

Scourie News

August 2018

Issue 146

Dates for August

Tues 14th/28th Recycling bins
Tues 7th/21st Refuse bins
Mon 20th Schools open to staff
Tues 21st Schools open to pupils



THANK YOU, from DuncanAdrift + WaterAid, to everyone who supported the tombola at Scourie Gala! Thanks to your kindness and generosity we were able to add £284.15 to Duncan's WaterAid fund.

Duncan's message to you, on the day:
"Scourie Gala folks! I'm shouting out a very loud thank you across the Atlantic with a big smile on my sunburnt bearded face. A great effort for WaterAid and means a lot to me"

Right now, Duncan is approaching half-way in his journey and in the 100 days he estimated it should take. See his latest news on FB (DuncanAdrift) or at www.duncanadrift.com



SNP Sutherland branch meeting

SNP Sutherland is holding a meeting in the village hall on Saturday 4th August at 2:00 pm. The meeting will be preceded by a litter pick in the village, followed by leafletting. There will be a short branch meeting, followed by a documentary film about the Faeroe Islands becoming partially independent from Denmark. Teas and cakes provided and discussion after.

All are welcome to attend.

Scourie Calendar 2019

After last month's request for pictures of Scourie and surrounding areas (Ullapool – Durness), I've had no response.

If I don't get pictures, I can't produce a calendar.

Please send pictures to Pete Tuck if you want a calendar to send to friends and relatives for Xmas.

August Weather

Due to technology difficulties, there is no weather report available this month. However we will have a double report next month. Please accept our apologies for this.

The Rock Stop

Are you looking for a job once the schools go back? The

Rock Stop is recruiting team members to assist in the cafe at Unapool. Hours and days flexible to suit applicants and the needs of the business but will mostly comprise weekdays.

Further details from Jean, jean@nwhgeopark.com.

Re-scheduled Raft Race

Remember to build your raft for our re-scheduled raft race on Sat 8th Sept. See posters for further details.

Ranger service walks & Events in Northwest Sutherland

August 2018

Thurs. 2nd Guided walk- The Kyle of Durness

A fairly leisurely beautiful coastal walk around the Kyle of Durness and Balnakeil bay, about 4hrs & 7.5k. Great scenery, seabirds, wild flowers including Scottish primrose, otter signs and remote wee beaches, superb!
Time: 10:30 – 14:30 Booking ref: 001073KNBV

Fri. 3rd Whale watch from the north coast at Durness

A drop in event, bring your binoculars [some provided, with ID information], it is fair weather dependant – no guarantees of seeing them either but if it is a good day standing looking out to sea is a pleasant occupation! Children welcome but must be accompanied by a responsible adult.

Time: 10:30 to 12:30 Booking ref: KNBV 014972

Fri. 10th Guided walk – Ceannabienne Clearance Township

Coastal walk around an historic site near Durness cleared of people in the early 1800s; local history plus a fine walk to a perfect “secret” beach with beautiful scenery. Just over 2k and about 1½ hrs.

Time: 10:30 to 12:00 Booking ref: KNBV 001074

Thurs. 16th Guided walk – Scourie bay, south side.

A beautiful coastal walk over ancient terrain with a bit of geology, seabirds, good views, signs of otters and plenty fresh air.

Time: 10:30 to 13:30 Booking ref: 001085 KNBV

Wed. 22nd Guided walk – Castle Bharraich & beyond.

A Hill walk to this enigmatic castle ruin by Tongue, then beyond over the moor across the hill, returning to Tongue by the quiet old road. Fine scenery, moorland flowers and wildlife.

Time: 10:30 to 13:30. Booking ref: 001086 FARR

Tues. 28th Guided walk – Glen Dubh by Kylestrome

An energetic hike over the hills 13k approx. [max height 380m] and back by a coastal track. Chance of seeing eagles, red deer, fantastic scenery and much moorland wildlife. Stout footwear advised, bring lunch.

Time: 10:30 to 16:00

N.B. There is no charge for the walks but we rely on your donations to help us protect our highland wildlife and heritage. It costs £9.73 per visitor to operate our countryside ranger service. **Booking is required** so please visit <http://booking.highlifehighland.com> use the booking reference number for the event you would like to join [as a guest if not a member] and for information on where and when to meet. For further information contact; High Life Highland Countryside Rangers, Visitor Information Centre, Sangomore, Durness, IV27 4PZ. Tel; 01971 511756. Contact: donald.mitchell@highlifehighland.com



BUBBLE FOOTBALL

MONDAY 6th AUG

8 - 16yrs,

4 - 6pm

Booking essential!

£3.00 per child for the 2hr session!

High Life Highland Ranger service

Tuesday 7th Clachtoll Sand Sculpture competition (in the morning) & Seashore Activities Day

Why not enter the contest for the best sand sculpture starting 11am? Judging and prize giving at 1.30pm. Or just come along to admire the many amazing sculptures for free! Loads of really good prizes. This event will be followed by seashore activities in the afternoon. Great day out for the family. **Time:** 11am – 3pm

Contact: andy.summers@highlifehighland.com

M: 07825 116516

T: 01571 844654



MINI HIGHLAND GAMES

WED 8th Aug 2 – 4.30pm,
for children ages 5 – 12yrs
Registration at 1.45pm.

CULAG PARK, LOCHINVER HARBOUR
Traditional highland games races and
events

‘great practise for Assynt Highland Games
on
Friday 10th August’.

ENTRY £2.00

REFRESHMENTS INCLUDED

N.B we will need some support from
parents and volunteers on the day, if you
can spare a couple of hours or are staying
to
watch the children and could help with
scoring/measuring/
Results or serving refreshments, please let
us know...

PLEASE BOOK DIRECTLY WITH ASSYNT
LEISURE VIA EMAIL TO
kelly@assyntleisure.co.uk or
TEL 01571 844123

It's your Geopark!

The NW Highlands Geopark stretches from Coigach to Tongue. And 5 of Scotland's 50 Best Places to See are right here. We are working with communities to promote the 2018 festival from April to October. Over 50 events are scheduled already with more being added. For more about the Geopark take a look at www.nwhgeopark.com.

Tuesday 7th 11-3pm Clachtoll Beach, Sand Sculpture Contest Why not enter the contest for the best sand sculpture? Build a mermaid, dolphin or the Empire State Building? Or a replica Clachtoll Broch. Loads of really good prizes. Judging and prize giving at 1.30pm. For the non-sandcastle builder there are seashore activities in the afternoon. The event is free but donations are welcome to help the Countryside Rangers protect our Highland wildlife and heritage.

Thursday 9th 1-4pm Rock Stop, Unapool
We start with an indoor talk followed by a drive and 3 short walks, as far north as Upper Badcaul. Car sharing can be arranged. Andy Moffat will consider some igneous intrusions within the Lewisian Gneiss and the unusual minerals they contain. The walk will provide the opportunity to see many aspects of the Lewisian rocks. £5 on the day.

Thursday 9th 6pm Stac Fada, meteorite impact site
Meet at Stoer Cemetery at 6pm; 2km walk to the impact site, 2km off path, led by Pete Harrison of the North West Highlands Geopark. This will be followed by a talk and discussion regarding new research into the meteorite at 7.30pm in Stoer Hall. **Contact:** Andy Summers (01571 844654). Donations to the Geopark welcome

Sunday 12th 11am Loch Beannach, Little Assynt for insects With Assynt Field Club, exploring the insect life on the eastern edge of the loch, as far round as Ruigh Coinich, with Stephen Moran. Meet by the pool at NC143252 (or old road opposite) at 11a.m.; bring lunch. Distance c. 4km, off paths. **Contact:** Ian Evans (01571 833241).

Thursday 16th 2 – 3.30pm Corrieshallach Gorge Ranger guided walk to look at the landscape, history and natural history of Corrieshalloch Gorge, organised jointly by National Trust for Scotland and the Geopark. Meet at the Gorge car park on the A832 Gairloch road. Cost £5, booking with pete@nwhgeopark.com

Sunday 19th – Friday 24th Rocks, poetry & storytelling by Sail Britain Artists, poets and geology researchers are touring the Geopark by yacht. Come and meet them at Ullapool Pier on the Sunday at 5pm to find out what they are doing. Or come to **an evening of rocks, poetry and storytelling** Lochinver Hall on Tuesday 21st at 7.30pm. There will be schools workshops at the Rock Stop on Thursday 23rd.

Wednesday 22nd 11am Deep Time Walk, Knockan Crag

Meet at Knockan Crag car park, Grid Ref NC188091. See for yourself the marvel that allowed one of the world's greatest geological mysteries to be solved. The crag is a globally important geological site and was formed by the Moine Thrust - the force of two continents crashing together. £5, booking with laura@nwhgeopark

THE HUMAN COST OF PUBLIC TOILET CLOSURES

Dear Reader

In February of this year, Highland Council voted to close 29 public toilets throughout the Highlands. The Council will close the toilets on 31 October this year unless alternatives are found. After the closures, the distance between toilets will be as much as 70 miles.

The Council believes that community groups should take over the public toilets. For most communities in the Highlands, this is not a viable option. In fact, groups that are running public toilets are having to deal with significant cost shortfalls because of the decrease in Council grants.

The Council's Equality Impact Assessment (EIA) recognised that the closure of public toilets will negatively impact several groups identified in the Equalities Act 2010 - specifically the elderly, the disabled, pregnant women and families with young children. Despite this, they stated that the negative impact had to be viewed within the wider context of the need to make budget savings and the fact that public toilets were non-statutory, suggesting the Council can ignore equality legislation if other budget items are deemed to be more important.

Toilets are often taken for granted but, as you will know, their availability is vital to people with so many medical conditions, incontinence and disabilities, for example:

Dementia sufferers often experience incontinence problems and urgency issues.

People who have had a Colostomy have additional needs when using the toilet; even a simple day trip can be a potential source of anxiety. They need somewhere to dispose of a stoma bag, somewhere to clean up and privacy.

Inflammatory Bowel Disease and Irritable Bowel Syndrome result in people needing access to toilets desperately urgently.

Bladder problems are among the most common and least talked about symptom of Diabetes. They can not only make the diabetic miserable, but can also cause worse problems, such as kidney infections. Diabetics

need to urinate regularly (every 2 hours is recommended).

Even "low-level" problems like urinary tract infections (UTIs) cause people to urinate more than they normally would. The urge can strike suddenly and can cause loss of control of the bladder. Between 50 and 60% of women will experience at least one UTI in their lives.

In addition to people with medical or health conditions, there is a negative impact generally on the elderly who have to "go" more often as well as pregnant women and people with young families.

If there is no alternative, people may be forced to relieve themselves in the open countryside, which pollutes the environment. We are already seeing instances of human excrement and toilet paper left by the roadside.

As yours is an community that supports people with disabilities, carers and family members we wondered if we could count on your support?

If you are able to write an email to Highland Council it may help with our campaign and if you could circulate this to other groups in the northern Highlands that would be enormously helpful.

Please email Steve.Barron@highland.gov.uk or write to:

Mr Steve Barron, Chief Executive
Highland Council Headquarters
Glenurquhart Road
Inverness
IV3 5NX

Thank you very much for any assistance you might give. If you require further information, please contact Margaret Meek (Kinlochbervie Community Council) at mmk1b@clara.co.uk

Yours sincerely,
Christina Perera
Ascoile
Gordonbush
Brora
KW9 6LX

Proud Family Moments



Mark MacDonald graduated from Glasgow Caledonian University with BA (Finance, Investment & Risk) upper second honours degree. Mark has begun his investment banking career with Morgan Stanley, based in their Glasgow office.



Morgan MacDonald was nominated for the Clan Sutherland Young Citizen award for her involvement in community activities, her community spirit & volunteering. Well done, Morgan!



Congratulations to Eilidh Amos, who is the first recipient of a new Clan Sutherland Society "positive citizenship" award. Eilidh helps look after three family members, all of whom suffer ill health.



Scourie Gala Committee would like to thank very much everyone who was involved in any way with this year's fabulous gala weekend. It isn't the committee who make it such a success, but all the support we get from local businesses, local residents, returning families, visitors and neighbouring communities.

Of course, this year's fantastic weather just topped it all off perfectly.

The final totals are still being calculated, but things are looking good! Hopefully we will have about £5000 + in the account to spend on local good causes and future gala events.

Look out for more info in future editions of the Scourie News.

A snapshot reminder of Gala Weekend 2018

Photographer Donald MacKay



More photos from Donald MacKay available to view on the Scourie Gala Facebook page.

Please feel free to add any of your own photos to the page too.