

COMMUNITY CALENDAR

The Community Calendar is available to see online at

<http://www.ballachulish.org.uk/our-community/community-calendar/>

Not everything is listed yet, so if an event is missing, please contact Rob Malpas. Activities and events are also advertised on our village notice boards and via facebook.

FORTHCOMING DATES

February

- 7th – 7pm Community Council meeting at Shinty Pavillion - all welcome
- 20th / 21st Mid Term School Break
- 25th 11-4pm Crafternoon in aid of MIND at Dramafish Studios, Kinloch.

March

- 7th – 7pm Community Council meeting at Shinty Pavillion – all welcome
- 11th / 12th March – Early spring Strim & Prune
- 25th – Groundbusters Odd Job Day at School 12.30 onwards

Advertising

If you would like to advertise your local business in this newsletter, please get in touch. Adverts will cost £20 per issue, for a quarter page which includes a small banner advert on the Community Website. We will take a maximum of 10 adverts per issue, and can do the artwork for you if that helps.

COMING IN THE NEXT ISSUE

- Events to celebrate Easter
- News about the annual Duck Race
- News from the local clubs and associations
- Do you know why Ballachulish won a Civic Trust award in 1980?



Ballachulish Community Council, Ballachulish Community Company and Ballachulish Community Association SCIO (SC023308) have worked together to produce this newsletter.

Editors: Rob Malpas and Sheila McLean

Distribution: Sheila McLean and Kath Small (with helpers) to approximately 370 properties in the Ballachulish and Glenachulish community. Funded through Ballachulish Community Association SCIO, Ballachulish Village Hall, East Pier Road, Ballachulish PH49 4LE

SLATEST NEWS

Your free community newsletter produced by Ballachulish Community Forum

Edition 1 – Feb 17



WELCOME!

Following the success of the first edition, the Community Forum are hoping to publish the newsletter every other month, but we need YOUR help. If you have any news or stories that you wish to share – past, present or future – please get in touch! Also, a big thank you to everyone who has submitted articles for this issue.

As you can see, we also have a new title – thanks to Susan Schannwell for suggesting it. Thank you also to everyone who took the time to send in ideas.

We have a small team of volunteers who are willing to collate and produce the newsletter, but it needs content. Please send anything, and we mean anything to Rob Malpas – rileyrob@btinternet.com; Sheila McLean – sheila@brecklet.co.uk or drop it into the Black letterbox at the village hall.

The next issue is planned to go to print in March 2017, for delivery at the end of the month. Deadline for submissions is 14th March. Anything submitted after this date may not be included.

A NEW YEAR!

So 2017 has begun, and by the time you read this it will be a month old already. Hopefully those of you who made New Years Resolutions have managed to hold them, and are now Happier, Fitter, Healthier, more relaxed or whatever than before!

A quick look back over the Ballachulish Timeline reveals the following in our community's rich history:

200 years ago this year – Thomas Telford started work on the A82 in the area. He was responsible for the Commission on Highland Roads and Bridges that rebuilt the route between Dumbarton and Fort William.

130 years ago this year – The Jubilee Stone was erected to celebrate Queen Victoria's Golden Jubilee.

50 years ago this year – St Johns School closed.

RUN BALLACHULISH/GLENCOE AND LOCH LEVEN OPEN WATER SWIMMERS



How are those New Year's Resolutions working out? Is your body still a temple?

If the dark winter months are testing your motivation, why not connect with some like-minded locals and make a date to get out and do your sport? If you've made the commitment to train with someone else, (and even better documented it in front of witnesses) then it's much more likely to happen...

If you're into running or open water swimming, or would like to get started, there are two local Facebook pages that might just help you out:

- Run Ballachulish/Glencoe
- Loch Leven (Glencoe) Open Water Swimmers

Each page serves as a friendly and informal platform for members to share articles, ask questions and most importantly arrange to run or swim.

New members are welcome to join either page, simply search them up on FB. You'll find a mix of abilities, personalities and a friendly welcome.

If you're looking to run for the first time, then Run Ballachulish/Glencoe often runs a weekly Couch to 5k session which is open to all.

New swimmers are very welcome too!

We look forward to seeing you on a trail, or in the Loch soon.




OSS Responsibility Statement Loch Leven (Glencoe) Open Water Swimmers operate all swimming activity under the OSS Swim Responsibility Statement guidelines. The Loch Leven (Glencoe) Open Water Swimmers group is purely a network of people interested in swimming with others at entirely their own risk. We maintain to be an open and welcoming group for swimmers of all abilities.

Do you have a sporting group – share your information in the next issue!

REGULAR WEEKLY ACTIVITIES

Please note some activities do not meet during school holidays.

Monday

- 10am Step it Up Walking Group meet at TiC 
- After school primary football – Jubilee Park
- 7pm Highland Hustle at School
- 8-10pm Scottish / Country Dancing at Village Hall



Tuesday

- 9.30-11.30am  Playgroup at Village Hall
- 6-8pm Junior Shinty Training at Village Hall


Wednesday

- 6.30-7.15pm Zumba at Village Hall

Thursday

- 9.30-11.30am  Playgroup at Village Hall
- 10.30-1pm Knit & Knatter, Coffee & Crochet at TiC
- 5.30-9.15pm  at Village Hall
- Evenings – Shinty Team Practice at Jubilee Park

Friday

- 10am Step it up Walking group meet at TiC 
- After school dancing session at school

Sunday

- 11.30am Church of Scotland Service at St Munda's
- Episcopal Church Service at St John's
- Catholic Church Service at St Mun's

As you can see, ours is a very busy community with lots going on. However, if your group isn't mentioned above, please get in touch!

If you are interested in any of the above, we're sure you will be made very welcome. Contact details can be found elsewhere in this newsletter, on facebook or simply ask us and we shall pass your enquiry on!

Also active locally:

- South Lochaber Bowmen – Archery Club
- Ballachulish Football Club

RBS Mobile Bank

Tuesdays

10:45-11:30 Abbeyfield

11:45-13:00 V Hall

Fridays

10:30-12:00 V Hall



Mobile Library

Thurs 2/2, 23/2 & 16/3

12:40-12:55 Square

13:00-13:10 Lochside Cottages

Wed 8/2, 1/3 & 22/3

13:30-14:25 School

14:30-15:15 W Laroach

15:20-16:00 Park Rd & Abbeyfield

16:05-16:30 Albert Rd



USEFUL CONTACTS

Community Council: www.ballachulish.org.uk

Our Community Councillors are: Shirley Grant (Vice-Chair), Alisdair Jack (Treasurer), Dave Kitson (Secretary), Rob Malpas, Kath Small, Kevin Smith (Chair), Jimmy Waugh

Community Association: www.balla-hall.co.uk

Our Trustees are: Brian Dickie (Vice Chair), Rob Malpas (Secretary), Isobel Robertson (Treasurer), Jo Watt (Chair)

Community Company: [on Facebook](#)

Simon Ingram (Treasurer), Dave Kitson, Angus MacInnes, Sheila McLean, Susan Sinclair, Kevin Smith, Mike Smith, Morgan Smith, Jimmy Waugh (Chair)

Patient Participation Group: Bill Strachan or Shirley Grant

Co-op Community Fundraising

Over the last six months the Co-op Ballachulish and our customers have raised nearly £1500 for local causes, split between the 4th Lochaber Scouts, Ballachulish Community Association and Ballachulish Sports and Playpark Association.

We recently invited applications from the community for our next three local causes, look out in store for the winners!


To help us benefit the causes simply sign up for a Co-op Card, if you haven't already, and 1% of your spend on Co-op goods will go to the charity you choose, or be split between the three. In addition to this you will receive 5% of your total spend on Co-op goods back into your membership account, which you can save up for a special occasion or use anytime to pay for your shopping.

As well as local causes the Co-op have been raising funds for the British Red Cross over the last twelve months. Thanks to our generous customers we have raised over £4000 through a combination of bake sales, raffles and, of course, a gunging! We also raised £465 for Children in Need by raffling a giant Pudsey Bear.

Don't forget that, as a member of the Co-op, you also get a say on the products we sell and the causes we champion.

Happy New Year from all at the Co-op Ballachulish!





Riley Rob Books

A range of local books, including the Ballachulish Timeline.
Available now from
Ballachulish Visitor Centre
www.rileyrob.co.uk/books

Local Books Supporting Local Charities

VILLAGE ENHANCEMENT DATES

Over the last few years the community council and community association have organised a number of 'working parties' to help keep the village clean, tidy and looking good for all of us and the visitors who pass through each year.

It has, however, become noticeable that there are a core of volunteers who help as often as they can, and we feel it is unfair to continue to expect them to do so much when we all benefit. If every able person in the community helped for half a day each year, we would have too many volunteers, but that is no excuse to not come along. Therefore, we would appreciate it if you could commit to help on one of the dates below:



- | | |
|--|----------------------------|
| • 11 th / 12 th March – Early spring Strim & Prune | From 9.30am @ Village Hall |
| • 8 th / 9 th April – Spring clean and general tidy up | Contact Rob Malpas |
| • 20 th May – Village Planters | Contact Kevin Smith |
| • (27 th May – Summer Craft Fayre & Duck Race | Contact Jo Watt) |
| • 17 th / 18 th June – Mid Summer Strim & Prune | Contact Rob Malpas |
| • 23 rd / 24 th September – Quarry Tidy up | Contact Kevin Smith |
| • 11 th / 12 th November – Fireworks Weekend | Contact TBA |
| • 2 nd / 3 rd December – Christmas Lights and Tree | Contact Shirley Grant |
| • (3 rd December – Christmas Market & Santas Grotto | Contact Jo Watt) |
| • 6 th / 7 th January – Take Christmas lights down | Contact Shirley Grant |

A Free lunch is provided for every volunteer on many weekends, and we also need volunteers to help with the food, so even if you don't feel able to help with the outdoor work, there are other opportunities to help.

Of course, we also wish to express our sincere thanks to everyone who has helped over the last few years, and we are looking into organising a Barbecue evening in the summer for all of you.

We would also like to thank all those members of the community who spend their own time on a more frequent basis to help keep our village looking good. There are a small number of people who will go out rain or shine to pick litter, trim bushes and strim grass, for the benefit of us all.



VILLAGE HALL NEWS

Stalest News now includes the Village Hall Newsletter. This means that our news and events will be coming through your door more often than ever before!

Christmas

The Christmas Market at the beginning of December was a fantastic event with the hall extremely busy throughout the afternoon. Santa's Grotto was busier than expected, leading to a little panic when the Elves realized they hadn't quite brought enough presents from Lapland, but disaster was averted with a little Christmas magic and all was well!

Huge thanks to all of those involved, including Janka and Frances who liaised with Lapland, and Santa and his two elves who travelled down for the day.

New Year

The Lantern Parade was also a very successful event, which seems to be getting busier every year. There were about 50 lanterns in the parade this year, which we think is a record. The Parade has been held since 2000 and we have regular attendees from England, and this year a family from the Czech Republic. The refreshments and fireworks were a fantastic finale to this popular end to the year.

We would also like to thank the piper for leading the parade around the village. We are hoping that this will be a regular feature in future years.

Forthcoming Events

Ballachulish Village Hall endeavour to put on a range of events during the course of each year. We currently have no finalised plans for events before Easter, but have some ideas in planning so keep an eye open for posters / on Facebook. We are also looking to have a few more events for the younger members of our community, and Janka and Frances have agreed to coordinate these events. If you would like to get involved, please get in touch.

Cleaning Rota

Our Village Hall is kept clean by a dedicated team of volunteers who come in each week, on a rota, to ensure that everything is as clean as our users expect. However, we are always looking for more volunteers – the more people on the rota the less each person needs to help! If you would like to help, please get in touch with Jo Watt.



FIREWORKS LETTERS FROM THE SCHOOL

Here are a selection of letters received by the community council from the children at the school.

Dear Community Council...

I really enjoyed the fireworks on Saturday. My Favourite one was the waterfall. It was bright and white and looked like a real waterfall. There were six of them, I also enjoyed when they set the boat on fire, and the house. It was fun. From Lyca.

I really enjoyed the fireworks on Saturday. I really liked the fireworks because of the waterfall and the bonfire was also good. I liked the hotdogs, coke and burgers. The best bit was the waterfall. From Matthew



I loved the fireworks this year. My favourite was the waterfall because it was magical and it was the biggest. I also liked the blue fireworks. I hope it's the same next year, it was so colourful. I liked all of the fireworks. From Charlotte.

Thank you for the bonfire and fireworks on Saturday night. I loved the bonfire because it was very big and I loved the fireworks because they were very bright, colourful and loud. I think you should light up a path so that people don't bump into other people.

Thank you, From Lucy

I really enjoyed the fireworks and my favourite was the waterfall. You are doing a good job and the bonfire was good as well. I was with Steven and Erin and we really liked the blue, gold and silver fireworks. They were our favourites. I really liked the music with the fireworks, The colours are awesome. Keep it up. From Nathan.



Thank you for all your wonderful letters. We had too many to print them all here!

BALLACHULISH CAMANACHD

Our local Shinty team are due to resume matches shortly after the winter break with a series of friendlies before the main season starts at the beginning of March.

We wish them success in the various cups and the main league.



LITTER & DOGGY DOINGS

It has been brought to our attention that there is a small problem with litter, including broken glass near the underpass and also dogs mess around the village. A couple of names have been mentioned, and those people will be spoken to, but can everyone young and old please remember to tidy up after themselves and their dogs. THANK YOU.



COMMUNITY COMPANY NEWS – November 2016

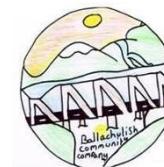
The AGM

The Annual General Meeting of the Ballachulish Community Company was held at 7pm. on Wednesday 9th November.

After the formalities, Jimmy Waugh gave his chairman's report. He reiterated that the sole purpose of the Community Company was for community benefit and that this had increasing scope, particularly in the light of new legislation emerging from the Scottish Government. He referenced the Laroch and Glenachulish hydro schemes; and while our initial path was stalled, all possible avenues for progress are still being explored. One that is of particular interest is a "community ownership share scheme" (see below).

Jimmy continued by mentioning the Community Asset Programme and its usefulness in such areas as possibly acquiring the old water treatment works for community use. He mentioned the importance of the Community Action Plan, as a catalyst for improvement in many aspects of village life.

Following elections, we will essentially continue with the same 9 directors as last year. Positions will be decided at the next meeting and be reported in the January Company newsletter.



Community Ownership Share Schemes

A presentation was given by Rory Dutton from Development Trusts Association Scotland. It appears that one way our hydro scheme could continue would be through a Community Ownership Share Scheme and this is something the board will actively consider. This model is used across the UK by local groups keen to develop all sorts of schemes, including power projects. See the website for more info: www.dtascot.org.uk

A COSS is very much what the title suggests. Members of a local community making an investment in some sort of local project. Again, see this website for more details:



www.communitiessaresscotland.org.uk

Membership

It's only £5 per annum to join or renew. The easiest way is to pop your £5 in an envelope, with "membership" and your name written clearly on it and post it in the silver company post-box at the village hall. You'll get an email as a receipt. All the support we get really is appreciated. It gives you a personal stake in the company, a voice and a vote. Please pay your subscription as soon as you can.

If you'd like to receive the BCC newsletter by email on a regular basis, approximately every two months, please email me at: BallaComCo@hotmail.com. There is no cost or commitment and you do not have to be a member. If you do not have internet access and would like to receive printed copies of the newsletters please phone me on 01855 811 346 to arrange that. Thanks, Mike Smith.

tools & tackle
... & the great outdoors
Lochaber's Premier
Fishing Tackle Shop



Top Branded Tackle, Bait,
Rod Hire, Expert Advice,
only 1 mile from Glencoe

Camping Equipment, Caravan Spares,
Hardware, Gardening,

Old Post Office, Ballachulish, PH49 4JB
off A82 near Glencoe Tel 01855 811111
toolsandtackle.co.uk

**It's A NEW SEASON
AT
THE CABIN GARDEN CENTRE**

FIND US @
THE DRAGONS TOOTH GOLF COURSE BALLACHULISH PH49 4JX
WWW.thecabingardencentre.com
OPENING FROM 24TH OF FEBRUARY
WINTER OPENING HOURS
FRIDAY TO MONDAY 10:30AM TILL 4PM
TEL: 01855 811 786
MOBILE: 07795977767

- LARGE RANGE OF GLAZED & TERRACOTA POTS
- COMPOST & BARK
- FERTIZISERS AND CHEMICALS
- GREAT SELECTION OF GARDENING GIFTS
- GARDENING TOOLS FOR ALL YOUR GARDENING NEEDS.
- BEAUTIFUL SELECTION OF POTTED PLANTS
- SEED POTATOES.
- NEWLY RENOVATED GIFT & GARDEN SHOP
- LARGE SELECTION OF SHRUBS & TREES



4th Lochaber Scout Group

Beavers 6-8 years, 5.30-6.30pm

Cubs 8-10½ years, 6.45-7.45pm

Scouts 10-14 years, 8-9.15pm

All groups meet at Ballachulish Village Hall

The Autumn term was rounded off for the Scouts with a series of special evenings. In late November we took them up to the Ice Factor in Kinlochleven, and then a couple of weeks later we went to the High School show. For the final week, we took them to the Nevis Centre for bowling, followed by a visit to McDonalds.

The Cubs also had their Christmas Party to round off another good year.

All sections have now resumed for the Spring term, and have spaces for new members.



Adult Helpers

We are currently experiencing a shortage of leaders for Cubs and to a lesser extent Scouts. So far we have managed to run the sessions each week, but to ensure we don't have to cancel in the future, we need more occasional helpers. The Scout Association will need to carry out checks on anyone who wishes to help, but even if you can only help one week in four it would be greatly appreciated. If you would like more information, please contact either Rob Malpas or Karl Griffin.

SOUTH LOCHABER BOWMEN

Offering you the opportunity to learn the Ancient skill of Archery...

Based in the Leven Centre in Kinlochleven, (next to the High School) coaching and practice sessions are offered to interested people.

- Monday nights from 6.30pm - 7.30 pm for Juniors (5+) fees apply
- Tuesday nights from 7pm – 9pm for Adults (16 - 116) fees apply

We also accommodate all abilities persons. These club meets are available all year round. Enquiries can be made through the Facebook pages which are available for both Junior and Senior clubs.



Croft Development

Back in November, there was a public meeting at the Village Hall regarding the possible future development of the top part of the Croft. The landowner, Charles Chisholm, was in attendance and answered a number of questions from the floor.

At present any development is only an idea, and it is unlikely that a planning application will be submitted until the end of this year at the earliest. Queries were raised about access, style of development and number of properties, but none of these matters have been finalised, as the plan is currently at the very early stages. The landowner pledged to fully involve the community at all stages of the development of the plans.

Quarry

There is still some work to complete within the Quarry, which will hopefully be done this spring.

One idea that the community council have to help improve the long term sustainability of the quarry is to install a 'donations box' at the Quarry entrance. There are a lot of tourists visiting the quarry each week, and small donations soon mount up. The money would be used to further the work that the community have already undertaken in improving the quarry and its surroundings for both the visitors and locals.

Any such Donation box would be emptied every day.



QUARRIER'S

Kitchen

Fish and Chips

SIT IN AND TAKE AWAY

WWW.QUARRIERSWEBSITE.CO.UK | CALL. 01855 811600



Winter Opening Hours: Wednesday to Saturday 4.30 - 8pm

Glencoe Taxi

Hazelton Private Hire

Dogs, Bikes & Well Behaved Humans carried.
Reliable with Fair Pricing
Wheelchair access



Tel: 01855 811764
Mob: 07793 258335
E-mail: glencoetaxis@gmail.com

WHAT'S GOING ON??

You may have heard rumours about various things happening in the community. This page hopes to give a brief outline of what projects are currently being progressed.

River Laroch Path

Many of you may be aware of the current condition of the Riverside Path from Albert Road to the Underpass, where the river has started eroding the bank quite badly. The community council are in discussion with a number of agencies to try and resolve this as soon as possible, with a proper long term solution.

In the meantime, can we ask that everyone takes care whilst using the path and that regular users inform both the community council and the Highland Council helpline - Highland Council Roads, flooding and street lighting - **01349 886690**, immediately if they consider the path to have become dangerous. Thank You.

Rhododendrons

The Rhododendron survey is ongoing around the village, and once completed we will be seeking volunteers to help with the removal of the invasive Ponticum variety. We hope to carry out the work later this year, and will provide further details in due course. Thank you to those who have helped so far.



Glencoe Orbital Path

The National Trust for Scotland have not managed to get outside funding to complete their section of the orbital path. They need a considerable amount of money to construct the footbridge, and so far are not prepared to commit the money from their own limited resources.

Burial Isle Tidy Up

In Summer 2016 Glencoe Heritage Trust embarked on a programme of intense ground maintenance on Eileen Munda with a view to continue into the Spring of 2017. It has already revealed long lost headstones with at least one of considerable age being uncovered.

However, comments have been made by visitors since that the view of the Island from the Information Viewpoint at the Isles of Glencoe pathway is obscured by the undergrowth surrounding the viewpoint and would like to see this rectified.

A book is available, produced by Alexander (Sander) MacDonald which contains detailed records of gravestone inscriptions. This currently costs £7.50 with all proceeds going to the Trust. For more information contact 01855 811490.

NEWS FROM ST MUNDAS CHURCH OF SCOTLAND

Around 80 people gathered in Ballachulish Village Hall on 21st December for the first 'Community Carols' in a long time. There was a lovely festive spirit with traditional carols, 'Jingle Bells' and readings from the Christmas story. The church's Praise Band played and sang Christmas words to Leonard Cohen's 'Hallelujah' and as everyone joined in the 'hallelujahs' of the chorus there was an almost spine-tingling atmosphere. Finally, led by children from the Primary School, we sang 'We wish you a Merry Christmas'. There was no 'figgy pudding' but members of the Hall Committee kindly provided tea, coffee, juice and mince pies and most of the company stayed around to chat and enjoy one another's company. The event was so much appreciated that we intend to make it a part of the annual community diary.



The church and community came together again in a jointly run Burns Supper on 20th January, as the Newsletter was going to press. We're looking forward to a good meal, poems, speeches and toasts along traditional lines, musical contributions and a great evening with friends. More events will be highlighted in future editions of the Newsletter. From Revd Sandy Stoddart.

**Lochside
Garage**
BALLACHULISH

Servicing
Diagnostics
Tyres
Wheel Alignment
Friendly Service

MOTs
Brakes
Clutches

West Quarry Ballachulish
lochsidegarage@btconnect.com
01855 811880



ballachulish tyres.co.uk

**the
laroch**
restaurant & bar

Wonderful
seasonal menus
served in both
our restaurant
and bar in
the heart of
Ballachulish

Tel: 01855
811940

sky SPORTS



LOCAL TRANSPORT NEWS

Notes from meeting on 1st November

Bus Services

Representatives from Citylink and Stagecoach were present and both were very happy to have a face to face meeting with local councilors and bus users. Some points that arose:

- They are going to look into the problem that a number of buses on the local 44 service terminate in Middle Street rather than at the bus station, causing problems for onward connections to the Citylink services and also for shoppers carrying shopping from the supermarkets.
- The Glasgow Citylink service operated by Shiel Buses was praised, whilst concerns were raised regarding the Inverness Citylink service operated by Stagecoach, particularly with catering for the disabled. Stagecoach promised to investigate, but said that the buses were 6 years old and not due for replacement yet. Our correspondent got the impression that the contract will be due for renewal soon and that only limited action will be taken until Stagecoach secure the renewal.
- A suggestion from the floor at the meeting, which was supported by Citylink, may see the Glasgow service rerouted via Callendar, to provide better access to Edinburgh in the winter months. However, this would be a longer journey and not pass the airport so some objections too. Please pass your views on this idea to the Transport Forum.
- Please contact Citylink or Stagecoach as soon as possible if you encounter any problems with their services, so that they can deal with them promptly.

Contact Lochaber Transport Forum on 07789 517990 or email transportforum@carelochaber.org

From Kath Small



Costumes

The Village Hall now has a range of costumes that can be hired for events. These include Mickey & Minnie Mouse and Hello Kitty.

If you would like more information please contact Jo Watt or use the contact form on the Website.



AA WHYTE & SONS
Plumbing & Heating
Registered Gas & Oil Installers



For all your
domestic & commercial
plumbing & heating
requirements

T: 01855811438/347 M: 07855813166
E: aawhyte@tiscali.co.uk
A: Ar Dachaigh, West Laroch, Ballachulish, PH49 4JJ

CRAFTERNOON

<http://www.mind.org.uk/get-involved/fundraising/crafternoon/>

To raise money for MIND we're holding a Crafternoon on Saturday 25th February 2017, 11-4pm at Dramafish Studios, Kinlochleven. So save the date! Craft, tea, cake and a good natter, because sometimes that's all it takes to help someone. Many of us know the devastating effects mental health problems can have on folk and their family and friends. MIND can help, and we can help MIND. If you would like to help with doing a crafting table please get in touch.



KNIT & KNATTER, COFFEE & CROCHET GROUP

We meet every week on Thursday mornings, 10:30 - 13:00 at the TiC. Come when you want for as long as you want. It's free but bring some money for tea/cake. Friendly folk wanting to chat and work on their projects. Everyone and every ability welcome. Merriol Baldwin.



Ballachulish Rainbow Baby & Toddler Group
Our Playgroup is a vital part of the community run by volunteers. We provide a fun, interesting environment for pre-schoolers to play together at the village hall.
There is a varied programme of activities with crafts, singing and storytelling.
Tuesdays and Thursdays from 9.30 – 11.30
£1.50 per child (includes a snack)
Everybody welcome!
Contact: Sara McLean
07826 187053



BALLACHULISH MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

Pulling together for health

(Extracts from January 2017 Newsletter)



Defib Update

A few months ago the PPG embarked on a project to have defibrillators located at strategic points in the local area and embarked on a fund raising campaign to provide them. We are pleased to announce that two of these life-saving units will be available in the near future.

One will be positioned on the wall of the ambulance station in Glencoe and one on the medical centre wall in Ballachulish. The defibs will be housed in heated unlocked cabinets and will be available to anyone dealing with an emergency. Training in the use of the defibrillators and in general CPR techniques will be offered by the Scottish Ambulance Service.

The PPG is grateful for the support of the local community, local businesses, Glencoe and Ballachulish Community Councils, Highland Council, the Ambulance Service and the NHS for supporting this worthwhile project.

Tanya in the Pharmacy Says... Prescriptions: Help us to Help You!

My name is Tanya Stewart and I have recently taken over the running of the practice dispensary from Meg Harvey. I am a registered Pharmacy Technician and I have been working in pharmacies on the west coast since 2001.

Some people have asked why it takes so long for a prescription to be dispensed. The honest answer is all the stages the prescription has to go through. Once it is requested, it has to be authorised by a GP, dispensed and double checked before it can be collected. All of this does take time and on a busy day I've dispensed over 300 items!

Back to my main point, please don't run out! Many of the prescriptions I do are for repeat medicines for on-going conditions. For these to work most effectively it is important that they are taken regularly every day. So please make sure you order in plenty of time. A good guide is that most medicines come in strips of 10 or 14, so if you take one tablet daily, order when you are half way through your last strip and you will have enough tablets to use until your order is ready.

HELP - I've run out!

If you do run out of your medicines please let the surgery know ASAP. You will be able to pick up a signed prescription (GP10) which you can take to one of the pharmacies in Fort William.

If the surgery is closed, you may be able to obtain a supply from a pharmacy in Scotland through the 'unscheduled care' scheme. Please note not all medicines are available through this scheme. The pharmacist will ask you some questions and can only supply if you know the name and strength of your medicines so it's a good idea to have your repeat form with you to show them, they will then send the details of anything they supply to you through to the surgery.



STEP IT UP WALKING GROUP

Based in Ballachulish is the local Walking For Health group – 'Step it Up' which meets twice a week in Ballachulish. You go at your own speed for these walks and there are trained leaders if you need any help. The Friday walk lasts about an hour and is for people with mobility problems or those who haven't walked for ages (please come even if you have a bad knee and think you'll be too slow). The walk on Monday is nearer 2 hours and is for the slightly more ambitious. The walks are free and they both end somewhere for tea/coffee.

We meet at the car park side of the Ballachulish Tourist Information Centre at 10am. For more information, contact Sallie Jack on 01855 821351 or Paul Selby on 01855 821030 or Kath Small on 01855 811520 or just turn up. You will be made very welcome!



Some of the Step it Up walkers ready to leave and out enjoying our magnificent local scenery.

iPowerboat Ltd - Maritime Training

RYA Powerboat Courses | VHF Radio Courses
Navigation Training | RYA Sea Survival
First Aid Courses | Boat Sales & Servicing
Gill Marine Clothing

www.ipowerboat.co.uk | 01855 811847 | South Ballachulish | PH49 4JX



THE MUSEUM - 50 YEARS ON!

In 1966 the Scottish Women's Rural Institute (SWRI) had its Jubilee and institutes were invited to write their village history. The local group entered. They did not win an award but a great deal of local interest was generated by the project and the idea of a museum began.

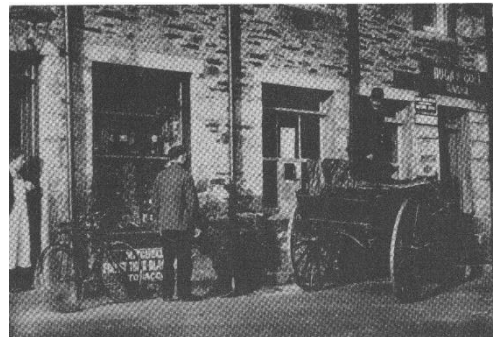
Money was raised by ceilidhs; an appeal in the Oban Times and in local shops started a trickle of exhibits arriving. People also gave family stories and memories of local life in the past which became an important record of how people lived in the Highlands.

Although now usually known as The Glencoe Museum the original name was 'Glencoe and North Lorn Folk Museum' reflecting both the shared histories of people living in this part of the Highlands and the fact that donations came from all over North Lorn as well as far and wide. The items donated ranged from tiny to very large, from everyday objects to unique items of national importance. Donors regularly made comments like *'you'll look after it better than we can'* or *'these things will get lost forever unless someone preserves them'*. Fairly quickly the number of donated items rose and the late Mrs MacColl of Craigrannoch loaned one of her cottages in Glencoe to house the exhibits. The museum opened in June 1967 and charged 1/- (5p) entry.

At the heart of the museum has always been the desire to conserve the story of the people of the area, in particular the villages of Glencoe and Ballachulish. 50 years ago people in Ballachulish donated items of value and stories belonging to their families as the museum was the only place at the time with the ability to safeguard them. Ballachulish now hopes to establish its own Heritage Centre and the museum is keen to be involved in whatever ways it can be helpful.

2017 sees the Museum celebrating its 50th anniversary. We remain an independent museum with charitable status supported by Highland Council and employ a qualified Curator, ably assisted by the fantastic volunteers and seasonal staff. A long-held aspiration is to upgrade the museum buildings and improve access for all ages. We are currently mainly seen as a tourist destination but hope that we can encourage more local use with improved facilities.

The Board are looking to recruit new Trustees to help take us forward in the next stage; particularly people living locally. Whilst keen to have new trustees with



*The Stores, Ballachulish
and the Postman goes on his rounds.*

proven skills in project management/ business development /marketing/ language (Gaelic and foreign)/ building maintenance or education we would also warmly welcome anyone with a real interest in becoming involved. New Volunteers are also welcome – behind the scenes or 'front of house' if you enjoy meeting people, doing odd jobs or maintaining computer records – we have a role for everyone! If you feel you can offer a little of your time in exchange for a lot of satisfaction and the opportunity to build on your own skills whilst contributing to the development of the museum please contact Catriona the Curator curator@glencoemuseum.com or Morag Watt on 01855 811358 and leave a message.

LIFE IN THE 1500'S

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath Water.."

Houses had thatched roofs - thick straw - piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and Fall off the roof. Hence the saying, "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, Dirt poor.

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a thresh hold.

(Getting quite an education, aren't you?) Article supplied by Mavis Fletcher.