

SLATEST NEWS

Your free community newsletter produced by Ballachulish Community Forum

Edition 8 – April / May 2018



Above: Gina Donoghue at her retirement with the Pupils at Ballachulish Primary School.

Below: The Scouts enjoying a come and try Archery Session with South Lochaber Bowmen



WELCOME!

As ever, thank you to everyone who has supplied an article for this edition of Slatest. You may have noticed that this edition is a little thinner than normal, and sadly it is. We rely on information and articles being submitted by you, and submissions for this issue have been a little less than normal. So, if you have some interesting snippets of local history or have found some old photos or want to share a memory, please get in touch, we can also help put articles together.

Slatest belongs to the community, and needs your support to continue being a success, the deadline for the next edition is **14th May 2018** with deliveries by the end of May, so please get in touch if you have any ideas!

GLENCOE MONUMENT



Don't worry, your eyes are not deceiving you, this is not the monument that lies just over a mile away. This one stands tall around 10,000 miles away in Glencoe on New Zealand's South Island. The village today may just be a scattering of a dozen properties, but they still look after this monument to those who died in the massacre here in the Highlands.

If you would like to read more about my recent trip to New Zealand, take a look at my 'Blog' at www.rileyrob.co.uk/nz

Happy Easter



Sunday 1st April

NEWS FROM ST MUNDA'S CHURCH OF SCOTLAND

As Easter approaches we look forward to the children of Ballachulish Primary coming to the church to finish the term. Our churches will have Maundy Thursday, Good Friday and Easter morning Services with the now traditional early morning (8.00am) Service at Cuil Bay followed by rolls and bacon at Duror Church.

As well as weekly worship we look forward to hosting a number of events throughout the year. As previously mentioned there will be a couple of 'Songs of Praise' events and a 'Café Church' in the Ballachulish Hall.

In the immediate future we have a Coffee Morning in Ballachulish Hall on Saturday 7th April with books, bric-a-brac and tombola stalls. We're also planning a nostalgia themed afternoon tea for some of our more senior citizens.

A new enterprise is the 'St Munda's Social Group'. We intend to have regular speakers, outings and so on. To start us off Bill Strachan entertained us in his usual lively manner with an illustrated talk on his walk from Land's End to John O' Groats. In April Ian Sykes, well known local businessman, Antarctic explorer, mountain rescue team member and more, will be coming to speak to us. Look out for posters with the date!

The Church is still a collection point for goods to support refugees in various countries including the UK, we have a 'Book Swap' and our 'Jars of Change' for WaterAid will be collected by the beginning of April. Thank you, everyone, for your generous support.

I'll always be very happy to receive requests to visit anyone at home or in hospital.

Best wishes,

Rev Sandy Stoddart (01631 740285)

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sky SPORTS

VILLAGE HALL NEWS

Your Help Needed!

In order to ensure that our village hall continues to run in the manner we have all come to expect, we need your help. We currently need people to fill the following roles:

- Trustee
- Bookings Secretary
- Event Manager

If you are interested in helping with any of these, please come along to our AGM (details below).

Notice of 2017 / 18 Annual General Meeting

The AGM will be held in Ballachulish Village Hall on

Sunday 8th April, 2018 at 5.00pm

All members of the community are welcome

Co-op Community Fund

The Ballachulish Community Association, as one of three local groups, were pleased and grateful to be awarded just over £1300 from The Co-op Community Fund in April 2017. The monies that you, the community contributed were used to purchase plants and soil for the community planters and the hall now has a portable PA system with I-Pod / I-Phone dock which will be well used at Hall events and is available on loan to other community organisations.



NEW MOBILE BANK TIMETABLE

From 16th April, the mobile bank will be changing its times on Tuesdays. The time at Abbeyfield will be reduced to half an hour from 10:45 to 11:15, with the time at the hall brought forward to 11:30-12:30.

BALLACHULISH CAMANACHD CLUB



Scottish Champions 1899, 1901, 1911, 1912
Ballachulish, Glencoe

At the 2017 AGM our long standing management team of Donald Wilson & Malcolm Grant decided it was time to take a break and stood down. The club obviously well appreciates the long time they have served the club for and thank them for that.

We now go into a new season with Morgan Smith & last year's captain Lorne Brown fronting the challenge for South Division 1.

On the field the club welcome back Scott Henderson from his playing break in the town, but have perhaps lost the services of Alan Clark who has decided it is time to step back a bit. Experienced internationalist John MacDonald will be the captain this season with Cian MacPhee the vice captain.

At time of writing the season has started badly with two postponed games due to the tail end sting of the winter weather but are generally raring to get going.

The committee headed up by Iain Brown, Shirley Grant & Mary MacDonald also welcome experienced shinty man Andy Thornton onboard and look forward to his input over the coming years.

Club training is between 6.00 & 8.00 for the youngsters in the hall on a Tuesday with the seniors straight after that – local fitness expert Jonathon McCook takes our training once a fortnight and is certainly pushing everyone a whole lot further! Additional training is on a Thursday evening at the astroturf in Kinlochleven – come along to any of them even if you don't play shinty.

Once summer comes we will be in the Jubilee on these evenings.

Come along to the Jubilee on a Saturday and support your local team and if you would like to get involved with the club give us a shout (the committee meet on the 2nd Monday of each month) we'd appreciate some fresh input.

Iain Brown.

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FRIENDS OF ABBEYFIELD

(Volunteering at Abbeyfield)

Ever thought about spending a little time out-with your home/work environment?

We are looking for volunteers who could perhaps give some time to their local award winning care home slap bang in the middle of our community. Ideally we are looking for individuals who could organise /help at a bake sale, round up the troops for a bag packing extravaganza, sell a few tickets or indeed come up with fresh ideas for our fundraising exploits. Our Friends of Abbeyfield Fundraising Committee are looking for assistance to help with the above. The meetings would be twice a year and the fundraising exploits would be 4 a year! It is that easy.

We are also keen to include volunteers who would like to come into Abbeyfield and help with activities such as music as therapy, quizzes or a game of Jenga, the possibilities are endless.

Please have a think and if you would like to pop along to Abbeyfield or call the office on 01855 812950, we will be happy to hear from you.

SOUTH LOCHABER BOWMEN

Archery Club at the Leven Centre, Kinlochleven

Come and give Archery a try; All abilities welcome

Otters (5-7yrs) Cubs (8-12yrs) Juniors (13-17 yrs)

Monday evenings 6-8pm £1.50 per session

Adults 18 and over Tuesday evenings

7:00-9:30pm - £2.50 per session - All equipment supplied

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



SLB have a full 14 target field archery course range and an all abilities field archery range in Ballachulish. You can also find us on facebook: www.facebook.com/SLBowmen.

SLB has had a mixed few weeks lately:

Vale David

The initiator and founding member of the South Lochaber Bowmen Archery club, David Dryburgh Todd has passed away. Sadly missed by all members.

Happy Birthday SLB

This month of March sees us celebrate 8 years of Archery in the area and has been celebrated by all members, young and old.

At our most recent Tuesday night club meet members enjoyed a celebration cake.



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

In recent weeks, both the Scouts and Cubs have enjoyed sessions at the Ice Factor in Kinlochleven, which the kids thoroughly enjoyed! The Beavers also enjoyed a visit by Michael Chisholm with his Rotator Recovery vehicle. Michael demonstrated the crane and flashing lights, and bravely allowed them to clamber around in his cab!



A few weeks earlier, all 3 groups were visited by the South Lochaber Bowmen with a come and try session.

Thank you Kathy!

On a sadder note, our Beaver leader, Kathy Blanc, has decided to retire and will soon be moving south. She has been a star over the last few years, running the Beavers and providing our leaders with training, and she will be hugely missed, not just by the Beavers, but the other leaders too. Thank You Kathy.

Dawn goes to Kenya

As previously reported, Dawn Beaton, an Explorer Young Leader with our cubs is heading to Kenya this summer with Explorers from across the Highlands. Dawn recently received a generous £500 donation towards her trip from the local Rotary: An excited Dawn expressed her thanks to the Rotary Club and added "I'm most looking forward to climbing Mount Kenya and living as a local in a traditional Masai village. It will be good to visit Nairobi National Park where we will see lots of animals. We will be working with schoolchildren and helping empower young girls through the Amuka Foundation".

Ballachulish Rainbow Baby & Toddler Group

Tuesdays and Thursdays from 9.30 – 11.30

£1.50 per Child; 6months & under - free

Everybody welcome!

Contact Julie-Anne Moran

07919285243



BALLACHULISH MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP

Pulling together for health



Message in a Bottle

This is a method of informing others of medication you take should you be unable to communicate through sudden illness. Details of your medicines are written down and placed in a small bottle which you keep in your fridge. Personal information such as illnesses, next of kin, etc, can also be included. As nearly every household has a fridge, friends and relatives would know where to look for information on your medication and be able to source it for you.

Medical information can also be printed off from the medical practice and put in the bottle. This information is available electronically to ambulance staff. You can update personal details at the medical practice and your information will be updated. Stickers are available which are placed behind your front door and on your fridge.

Should emergency services such as an ambulance crew or nurses need to attend you, they know to look for the stickers and can see what medication you are using. The bottle system has been trialled in the area and has given reassurance to those using it, especially those living alone. The medical practice is out of bottles at the moment but expects a new batch to arrive within a few weeks. If you would like to use the Message in a Bottle service, please look out for the posters advertising it, and when you see them, ask at reception. This service is free.

Dementia Friends

Dementia is an umbrella term used to describe a range of progressive neurological disorders, that is, conditions affecting the brain. There are many different types of dementia, of which Alzheimer's disease is the most common. Some people may have a combination of types of dementia. Regardless of which type is diagnosed, each person will experience their dementia in their own unique way. The two most common types of dementia are Alzheimer's disease and vascular dementia.

Symptoms of dementia can include memory problems, processing information, and communication. A dementia awareness day was held in Kinlochleven and was attended by fifteen local people, including members of the patient participation group. Geraldine Ditta of Dementia Friends Scotland led a session wherein she explained the illness in detail and gave insights of dementia from a patient's perspective. Dementia Friends is an Alzheimer Scotland initiative and aims to raise awareness about dementia and to reduce the stigma surrounding it. Anybody can become a Scottish Dementia Friend. It's just about understanding a bit more about dementia and the small things you can do to help people with the condition. This could be helping someone find the right bus or being patient in a till queue if someone with dementia is taking longer to pay. Every action counts.....

The PPG will endeavour to organise a free dementia awareness session in Ballachulish in the Spring. Look out for the date on the usual notice boards and on social media.

LOCAL TRANSPORT NEWS

Below are some updates from the recent meeting of the Lochaber Transport Forum

Buses: The summer Citylink and Stagecoach timetable will begin at the end of May. Booking fees are up from 50p to £1. It has been suggested that Number 44 buses (serving Ballachulish) should all have easier access for shopping bags, prams etc
Work is on-going to re-establish a minibus to service areas around Loch Leven

Rail: There are 370 stations in Scotland, not all with car access, eg Corroun. Scotrail are currently erecting electronic signs at stations and West Highland stations will be having signs by local artists about the area and giving connections to walking routes. There are also plans to hold short plays in station cafes

Ferries: There are more services, carrying more passengers, but a drop in commercial vehicles

Car Scheme: The car scheme is available for door to door lifts any time during weekdays to any location in the local area. There is a small charge and the service is available to everyone living locally. Phone 01397 701222

Next Public Bus Users Meeting – 20th March, 11.30, Duncansburgh Church Hall

Next full Transport Meeting – 8th May.

Email transportforum@carelochaber.org

Stagecoach Lochaber

In February, Stagecoach announced that they were reviewing the services they operated in Lochaber, and one option was to close the Caol Depot. It is not yet clear what this will mean for our local bus services, but any further news on this matter will undoubtedly be circulated via facebook, e-mail and word of mouth as soon as it is known.

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HAPPY RETIREMENT

Ballachulish Primary School hosted a Retirement Tea Party to say a fond farewell to Gina Donoghue who has been the school cook for twenty three years. Gina's family, parents, staff, former staff, catering services and the pupils all got together to wish her well on her retirement. Everyone had some lovely things to say about Gina and we wished her all the best to have a long and happy retirement.

Message from Gina

I would like to say thank you to Ballachulish Primary School colleagues, staff and pupils (past and present) and parents, for the lovely gifts and beautiful farewell tea to celebrate my retirement from my job as school cook after 23 years. I would also like to thank Duror and St Brides Primary Schools staff and pupils for gifts received. Not forgetting family and friends who came along to make it a very special day! It was all very much appreciated.



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STEP IT UP WALKING GROUP

Winter is coming to an end and spring is in the air as our intrepid local walkers are out and about exploring the local area



Friday Walk Report

Our Friday walks last about an hour. A favourite walk is the Clachaig triangle from the An Torr car park, alongside the river to the inn, along the road to the A82 and back along the track parallel to the road.

Despite the inclement weather, we have still been out walking each week, choosing routes that have good tracks, or using the cycle track.

We had a good walk around Glenachulish golf course where we saw some lovely snowdrops, stopping for coffee in the clubhouse café.



Monday Walk Report

Our Monday walks are more ambitious & last about 2 hours. Recently we had a good walk in the snow from Black Cottage towards Ba Bridge. The track was a bit icy to begin with but then alternated between being clear or snow-covered. On the way back we noticed this frozen Lochan.

Another walk took us up to Inchree Quarry (although some had also gone up past the waterfall), from where we were able to look down to the loch with the snow covered hills beyond.

Come and Join Us

We meet at 10.00am at the TIC to arrange car sharing and usually finish at a café, where the next week's walk is planned, before returning by car to the TIC.



Reports by Hilary Malpas.

NATIONAL STORYTELLING WEEK

The School recently enjoyed National Storytelling week, with some of the pupils in P4 and P5 sending in some items about the week:

Mrs Mills came in on the 30th January. She read two stories. My favourite book that she read was called Sylvester and the Magic Pebble. It was really funny and it was like a cartoon, I loved it. On the 31st Mrs McSorland came in she also read us two books. My favourite one was called Why Frogs can only Croak because it was really funny. In the start the frog could sing beautifully and in the end he could only croak. I loved storytelling week and I wonder who I get next year.

Isla Donald.



Mrs McSorland came in on Wednesday to read us two stories from the Billabong Book. One was Why Frogs can only Croak which was my favourite one. My favourite part is when he shows off in front of all the frogs and just starts croaking. I really like when people come in to read books to us. It was a really fun week.

Charlotte Bathurst

Mrs Mills read us To Climb a Waterfall which had really good pictures, but it wasn't as interesting as Sylvester and the Magic Pebble. I felt that Sylvester was more suitable for our age. It was a cartoony funny book. I loved storytelling week.

Julia Kondziela

Mrs Mills came in on the 30th and read us two stories. The one I liked was Sylvester and the Magic Pebble because it was funny when he turned into a Stone and was there for a year. On the 31st Mrs McSorland came in, The one I liked was Why the Frog can only Croak because it was funny when he couldn't sing. The Rainbow Serpent was odd. I didn't understand it but it was funny and it was fun, I like storytelling week.

Sarah Whyte



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

THE PARISH OF KILMALLIE

excerpts from lengthy statistical account revised 1966

The Belford Hospital was opened in 1965 by Princess Margaret. It stands on the site of a convent and has 30 surgical, 12 medical and 10 maternity beds plus an operating theatre which is one of the best equipped in Scotland. Patients from the Argyll side of Kinlochleven are usually removed to Glencoe General Hospital or to Oban Cottage Hospital.

Kinlochleven. The Gaelic name is Ceann 'head or end' Loch Liobhan – 'elm water'.

The worst flood on (sic) history – February 12 1962 when 5 inches of rain fell in 24 hours and the level of the Leven rose by 10 feet. The stately Tartan Hotel, once a shooting lodge, was washed away. Bishop Forbes in 1770 had an excellent breakfast (there) – beef, ham, pullets, salmon, milk in different shapes etc together with a bottle of good wine and a bowl of punch.

(Originally) a small mill existed and at one time a lint mill, two cottages and another shooting lodge. But Kinlochleven as an industrial village only commenced to take shape in 1906, when as many as 3000 men were at work on the site (to produce electricity and aluminium).

1905 – a Post Office. 1908 - butcher, baker, grocer and draper. 1911- further block of eight shops.

Electricity supplied initially free of charge to every house.

At first Kinlochleven was entirely in Argyllshire but in 1914 dual control became necessary (Inverness-shire one side of central river, Argyllshire the other).

Refuse is dumped about 2 miles down the loch on the south side below the road to Ballachulish.

A funeral service is always conducted from the doorway of the house, so that all. Regardless of denomination can share in it.

Broken homes are the exception; the bond of family life is strong. For example, in 1966 an unmarried mother of eight children, obliged to quit Oban, was given a house and a right cordial welcome in the village. This is the action of people who speak the language of the heart rather than that of the law!

In the loch opposite the dump is Eilean nam Ban, or Isle of women. When the dump was in use the island would many seagulls sitting on it so giving its nickname.....

Submitted by Kath Small



i **Ballachulish
Visitor Centre**

Visitor Information
Activity Bookings
Crafts & Gifts
Café

Scotland

Tel: 01855 811866 | www.glencoetourism.co.uk

The image shows a promotional graphic for the Ballachulish Visitor Centre. It features a dark blue header with a white 'i' icon and the text 'Ballachulish Visitor Centre'. Below this is a grid of images: a desk with a laptop and a sign, a yellow background with a white flower-like pattern, a 'Scotland' logo, a photograph of the visitor centre building, and an interior view of the cafe area.

USEFUL CONTACTS

If you have any questions about what is going on in the community, or would like to help with anything, please get in touch with someone below:

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), Iain Dickie

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

Our Trustees are: Brian Dickie (Vice Chair), Rob Malpas (Secretary), Sheila McLean, Isobel Robertson (Treasurer), Sandy Stoddart, Marjie Thornton

Community Company: [on Facebook](#)

Brian Dickie, Simon Ingram (Treasurer), Dave Kitson, Angus MacInnes, Niall McLean, Kevin Smith, Morgan Smith, Jimmy Waugh (Chair)

Patient Participation Group: Bill Strachan or Meg Pollock

Glencoe Museum is reopening for Easter, so why not take advantage of this voucher and take a look around?

Free Entry to Local Residents

Glencoe Folk Museum



Present this voucher on your arrival at the museum for free entry
Museum will be closed from the end of October until late March 2018
Offer Valid 2017 & 2018

Email: curator@glencoemuseum.com

www.glencoemuseum.com



tripadvisor



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 / Jubilee

Wednesday

- 6.30-7.15pm Zumba at Village Hall
- 7.15-9pm Youth Club 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 Mary's, Glencoe
- Catholic Church Service at St Mun's

RBS Mobile Bank

From 16th April

Tuesdays

10:45-11:15 Abbeyfield
11:30-12:30 V Hall

Fridays

10:30-12:00 V Hall



Mobile Library

Thurs 19/4; 10 & 31/5

12:40-12:55 Square
13:00-13:10 Lochside Cottages

Wed 4 & 25/4; 16/5

(13:30-14:25 School)
14:30-15:15 W Laroeh
15:20-16:00 Park Rd & Abbeyfield
16:05-16:30 Albert Rd



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

COMMUNITY CALENDAR

April

- 1st Easter Sunday services at our local churches and 8am service at Cuil Bay
- 3rd Community Council Meeting, 7pm at shinty pavilion
- 7th St Mundas Coffee Morning at Village Hall 10.30-1pm
- 16th Schools go back after Easter



May

- 5th Community Council Meeting, 7pm at shinty pavilion

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.

Noticeboard at Co-op

If you would like a poster inserted in the community noticeboard outside the Co-op, please put it in one of the letterboxes at the village hall for consideration. No Small Ads.

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.

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

REST
MESSAGE & WELL BEING

Glencoe's New Massage Treatment Centre

Swedish Massage
Hot Stone Massage
Deep Tissue Massage
Reflexology

Opening
Thursday
12th April

REST MESSAGE
Barr Stores
Ballachulish
PH49 4JB
1 mile from Glencoe Village

BOOK NOW
[visit restmassage.co.uk](http://visitrestmassage.co.uk)

The advertisement features a woman lying on her back, receiving a hot stone massage. The background is a soft, light blue with some stone-like textures. The text is arranged in a clean, modern layout with a mix of bold and regular fonts.