

COMMUNITY CALENDAR

August

- 7th Community Council Meeting, 7pm at shinty pavilion
- 20th Start of new school year

September

- 4th Community Council Meeting, 7pm at shinty pavilion

Noticeboards at Co-op



In response to community feedback there is a new noticeboard in the front entrance of the Coop Ballachulish, replacing the one that was taken down during last years' refurbishment. We have had a small one inside the shop in the interim but struggled to fit all of the events and advertisements on it for our customers, so we were thrilled to receive the new one.

As always, we request that customers hand all posters and adverts in to the Post Office staff, who will endeavor to keep the board neat and tidy. We look forward to filling it up!

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

SLATEST NEWS

Your free community newsletter produced by Ballachulish Community Forum

Edition 10 – August / September 2018



Above: Zoolabs visiting the Rainbows Playgroups with some creepy crawlies!

Below: The scouts enjoying tubing at Glencoe Mountain Resort.



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WELCOME!

Welcome to paradise! I sit outside in my garden typing this at 8pm with the warm sunshine beating down on me, and wonder why I travelled halfway around the world to New Zealand for some sunshine a few weeks ago! Hopefully you have all been making the most of this amazing weather over the last few weeks, and long may it last!

As ever, thank you to everyone who has ventured inside to supply an article for this edition of Slatest. 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 September 2018** with deliveries by the end of September, so please get in touch if you have any ideas!

VILLAGE IMPROVEMENT

On one of the hottest days of the year, a team of volunteers replaced the rotten handrails at the steps from the bridge down into the croft. As part of the work, a gateway has been

left clear onto the riverbank area, and the gate into the croft has been widened to improve access for all. We hope that this work will last for many years, and ask all users to take care, and ensure the gate closes behind you.



The community have also taken delivery of a second hand tractor mower on trial, which it is hoped will assist greatly in keeping areas of the village tidy, especially in the vicinity of the village hall. Unfortunately, for insurance reasons, we are unable to loan the machine out.



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

Tuesdays

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

Fridays

10:30-12:00 V Hall



Mobile Library

Thurs 2 & 23/8; 13/9

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

Wed 8 & 29/8; 19/9

(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

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.ballahall.co.uk

Our Trustees are: Brian Dickie (Vice Chair), Donella MacDonald, Rob Malpas (Secretary), Sheila McLean, Sandy Stoddart, Marjie Thornton
Booking Secretary: Judy Bigham

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: Pauline Selby or Meg Pollock

MODERN LIVING

Urban living has given a major rise in obesity, heart problems, type 2 diabetes and various types of cancer. Also, after the change from hunter gatherer times, there has been a noted increase in dental and joint problems, anaemia, osteoporosis, scurvy, gout, arthritis etc. Our bodies are still broadly Paleolithic, even though agriculture and a settled life style began between five and ten thousand years ago. We still need fresh fruit, vegetables, roots, berries, meat and fish. Fresh Air, exercise and Vitamin D.

Direct contact with plants, animals and other humans gives vital microbiota giving a resistance against diseases, less susceptible to allergies, auto-immunity etc. Psychologically, we react positively to trees and green spaces. Hospital wards with these views show improved recovery times, and plants in work places improve productivity by 38%.

Gustav Milne (from extract in Current Archaeology No 340)

Supplied by Kath Small



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NEWS FROM ST MUNDA'S CHURCH OF SCOTLAND

After the school end of term services the Church has been fairly quiet over the summer though we are now collecting in the 'Jars for Change' to support Christian Aid and we continue to help 'The Highlands Support Refugees' both by being a collection point and providing volunteers to transport and sort donations. We're also ready to join in with any development of the local Dementia Friendly Community Project.

Our 'St Munda's Social Group' had a great start in May and is taking a break before starting in the autumn with a talk by Karl Griffin on his experiences with Glencoe Photography. Apart from leading photography safaris in Glencoe, Karl has worked with radio and TV personalities as well as with other leading photographers and will have many stories to tell. We'll have a visit by Bright Productions theatre group when they will perform one of their successful musical productions. Other interesting talks are planned as well as a ten pin bowling night in Fort William.

During September we'll be starting a series of studies called 'Holy Habits' which looks at the way of life that the first Christians developed as they explored how they could answer Jesus' call to 'Follow me'. These will be held on different days and at different times to try to ensure that everyone has a chance to get to at least some of them. Anyone is always welcome to everything that the church is doing.

I'll always be very happy to receive requests to visit anyone at home or in hospital (01631 740285).

Best wishes,
Rev Sandy Stoddart

Drew goes to Peru

In case you missed it, see our favourite local Postie, Drew, talking about his recent trip to Peru in the latest issue of Lochaber Life



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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 Scouts have now finished for the summer, after enjoying a range of activities at the end of term. The Cubs and Beavers joined together for their last week and had a great time making mini rafts and s'mores in the quarry, a fun way to finish off the term. One sad note as we also said goodbye to Birch (Morag Milne) who has been with the Beavers since we started the group in Autumn 2012. Many thanks to Morag and we hope she enjoys her retirement!

The Scouts also rounded off the year in style, with a walk out to James of the Glen Bothy in Duror Forest, followed for the last week by a visit to Glencoe Mountain Resort where they went tubing.

All sections return for the new term on 23rd August. Due to an event at the village hall, we will be meeting either outside, or if bad weather, at St Mundas Church of Scotland Hall – please keep an eye out for more details when the schools go back.



Group Camp

4th Lochaber are planning their annual group camp to the Inch campsite on the weekend of 14th to 16th September. Full details will be available at the start of the new term.

River Laroch Duck Race

Many thanks to everyone who bought ducks for the duck race this year, we sold over 300 ducks, raising around £400 after prizes.

Scottish Charity No
SC044853



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.

You can also find us on facebook: www.facebook.com/SLBowmen.



NETHER LOCHABER MIDSUMMER CEILIDH.

Upwards of 60 folk attended the ceilidh. There was some stunning work on the pole from many throughout the day preparing for the event. The bonfire was great and helped to make it a gathering to remember.

We took £145 donations from the fast RIB rides which were definitely a highlight. Jill took no profit and it was very well driven. All ages had rides, with 29 people in all, which was great fun and very exciting even for seasoned boaties.

Thank you to everyone for coming and for all your help to make it happen. I'm very grateful.

Neil Slinger



PROPOSED LOCAL PLAN

WEST HIGHLAND AND ISLANDS LOCAL DEVELOPMENT PLAN (WESTPLAN)

You may remember in the past we submitted objections to the Highland Council's West Highland and Islands Development Plan especially in regard to the proposed Croft Development along with other matters which were not resolved to the community's satisfaction. The Community Council and individuals also made representations. The process continued and now the matters need to be examined by a Scottish Government Planning Reporter then depending on that result further actions may be needed perhaps supported by others so here is the latest from the Authorities for your information:

The Town And Country Planning (Development Planning) (Scotland) Regulations 2008 DPEA Reference Number: LDP-270-6

The above plan was submitted by The Highland Council to Scottish Ministers on 6 July 2018 for examination. The local development plan is prepared in order to guide future development and inform the planning authority's decisions on planning applications.

If You had previously made representation(s) to the Council regarding WestPlan when it was consulted on and Scottish Ministers have been made aware that the issue(s) raised in your representation(s) has/have not been resolved.

The Scottish Ministers have appointed Mr Trevor Croft as the reporter who will carry out the examination of the above plan. The administration of the examination will be carried out by the Scottish Government's Planning and Environmental Appeals Division (DPEA). We have provided the reporter with a summary of the issues that we consider should be assessed at the examination, and a copy of your full representation. Your representation will be considered by the reporter. Please note that additional reporters may be appointed to support the speedy delivery of the report.

The reporter will now commence the examination of conformity with our participation statement as required by Section 19(4) of the Town and Country Planning Scotland Act 1997 (as amended). To comply with Section 19(7) of the Act, the examination of the above plan under Section 19(3) of the Act will not commence until the examination of conformity with the participation statement has concluded, or until four weeks from the date of the appointment of the reporter, whichever is the later. Therefore, the earliest date upon which the examination of issues raised in representations will commence is 7 August 2018.

Jimmy Waugh



RAINFOREST ADVENTURES

Rainbow Baby and Toddler Group hosted a visit on 1st June from Owen the Zoolab Ranger and his friendly animals (an African land snail, cockroaches, a tarantula, a snake and a rat) at Ballachulish Village Hall. We invited the kids from nursery along to share the fun. Our grant from the Co-Op Local Community Fund allowed us to run the event.

It was great fun and the kids were all fascinated by the animals. Rainbow Baby and Toddler Group (Scottish Charity No SC006241) meets on Tuesday and Thursday mornings in school term time, 9.30 to 11.30 am, at Ballachulish Village Hall. All under 5s and their parents/carers welcome.



A flyer for Ballachulish Rainbow Baby & Toddler Group. The background is light blue with red and blue stars. The text reads: 'Ballachulish Rainbow Baby & Toddler Group', '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. £1.50 per Child; 6months & under - free Everybody welcome!', 'Contact Meg Pollock 07887 837648'. There is an illustration of a wooden playhouse and a photo of children playing in a blue play tub.

BALLACHULISH MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

Pulling together for health



Tick Talk

This year there seems to be a reduction in the midges but an increase in the abundance of the tick and cleg (horsefly) population.

Ticks:

Ticks are small, blood-sucking bugs. They can range in size from as small as a pin's head to as large as a pencil eraser and have eight legs. The different kinds of ticks can range in colour from shades of brown to reddish brown and black.

Some ticks carry Lyme disease, so it is best to avoid being bitten. Wearing long trousers tucked into socks when walking or gardening in long vegetation can help. If you do find a tick attached to your skin, it is important to remove it safely (see below) within 24 hours. **The Medical Practice does not offer a tick removal service;** you can remove ticks yourself, or get a friend to do it for you (they are often in hard to reach places!).

If a tick-bite develops into a large rash, often described as looking like a bull's-eye on a dartboard, or if the bitten area on the skin enlarges and becomes red with slightly raised edges then please seek medical attention. Lyme disease is easy to treat if caught early.

Dr Jim Douglas, GP in Fort William and expert in Lyme disease, says **"Prompt removal of ticks with a plastic removal device will eradicate this disease"**.

To remove a tick safely:

1. Use a **tick-removal tool** – you can buy these from local shops, pharmacies, vets and pet shops.
2. Grasp the **tick** as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick.
4. Disinfect the bitten area by cleaning it thoroughly with soap and water, antiseptic wipes or alcohol or vinegar.
5. Monitor the bite for any sign of infection.

If you don't already have a tick card, get two, one for your purse or wallet and one for your first aid kit at home. The mini claw hammer type is good for tick bites in dimpled areas.



Welcome to the New Practice Manager

The Patient Participation Group would like to welcome Aileen Dewson as the newly appointed Practice Manager for the Ballachulish Medical Centre. She will take up her post on 30th July 2018.

STEP IT UP WALKING GROUP

Summer is approaching fast and our intrepid local walkers are out and about exploring the local area.

Come and Join Us

We meet at 10.00am on Fridays for a shorter walk and Mondays for a longer, 2 hour walk, 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.



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BALLACHULISH FIREWORKS

Unfortunately, the community have concluded that due to the implementation by the Highland Council of the Public Entrainment Licence for all public or community events, we will no longer be able to hold the Fireworks Event. Even though we have met all the relevant safety criteria in the past. The imposition of Event Management which relates to monitoring, licensing of structures, electrical and first aid cover is an unaffordable burden. Added together with the costs involved plus Insurance cover for this event and the limited number of volunteers, the costs would exceed any projected income.

With a limited number of people allowed to attend to meet the new regulations, we would have to become a ticketed event. To cover the extra costs, there would have to be a compulsory entry fee which may become a barrier for some of the community to attend. The Community Fireworks was just that, an event where all of the Community could make a donation to attend. It was never intended to be a money making exercise. We are possibly a victim of our own success, with the public attending from near and far to watch the spectacular display in the special area of the East Quarry.

With that thought may I thank all the past and present Fireworks Volunteers for your valued efforts and the local companies for their generous yearly donations which made the event possible.



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HAPPY RETIREMENT!

The end of the school year saw the retirement of two ladies who between them have served our local area for many years. Susan Kemp, headteacher at St Brides at North Ballachulish, started her working life in Ballachulish Primary, where she herself had been taught, and progressed through a number of roles in Lochaber before taking over at St Brides 21 years ago.

Morag Milne has also spent many years teaching locally, in Ballachulish Primary, and there can be few children who have grown up in Ballachulish over the last 30-odd years who weren't taught by one of these two well-loved teachers, inspiring many of us both in and out of school, with their energy and enthusiasm.

Susan enjoyed a party at her school, where she was presented with gifts including this fine picture, while Morag (bottom) requested no fuss, and enjoyed a slightly more low-key end to her working life, receiving a few small gifts from the children, but she will be no less missed by the school.

Both ladies are wished a long and happy retirement by us all.



May you look out from your own eyes,
May you sing the lark from the sky,
May the company be less from your leaving,
May you walk long beneath the skies.

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LOCAL TRANSPORT NEWS

Local Bus Service

Shiel Buses are now running the 44 bus service between Fort William and Kinlochleven, to the following timetable, until 19th August:

Ballachulish -> Fort William

7:50 / 9:52 / 11:52 / 13:52 / 16:12 / 18:57 / 21:45
Sundays 11:02 / 13:02 / 16:02 / 18:02

Ballachulish -> Kinlochleven

9:07 / 11:07 / 13:05 / 15:05 / 18:10 / 21:10 / 23:13
Sundays 10:17 / 12:17 / 15:17 / 17:17

The timetable for school term times will be issued on 18th August and implemented the following day – keep an eye out locally for further details.



Lochaber Community Car Scheme

The Car Scheme is available for those who have a problem with transport when going to visit friends, shops, doctors, or indeed anywhere else locally. Local drivers are available to take you anywhere in Lochaber, from Home to Home. Phone 01397 701222 or e-mail carscheme@carelochaber.org to find out more. There is a small charge for this service.



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FIT FOR A PRINCE

Glencoe Folk Museum are excited to have been successful in obtaining funding from the Association of Independent Museums/Pilgrim's Trust Conservation Grant Scheme to restore a chair which once belonged to Bonnie Prince Charlie himself! This beautiful chair dates to around 1660, and was reputedly gifted to the MacDonalds of Glencoe by Prince Charles Edward Stuart's daughter, Princess Charlotte, Duchess of Albany, after his death. It was presented to the Clan Donald Society of Edinburgh by the family of the Chiefs of Glencoe, and from there was donated to Glencoe Folk Museum.



The museum has long had strong links with the MacDonalds of Glencoe. Mrs Jean MacDonald-Clarke – a direct descendant of the MacDonald Chiefs – was very involved in the early days of the museum, and it was through her that a number of our more significant Jacobite items came into our collections. It is exciting for us to have such a strong line of provenance for an item of this age, and, following the success of the fantastic Jacobite exhibition at the National Museum of Scotland last year, we feel it is the perfect opportunity to highlight Jacobite collections which remain in the Highlands

Once the conservation work is completed, we intend to return this object to permanent display next season as part of our Jacobite exhibition. Our Jacobite collection covers a period of over fifty years, spanning from the massacre of the MacDonalds of Glencoe in 1692 to the fierce repression of Highland culture after the Jacobite's infamous last stand at the Battle of Culloden in 1746. The chair will take pride of place in this exhibition, alongside other fascinating Jacobite artefacts such as a Bible which belonged to the MacDonald Chiefs, a White Cockade dating to the 1745 uprising and items belonging to Captain Robert Campbell, the man notorious for leading the Massacre of Glencoe.

The work is being carried out by Younger Conservation, and you can keep up to date with the progress on their Facebook page.

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