

Newsletter

Cuairt-litir



/hlhsocial

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Welcome Fàilte

Welcome to the summer edition of the HLH newsletter. There has been so much happening so far this year it has been difficult to capture everything. A lot of the hard work has been going on across the patch from the Queen's Baton Relay, Libraries best in Scotland, High Life scheme recognition to the staff and volunteer awards, a quiz, a video link and much more.

If there is anything that you would like to see included as a regular topic please submit your entries for inclusion and we will try and include them next time around.

Two editions of the newsletter will be published each year one for summer and winter. The winter edition will come out around Christmas so if you have something you would like to share please send your content to marketing@highlifehighland.com including winter newsletter in the subject line of the email by Friday 21st November at the latest.

Enjoy the read!

Summer Activity Programme

Prògram nan Cleasan Samhraidh



The Summer Activity Programme has been a tremendous success this year with over 1,000 activities being enjoyed by youngsters across the Highlands.

There really was something for everyone with activities ranging from surfing, kayaking, climbing and gorge walking to crafts, Bookbug and football. There is a huge team that makes all this possible across the service areas pulling brochures together, staffing the call centre, running activities, populating databases and online booking. There are too many to name here but they all deserve a big thank you for a job well done.

Opposite – mythical maze dragon Fort William Library



Summer Activity Programme

Prògram nan Cleasan Samhraidh



Teddy Bears and other soft toys were dropped off by local children for a 'bears only' event at Culloden Library that could be followed online at the High Life Highland Libraries Facebook page.

During closed hours, the bears were then engaged in typical HLH activities offered in the area. Their 'adventures' were caught on camera and then posted online throughout the day. One of the most popular posts was a video of storytime at the library where a mechanical storyteller bear 'read' the story of *The Three Bears* to the group.

When the children collected their toys, they were also sent home with a postcard 'written' by their bear and a photograph of them enjoying the activities on the day.

Campers enjoyed a visit to the local swimming pool and were even treated to a story by HLH Chief Executive, Ian Murray.

High Life – membership scheme praised by Scottish Government

The low cost inclusive High Life membership scheme for leisure facilities in Highland has received a growing amount of national attention over the last two years.

Notably a Scottish Government working group has recognised the scheme as a significantly different operating model, which enables access to all regardless of income levels and one that could potentially be replicated by other local authorities and leisure trusts across Scotland.

In its report, The Scottish Government Working Group on Sport praised the High Life scheme's pricing strategy, specifically for supporting individuals most in need by enabling access to opportunities to be more physically active at an affordable cost.



Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach

Angela Armstrong Lochardil Primary School



As a valued volunteer at Lochardil Primary School Angela has been motivating and inspiring 16 Primary 6 Junior Leaders who have undertaken a leadership course through the Active Schools Programme. Following their training, Angela has taken on the role of Junior Leader Officer, supporting and deploying the Junior Leaders.

Angela is extremely proactive and enthusiastic and has encouraged the Junior Leaders to set up weekly activity sessions for Primaries 1-5. They have their own blog, organise activity based charity fundraisers including a week of activities for Sport Relief and lead games for nursery children. With Angela's support and encouragement they now have their own after school club planning active events

As well as motivating and inspiring the Junior Leaders, Angela is also a superb netball coach for the school teams and umpires at local events and her pleasure in working with these children is reciprocated.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaor-thoileach

Bridget Morrison East Sutherland

Bridget is a dynamic individual, who, with five children of her own, is still able to volunteer for the Active Schools programme in East Sutherland. She is committed to the idea that all children should have access to good quality sports and activities both in and out of school. Bridget had undertaken several training courses in dance fitness, basketball, athletics, orienteering and football under her own steam and supported by HLH. She is keen to accumulate as much knowledge and expertise as she can which will inform her extracurricular Active Schools clubs in Dornoch, Lairg and Rogart as well as a district wide Games for Girls initiative that is gaining in popularity.

Bridget's energetic enthusiasm is a magnet for children in sport. She delights in their company as they do in hers.



Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach

Fiona Wares

Badenoch & Strathspey



Recognising a local need, Fiona has been instrumental in setting up a Disability Sports Group in the Badenoch and Strathspey area. Supported by the Disability Sports Development Officer, Active Schools and the Leisure Centre she was key to the development of an initial taster event and establishment of a new community group in Grantown on Spey in February 2013.

As chair of the group Fiona has driven this club forward and helped to secure funding which is allowing the members to get involved in an ever increasing range of activities.

Fiona has lots of enthusiasm for this club whilst at the same time working and caring for her own child, who also has disabilities. Fiona knows how important it is to have this club for the local children and their families and has worked tirelessly to get this group up and running.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach

Deanna Lundie, Megan Boyle,
Kirsty Ewen, Calum MacInnes,
Sarah McKinnon, Jayne Atkinson
and Jude Ferguson – Nairn



These inspirational young people from Nairn all volunteer with Active Schools. Having successfully completed a qualification in Sports Leadership, they have been involved in leading activities for younger pupils in their community for the last four years. They have now elevated their participation to an international level through their selection to be *Clydesiders* and Baton-bearers at the Glasgow 2014 Commonwealth Games: Ambassadors for both HLH and Scotland.

These exceptional young volunteers, two of whom were also *Gamesmakers* at London 2012, were selected to become *Clydesiders* as a result of their extensive volunteering. Two were not only selected to be Baton-bearers for the Queen's Baton Relay as it passed through the Highlands, but had the exciting role of travelling for six weeks with The Queen's Baton as it moved around the country.

Kirsty and Deanna were touring the country with the Queen's Baton and Callum and Jude were training in Glasgow for their *Clydesider* roles at the Commonwealth Games when the award ceremony took place. Their awards were collected by Active Schools Co-ordinator Elisabeth McDonald, whilst Megan, Sarah and Jayne were on hand to collect their awards in person.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach

Todd Westbrook and
Sandy Allan
Grantown on Spey



In 2011, Todd and Sandy became Active Schools volunteers and although novice shinty players themselves, gained their coaching award and began delivering regular evening sessions for young people. They have worked in partnership with Active schools, the Craig Maclean Leisure Centre, Grantown Primary and Grammar Schools, the Highland Shinty Development Officer and the established Shinty Clubs in Badenoch and Strathspey.

Through Grantown Grammar school's sports leadership programme, assistant pupil coaches are an integral part of these sessions and two of these assistant coaches Meg and Tess are with us tonight and are very proud to see their dad's receiving these awards.

Since Todd and Sandy started coaching there has been a marked increase in both numbers participating, and the skills of those taking part. This school year, 25 pupils have attended from P2-P4 and 27 from P5-P7. Pupils from mixed age groups and all over the cluster get the opportunity to socialise and with friendly games and tournaments within the cluster these sessions inspire the local youngsters, several obtaining their own sticks and helmets. There is now a pathway from P2 into adult participation within Badenoch and Strathspey.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach

Modern Apprenticeship Scheme

The High Life Highland Leisure Facility Team started working in partnership with Fitness Training Scotland in March 2013 to deliver modern apprenticeship scheme opportunities to staff based in leisure facilities.

The aim of the partnership is to increase staff qualifications, confidence and the ability to deliver an enhanced service to HLH customers.

By developing this partnership HLH have allowed staff to work at their own pace to gain these national recognised qualifications in a supported environment at their place of work. Support and guidance for learners can be accessed either from Fitness Training Scotland or their work colleagues.



Emma Thomson with four of the staff participating in the Scheme: Lauren Reid, Hayden Gray, David Mackay and Lee Beckwith

HLH currently has 29 Leisure staff participating in the Modern Apprenticeship Scheme.

With staff gaining further qualifications it allows HLH to develop and enhance the fitness programme and services available in our Leisure facilities.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaor-thoileach

Fortrose Disability Access Challenge



Youth Worker, Wanda Mackay is here with Assistant Youth Workers Fraser Thomson, Amy Mackinnon, Anne Macdonald and Aaron Goode.

This was an intergenerational disability awareness raising event bringing together young people from Fortrose Academy and members of Ross and Cromarty Disability Access Group with the aim of increasing young people's awareness of disability and raising awareness in the community of the impact improved disability access to local services and premises would have on disabled people.

Within HLH there was collaboration between Fortrose Community Library, Black Isle Leisure Centre, local Youth Development workers and the Active Schools Coordinator and enhanced the good existing partnership working with teachers, local councillors and police, and built new relationships between HLH and many local businesses and voluntary organisations.

The long term benefits of the project have resulted in the future production of a local accessibility map, plans to revisit businesses to see if any changes have been made, and two young people volunteering to participate in the Disability Access Group.

Staff and Volunteer Awards

Duaisean Luchd-obrach
wis Shaorthoileach



YouTime is a programme of newly commissioned learning and leisure opportunities for older people being delivered by High Life Highland throughout the Highlands.

The programme has been developed to enable improved health and wellbeing for older people – specifically to reduce social isolation and to improve physical and mental health and wellbeing.

YouTime activities are a collaboration between three High Life Highland services: libraries, facilities and archives and activities include: tracing your family tree, gentle and moderate exercise classes, fitness MOTs, IT classes, book groups and much much more!

The teams across the libraries, archives and facilities have embraced the opportunity to work collaboratively and deliver an excellent programme for the benefit of communities in their areas. They have also maximised opportunities to utilise the skills of their staff to best effect and have embraced the new training opportunities offered as part of the set-up phase of the programme.

*The personal interest and attention from the instructor is key to the enjoyment and success of the activity.
Very professional and caring.*

YouTime showcases how HLH can support our partner organisations to deliver on the prevention agenda which includes preventing problems and easing future demand on services by intervening early.



Lynn Johnson , Kelly Skinner, Carmen Garcia-Pagan, Janet Baker, May McGuinness and Simon Workman.

Overall Winner You Time

Teams across the services of HLH have embraced the opportunity to work collaboratively and deliver an excellent programme for the benefit of communities in their areas.

- Teams have maximised opportunities to utilise staff skills
- The programme has showcased how HLH can support partner organisations
- Over 355 registered participants
- 1833 activities attended
- £190,000 funding secured for first two years of the programme
- 98% of participants said (in the review evaluation) that taking part gave them new opportunities to socialise;
- 91% of participants said (in the review evaluation) that taking part helped them to do more exercise every week.

Staff and Volunteer Awards Duaisean Luchd-obrach wis Shaor-thoileach

Dance Leadership Project

In conjunction with Glasgow based youth Dance project, Y-Dance, the Highland Active Schools Team organized a series of one day workshops for teenage girls, designed to boost self-confidence and teach leadership skills through the medium of dance.

Over 500 girls, from 13-18 years of age, took part in these workshops which were delivered in every High School in the Highland area.

The girls were then invited apply for a week long Level 1 Dance Leadership course. These were held in Fort William and Inverness in the February holiday, with a further three courses planned in Dingwall and Nairn in the Easter holidays.



Ami Saints, Bridget Thomas and Fiona Green

This project demonstrates the potential of effective partnership working between external agencies and active schools and creates more opportunities for both secondary and primary age pupils in a positive environment where they can grow and develop leadership, organisational and communication skills in a positive environment as well as building self-confidence and self-esteem.

Staff and Volunteer Awards

Duaisean Luchd-obrach wis Shaor-thoileach

Story Telling Project

Susan Appleby, Librarian at Inverness Royal Academy took a group of disengaged, non-academic S4 girls and trained them in storytelling, showing them how reading to young children can make a positive impact.

The girls were trained in story telling techniques and provided with the theory behind how young babies and children learn and respond before visiting Hilton Primary School and practising their new skills.

The girls were encouraged to write reviews of their experiences, and used this as part of their English course work.

The project brought together various key elements including early intervention, the importance of building strong relationships through reading together, and the encouragement of teenage girls who feel disengaged with school.



News – Fundraising

Naidheachdan – Togail Airgid

Saturday 14th June saw the Isle Of Skye Half Marathon taking place with phenomenal record numbers. 550 entries in the Half Marathon and 150 in the Fun Run-it was a massive day for Portree.

Active Schools Coordinator, Jeremy Rossiter performed extremely well setting a time of 1 hour 17 minutes and finished in 7th place overall. Lochaber Leisure Centre Manager Gary Davidson also took part and raised a substantial amount of money for charity.

On Friday the 29th of June Katz Crèche based in the Averon Leisure Centre did a fundraiser for the Highland Hospice. This involved parents and children that attend the Crèche doing a sponsored walk following Bobby the Bumble bee mascot for the Highland Hospice, the total raised by the children was an amazing £502.50. Highland Hospice was delighted with this and was very thankful to everyone involved.



Libraries

Leabharlannan

High Life Highland Libraries Recognised as Best in Scotland

Results published for the last financial year have shown that High Life Highland libraries are the best performing service in the country in terms of the number of visits to libraries per 1000 of the population. Libraries received an astonishing 2.15 million visits to take prime position in Scotland.

Audit Scotland measure the number of people who visit public, school and mobile libraries in person as well as the number of electronic visits. A major factor in the success has been online visits as people have discovered the joys of the excellent free e-books, e-audiobooks and their new online magazine service. The award-winning Am Baile heritage web site also continues to grow in popularity.

Libraries have recently developed a free Library app. The new app allows members to search for and request items, download online magazines, e-books, audiobooks and access a wide range of electronic information services. The full range of online library services can be accessed from the library website: www.hilllifehighland.com/libraries.

A number of exciting initiatives are in the pipeline that will further improve visitor numbers including a newly refurbished library in Thurso – scheduled to open in Easter 2015 and a new library as part of the Wick campus development.



Belladrum

Bealadruim

High Life Highland Libraries attended the Belladrum Tartan Heart Festival this year offering FREE Bookbug Sessions and craft activities aimed at some of the Festivals youngest participants.

A High Life Highland mobile library van was on site and available to festival goers from 10.00-16.00 each day bringing a little book-based magic to the festival frivolities.

Timetabled throughout the day they were able to lend books, offer free face-painting, crafting and loom band making to Belladrum babies and their families.

For those wishing to burn off some energy HLH Leisure staff were offering fitness taster sessions including; Insanity Taster Sessions, Fitbug Sessions and Fitness MOT's staff were also on hand to promote the YouTime programme and Knowing Me Knowing You.



belladrum
festival

Service Profile – Health and Wellbeing

Cunntas Seirbheis – Slàinte is Sunnd



Lynn Johnson

HLH has a vital role in improving the health and wellbeing of local communities in Highland and a focus on health and wellbeing underpins the work of HLH's nine services.

We caught up with Lynn Johnson the Health and Wellbeing Manager for HLH to find out more about some of the excellent work that is being done to support the health improvement agenda in Highland.

"High Life Highland has a pivotal role in supporting and maintaining the health and wellbeing of people in Highland. I am proud to be part of a company that is offering cost effective approaches, bringing creative solutions and is engaging communities, families and individuals in managing their health and wellbeing."

Lynn has been in the post, part funded by NHS Highland, for two and a half years and is already seeing positive results from programmes such as *YouTime*, OTAGO and *Knowing me Knowing You*.



OTAGO Exercise Programme
on YouTube

Partnership working has been crucial to the success of the programmes to date, through working collaboratively, both internally and externally, with organisations like NHS Highland, we have managed to achieve some really positive outcomes. The *YouTime* programme, for example, has made a big difference to people's lives and has seen different HLH services working closely together to make it happen. The success of the programme is very much down to the excellent work from everyone from libraries, leisure, archives and the IT department; it has been a tremendous team effort. The feedback from customers has been fantastic too – for example customers tell us that the activities have helped them to get out of the house, helped them to feel better about themselves and that it has given them a chance to socialise in a way they otherwise wouldn't have – as well as it helping to improving their physical health!



YouTime brings together a range of activities, aimed at older adults, including outdoor walks, local author talks, trace your family tree, local history sessions, spinning, aerobics, Zumba and more! All of the activities are intended to be fun filled and suitable for all regardless of fitness levels and they aim to be interesting, stimulating and challenging both physically and mentally.

We are delighted to be able to offer these services and are always looking at different and interesting ways to encourage people to get involved, get active physically and mentally, keep active and have a good time and *YouTime* seems to have captured the imagination.

Queen's Baton Relay Rèis Batan na Banrigh



As the traditional curtain-raiser to the Commonwealth Games, the Queen's Baton Relay (QBR) provided a great opportunity to promote the games to local communities throughout the High Life Highland patch and showcase some of the excellent HLH events already going on in the area.

On Friday 4 July 2014, the journey began in Aviemore when the baton arrived in the Highland area for the first time. A family fun run was organised to coincide with the arrival of the baton and over 200 children and parents completed the one mile course, set within the grounds of the Macdonald Aviemore Resort.



Wednesday 9th July saw the baton's arrival in Ullapool. Lochbroom Leisure Centre's Jo MacPherson (Facility Manager) rubbed shoulders with *Clyde* the games mascot... who had the biggest smile, Jo or Clyde, we're not sure?! Local young people were also out in force supporting the relay as it passed through Ullapool on this historic day.

To coincide with the baton arriving in Ullapool, as part of the HLH Summer Activity Programme a three day *Commonwealth games camp* was attended by 30 children with transport provided for children from Gairloch and Kinlochbervie.

The baton then moved on to Ferrycroft in Lairg where HLH and community activities such as Crazy Golf, Rounder's, and fun games were on offer whilst Lairg Sailing club provided power boat rides on the loch.



In Thurso a wide range of activities were on offer from fun games, canoe taster sessions on the duck pond to turbo trainers. Six different clubs were involved in what was an excellent day that was enjoyed by all and created some very positive feedback from staff and parents and social media threads.

Friday the 11th July saw the baton start off at John O'Groats travelling through Wick, Helmsdale, Brora, Golspie, Tain, Alness on route to Dingwall.



To celebrate and welcome the arrival of the Queen's Baton through Dingwall on the 11th July, the Active Schools team invited local community sports clubs to take part in a 'Come and Try' event to promote and showcase their sport to local children and young people.

In total seven clubs attended the event held at Dingwall Academy and gave the children a brilliant afternoon of sport. HLH Youth Development were also at the Academy grounds and organised Archery, bubble football, football skills games and other fun activities such as face painting, the Legacy Art Project, a 'Smoothie Bike', and cup-cake decorating.

The sun was shining and the atmosphere was building as it got closer to the Baton arrival time. Active Schools Coordinators from throughout the Highlands kept the children busy and having fun with parachute games, cricket, obstacle races, more face painting, smoothie making and enjoying the fantastic Gymnastics Display from the Fyrish Gymnastics Club.



Saturday 12th July was the final day for the baton in the Highlands and saw it passing through Inverness, Drumnadrochit, Fort Augustus, Spean Bridge and Glenfinnan where activities included a children's shinty match, archery taster session, storytelling, taster Tennis and other activities before arriving in Fort William.

Fort William Active Schools Coordinators and local community group Active Tots managed a successful funding application to 'Celebrate', the Big Lottery funding stream set up to support Commonwealth Games related activity.

This allowed them to organise a triathlon, providing event transport from the outlying areas of Lochaber, print publicity materials and provide additional activities such as face painting, messy play, a bouncy castle and slide for competitors and family members to use throughout the day. In total 144 children from 4-16 years old took part.

Traditional Music Ceòl Traidiseanta



The City of Inverness Highland Games took place on the 19th of July at the Northern Meeting Park and once again students from HLH traditional music classes Fiddle Forte were performing. Students in the group attend TMC Level 6 advanced fiddle classes supported by tutor Irene Fraser.

Margo MacLennan HLH Traditional Music Coordinator has been on the organising committee of the games for a number of years and received a special mentioned in the programme for her hard work over the years.



New Youth Convener

Highland's Youth Convener Ainya Taylor comes to the end of her bursary contract at the end of August. Supported by High Life Highland and The Highland Council, Ainya ensures that the voice of young people in Highland is heard on issues and developments that impact them.

She is a key representative of young people at various Highland Council Committee and Community Planning Partner meetings and she also has full voting rights on the Adult and Children's Services Committee. Since April 2013 she has achieved many wins for young people:

Democracy:

- Promoting democracy and voting – increasing young people's interest and awareness of voting and encouraging debate amongst young people in Highland about the forthcoming Independence referendum.
- Promoting Highland Youth Voice (the Highland's Youth Parliament), Scottish Youth Parliament and local youth forums and groups across schools and youth groups in the Highlands.
- Campaigns for 16 and 17 year olds to be eligible to vote, supporting and promoting Highland Youth Voice's Votes@16 campaign.

Transport:

- Highlighting young people's transport problems – particularly issues for young people staying in hostels, inconsistent bus pricing and reliability of buses and promoting community transport solutions.

Employment:

- Educating young people on their rights within employment and the support that is out there for those looking for employment. Raising awareness of contacts, skills and experience which could be helpful.

Environment:

- Promoting carbon clever messages to young people and launching the #chunkyjumpers campaign with Highland Youth Voice.

Health:

- Exploring issues relating to health for young people, particularly in regards to mental health and the issues surrounding underage drink/drugs misuse .
- Developing a health contacts poster for all Highland schools so young people know who their local contacts are for health issues, for example, school nurse, local GP, mental health workers, sexual health.
- Facilitating workshops with Highland Youth Voice and 'Looked after' Young People to gather their views on their health and health service provision, which informed the Director of Public Health's Annual Report in 2013.
- Working closely with HUG (Action for Mental Health) to develop a support and advocacy service for young people with mental health issues.

Ainya has made an enormous contribution in her time as Youth Convener, making young people's views known to The Highland Council Services and Councillors and helping to improve the lives of young people in Highland:

Thanks to everybody I've worked with over my term for all their support. I have particularly enjoyed my face-to-face work with young people. Meeting with different groups across Highland and hearing their views has opened my eyes to a whole range of issues to be addressed. I wish all my luck to my successor, I know they will do a great job in representing the views of young people and I look forward to hearing where their journey takes them. The role of The Highland Youth Convener is quite an adventure and I am honoured to have been chosen to be the voice of young people over the past 18 months.

Highland's new Youth Convener, Shaun Finlayson from Avoch, took up the post on 1st September. The full time position, based at the High Life Highland office in Ardross Street in Inverness is a bursary position running until September 2015.

From Our Archives

Bho na Tasglannan Againn



During the First World War, Fort Augustus Abbey was used as a convalescent hospital where combatants from the Allied armies went to recover from wounds received in battle. Many of them wrote letters of thanks back to the nurses who had looked after them during their time there, who were volunteers. This letter is one of a few such that we have at Lochaber Archives, written by a Belgian soldier called Isidore Vanderlinden. The letter has been translated from Flemish.

**To our benefactors of Fort Augustus,
It is my duty to write you a few words of thanks in the name of all my Flemish friends. A thousand thanks to the Scottish people for all their kindness and goodness, we never thought to have such a fine convalescence there, you never treated us as strangers but just like your own people. Our own mothers could not have done more than you have done, noble ladies of Fort Augustus and Invergarry. We assure you, dear benefactors, that we shall never forget your kindness and we keep it in our hearts forever. Our health is repaired and we are going back with new hope to free our country from that monster who has killed our wives and orphaned our children. We go back full of courage and with the hope of victory. Farewell to the people of Fort Augustus and Invergarry.**

Long live the Allies

Long live Great Britain

Long live our little Belgium

Isidore Vanderlinden

2nd Line Regiment

3rd Battalion, 2nd Company

1st Division

Arrivals Departures and Retirals

Feadhainn a' Tighinn, a' Fàgail is a'
Leigeil Dhiubh an Dreuchd

Arrivals

Sarah Ann Scholes	Cashier/Receptionist	Leanaig Centre
Gareth Jones-Davies	Operations Assistant	Highland Folk Museum
Kirsteen Macdonald	Heritage Attendant	Ferrycroft Visitors Centre
Marlyn Price	Heritage Attendant	Ferrycroft Visitors Centre
Eilidh Price	Heritage Attendant	Ferrycroft Visitors Centre
Carrie Farnell	Conservation Trainee	HARC
Chris Whateley	Heritage Attendant	Ferrycroft Visitors Centre
Sandra Murrell	Clerical Assistant	Hilton Community Centre
Melanie Hillis	Leisure Assistant	Nairn Leisure Centre
Rachael Kennedy	Clerical Assistant	Library Support Unit
Rona Stewart	Assistant Business Support Officer	Inverness
Shaun Finlayson	Highland Youth Convener	Highland

Departures (excluding retireals)

Ainya Taylor	Highland Youth Convener	Highland
Dawn Taylor	Active Schools Coordinator	Dingwall
Karen Rushton	Archive Assistant	HARC
Michael Rooney	Caretaker/Steward	Golspie
Jennifer Taylor	Youth Support Worker	Alness
Jane Smith	Caretaker/Steward	Thurso
Callum MacLean	Leisure Assistant	Invergordon
Chris Nellies	Leisure Assistant	Thurso
Liz Treacher	Adult Learning Coordinator	Dornoch
Lynn Humphries	Leisure Supervisor	Invergordon
Shaun Matheson	Youth Work in Sport	Inverness
Chay Ross	Leisure Assistant	BILC
Alexander McFadyen	Caretaker/Steward	Cameron Youth Centre, Inverness
Rhoda MacLeod	Genealogy Trainee	HARC
Margaret Fraser	Library Assistant	Inverness
Estelle Ellwood	Community Centre Coordinator	Cromarty
Chris Brotherston	Assistant Community Learning Officer	Ullapool
Tyler Maclean	Leisure Supervisor	Dingwall
Shela Ryan	Youth Worker	Fort William
Kevin Laidlaw	Leisure Assistant	Badenoch Leisure Centre
Myra Campbell	Assistant Youth Worker	Inverness
James Robertson	Leisure Assistant	Dingwall

Retirals

Bob Huston

After more than 30 years Bob Huston retired from High Life Highland Libraries.

Bob held a variety of service and department roles over the years and saw many changes.

His cheerful disposition, wealth of knowledge and depth of experience will be greatly missed. At the same time we are delighted that he will now have free time to focus on his outside hobbies and interests.



Barbara Mackenzie

After 30 years' service Friday the 30th May saw Barbara Mackenzie retire from her post as Receptionist at Invergordon Leisure Centre. Barbara was the well-known face of High Life Highland to customers at Invergordon and started working there in December 1983

She will be sorely missed by all at Invergordon LC and by HLH as a whole.



Libby Cook

Adult Learning Coordinator Wick

Keith Bootle

Youth Development Officer Aviemore

John Shearer

Active Schools Coordinator Gairloch

Barbara Mackenzie

Cashier/Receptionist Invergordon

Mary Rhind

Adult Learning Coordinator Inverness

Julian Hunter

Botanic Gardens Inverness

Sue Watson

Youth Worker Lochaber

Barbara Sutherland

Library Assistant Lairg

Joyce Watson

Principal Libraries Manager Inverness

Patricia Hannah

Senior Network Librarian The North

David Sinclair

Leisure Assistant Thurso

Movers and shakers

A' Gluasad Suas

	From:	To:	
Trevor Nicol	Records Officer	Records Manager	HARC
Donna Nicolson	Relief Leisure Assistant	Permanent Leisure Assistant	Fingal Centre
Kensa Macdonald	Relief Cashier/Receptionist	Permanent Cashier/Receptionist	Invergordon
Martin Godwin	Leisure Assistant	Active Schools Coordinator	Gairloch
Katie Jeffs	Library assistant	Network Librarian	Tain
Matthew Fothergill	Part time Leisure Assistant	Full time Leisure Assistant	Dingwall
Garry Miller	Part time Leisure Assistant	Full time Leisure Assistant	Dingwall
Emily Stewart	Relief Leisure Assistant	Leisure Assistant	Dingwall
John West	Operations Manager	Principal Libraries Manager	Inverness
Louise Baker	Relief Library Assistant	Permanent Library Assistant	Dornoch
Lynn Fraser	Temporary Active Schools Coordinator	Permanent Active Schools Coordinator	Culloden

Coffee Time Quiz

Ceisteachan Àm Cofaidh



How many countries took part in the Commonwealth Games?

- A 51
- B 71
- C 91

Who won Scotland's first GOLD in the 2014 Commonwealth Games?

- A Ross Murdoch (Swimming)
- B Neil Fachie and Craig MacLean (Cycling)
- C Kimberley Renicks (Judo)

Who won the Golden Boot at this year's Football World Cup?

- A Lionel Messi (Argentina)
- B Thomas Mueller (Germany)
- C James Rodriguez (Columbia)

Who won the GREEN jersey in this year's Tour De France?

- A Peter Sagan (Slovakia)
- B Vincenzo Nibali (Italy)
- C Chris Froome (Great Britain)

What's the missing word from the lyrics from this famous Proclaimers tune (500 miles)?

And if I _____, hey, I know I'm gonna be, I'm gonna be the man who's _____ing to you

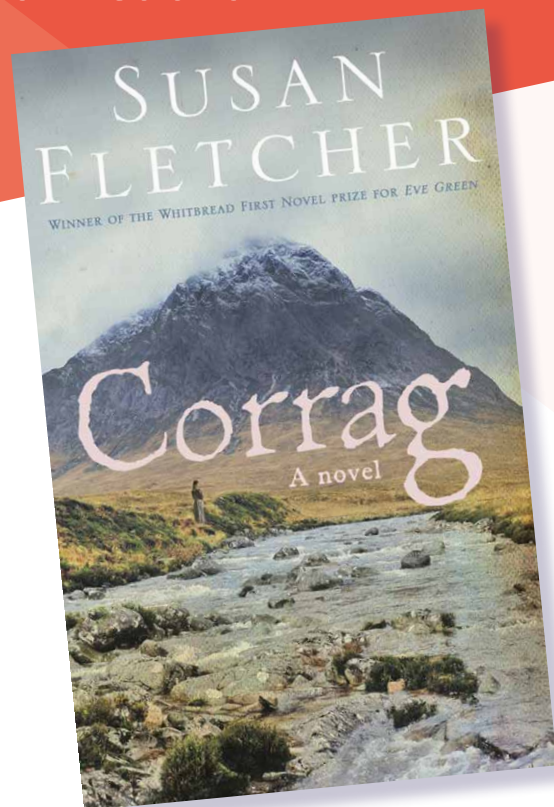
- A Bleather
- B Haver
- C Dither

Who won THE VOICE 2014?

- A Jermain Jackman
- B Hugh Jackman
- C Ida Care

Book Recommendation

Moladh Leabhair



Corrag by Susan Fletcher

Recommended by Elissa Steven

This is a fantastic story about a young girl named Corrag, who flees from England and finds shelter in Glencoe. Susan Fletcher tells us the story of an epic historic event, of the difference a single heart can make – and how deep and lasting relationships that can come from the most unlikely places.

It is based around the events of the Massacre of Glencoe when thirty-eight members of the Macdonald clan were killed by soldiers who had enjoyed the clan's hospitality for the previous ten days. Many more died from exposure in the mountains.

Fifty miles to the south, Corrag is condemned for her involvement in the Massacre. She is imprisoned, accused of witchcraft and murder, and awaits her death. The era of witch-hunts is coming to an end – but Charles Leslie, an Irish propagandist and Jacobite, hears of the Massacre and, keen to publicise it, comes to the tollbooth to question her on the events of that night, and the weeks preceding it. Leslie seeks any information that will condemn the Protestant King William, rumoured to be involved in the massacre, and reinstate the Catholic James. Corrag agrees to talk to him so that the truth may be known about her involvement, and so that she may be less alone, in her final days. As she tells her story, Leslie questions his own beliefs and purpose – and a friendship develops between them that alters both their lives.

I thoroughly enjoyed the book; very well written, a book you can lose yourself in and a real page turner.

Recipe

Reasabaidh

Pizza Dough

This is a fantastic, reliable, everyday pizza dough which can also be used to make bread. I often make in advance and freeze 4 portions which can then be defrosted when needed and made into 2 pizzas (1 portion).

Ingredients

- 1 kg white bread flour
- 1 teaspoon fine sea salt
- 2 x 7 g dried yeast sachets
- 1 tablespoon golden caster sugar
- 4 tablespoons extra virgin olive oil
- 650 ml lukewarm water



Recipe

Reasabaidh

Pizza Dough

Method

Sieve the flour and salt into a large bowl and make a well in the middle. In a jug, mix the yeast, sugar and olive oil into the water and leave for a few minutes, then pour into the well. Using a fork, bring the flour in gradually from the sides and swirl it into the liquid. Keep mixing, drawing larger amounts of flour in, and when it all starts to come together, work the rest of the flour in with your clean, flour-dusted hands. Knead until you have a smooth, springy dough.

Dust the bowl and dough in flour. Cover the bowl with a damp cloth and place in a warm room for about an hour until the dough has doubled in size.

For more information visit:

www.jamieoliver.com/recipes/recipe/pizza-dough



Now remove the dough to a flour-dusted surface and knead it around a bit to push the air out with your hands – this is called knocking back the dough. You can either use it immediately, or keep it, wrapped in clingfilm, in the fridge (or freezer) until required. If using straight away, divide the dough up into as many little balls as you want to make pizzas – this amount of dough is enough to make about six to eight medium pizzas.

It's a good idea to roll the pizzas out about 15 to 20 minutes before you want to cook them. Simply roll the dough out into rough circles, about 0.5cm thick, and place them on slightly larger pieces of olive-oil-rubbed and flour-dusted tinfoil/oven tray, spread with tomato puree and add your favourite toppings. Cook for 10-15 mins at a fairly high temp – 220/230C.

HUNTING FOR LOST CRAFTS

EXHIBITION RUNNING FROM

Saturday 30th August –
Saturday 25th October 2014

Inverness Museum & Art Gallery
Castle Wynd | Inverness | IV2 3EB



emergents

Image: courtesy of Kate MccGwire