the date of your Hot Water bottle

1. Find the 'Daisy wheel stamp'
2. The number in the middle is the year of manufacturer
3. Each segment of the wheel is a month.
4. Look for the last segment with dots. This is the month.
5. The number of dots in the last segment is the week in the month.

This example reads: 2nd week, March, 2022





Strathnairn Community Council 2022

Meetings - 20th March 2023 - Meeting 305

Present:

SNCC Members: Phil MacKintosh (PM, Chair), Neil Spence (NS, Hon Sec), Ian MacLean (IM, Treasurer), Ian Hunt (IH), James Murray (JM), Jonny Porteous (JP), Tim Rose (TR), Lorna McConachie (LM, Minutes)

HC Members: Cllr David Fraser (DF), Cllr Ken Gowans (KG)

Associate Member: Allan Martin (AM)

Members of the Public: Mark Bessell (MB), Neil Dawson (ND), Craig MacDonald (CM), Helena McLeod (HM), Darren Read (DR) (mentioned in the minutes), 7 others.

1. Apologies

None received.

2. Approval of Minutes

Minutes of February 20th, 2023: Proposed (IH), Seconded (JP).

3. Declaration of Interest

IH advised the CC that as a member of the Community Benefit Fund he would not take part in discussions relating to the SCBF unless he deemed it pertinent to do so. PM stated he had tendered for Farr Hall works. (Refer to Item 13b, below).

4. Matters Arising from minutes. Nil

5. Co-option of Lorna McConachie as member of SNCC

It was agreed that LM would be co-opted onto the Community Council until November. **Action NS to inform Highland Council.**

6. Community Policing Report and local issues

The February issue has been published.

A monthly meeting is being proposed between the Area Commander and the Community Council in order to raise and discuss local concerns.

7. Financial Report

The current balance is £5874.79. £2500 has been received from SCBF. Outgoings of £84 (insurance) and £65 (minutes) and an incoming payment for the events budget of £3000 are pending.

8. Planning Application and updates

a) NEW

i. Alterations and extension. 1 South View, Daviot, Inverness. IV2 5XL

ii. Erection of house, holiday annexe and garage. New House west of Tullich, Dore

iii. Construct link between building & alter windows. Farr Community Hall, Inverarnie, Farr, Inverness. IV2 6AX

iv. Erection of forestry management shed. Blar Buidhe, Farr, Inverness. IV2 6XF

v. Demolition of steading/farm buildings, erection of 2no.houses. Castleton, Daviot, Inverness.

vi. Erection of house. Land 175 SW of Craggie House, Daviot, Inverness

vii. Restoration of borrow pit. Land at Meall Mor, Beinn A'Bheurlaich and Craggie Farm, Daviot, Inverness

b) UPDATED

i. Erection of agricultural building. Brin Lodge, Flichity, Inverness. IV2 6XD. Agreed

ii. Change of use of garage to form residential unit (annexe). Craggan House, Farr, Inverness IV2 6XJ. Agreed

iii. Erection of house. Land 30M SW of South Gatehouse, Farr. Agreed

Action: Item 8a viii above, IH to clarify definition of "restoration" and include information into newsletter to provide residents all relevant information relating to these works and how to raise any concerns.

9. Windfarms

a) Aberarder: no further feedback from SSEN.

b) MB raised his concern over outstanding payments amounting to £88,500. This has been an ongoing issue over the last two years where SSEN have failed to meet their obligation.

Action: MB to email PM and Cllr KG all pertinent details. After a discussion it was agreed that a penalty for late payments should be considered. Cllr KG shared his support and stated that acting as Chair of Economy and Infrastructure he will deliberate at the next council meeting. **Action: Cllr KG**

10. Red John Hydro Scheme

No update available.

11. Strathnairn Development Company (ND)

a) Helena MacLeod has been appointed as the new CDO and is working from Farr Hall four days per week. Initial priorities include establishing relationships with the community and community groups, organising community events (Coronation event/National Community Help out day 8th May, Farr Gala 17th June) and affordable housing. A lengthy discussion ensued to ensure that all stakeholders are aligned, and priorities clearly set when visualising the hub. **Action: PM to discuss with HM.**

c) A meeting to be established with SSEN for future funding.

d) HM and IH to work together to support Strathnairn Hall new board members,

12. Strathnairn Community Benefit Fund (MB)

a) The Heritage Group have received

£50k for purchase of Dunlichity Church.

b) SSEN delayed payment to be investigated. (See item 9b, above).

13. Community Halls

a) Strathnairn Hall: (Daviot): A board meeting is to be arranged and details will be provided when dates are confirmed.

Action: IH provide "What's On" information to LM.

e) Farr Community Hall: A lengthy discussion ensued regarding the planned works for the hall. The importance of making improvements to the hall and aligning with the longer-term vision of the hub was debated. It was agreed that clarification is required and all interested parties to come together to identify the best use of resources and support a way forward. **Action: NS to arrange meeting with representatives from Farr Hall committee, SDC and CC.**

14. Strathnairn Newsletter

A meeting is to be arranged with the editor to review funding. **Action: PM, MD & LM.**

15. Strathnairn Heritage Association

Future fundraising is to be sought to support the renovations and planned works for Dunlichity Church.

16. Roads

a) Farr village improvements: Playpark works are scheduled for 12th-14th April. A full road closure will be in place on the 13th and 14th April. Diversions will be in place. (Large vehicles to divert via Dore and light vehicles to divert on local routes).

b) Resurfacing and installation of two passing places at Tomfat Woods is scheduled for 23rd - 27th March, with a full road closure on 27th March.

c) Highland Council are to set up 20mph zones which are to be piloted in some villages.

17. Road Safety and Speed Limits

a) The meeting discussed areas within the Strath where safety measures may be best applied. These included junctions, road carriage change from double to

single, blind bends, built up areas and areas near to care homes. Nairnside, Croachy, Inverarnie and Farr were highlighted. **Action: PM to arrange meeting with councillors to discuss safety signage and other possible measures.**

f) Information to be added into newsletter to include how to report speeding logging lorries and a reminder for slower moving vehicles to pull into passing places. **Action: PM & LM to provide information to newsletter.**

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

a) SCBF – Minutes of recent board meetings.

b) Highland Council – Community Resilience Briefings.

c) Cllr Balance – Report from Inverness Area Committee re Police reports and Community Councils Forum.

d) Sottish Community Councils – February Newsletter.

e) D Read – Cost of repair to Beachan Bridge, £14 562.39 + vat.

f) Scottish Forestry – Ben Buraich LTFP Consultation.

g) Highland Council – Notification of B861 Closures 15-17/03/2023.

h) Moray Firth Partnership – Spring Newsletter.

i) SEPA – 2023 Opinion Survey.

j) Highland Council Planning- Update on retrospective planning for tracks.

(86 e-mails received, 58 e-mails sent. 09/02/2023- 12/02/2023).

Item 18f: Action: TR to comment on impact. CM, Scottish Forestry, provided information on proposed dates for hauling (August – March 2025/2026) four lorries per day. The need for a formal obligation to contribute towards road maintenance was discussed. **Action: NS to write to Scottish Forestry re Road maintenance**

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

a) Inverness Community Partnership April 2023, Date tbc

b) Fireworks Control Zones – Highlands and Islands. 28th March

c) Inverness Community Councils Forum – 29th March

20. Questions from members of the Public: Nil

21. AOCB

a) Private water Supply (See item 18i above): A lengthy discussion took place where residents of the five properties affected shared problems with their water supply. There is an impasse between SSEN and the residents which needs to be settled. Key questions to be resolved are how to safeguard water supply and how to establish a way forward. **Action: NS to arrange a special meeting with the residents and representatives from SSEN to find a satisfactory solution to both parties.**

b) DR has been researching possible websites which provide a “one-stop-shop” for all community communications and will summarise his findings. **Action: DR to email details to HM.** A preferred supplier to be agreed as soon as possible. **Action: PM.**

c) Boreholes removing material from local quarry. **Action: NS to request details from Pat Munro.**

d) Information on future of Inverarnie wood was requested. **Action: PM to discuss with Woodland Group and to feedback.**

e) HM joined the discussion at the end of the meeting and plans for the hall and hub were discussed. See item 11a, above. **Action: PM to email pertinent information to HM.**

22. Next Meeting – Monday 17th April 2023.

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.

PM thanked all for their contribution, and the meeting closed at 21.45hrs

Is this food off?

It is important to understand best before and use-by dates on food labels to keep food safe and to help reduce food waste.

Food date labelling

On most packaged food, depending on the product, you will see either:

- a use-by date - relating to food safety
- a best before date - relating to food quality

Use-by dates are about safety

A use-by date on food is about safety. This is the most important date to remember.

Never eat food after the use-by date, even if it looks and smells ok, as it could make you very ill.

You can cook and eat food until midnight on the use-by date but not after.

The use-by date will only be accurate if the food is stored according to the instructions on the packaging.

After the use-by date, don't eat, cook or freeze your food.

Best before dates are about quality

The best before date, sometimes shown as BBE (best before end), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good.



The best before date will only be accurate if the food is stored according to the instructions on the packaging.



The sniff test

For foods with a best before date, you can use sensory cues to find out if the food is appropriate to eat. You could look for visible mould on bread, taste to see if biscuits/crisps are stale, or sniff/smell some dairy products with a best before date to see if they have soured.

For food with a use-by date, the “sniff test” is not an appropriate method for testing if food is safe to eat. Food can look and smell fine even after the use by date has passed, but the product will not be safe to eat. We can't see or smell the bugs that can cause food poisoning.

Manufacturers are responsible for deciding whether to apply a use-by date or a best before date on their products. This will depend on factors such as how the food is made and how risky it is. They will make sure the right label is used on the product.

Always check the date labels on food to see whether it has a use-by or best before

If you have a problem with your sense of smell and cannot use it to detect if food with a best before date has gone off or stale, then ask someone else to check it for you. If that is not an option, then we advise that you stick to the best before date on the packet as this has been determined by the manufacturer to be the date which the food is at its best.

INVERARNIE STORES

CONVENIENCE STORE

GROCERIES AND FROZEN FOODS,
 HARRY GOW BAKERY, A & I QUALITY BUTCHERS CULLODEN, ICE CREAM
 NEWSPAPERS, MAGAZINES, SECOND HAND BOOKS, CIGARETTES, TOBACCO
 CARDS FOR ALL OCCASIONS, WRAPPING PAPER, GIFT BAGS
 FLO GAS, SMALL BAGS OF COAL, KINDLERS
 REPEAT PRESCRIPTION COLLECTION POINT
 RECYCLING, PUBLIC NOTICEBOARD

**OPEN LOCAL HOLIDAYS
 CLOSE TO FARR & DAVIOT SCHOOLS**

OPENING HOURS
 7:30am - 12 noon – Mon-Sat / 9am - 12 noon – Sunday

Inverness IV2 6XA

Pop along and say hello!



Recycling Bins Notice

Should people find the bins to be full, please don't leave bottles etc on the ground. An amount of broken glass had to be swept up before the area was safe for the youngsters to play tennis in the Hall car park last Friday. Thank you.

Auchnahillin Holiday Park

Daviot East, Inverness IV2 5XQ

Static Caravans
 available for hire
 Touring Caravans,
 Motorhomes, Campervans,
 & Tents welcome

Holidaymakers Only

Stockists of



Please contact us with your requirements
01463 772286 /07974 008567
 info@auchnahillin.co.uk

Changes to Blue Bin recycling

The Highland Council have extended their recycling choices for your Blue Bin.

You can now put aluminium foil and food trays in your recycle bin. Remember they have to be clean without any food residue.

Aluminium Foil and Food Trays



**Can now be recycled in
 your blue recycling bin**



Go digital!

Did you know you can get your copy of the Strathnairn Newsletter by email?

If you would like to switch to a digital newsletter please email: strathnairnewsletter@gmail.com with your name, mailing address and contact email address. We will remove your address from the postal list and add your email to the digital list.

This space is available ?

To advertise in Strathnairn News:

Size of advert (to nearest cm)	6 editions – A full year – including a listing on the Local Business Directory	Single edition (please specify month required and no of issues)
Full page – 19 x 12 (colour)	Sponsorship Package	£65
Full page – 19 x 12 (B&W)	£225	£40
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
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