

SLATEST GOES VIRAL

Edition 24 – July 2020

WELCOME!

After over 3 months of Lockdown, the end is finally in sight. Restrictions have already started to ease, and from the 15th July some form of normality will return for most of us. This all means that this will be the last edition of Slatest Goes Viral, but that is Good News!! Slatest News will be back, through your letterbox, in early August. Thank you to everyone who has sent in articles over the last few months, and look out for some exciting new articles to come in the next edition.

The deadline for the next edition is Saturday 25th July, please send items in the normal manner:

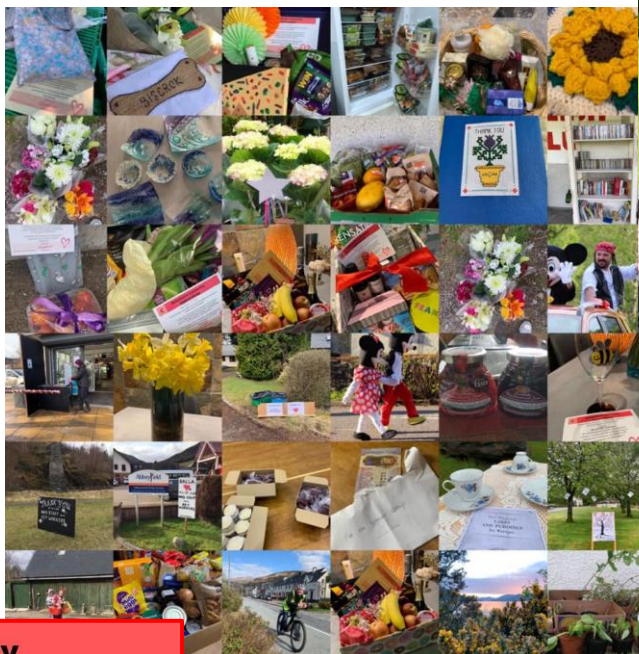
Via e-mail to rileyrob@btinternet.com

Into the Black Letter Box at the village hall

Or via Facebook @SlatestNews

THANK YOU EVERYONE!

Below: 36 tiny snapshots of what the Community Support Group have been up to over the last three months.



Below: Some fantastic new artwork for Ballachulish, but where is it? See inside to find out!

C

Ballachulish Community Support Group

WELLBEING BANK

This new community resource is set up at the Shinty Pavillion and will be open each day.

The store is full of supplies to help you pass the time. Please take what you need when you need it. From time to time we will add some treats to the shelves!

If you have items to donate (books, dvds, games, jigsaws, craft supplies etc) please message us via facebook @covid19balla or call 0185581199

Thank you and enjoy!

PLEASE USE THE HAND SANTIZER PROVIDED AND RESPECT SOCIAL DISTANCING!

SPREAD
Kindness
INSTEAD



facebook.com/covid19balla/



DUROR AND GLENCOE: ST MUNDA'S CHURCH OF SCOTLAND

During this time of 'Lockdown' which has been strange for some and awful for others the local Church has continued in many ways with:

- Daily Readings and Prayers on our Facebook page
- A short video Service every Sunday on Facebook and Youtube
- 'Zoom' worship at 10.30 every Sunday morning
- Lots of phone calls

The video for 28 June includes comments from church members and others in answer to the questions, 'What have you missed?' and 'What has saddened you?' during 'Lockdown'.

On Sunday 5 July we're going to have a 'Drive-in' service outside Duror and Kentallen Hall at 7.00 pm. Those gathering will be asked to remain in their cars to satisfy government guidelines.

The Church of Scotland is in weekly discussions with the Scottish Government and other denominations and we are beginning to have some direction about reopening church buildings when the Government allows and the Kirk Session considers appropriate. At that point the guidelines for procedures around cleaning, distancing and managing those who attend are very demanding (35 pages!) and there would be no singing, nothing to be handed out (Bibles, hymn books, intimation sheets, etc.) pew cushions would be removed and so on. In addition those over 70 or with underlying health issues might be best advised to stay away and those over 70 couldn't be involved in cleaning. All of this and more also applies to funerals in church buildings.

In the meantime, in very many ways, the Church of Scotland has more life, imagination and innovation about it than it has had in some places for ages. We look forward to the future but have no sense that the Church of the future will look much like the Church of the past.

Feel free to phone Rev Sandy if you want to chat (01631 740285) or email astoddart@churchofscotland.org.uk including for links to videos or services.

Best wishes to you and yours,
Sandy



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VILLAGE HALL NEWS

Volunteers have continued to work at the village hall over the last few weeks, painting the windows and flower tubs, clearing paths and tidying the grounds. We would like to thank them all for their hard work. Meanwhile, inside...



We would like to say a huge thank you to Caroline Cooke and Jodie Daynes for their fantastic art work (see front cover) which really lifts the recently redecorated entrance foyer to the village hall. After a few brief conversations, where the only idea they were given was '1930s style railway poster' they have produced this magnificent design, spending many hours of their own time to make sure it looks just right. Thank you to them both.

COMPETITION TIME

Croft Road residents have set the bar in coming together and cleaning up their part of the village while other areas are also doing their bit i.e Tourist Information/Quarry Cafe and Ballachulish Hall.

We would like to invite nominations for a competition to name 'Ballas best kept street', business or area of the village. Before pictures must be provided.

Judging will take place in Sept and a plaque or similar will be awarded to the highest scoring nominees.

More details will be provided in the next version of Slatest News which will hopefully arrive through your doors in August.

In the meantime, we are happy to take nominations, please get in touch either via email to the editor or private message me on messenger.

Thank You,
Jo Watt

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HOW HAVE WE BEEN HELPING YOU?

From the Ballachulish Community Support Group - a heartfelt Thank You to all of our amazing volunteers – every single one of you.

We are now in the process of winding down our operations, although rest assured everything will be left in place to restart quickly if required. More information will be through your doors in the next few days.

Thank you everyone who has helped, cared, encouraged, nominated, appreciated - you are awesome ♥

Be kind, stay strong [#belikeballa](#)

The Important Stuff

Our volunteers will do their best to respond to you as quickly as they can, but responses may take time. Please bear with us.

Please never give financial or other personal data out to someone you don't know, especially over the telephone.

And lastly, we can't stress enough that we are here to help, but remember we are not an emergency response and volunteers are not medically qualified. All medical requests should be directed to the appropriate NHS number.

'TEAM' DISNEY THANK YOU'S

The Club House agent would like to thank all the mums and dads who have helped out in the Disney 'walk' over the past few weeks.

Special Thanks to all our Club House volunteers and our Transport Executives Colin and Mary who have made a Friday night in Balla such a happy event.

#belikehappyballa ☺



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What?
There is a larder full of food, collected by your community for use in this community so please do not struggle.

Who is it for?
For anyone to receive or donate. No referral necessary, just call us or visit during opening hours.

When?
Tuesdays 4pm-6pm
Fridays 12pm-2pm
Ballachulish Village Hall

Can we help?
Yes! We can arrange a delivery for you or someone you are concerned about. If you can't make it to the hall you can call the confidential helpline.

01855 604311

Whatever your circumstances, we are here to help.
Bring your bag and pop in to see us in the village hall.

Run by Ballachulish Community Support Group

**SPREAD
Kindness
INSTEAD**

Ballachulish Community Association SCIO, a Scottish charity No SC023308

LOCAL WILDFLOWERS

Vernacular name: Foxglove

Gaelic name(s):

- Ciochan-nan-cailleach-marbha (dead woman's paps) from Skye.
- Cluig-na-mnatha-sithe (fairy woman's ear pendant).
- Lus-a-bhagair (foxweed) from Aberfeldy.
- Lus mor (big plant).
- Lus-nam-ban-sith (fairy woman's plant).
- Meuran-a-bhais (thimble of death).



Uses:

The most common use for this plant was to treat heart conditions and dropsy.

Other treatments included TB, epilepsy, delirium, mental disorders, diphtheria, skin diseases and, after fever, to induce sleep.

Externally, this was applied as a warm plaster on painful joints. The chopped leaves mixed with butter and garlic were used to draw boils.

Folklore:

This plant used to be referred to as Scotch mercury.

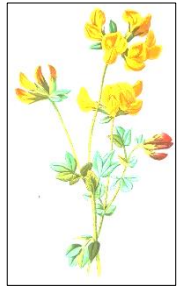
In the Borders foxglove leaves were put in cribs of new-born babies to save them from becoming bewitched.

Isobel Haldane, in the 17th century confessed to communing with the fairies after accidentally poisoning a child with foxglove leaves.

Vernacular name: Birdsfoot trefoil

Gaelic name(s):

- Barra mhislean (sweet top)
- Adharc an diabhair (devil's horn)
- An tri-bhileach (three-lipped)
- Blathan buidhe nam bo
- Cnuadhan a'chait
- Eala bhuidhe
- Peasair a'mhadaidh-ruaidh (fox's peas)
- Spog na cuthaig



Uses:

On South Uist an infusion was made to treat styes.

W. Singers (1807) noted that this plant made beautiful hay.

Dyes:

This plant produces a yellow dye.

Miscellaneous:

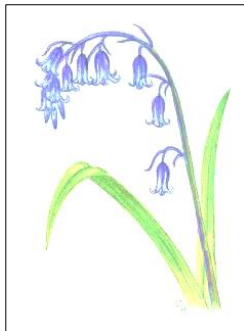
The larvae of the Common Blue Butterfly depends on this plant for food.

Vernacular name: Wild hyacinth or English Bluebell.

The Scottish Bluebell is called Harebell in England.

Gaelic name(s):

- Brog-na-cubhaige (cuckoo's shoe)
- Fuath-mhuc (pig's aversion)
- Lili-ghugacach (bell-bearing lily)
- Lus-na-gineal-goraiche (plant of the foolish offspring)



Uses:

The bulb contains starch for use in laundry.

Glue can be obtained from the roots.

A very useful food source for bees in May.

Folklore:

This is one of many flowers to be considered unlucky to bring indoors.

Dyes:

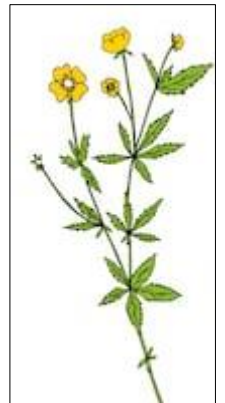
Hyacinths yield a red dye.

In the Glencoe area the colour produced was a pale blue but no information on what part of the plant was used could be found.

Vernacular name: Tormentil

Gaelic name(s):

- Barr braonan nan con (dog's briar bud)
- Braonan-fraoich (briar bud of the heather)
- Braonan bachlaig
- Braonan a'mhadaidh ruaidh
- Cara-mhil a'choin (dog's mandrake)
- Carra-ghille a'choin
- Leamhnach
- Leanartach



Uses:

Tormentil was used by fishermen for tanning nets when oak bark was unobtainable—the best time for this was in late Spring.

It was used as a treatment for worms.

In Tiree and Coll the roots were mixed with milk to treat diarrhoea and dysentery.

In Uist it was chewed to heal sore lips.

In Perthshire a lotion was made for sunburn.

In Orkney the roots were used as pig fodder and also in exorcism rituals.

Dyes:

Red; Marsh woundwort produces a yellow dye when used with tormentil

Miscellaneous:

On Tiree and Coll so much ground was damaged in retrieving the tormentil roots that people were prohibited from digging them up.

BALLACHULISH AFTERNOON TEA

On the afternoons of 18th and 19th June, Ballachulish Community Support Group decided to surprise those who have been shielding during COVID-19 lockdown and older members of the community, with an afternoon tea, delivered to their door. We have had so many messages and calls to thank us for their afternoon teas, but there are a few thank yous we need to do (a bit like the Oscars!)

- * To The Laroch Restaurant and Bar for preparing the afternoon teas.
- * To Isobel Robert and Ruth Sime for organising.
- * To Highlands and Islands Enterprise for their funding, who made this possible.
- * Thank you to our volunteers for delivering the 180 afternoon teas



HELP FROM EWEN'S ROOM

Being under lockdown is making it even harder for lots of folk to feel OK. We've already spoken to several people who are finding this an incredibly tough time. So if that's you, please do feel you can phone for a chat. Or text. Or leave a message.

Ringling the Ewen's Room
Helpline is FREE on
0800 689 3317

You can also text us on
07537 431637

Our volunteers are available from
5pm to 10pm Monday to Friday
12 noon to 10pm on
Saturday and Sunday

EWEN'S ROOM

Promoting Wellbeing and Mental Health

Please be aware that as Lockdown eases many of our local businesses are reopening. They will all be adhering to the relevant government guidelines, so their services and opening hours may differ from before Lockdown. However, now more than ever they need our support so please do what you can to help them through these difficult times.

SOUTH LOCHABER BOWMEN

Archery Club at the Leven Centre, Kinlochleven

Although we are currently not meeting, please keep an eye on our facebook page for re-activated meeting times and dates as soon as we can.



Archery sessions are run by qualified coaches in both Field and Target Archery.

Find us on facebook: www.facebook.com/SLBowmen.

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COVID-19 RESPONSE VISITOR CHARTER

We've been grateful to everyone who has been respecting the guidelines so far, if we continue to follow them the next phases of recovery will hopefully run smoothly and safely.



Many of us are busy preparing to welcome visitors back. However, residents and businesses here remain concerned for continuing health and safety within our local communities, and so Discover Glencoe has compiled a 'Visitor Charter'.

We hope the charter will provide a reminder to people who may not know – or may have forgotten – the publicly available Scottish guidelines for Covid-19 containment to keep all of us safe and well.

Our Glencoe and Loch Leven community welcomes all visitors with true Highland hospitality but this year we must do so in a way that abides by Scottish Government directives to safeguard the health and safety of all – residents and visitors alike.

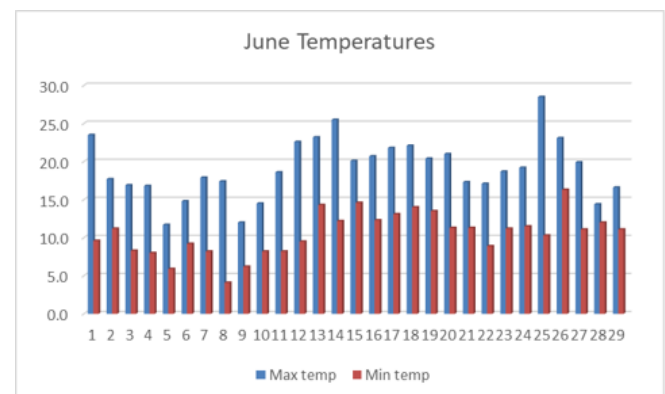
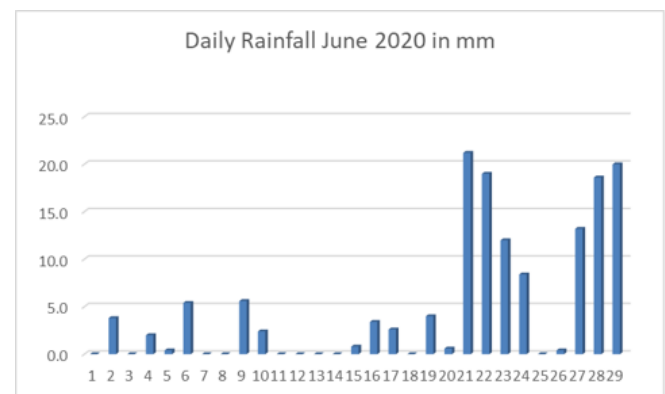
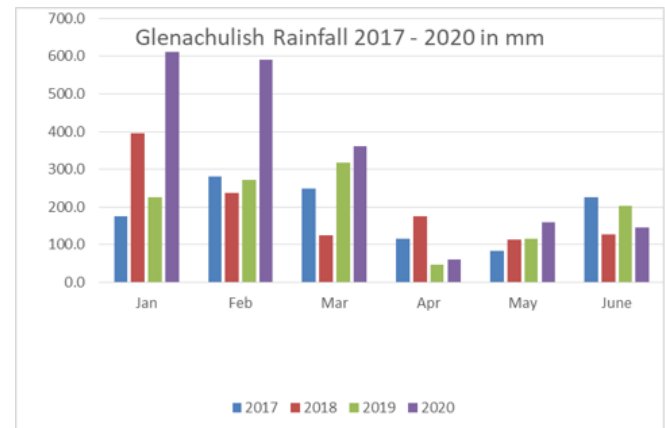
This is a rural community with limited health care facilities, and the rules here may be different from those areas you have travelled from. Our Visitor Charter (below) is for you, our member businesses and our communities to mitigate risks and keep everybody as safe as possible. Please take a moment to read it; we welcome you to our beautiful area and hope everyone will play their part to protect each another – wherever we are.

See the Visitor Charter in full on our website at www.discoverglencoe.scot/covid-19/covid-19-response-visitor-charter/



GLENACHULISH WEATHER REPORT

The rainfall chart, from January to June, helps to emphasise how much wetter than normal the first two months of the year were and remember the bulk of rain in March fell in the first half of the month and since then we have been relatively dry. Actual figures for April, May and June to date were, 61mm, 160mm and 146mm. The daily rainfall chart for June shows the bulk of the rain has fallen in the latter 9 days of the month.



The June temperature chart shows how lucky we have been this month with only 5 days having temperatures below 15 degrees C.

Ian Hamilton



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A DIFFERENT PERSPECTIVE

Through June we have been taking a look at Ballachulish 'from a different perspective' on the facebook page. This has included looking at some aspects of our local heritage and landscapes. One post looked at the local walks as follows:

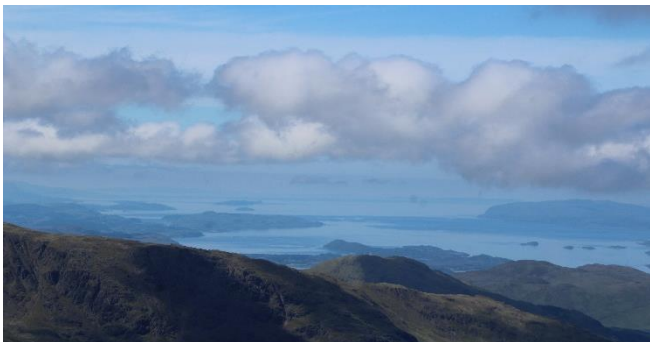
Many of us are walkers, climbers, cyclists, baggers, rambles or strollers and normally by this time of year we would have been out and about across the Highlands, Scotland, the globe even, undertaking new adventures. Sadly, this year, even on a day like today that is not so easy.

However, there are plenty of new routes to explore locally - on a very small scale did you realise that there are over 150 different routes along the main paths from the Co-op along the shore to the River? If you are comfortable walking on the mud flats / slate banks, and on rougher paths that soon multiplies and by the time you do all the routes in reverse, you could take a different route everyday for at least 3 years!!

So, how many different routes are there to choose on the Brecklet Path, round Glenachulish, climbing up to the mast, or taking in the Munro of Sgorr Dhearg?

We may be restricted in where we can go, but there are still plenty of places we can explore for the first time.

Having climbed up to the mast seven times via 5 different routes, I decided it was time to look to the west of the village and started to explore the Glenachulish Horseshoe – taking in Beinn Bhan, Sgurr Bhan and the two Munros of Sgorr Dearg and Sgorr Dhonuill. There are some fantastic views from these hills, south down the Lynn of Lorne to take in the isles of Shuna, Lismore, Mull, Kerrera, Seil, Scarba, The Garvellachs, Jura, Islay and Colonsay (below). And then there was another lump on the horizon beyond – was it the Mull of Kintyre, Ireland or just a cloud formation?



Even if you don't make the summits, there are some amazing landscapes, rock formations and streams to explore, not to mention the views around Loch Leven.

Even now with Lockdown easing, some of us will not be so keen on travelling too far, but there are still plenty of places to explore afresh right on our doorsteps.



Images, from top:

Looking down Loch Leven from Creag Ghorm above Lettermore.

One of the many spectacular lochans on the ridge up to Sgurr Dhonuill

Is this rock art or nature?

RBS Operating Hours

The RBS mobile van is not visiting the village at present, however the branch in Fort William is open from 10-1pm Monday to Friday.



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LIFE IN LOCKDOWN

Over the past few months, Glencoe Folk Museum has been collecting photos, video clips and memories from local people as part of a project entitled "Life in Lockdown", which will document this remarkable period in history. We have had some fantastic images submitted, including empty roads and deserted businesses, wildlife in unusual places, children taking part in lessons at home, people receiving RAK gifts etc. Please do keep sending us your photos so that we can build a digital collection depicting fully what life was like in the area during lockdown!



Now that the end of lockdown is in sight, we are beginning to collect physical objects as well, so we are asking that you don't throw away materials relating to Covid-19, but instead offer them as a donation to the museum! This could include drawings such as rainbows or thank you messages for postmen and other keyworkers, signs, homemade facemasks, lockdown projects (e.g. we know of another museum that received a knitted teddy complete with its own facemask!) Please get in touch if you have something you would like to offer.

We want to say a huge thank you to everyone who has already contributed items, and to those of you who have filled out our online survey. Having so much information about how people are thinking and feeling in the moment will be such an amazing resource for the future, and reading your responses has been both heartening and heartbreaking. The survey is still live so please fill it out if you haven't already, or even do it again if you have more/new thoughts to add as lockdown restrictions begin to ease.

Anything contributed to this project may one day be displayed in an exhibition, shared on our social media pages/website or used in some other way by the museum. More information and the link to our survey can be found on our website (www.glencoemuseum.com) under "Life in Lockdown". If you have any questions or would like to offer a donation, get in touch at curator@glencoemuseum.com!

Catriona Davidson



Whilst we are obviously reluctant to deliver this edition to homes, we are aware that many of the most vulnerable in our community are not online. We will therefore be able to print copies for delivery direct or to friends / relatives / neighbours on request, as above.

Ballachulish Community Council, Ballachulish Community Company and Ballachulish Community Association SCIO (SC023308) have worked together to produce this newsletter. Ballachulish Community Association SCIO, Ballachulish Village Hall, East Pier Road, Ballachulish PH49 4LE

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