

# Scourie News

February 2018

Issue 140

## Dates for February

Tues 13<sup>th</sup>/27<sup>th</sup> Recycling bins

Tues 6<sup>th</sup>/20<sup>th</sup> Refuse bins

Mon 19<sup>th</sup> -Wed 21<sup>st</sup> Schools closed for pupils

Fri 23<sup>rd</sup> Federals @ village hall

## PENSIONERS' DINNER THE ANCHORAGE, 13<sup>th</sup> JANUARY

The first pensioners' get-together of 2018 was held in The Anchorage on Saturday 13<sup>th</sup> January. The event was kindly organised and hosted by Gina, Lynn and Donna who, together, had managed to raise the necessary funds to provide a sumptuous dinner for us in quiet, relaxed and comfortable surroundings.

All we "Senior Citizens", who were lucky enough to attend this wonderful event, just had the very best time. First of all, we were invited to enjoy a pre-meal drink, courtesy of the Gala Committee. This was followed by the most excellent three-course dinner, served to us beautifully by Gina, Lynn and Donna, all of whom worked so hard to ensure our enjoyment during the evening. Also, the tables had floral decorations which made us feel even more welcome and special! Special credit must be given to The Anchorage who managed to cook roast beef that just melted in your mouth, accompanied by a glass of wine (if we wished). The starters and sweets were every bit as good! The evening finished in a very relaxed way with accordion music and a few of us even got up to dance.

To summarise, the Pensioners' Dinner was a most welcome and very successful event and we are all indebted to Gina, Lynn and Donna for all their hard work in making this happen and also to the staff at The Anchorage who provided such wonderful food. You all made us feel so welcome and so relaxed. This event is a really important part of our community life and we "Senior Citizens" are certainly all the better for it.

We thank you all.

## Digital Masterclasses on Community Engagement and Fund-raising online

Delivered in two parts:

Part 1: Community Engagement using online channels (AM)

Part 2: Fund raising and online platforms (PM)

Each part will include a hands-on, interactive exercises that will help you target your use of social media platforms like Facebook, Twitter, Instagram and LinkedIn, and manage online activity more effectively.

**Date: Thurs 1 March 2018**

**Time: 09:30-16:30**

**Location: Lairg Community Centre**

**FREE to attend** - Refreshments on arrival and during am and pm sessions, as well as lunch.

To book online click this link at:

<http://hellodigital.scot/masterclasses/hie-digital-masterclass-community-engagement-and-fund-raising-online-lairg-tickets-42559217766>

## Scourie Calendar

Huge thanks to everyone who bought a copy of last year's calendar. We still have around forty left if you forgot to get one. At a meeting tonight (1st Feb), we discussed where to spend the thousand pounds we have made over the years. Details will be announced later, but it will be spent within the village.

And now for the reminder -

**WE HOPE TO HAVE NEXT YEARS CALENDAR  
PRODUCED IN TIME FOR THE TOURIST  
TRADE. PLEASE CAN ANYBODY SUPPLY  
SUITABLE PHOTOS.**

As the camera club no longer exists, this is now open to everyone. Your calendar needs your photographs.

Pete Tuck

## Kinlochbervie

12th February 2018



PADDINGTON 2 (TBC) 17.30



STAR WARS: THE LAST JEDI (12A) 20.30

13th February 2018



MURDER ON THE ORIENT EXPRESS (12A)

14.00



JUMANJI: WELCOME TO THE JUNGLE (12A)

17.30



THREE BILLBOARDS OUTSIDE EBBING,  
MISSOURI (15) 20.30

## Scourie Community Development Company

Thursday 22<sup>nd</sup> Feb  
Scourie Village Hall  
7.30pm

Please come along to this meeting of SCDC. It is envisaged that the proposed geocentre will be a project to be taken forward by a subsidiary group of the main development company. Therefore new members are vital to be part of either the main development company who will focus on paths & local services or the geocentre group which requires ambition and drive.



WHATEVER YOUR INTEREST, PLEASE COME ALONG  
& OFFER YOUR IDEAS & SUGGESTIONS.

**THE FEDERALS**



live  
at **Scourie Village Hall**  
FRIDAY 23<sup>RD</sup> FEBRUARY

Formed 2005 in the Mountains of Wester Ross, Highland Hill Billies The Federals, will have you stomping along all night to their Country/Bluegrass sound. Covering classic hits from J J Cale to Johnny Cash

**Wee Winter Walks**  
in Northwest Sutherland  
with the Countryside Ranger  
\*\*\* February \*\*\*  
Enjoy yourself & keep fit.  
No charge but donations to HLH Countryside Rangers welcome.

- Fri 2<sup>nd</sup> ... Kyle of Durness, Borrailie & Bainakill bay.
- Thurs 8<sup>th</sup> ... Scourie bay coastal walk.
- Thurs 15<sup>th</sup> ... The Watch hill & Ben Tongue.
- Thurs 22<sup>nd</sup> ... Loch Eriboll - Ard Neackie and the Arnaboll thrust!
- Tues 27<sup>th</sup> ... Ceannabienne clearance township & the secret beach.

Booking essential: all walks begin at 10:30a.m. lasting about 3hrs. Bring appropriate clothing & a snack. Meeting point given out on booking. Contact High Life Highland Ranger...  
Donald Mitchell, Tel 01971 511756.  
Or e-mail donald.mitchell@highlifehighland.com



# Online Safety Campaign

#PoliceScotlandKeepsafepostfestivescams

## Police Scotland is reminding our communities to be on guard against scammers.

The period following the festivities can be a busy time for many people and criminals take advantage of this seeking out opportunities to commit frauds both online and offline.

Frauds can be committed by letter, texts and calls, but as more people shop, bank and do business online, criminals are now looking for more online opportunities to SCAM and gain access to people accounts, direct people to fake websites or have money sent to fraudulent accounts.

Criminals are often highly convincing and it is important to be aware of the warning signs - anybody or thing connected to the internet is a potential victim.

Sergeant Steven Gillies, who is part of the Safer Communities team within Police Scotland's Specialist Crime Division, has answered a number of key questions and has good advice to offer about how to stay safe online.



### What are Scams?

Scams are fraudulent schemes that coerce people into parting with their personal or banking details and/or cash. Here are some popular types of scams:

- **Phishing** – A website, email or message that poses as a brand or company you recognise, usually the intention of this is to cause the recipient to click on a link or button within the message.
- **Online Shopping & Auction Fraud** – websites and auction listings where items that don't exist or are of inferior quality are listed for sale. Often fake websites are set up to trap people into making purchases with great deals and low prices.
- **Vouchers** – scammers often convince people to pay for fake services by purchasing popular music vouchers and sending on the code.
- **Vishing** – similar to phishing, this time conducted over the phone, the recipient is coerced into handing over personal information, banking details or passwords.
- **Lottery/big money wins** – unsolicited letters are sent advising of a large lottery win or money due following a death. To release this money you need to send cash to the fraudsters.



### How to protect against Scams

- Don't assume anyone who's sent you an email or text message or has phoned you is who they say they are. It's imperative that you know the origin of those who contact you. If you feel unhappy about the content, delete the email or message or hang up the phone.
- Be sure to check the site you are visiting is secure, this is usually indicated by HTTPS in your browser bar address and often accompanied by a small padlock symbol. This usually means the information you send is secure.
- Buy from reputable and trusted companies that you know to be legitimate and genuine. Be very wary of sites offering 'too good to be true' deals
- Don't access your bank or building society accounts via email/message links received, go directly to the website
- Remember, a bank will never call or email and ask you for passwords, account details or to move money to a 'safe account'. Always double check numbers you're given to call back on or call through the main customer service number for the organisation. If you're still unsure, consider visiting your local branch instead of speaking to someone over the phone.
- Reputable companies will never ask you to pay for goods with vouchers or music tokens and never make large purchase with vouchers to pay for goods online.
- Never respond to letters or emails claiming that you have won or you are due money and never send any money to emails claiming they will release apparent winnings to you.

### How do I know if I've been scammed?

- You may have difficulty accessing your online bank account or there may be unusual activity on your statements.
- Your computer may start to run slow, you may start getting an unusually high number of unsolicited messages.
- Bank or credit card statements usually sent to your address aren't delivered - this could be a sign of ID fraud.
- You have trouble obtaining credit when you've got a good credit history.

### Can I get my money back?

Once money has been sent it can be incredibly difficult to get funds back if you don't use a trusted payment method. Ensure you use methods such as credit/debit cards, PayPal, Apple pay and Google Wallet for example, when making online payments as they have fraud protection measures in place.

If asked, never send cash or use carriers such as Moneygram or Western Union to forward on cash payments to unknown recipients.

### What to do if you've been scammed

- Report the issue to Police Scotland on 101.
- Don't engage with the scammer, stop any interaction at once.
- Contact your bank, tell them and take advice.
- Contact the payment vendor and initiate resolution procedures.
- If possible keep all associated emails

Further preventative digital and cyber advice is available through the Police Scotland website at:

<http://www.scotland.police.uk/keep-safe/keep-secure-online/> and from other prevention partners at the following sites:  
Scottish Government Cyber Resilience  
Scottish Business Resilience Centre  
National Cyber Security Centre

@PoliceScotland  
PoliceScotland  
scotland.police.uk



## Rock Stop staff 2018 Season

Easter until 31<sup>st</sup> October 2018

Salary dependent on age and experience of the applicant,

Full time/part time/relief staff and volunteers

Closing date for full time and part time applicants,  
1 March 2018

North West Highlands Geopark has premises at Unapool near Kylesku with an established Café, Shop and Exhibition known as The Rock Stop. It is an excellent location on the shore of Loch Glencoul close to the centre of the Geopark. It has been open since 2015 and after licensing to a local business in 2016 has been run since 2017 by NW Highlands Geopark Trading Limited.

We are looking for friendly, cheerful and enthusiastic team members to carry out the following tasks:

- Welcoming visitors to the Rock Stop
- Providing local information
- Making and serving soup, sandwiches and toasties, serving tea, coffee and cakes
- Keeping the café, exhibition area, kitchen and toilets clean
- Ordering catering supplies and merchandise
- Stocktaking
- Accounts and banking
- Record keeping
- Making up staff rotas
- Monitoring and posting articles on Facebook and Trip Advisor

We aim to have 2 members of staff/volunteers on at all times, opening hours are 10.30 – 4pm initially 4 days per week, moving up to 7 days a week June – beginning October. Duties will be allocated according to staff skills and interests, although all team members will be required to do some work in the café.

To register an interest and receive details of the role contact Jean Mackay, Company Secretary at [jean@nwhgeopark.com](mailto:jean@nwhgeopark.com), telephone 01971 502361.

Reay Forest Gun Club, Article Clay Shoot

On Sat 10<sup>th</sup> March 2018

### Badnabay, between Scourie & Laxford Bridge

Entries will be taken from 10.00 a.m. – 12.00 p.m.  
(Organisers on site from 9.00)

Entrance Fee - £10 + please bring a prize for table  
Cartridges - (£5 per box)

- Meet at the big shed at Badnabay. Last entries to the shoot will be taken at 12.00pm. - please try to be prompt for a 10.30 a.m. start.
- The shoot format is a 40 + clay shoot - min. 3 events + re-entry.
- There will be some food and tea available. Donations gratefully received. If possible, it would be helpful if anyone planning on turning up could give us an idea of how many are coming. It will give us an idea to how many to cater for, thanks.
- If due to snow or severe gales, you are in doubt about the shoot taking place please contact David (07739626445) or Scott (01971 502259).
- All help gratefully received, don't hesitate to offer.

#### Rules

- 1) Due to location of shoot, No plastic waste allowed, only biodegradable waste are permitted.
- 2) Please purchase our club cartridges - it ensures fair play and it will help towards the purchase of equipment to keep the club going and to keep our options open for future shoots.
- 3) All guns, trappers, scorers and preferably others, to wear safety glasses, at all times.
- 4) Guns to remain broken at all times until ready to shoot.
- 5) No alcohol to be taken before or during the shoot - wait 'til the end and celebrate in style!
- 6) All spectators to remain 20 feet back or side of the shooting taking place unless directed otherwise.
- 7) Please notify any potential hazards to the organisers A.S.A.P
- 8) To avoid unnecessary harassment, the scorers' decision is final
- 9) Suggestions for improvements to future shoots also gratefully received.
- 10) Ensure fair play at all times.

Inquiries: contact David Allison on 07739626445.  
or Scott Barnes on 01971 502259.



## Scourie Village Hall, 12<sup>th</sup> February at 18:30

If you are a Plan Volunteer and would like to see how it works in action please come along for a couple of hours.

The Highland Council Resilience Officer – Stephen Mardon has very kindly offered to run a table-top exercise for us.

# Scourie Resilience Plan

**North West Training Centre**  
Kinlochberrie High School  
Manse Road, Kinlochberrie  
By Lairg, Sutherland IV27 4RR  
Regd. Charity SC019802



## Hospitality Training

Serving Your Business Better

Wednesday, 28 March 2018  
Durness Village Hall

Involvement in the hospitality industry? Have staff who need training? Our one-day interactive training course is just what you've been looking for!

Topics to be covered include:

- Understanding the Hospitality Industry
- Personal Hygiene for Food Safety
- Staff Uniform/Work Wear
- Meeting & Greeting Guests
- Menu Choices Knowledge
- Food Intolerance & Allergy Awareness
- Table Settings for Different Services
- Food & Beverage Service at Table
- Clearing Tables & Coffee/Tea Service
- Dealing with Complaints & Handling Refunds

Get in touch now to book a place. Just £60 per person.



For more details or to book a place contact Gary Sutherland on 01971 521238 or email [northwest.tc@outlook.com](mailto:northwest.tc@outlook.com).

**ANNE DUCHESS OF WESTMINSTERS CHARITY**   





## Scourie Web pages

To all self-catering homes, B&B's, campsites, hotels and restaurants. Summer is fast approaching and the NC500 Facebook page is alive with people asking for recommendations of where to stay this summer.

Please make sure your description in the Scourie Web pages is up to date, and how you want it to look. Let me know if you want any changes.

Many thanks  
Pete

## Geopark AGM

NW Highlands geopark held their AGM in Scourie Village Hall last month. There was a good turnout of members despite the bad weather and terrible road conditions. The members elected 3 new directors to the board, Michael Simpson from Tongue, Julien Moreau from Durness and Richard Trevor from Eddrachilles. These join previously elected member Dylan Bentley, and community council representatives David Macleod (chair), Don Campbell, Murdo MacPherson, Jean Mackay (company secretary), Dave McBain and Ann Macleod (vice chair).

The achievements of the year included an appearance by Laura on a channel 4 documentary, an advertising campaign on buses and an expansion in the tours and talks at the Rock Stop. The Geopark continues to play an active role in the Global geopark Network. New interpretation panels were added in the Rock Stop and an augmented reality sandbox.

Whilst there remain concerns over funding, the meeting was very positive, and the board remains confident for the future of the Geopark.

North West Training Centre  
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ageScotland **Early Stage**  
Love later life  
**Dementia Awareness**  
**Tuesday, 13 March 2018**

Do you work with or care for older members of your family or the community?  
If so, this workshop will be invaluable to you.

In association with Age Scotland, this training will help you to understand dementia, its signs and symptoms, and the effects it has upon different people particularly in its early stages.  
The training will look at communicating with someone living with dementia and also what we can be done to reduce the risk of dementia.

This training session is free and a light lunch is provided, but places are limited so book early to avoid disappointment.



For more details or to book a place contact Gary Sutherland on 01971 521238 or email northwest.te@outlook.com.



## January Weather

Well that was a long month. January always seems to drag on, probably because it's dark, and unsettled. Although overcast, the first half of January was unusually dry, with just 3 mm of rain in the first two weeks, so dry, the grass was *almost* starting to peel off the rocks! Then came the cold spell, with a couple of frosts, frequent hail and snow storms, and a few thin coverings. We were a lot better off than other parts of the country. And then it rained, just to make up for the earlier dry spell.

The average temperature was 4.6 deg C, with a high of 8.8 deg C on 23<sup>rd</sup>, and a low of -0.4 deg C on 16<sup>th</sup>.

We had 127.8 mm of rain (20 year average 144 mm), the wettest day was 23<sup>rd</sup> with 22.8 mm.

There were 10 days where no rain was recorded. The average wind speed was 8 mph, the highest average was 19.9 mph on 9<sup>th</sup>, with a gust of 52.6 mph on the same day. The average barometer reading was 992 mB, a high of 1022 mB on 7<sup>th</sup>, and low of 968 mB on 16<sup>th</sup>. We didn't see much of the sun, recording solar radiation at 239 w/m<sup>2</sup> for the month, with a high of 14.5 on 29<sup>th</sup>. UV radiation totalled 1227 uW/cm<sup>2</sup>, with a high of 71.4 on 25<sup>th</sup>.

## Rob Donn Project

SCDC have had a request from Ronnie Lansley of the MacKay Country Group for background history on Scourie and district which will be displayed on a proposed information board to be situated at Scourie beach road. This board is to commemorate the life of Rob Donn, a local poet from the 1800s.

Anyone who would be interested in helping in any way should contact Alistair MacKay, Scouriemore.

## Hall Committee

The hall committee would like to thank everybody that attended the Burns supper. A special thanks to Adam Barnes for piping, Lily Allen for carrying the haggis, Mhairi for all her hard work and help on the night, Gill for cooking the haggis, Valerie & Laura for cooking the tatties and Stuart & Linda Rose for helping tidy up.



Recently posted on the Scourie Facebook page.

This picture came from William Macrae (Tarbet). It's taken about 1959, planting trees at Gobernuisgach, which is behind the stables, West Merkland .

John Angus Macleod (Postie) Jack MacInnes (Badcall), Billy Mackay (Badcall), William Macrae, D J Macleod (Tarbet), and Alec MacAskill (Fanagmore). The black dog was Jack's. Does anybody recognise anyone else?

### Disclaimer

*The Scourie News is compiled by Aileen MacDonald on behalf of Scourie & District Community Council. The contents do not necessarily reflect the opinions of either and are included on request.*

*Paper & ink is supplied by Reay Forest Estate.*

*To include an item please email to [scourienews@btinternet.com](mailto:scourienews@btinternet.com) or phone Aileen on 502371*

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## Elementary Food Hygiene

Thursday, 19 April 2018

This one-day course provides a general introduction to Food Hygiene and satisfies the requirements of the Food Safety Act and other associated legislation.

- Food Pests, Bacteria
- Food Premises, Equipment and Utensils
- Food Poisoning, Cleaning and Disinfection
- Personal Hygiene
- Record Keeping
- Food Hygiene Law



The course concludes with an examination, after which you will receive an industry recognised REHIS certificate of achievement valid for three years.



The fee is just £85 per person and a discount may be available if you have attended this course previously with us.

For more information or to book a place on this course please contact Gary Sutherland on 01971 521238 or email [northwest.tc@outlook.com](mailto:northwest.tc@outlook.com)



