

2/06/17/11/14

CALLING ALL KILMALLIE RESIDENTS

The Community Council invite readers to submit items for the next newsletter. So, if you have any ideas we would love to hear from you; anything from reminiscences to anecdotes, nature news, astrology, holiday stories, poetry etc.

Any C.C. member will be delighted to hear from you.

KILMALLIE COMMUNITY COUNCIL

Like all Community Councils, Kilmallie Community Council exists to serve its local community. It is a non-political organisation run by volunteers who have the best interests of the community at heart. To do our job well, we need the support of the local community. If YOU have any concerns about local issues, why not come along to the next meeting on (the 2nd Wednesday of every month) when you can have your say, and hopefully, we can work towards a solution.

KILMALLIE COMMUNITY COUNCIL

| | | |
|----------------|---|-------------------|
| Chairman: | John Ireland, 10 Hillview Drive, Corpach | Tel: 01397 772614 |
| Vice Chairman: | Duncan MacInnes, Tormina, Banavie | Tel: 01397 772217 |
| Treasurer: | Robert Cumming, Travee, Corpach | Tel: 01397 772380 |
| Secretary: | Margaret MacIntyre, Corpach | Tel: 01397 772783 |
| Member: | Heather Robertson, Victoria Cottage, Corpach | Tel: 01397 772720 |
| Member: | Margaret Simpson, 14 Caledonian Road, Corpach | Tel: 01397 772679 |
| Member: | Ian MacIntyre, Corpach | Tel: 01397 772783 |
| Member: | Stewart Currie, Torran Cottage, Tomonie | Tel: 01397 773139 |

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Kilmallie Community News

Issue 21

Free

February 2005

KILMALLIE COMMUNITY COUNCIL

K.C.C MINUTES SUMMARY (Nov, Dec, Jan.)

Environmental matters: took up a lot of time at recent meetings: from drainage problems along the pavement to Banavie, to shrub clearance and the state of the Kilmallie Gardens. All these and others have been reported to the relevant departments and while some matters are resolved easily, others take longer due to the nature of the work involved.

Kilmallie Information Partnership: is now well on its way and you can read about its progress elsewhere in this newsletter.

Planning: The C.C. is notified about all planning matters but members only discuss large developments which affect Kilmallie.

SCOTTISH MOUNTAIN SAFETY & EDUCATION WEEKEND 5TH – 6TH MARCH 2005

Jonathan Hart of the Nevis Partnership has organised the above weekend seminar which is aimed mainly at accommodation providers who may have visitors staying with them who want to climb Ben Nevis in particular. The overall mountain safety message is the same and applies really to any mountain area. Full details of the excellent programme (which will be based at Nevis Centre) will shortly be posted on the new local web site www.kilmallie.org which is currently under construction. Representatives from North Wales (Snowdon) and hopefully the Lake District (Scafell) will be talking about how they handle overall mountain safety in their areas. In addition there will shortly be a listing available (within an adventure tourism information database) of businesses / folks who can act as guides / leaders for individuals and groups who feel they require extra safety cover - mainly on Ben Nevis.

WAY MARKING TO LINK THE ROAD TO THE ISLES THROUGH CORPACH TO THE GREAT GLEN WAY AND / OR THE WEST HIGHLAND WAY

Very much in its infancy! There has been some suggestion that there should be some joint discussion - at the very least - on a project to link the Road to the Isles with both the Great Glen and West Highland Ways. The overall Kinlochail / Kilmallie / Corpach / Banavie / Glen Loy areas have always fallen between all the stones in terms of waymarking, promotion and map presence. If this initiative takes off then this should address at least some of these issues in a major way.

GREAT GLEN WAY 2005 GUIDE

Discussions and representations with the Great Glen Way manager last year concerned the omission of, Corpach at least, from the GGW maps and on the GGW web site. The 2005 Great Glen Way guide is now just out. Many thanks to Linda Dodds for ensuring that Corpach is now included both on the map by way of an insert and a web site address. This is some positive progress on the concerns raised at that time.

**News about the Belford Renal Unit and
"The Renal Dialysis Lochaber Fund".**

Completion date for the Renal Dialysis Unit

As a result of the bad weather before Christmas and the extended New Year break, not helped by the storms in early January, there has been a set back to the start up by one week. The present estimate date for the completion of work on the new Renal Dialysis Building at the Belford Hospital is the end of April, that is in 12 weeks. After the work and general clean up is completed a two week commissioning period is necessary to allow the nursing staff and the technician to check the dialysis machines and associated monitoring equipment. Also the water treatment plant, an important part of equipment for kidney dialysis has to be tested. It will therefore be mid May before the Lochaber kidney patients get their first local dialysis treatment at the Belford Hospital Renal Unit and we have to apologise to the renal patients for the delay, having waited for so long.



The Renal Dialysis Lochaber Fund

With the programme of construction work for the new Belford Renal Unit having reached the stage where the renal equipment has to be ordered, the commitment made by the Lochaber people to provide one of the six dialysis machines for the Renal Unit has been met and honoured. A cheque for £14,942.32 to cover the cost of the equipment for one of the Renal Dialysis Stations has been sent for deposit in the appropriate Renal Endowment Fund for the use by the Raigmore Renal Services Manager in charge of purchasing the equipment. It is the intention this station will come to be known as "The Renal Dialysis Lochaber Fund Station".

What a Wonderful Start to the Year!

I want to tell you a marvellous and true story about a local **Drumfada renal patient and his wife** and something that happened to them during these last four weeks of January. Ewan MacDonald who at 46 is a long suffering kidney patient, has been travelling 3 days per week to Raigmore for his dialysis treatment for 14 years and has been waiting and hoping for a kidney transplant for some years. Lately he has been looking forward very much to getting his dialysis treatment locally in the Belford Renal Unit when it is ready. No more 6 am rising from bed to catch the ambulance car to Raigmore. Ewan and his wife, Lorraine (who is also no doubt long suffering, since at the time she was 8+ months into her **first** pregnancy) were spending Christmas and New Year with Lorraine's parents up in Moray. On the 28 December Ewan had a call from the Kidney Replacement Co-ordinator for Scotland and asked if he would accept a kidney! That's the way it happens. As Ewan said you don't hang about in that situation, a few hours later via RAF Lossiemouth and the help of Raigmore helicopter he was in Edinburgh Royal Renal Unit, with Lorraine left to bring in the New Year without him. A couple of weeks later, Ewan had had a kidney transplant operation, and was being monitored and recovering in Edinburgh Royal Infirmary. In the meantime Lorraine returned home on her own to Drumfada and right on time drove herself to the Belford on Sunday 23 January, straight onto an ambulance to take her to Raigmore Maternity Unit where she delivered their first baby, James Ewan MacDonald at 09.24 am on 24 January weighing in at 7 lbs 11 oz's. Marvellous! Wasn't it a pity each had to bear their unique hospital experiences without the comfort of the other, on the other hand, in both cases there was no way you could ask Nature to wait, and neither Lorraine or Ewan say they would have, they are just so thankful.

O Veitch, Belford Hospital Patients' Council / RD Lochaber Fund.

BANAVIE PRIMARY SCHOOL

O u r d a y a t S k i i n g

We went skiing on Tuesday the 25th of January.....

Most of us went to get our skis from the hire shop. We mostly all have the same skis.

Some of us were scared by the gondola as we went up, but thankfully nothing happened.

When we got off the gondola we got sorted into our groups. All the people who had been skiing before were in one group and the beginners in another.

We really enjoyed it and it was very exciting, we all can't wait to go back.

Some of us are learning on the dry ski slope but the better ones go further up the mountain. The instructors are really helpful and make the activities good fun. No one misbehaves.

Lindsay Sedgwick P7 and Heather Cameron P7



10 RULES TO FOLLOW WHEN WEIGHING YOURSELF AFTER THE FESTIVE EXCESSES.

1. Weigh yourself with clothes on, after dinner.....as well as in the morning, without clothes, before breakfast, because it's nice to see how much weight you lost overnight.
2. Never weigh yourself with wet hair.
3. When weighing, remove everything, including glasses. In this case, blurred vision is an asset. Don't forget the earrings, these things can weigh up to a pound!
4. Use cheap scales, never the medical kind, because they are always 5 pounds off.....to your advantage.
5. Always go to the bathroom first.
6. Stand with arms raised, making pressure on the scales lighter.
7. Don't eat or drink in the morning until AFTER you've weighed in... completely naked of course!
8. Weigh yourself after a haircut. This is good for at least half a pound of hair (hopefully).
9. Exhale with all your might BEFORE stepping on the scales (air has to weigh something, right?)
10. Start out with 1 foot on the scales, then, holding on to a convenient towel rail, slowly edge your other foot on and let go of the rail. Admittedly this takes time, but it's worth it. You will weigh at least 2 pounds less than if you'd stepped on the scales normally.

CHRISTMAS PARTIES 2004



Both parties were enjoyed by all 94 schoolchildren. Nevis Radio provided the music/entertainment.

A big thank you to the parents who provided the enormous amount of party food.

Thank you also to M. Simpson and H. Robertson who organised the whole afternoon and evening.

This year's parties will be held on Dec 17th and Maddie has been booked to entertain the children.

KILMALLIE PLAYGROUP

Kilmallie Church Hall Corpach
 Mon, Tues, Wed, & Fri 9.30 am – 12 noon
 Thursday 1 pm – 3.30 pm



We have just returned to start our third term and what a busy time we are having.....

In December we enjoyed our Nativity Play held in Kilmallie Church. Family and friends joined us for coffee and mincemeat pies in the hall, Santa also came to visit us and we sang him lots of, our songs. This was a very enjoyable evening and brought home the true meaning of Christmas. We also went on a day trip to the Ben Nevis Woollen Mill to visit Santa in his grotto.



In February we will be celebrating Chinese New Year when we will be cooking our snacks in a wok and eating with chopsticks.

We also celebrated Robert Burn's Day and ate haggis and performed some highland dancing.



By the time you read this we will have been busy making cards and love heart biscuits for Valentine's Day.

One of our aims this term is to introduce the children to the jobs of familiar people in the area and we will be going on a number of outings within the Community. We will be visiting the Belford Hospital, the local library and the Police Station.

The children all enjoy the freedom of open space, we are organising a gym day for them at the Nevis Centre in May where they will be assisted by trained staff and have the opportunity to experience new physical challenges.



In March we will be holding an enrolment week for the parents of the children for the 2005 - 2006 session. Information regarding this week will be advertised in the local papers and shops.



Anyone requiring information on our Playgroup contact Carole on 01397 772 018

CANAL NEWS

Just to let you all know that we have survived the storm on the night of 11th January, most of the month has been taken up with the big clean up. As most of you will be aware, it was a 4.2 metre tide and a 2.6 surge which caused major flooding and damage in the Fort William area.

On the canal front, the office, toilets and back store were under 2.5 foot of water and the bottom flat under six inches of water. We also had damage done to the sea lock gates, the back store doors and towpath, 8 trees were also knocked down (measuring the rings on the one at Banavie flight showed it was over 200 years old, which is about the same time as the canal was built).

Over the next week we are going to clear the debris from the entrance at Corpach. The job has gone out to contract and we are awaiting quotes.

On a more positive note, we are advertising for five seasonal operatives in the West District, starting the beginning of March (advert in the Lochaber News).



We have also published our opening hours for the coming season:

| | | | |
|---------|-----------------------------------|---------------------|---------------|
| Spring: | Monday 21.03.05 - Sunday 29.05.05 | 7 days | 0830 to 1730 |
| Summer: | Monday 30.05.05 - Sunday 04.09.05 | 7 days | 0800 to 18.00 |
| Autumn: | Monday 05.09.05 - Sunday 30.10.05 | 7 days | 0830 to 1730 |
| Winter: | Monday 31.10.05 - Sunday 02.04.06 | 5 days (Mon to Fri) | 0800 - 1600 |

Looking forward to seeing you all working of the pounds after Christmas and New Year by walking along the canal bank.

John and Peter.

Caol BMX Track (Caol Players)

The joint project between Kilmallie and Caol Community Councils to provide the youth of both areas with a BMX track hit a major stumbling block recently. When the formal planning permission had been notified and submitted to the council, 2 objections were received from neighbours to the proposed site (23 were required to be informed). The plans will now need to be reconsidered and submitted again in March to the planning committee. A lot of work had gone in to getting the plans to this stage and the Group would like to thank Highland Councils Jim Tolmie and his staff for their assistance and patience in getting the plans ready. The group will endeavour to allay the fears of the two objectors and redesign the position and layout of the track to try and fit in with their wishes and not interfere with the proposed large housing development on the same site. The group would like to thank Councillor Bill Clark and Caol Community council for paying for the planning application. Plan B will be to look for a completely different site that would suit the two communities and not be perceived to effect any adjacent neighbours or housing developments.



Kilmallie Information Partnership (KIP)

The Community website is now up and running in a basic form, check it out at www.kilmallie.com we are looking for help, ideas and information if you would like to be involved get in touch, training can be provided in the use of the web site package or if you would like to just submit information / photographs etc just e- mail it in or get in touch with any member of the Community Council.

Kilmallie Community Gardens

The hold up with work starting to restore and maintain this wonderful community asset appears to be red tape, the council has been unable to sort out the lease with the hall trustees but promises to get it done soon. We look forward to seeing the gardens restored to their former glory.



QUIZ TIME



SONGS from AROUND THE WORLD (Part 1)

Fill in the spaces with well known countries, places or proper adjectives connected with the song title.

1. Mull of
2. Do you know the way to.....?
3. The girl from.....
4. From..... with love.
5. waltz.
6. Yellow rose of.....
7. New.....New.....
8. It's a long way to.....
9. White cliffs of.....
10.65000
11. Windmills of.....
12.Lou.
13. I belong to.....
14. Paper.....
15. April in.....
16.here I come.
17.on my mind.
18. I left my heart in.....
19. Isle of.....
20.the Brave.
21. Banks of the.....
22.(that toddling town)
23. Stars fell on.....
23. Y viva.....
24. Poor people of.....
25. O little town of.....
26.swings.
27.city.
28. In the old bazaar in.....
29. When.....eyes are smiling.
30. Blue.....

These were the easy ones. Harder ones in the next issue!!

NAME:

ADDRESS.....

PHONE NO.

Name

Address

Tel:

Answers should be handed in to
Margaret Simpson at the Co-op by
Wednesday the 9th of March.

The winner
of the last
Kilmallie
Newsletter
Competition was
Mrs Joy Biggan
Kilmallie House
Corpach

**Congratulations
Joy!!!**

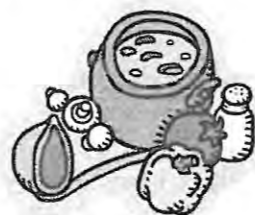
Kilmallie Hall

Bookings for the Hall can be
made by contacting Mrs
Karen McKenna
at Letterfinlay Catering
Equipment On:
01397 772026

CURRIED PARSNIP SOUP

- 1 oz butter
- 1.5 lbs parsnips
- 1 large onion
- 1 large clove garlic
- 2 tsp. mild curry powder
- 3 pints chicken stock
- Salt & pepper

- Melt butter, add parsnip, onion & garlic
- Cook for 1 min.
- Add curry powder & cook for 1 min.
- Add stock & cook for 20 mins
- Blend & liquidize.
- Season to taste.



LOCAL HISTORY

Did you know that.....?

1. In 1904, a 9 hole golf course was opened at Annat on the site which is now Linnhe Caravan Park. The course closed in 1939.
2. When the Mallaig railway line was initially built, there were signal boxes at both sides of the canal swing bridge at Banavie.
3. The Corpach store, now known as the Keystore, was, for a time known as the 'Caledonian Warehouse'. It was originally known as the 'West Highland Coliseum'. At that time there was painted on the side of the building, "Italian Warehouseman".
4. About 1840, the owner of Fassfern Estate was Sir Duncan Cameron who also owned a large part of Fort William. He was married in Corpach church. He gave his name to the Duncansburgh church.
5. Banavie Hotel, on a site roughly opposite the Moorings Hotel, was a large up-market hotel, with over 100 bedrooms. It was also known as the Lochiel Arms. The hotel was essentially built for traveler's using the old Banavie station and canal boats. It was destroyed by fire in 1924. In a society magazine of 1887 it was quoted "Banavie is a great stopping place between Oban and Inverness. There are endless walks and drives. It is the Interlaken of the Caledonian Canal".



Bereaved by Suicide?

You are not alone, those who are left behind after a suicide can be helped by talking to others who have had the same experience.

Can we help?

Call: 01397 772446

Survivors of Bereavement by Suicide.