Indoors or out, there’s been lots of fun this summer

LEFT… All aboard the roundabout at South Kessock fun day. The sun shone, the kids ate and had their faces painted and slid on a giant slide. And the grown-ups had a good time too.

BELOW… Youngsters from Merkinch Theatre Group have been busy. They had their Ganga event, then they danced at the June Jamboree, and finally performed a wide range of items, from Shakespeare to street dancing at their Festival Showcase.

BELOW LEFT… Don’t hold me down! At the school sports the obstacle race is always lots of fun.

INSIDE… More photographs of fun days and festival activities.

Inside this month:

Welfare Hall questionnaire to fill in — Page 3
The Green page — see Page 4
Round-up of summer events — Page 10
Sports picture review — Pages 12, 13
Helpline

AGE Concern – 0800 731 4931.
ALCOHOL, Inverness Council on – 34 Tonnahurich St; tel 220995.
CHILDLINE – 0800 1111. Free confidential advice 24 hours a day.
Citizens Advice Bureau – Advice line, 08 444 994111; Appointments, 01463 237664
COMMUNITY CENTRE – 239563.
COMMUNITY HOUSE, Cragton Avenue – 718848.
Your local COUNCILLORS –
Janet Campbell 226598;
Peter Corbett 238159;
Donnie Kerr 222517;
Bet MeAllister 710558.
CRIMEBUSTERS – 0800 555111.
CROSSROADS Care Attendant Scheme – 2 Queensgate Arcade, tel 242112.
DENTIST, Emergency – 0845 644 2271.
DOG Warden – 701134.
DRUGLINE Scotland – tel 0800 776600. Free advice on drugs 24 hours a day.
HOUSING Problems – 703800.
HOUSING Repairs (including out-of-hours – 232675.
MERKINCH ENTERPRISE – 240085.
mp33 – 717639.
NEW START – 715615 or 728770.
NEWS & VIEWS – 240085, 221027.
MERKINCH PARTNERSHIP Officer – 718989.
Emergency PRIMARY School – 232962.
REFUSE, extra and bulky collection – Ring 230634.
ROAD to RECOVERY – Ian Polworth, Madras Street Mission, 715809, Thursdays 7.30—8.30pm.
SAMARITANS – 66 Tonnahurich St, tel 713456 or 0345 909090 (local rate).
SMOKEline – 0800 84 84 84.
SOCIAL WORK Dept, Emergency – 0845 769 7284.
TRADING Standards – 0845 600 4222.
VICTIM Support – tel 258834.
WEBSITE, Merkinch Community — www.merkinch.info
Inverness WOMEN’S Aid – Confidential support for abused women, tel 220719.

Community councils under review

OVER the next 18 months there is to be a major review of community councils. Highland Council has agreed to replace the existing eight district schemes with one pan-Highland scheme, based on a Scottish Government model which will take effect from December next year.

The review will look into the size and composition of community councils including boundaries, election procedures, financial support and code of conduct.

The first of three stages of consultation starts this September and lasts 12 weeks.

This period will seek suggestions on the area and composition of the new community councils.

Councillor Carolyn Wilson, chairwoman of the local authority’s Resources Committee, referred to the review as “significant”. “Community councils can be assured that they will be consulted all along the way to ensure we produce a stream-lined and effective set of new arrangements,” she said.

(Continued from page 1 — Ed).

Worried about the prospect of soaring fuel bills?

ARE you finding that your home is cold, damp, draughty or generally hard to heat? Are you worried about your fuel bills?

If you answer yes to any of these questions the Energy Assistance Package may be able to help you.

What is the Energy Assistance Package?

The Energy Assistance Package provides advice and support to enable you to maximise your income, reduce your fuel bills and make your home warmer and more comfortable. It offers a range of measures to help improve the energy efficiency of your home.

The new scheme is funded by the Scottish Government and is being delivered by the Energy Saving Scotland advice network in partnership with energy companies and other organisations.

To access all parts of the Energy Assistance Package, call the Energy Saving Scotland advice centre free of charge on 0800 512 012.

When you call the advice centre, a trained advisor will take you through a series of questions about your home, including your current heating system. The questions will help the advisor give you the best energy advice possible and could lead to other forms of support including:

- Referral for tax credit/benefit checks
- Signposting to energy providers for social tariffs, if eligible
- Loft and cavity wall insulation for those eligible
- Other measures to improve the energy efficiency of homes such as a new central heating system, if eligible
- To find out how you can benefit from the Energy Assistance Package contact us on freephone 0800 512 012 or visit:

www.energyassistancepackage.com

Holiday club at the Trinity

AUGUST sees a new initiative at Trinity Church:
From 3-7 August the first-ever Children’s Holiday Club from 10.00 to 12.15 each day for children from P1-P7, including crafts, games, singing, stories and a snack. The cost will be £5 per child per week or a maximum of £10 per family for the week. Registration Forms will be at church.

Madras Street Hall welcomes you to the Merkinch Hall!

We are the local Free Church of Scotland in this community and have been working in the area for over 100 years. Come and visit us at any of the following meetings which take place regularly in the Madras Street Hall.

Sunday Services 5pm
Sunday School 5pm (ages 4-12)
(Children meet during Sunday Service)
Bible Discussion Group
‘Road to Recovery’ Meeting
(support work for alcoholics & drug addicts)

For meeting times or other inquiries please contact:
Rev John Wagner on (01463) 223199

Jesus said: ‘I am the Way and the Truth and the Life.’
Have your say in the future of the Welfare Hall

A PUBLIC meeting to discuss the potential of restoring the Welfare Hall was held last month. The good news is the hall is saveable. Mia Scott, who has been involved with the Highland Buildings Preservation Trust since 1998, outlined the aims of the HBPT, describing it as “the restorers of last resource”, who could get funding from sources not available to the private sector.

She described the real impact their work could have, such as the restoration of three derelict cottages in Ardersier and the Stornoway sail loft.

“People who used the buildings, and their stories, are important,” she said.

So in order to determine the most appropriate use for a restored Merkinch Welfare Hall, HBPT wants to know what the views of Merkinch residents are, with regard to uses for the hall. It would be of considerable help to the study if you would complete this short questionnaire on the right.

Last century Inverness was particularly notorious for its intemperate drinking, and it was hoped that the hall, built around 1915, would encourage young men to forewear drink and take part in sport and social activities.

It has had various uses down the years, but most older people recall dances, Girl Guides, judo, bingo and concerts being held there after World War II.

At the consultation meeting several members of the team went into detail about the building’s various potential uses. One of the main concerns raised by the public was the preservation of the car parking space in Brown Street at the back of the hall.

Pictured is Mia Scott (2nd right) with members of the team.

Please complete and hand in or send to Merkinch Enterprise, 14 Grant Street, Inverness. If there is not enough space for your comments, please write them on a separate piece of paper.

1... Do you feel the Merkinch Welfare Hall should be saved? Yes No

2... Please number the following potential uses for Merkinch Welfare Hall in order of preference, from 1 to 6, with 1 being the most preferred and 6 being the least preferred:

- Café
- Venue for appropriate sports
- Arts venue (workshop and exhibition)
- Starter flats (possibly with support to tenants)
- Offices
- One or more of above in combination (please say which)

3... Are there any other uses for Merkinch Welfare Hall which you feel may be appropriate?

Yes No

If yes, please state the use:

4... Is there any use which would be completely inappropriate for Merkinch Welfare Hall?

Yes No

If yes, please state the use:

5... Please make any other comments which you feel may be useful:

6... Do you have any photographs taken in the hall?

Buy from us, you won’t go bust!
With bargains galore throughout August!

- Get really healthy: Boost your stem cells with StemEnhance™, the world’s FIRST patented stem cell enhancer. StemEnhance™ supports the body’s adult stem cells, which support the natural renewal system of the body, leading to optimal health.

Like thousands of others worldwide, will you invest less than £1.70 per day (£49.95 per month) towards improving your Quality of Life?

Please visit www.stemcellslok.com, take the tour then... buy StemEnhance™ online or direct from Nicol’s Corner Shop.

- Cube & Eyelet style roller blinds: New arrivals from only £6.99 each—great colour selection.
- Lovely faux silk curtains: Modern colours from only £15.99 a pair complete with tiebacks.
- Blackout curtains: from only £24.99 a pair.
- Kitchen-style curtains: from only £8.50 a pair incl. tiebacks.
- Delilah curtains: Modern floral curtains from only £23.99 a pair in black and wine colours.
- We also stock a great range of window blinds and nets from only £1.10 per metre wide.

Nicol’s Killer Prices, 57 Grant Street, Inverness IV3 8BP, Tel 01463 231596.
Get real veggies right through the summer

THE High School’s REAL Food project is open throughout the school holidays during office hours.

They have a wonderful array of fresh vegetables and herbs available in their farm in the school grounds. These include Little Gem lettuces at £1 a pair, fresh-cut basil and chives at £1.25 for 50gm of either, spinach at 85p for 250gm and broad beans for £2.50 per kilo. The project is currently working to attain organic status.

Pictured right is the REAL Food display at the LNR’s open day.

August timetable

All meetings are on Wednesday mornings from 10am to 1pm and participants meet at Inverness Bus Station or the Turning Circle at South Kessock.

Activities this month are planned as follows... The Green Gym will again be visiting a variety of venues during their weekly sessions in August. On the 5th there is no session, but on the 12th there will be footpath management at the LNR and a litter pick and a Seashore Special. On the 19th the venue is the IHS Food Project working on organic horticulture and preparing and planting up vegetable beds, while the following week it will be back to the LNR learning about mammal trapping with the rangers and woodland management tasks. Please contact the Green Gym Project Officer on 01463 811560 for more information.

All these activities are suitable for all abilities but involve some walking to the site. Please be advised that on occasions there may be a change to the day’s activities. Pick-up from Inverness bus station can be arranged. Joining the Green Gym also offers the opportunity to take part in the John Muir Award scheme. Please contact the office (01463 811560) on Mondays to confirm tasks/ book place/ arrange pick-up/ find out about the John Muir Award Scheme. Ullie can also be reached on 07739 447987 or at u.wenzel@btcv.org.uk
MERKINCH Partnership held a meeting on 20th May to hear a presentation from Working For Families. Co-ordinator Kate MacLean and Merkinch Project Worker Drew MacNeil gave an overview of the Working For Families initiative which aims to help parents into training or employment. Partnership members learned some useful information about this project which was set up in Merkinch in 2004:
- It has engaged with 150 Merkinch families over the last four years, and 50% of clients have moved into training or employment.
- 80% of families have achieved some sort of outcome.
- 60-70% of clients are single parents.
- Wide spectrum of clients, client criteria could be widened in the future.
- Client activities include volunteering and literacy training.
- 50% of the last 25 clients registered to the project had substance misuse issues.
- Confidence building is a priority issue for clients.
- For more information on Working For Families contact Drew MacNeil on 01463 728759.

Latest news from Merkinch Partnership

**THE Operation Respect** initiative was launched in Merkinch on May 15th and is proving to be a positive development in the community.

Volunteer Street Pastors are out and about at weekends and a drop-in session for local young people was being held in the Grant Street Bike Shed, prior to its current flooding problems.

The Operation Respect steering group, which includes Northern Constabulary, Highland Council, Calman Trust and Merkinch Partnership, has been meeting monthly to monitor and evaluate the project.

At the meeting on 20th July steering group members were presented with feedback from the Street Pastors’ co-ordinator Mark Hadfield, who reported that:

“We continue to receive a warm and friendly reception in Merkinch and we have had some cases of people asking us for help with specific hurts and relational difficulties which we have been able to respond to positively.

“Feedback from the community is positive, and people seem to know who we are and are happy to come out of their houses to approach us to discuss things.”

The next steering group meeting will take place on 24th August when members will be discussing the idea of a mobile Youth Bus for Merkinch and other areas of need in the city.

Anne Sutherland, Partnership Officer, is helping a number of groups and projects in the Merkinch area:

- **Everyone Needs A Helping Hand** is a befriending project set up by a group of local women, offering support to vulnerable people in the community. The group meets for a drop-in session on Mondays from 9.30 am to 1.00pm in the Trinity Church Hall and the planned programme of activities include arts and crafts, keep fit and pampering sessions.

- **Capelign Residents Association** has applied for funding from the Central Ward Budget for an outing to Rosemarkie Beach on 12th August and the recently formed **Inverness Trust Housing Association** in Lower Kessock Street (formerly known as Kirk Care) is applying for funding for two outings over the summer.

- A steering group has been formed to look at the proposal for a **Community Radio** project in Merkinch. Merkinch Community Centre has been carrying out research into the idea, which would involve members of the local community being trained in radio programming skills.

- Steering group members are particularly keen to get local young people involved, a one-off radio workshop (pictured below) was held in the Grant Street Bike Shed recently which attracted a fair bit of interest from the young people attending.

- **The South Kessock Ticket Office** project is proceeding well, the structural refurbishment has been completed, a Users Group has been formed to co-ordinate the facility and a Management Plan will be drawn up.

- The next step is to source funding for fittings and furnishing. The building will be a multi-functional space and will be used for workshops, educational activities, visitor information and community meetings.

- **Merkinch Healthy Network** held a meeting on 25th June, where members heard updates from the agencies working in the Merkinch area. The network is a great opportunity for sharing information and discussing partnership working.

- **A Young Persons Professional Network** has been set up, attended by professionals working with young people in the Dalneigh and Merkinch areas. The network meets monthly in Inverness High School to share information and look at ways of joint working.

- Other ideas being discussed include a Forest Craft course for 16 to 18-year-olds and a Merkinch Walking Group.

- Anne and Community Learning Officer Graham Ross have been carrying out market research into the **Local Nature Reserve**, asking local people when and why they visit the area.

- It was heartening to find out that many of the people questioned knew about the Nature Reserve designation and had used it as an amenity area for cycling, dog walking and general recreation.

- The next Partnership meeting will be held in August, the date has yet to be confirmed.

- For more information on any of the above please contact Anne Sutherland on 01463 718989 or pop into 4 Grant Street.

The sound workshop
**Briefs…**

DATE for your diary… Trinity church are holding a Jumble Sale on Saturday 15th August from 2pm to 4pm. Entry is free, but a cuppa will cost you £1.

Rodgers’ newsagent in Grant Street was banned from selling alcohol for six months by the Highland Licensing Board when they met last month. This followed allegations that customers had bought alcohol at 6.35am, outwith legal hours. The matter was due to go to Inverness Sheriff Court after News & Views went to press.

YOUNGSTERS of P4-P7 age were able to see a dramatisation of the children’s favourite “The Railway Children” on Monday 24th August. Details from the Community Centre on 239563.

THE Friendship Club will be entertained by the Elizabeth Fraser Highland dancers when they meet on Wednesday 5th August. And the following week there will be a Bingo session.

CONGRATULATIONS to veteran sportsman Alex Sutherland of Lochalsh Road who was created an MBE for his services to swimming by the Queen at Holyrood Palace, Edinburgh on 30th June. With Alex were wife Rhoda and sons Graham and Lawrence.

LUCKY winner of Nicol’s Killer Quiz this month is Carole Lewing of Carnarc Crescent. Well done to Carole who receives a £10 voucher to spend in Nicol’s shop.

THE Highland Food Bank, based in the Madras Street Mission, gave out three days-worth of non-perishable food items to 1714 people in crisis in the first half of this year — a 43% increase on the previous year. The scheme received a 800kg boost early last month thanks to the Christian Luis Palau festival which was held in Inverness.

HIGHLAND MSP Dave Thomson visited Ness Soaps last month to see how a social enterprise can help disadvantaged members of the community. The enterprise has been granted funding for another three years.

**Corbett Centre celebrates two decades in Merkinch**

THE Corbett Centre, a day/resource centre for adults with learning disabilities, first opened its doors in the summer of 1989.

And on Friday, 7th August, between 12 noon and 3pm, the Centre will be celebrating its two decades with Strawberry Teas, stalls, music, an art exhibition and a range of activities in the Corbett Centre’s Community Garden.

**INVERNESS TRINITY CHURCH OF SCOTLAND**

“We aim to be a welcoming fellowship, proclaiming in worship the gospel of Jesus Christ, ready to serve with compassion the needs of the community.”

**Your Parish Church**

Rev Alistair Murray BD.

Sunday Services 11am.
(Sunday School & Cèòiche during the morning service)
6.30pm First Sunday in Month
Girls’ Brigade meets Mondays 6.30pm
Boys’ Brigade meets Fridays 6pm
Induction Loop System
All Welcome

(www.trinityinverness.org.uk)
Inverness Trinity Church of Scotland is a registered Scottish Charity (SC015432)

Rhona Joan Macleod’s striking drawing of the Town House is one of the works on show at the Corbett Centre's open day.

**Thought for the day**

“That all men should be brothers is the dream of people who have no brothers.”

Charles Chincholle 1880
Merkinch Summer Arts Festival success

ENTRIES and attendances to the 11-day Summer Arts Festival, both at the gallery and to workshops, continue to increase each year. Indeed, most workshops — which included ceramic painting, felting, mask and bag decorating and drama — had waiting lists.

Winners of the Art Society of Inverness prizes were Lynn Fraser for her delicate landscape with a windmill and Nancy Elsby for her detailed drawing of a Highland cow. The artist and the photographer that found the most favour with the hundreds who visited the Black Bridge Gallery were Norma MacDougall for “The Jazz Singer” and “Sunday Best”, and the Action for Children photographic montage. Other Arts in Merkinch prizes went to Peter Macdonald Fergusson (best used recycled materials), Chloe Hardy (best mixed media), Claire Richardson (best landscape), Grace Munro (best abstract) and Kathleen Adam (best small painting).

Youngsters from Merkinch Primary’s nursery classes enjoyed a picnic in their garden.

Centre stage enlarged

MERKINCH Community Centre has just taken delivery of additional staging which can make the existing stage by two metres deeper. It can also double as a catwalk 12 metres long — so if you are planning a charity fashion show, Merkinch is the place to be! The project was supported by the Merkinch Partnership.

In the month of June there were over 2,500 visits made to the theatre. Among the various events were organisations hiring the facility for conferences, end of term productions and the Inverness Mod event.

The June Jamboree was the home-grown event where all the local community groups played to a packed audience. (See pictures on page 10).

Last month, during the Summer Arts Festival the Merkinch Theatre Group also put on their Showcase, the Indians made a welcome return and the Corbett Centre held a concert.
If you want to join, get in touch.

It was a great night, and the group is keen to experiment more with filming and editing.

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GUITAR CLUB

The Guitar Club is continuing to do very well, and we've had a few guest appearances over the months, including a visit by local musician Andy Gunn, and have also attracted a few new members. Our band set-up is almost complete, save for an amp repair, though, once again, the bike shed, where we would like to house the kit permanently, continues to be problematic - reasons explained below.

The guitar club is hoping to take part in a number of open mic nights in late August, in the run up to a local acoustic festival, the details of which will be available soon. The first two nights are planned to be on Fridays, 21st and 28th August from 7:00pm - 9:30pm, and will be hosted either at the bike shed, or in another premises on Grant Street. It is hoped that there will be 2 nights of performance on Friday the 4th September, and a finale on Saturday the 5th September at the Merkinch Community Centre. This should be an entertaining and enjoyable series of events for the late Summer. Everyone in the community is encouraged to take part.

Although our members are all at different levels at the moment, we are progressing well, and will be introducing RGT grading learning materials either late '09 or early '10. We will then work on this for as long as it takes to put members through basic grading, and then progress from there.

BIKE SHED BLUES

There continue to be building fabric problems at the bike shed, as it seems to have developed some more substantial leaks. Some light fittings are also in need of repair. We hope to get these repairs carried out as soon as possible, since the bike shed is a highly popular local venue. It transpires that a major reason behind the leaks is the damage done to the roof by certain individuals who have been enjoying a little urban parquor, regardless of the potential costs to the public purse. We would discourage anyone from climbing onto the bike shed roof. Not only is it not good for the bike shed, but there is also considerable risk of serious injury.

The Arts in Merkinch Gallery Exhibition at the bike shed, held from 26th June to 10th July, has proved to be yet another annual success, showcasing a tremendous range of local talent. Our young people are also consistently requesting use of the bike shed for relaxation and recreation, so we hope to get the venue fit for purpose for more events and activities soon.

THE FILM FACTORY

The Film Factory held one of its bi-annual showcases on Friday the 10th July at mp33. The showcase consisted of a brief time-lapse animation, followed by a crime caper, a CSI style intro, a few experimental shorts, and finishing with the film factory's take on The Mummy, a tongue-in-cheek piece that raised a few smiles from the audience.

It was a great night, and the group is keen to experiment more with filming and editing. If you want to join, get in touch.

THE GIRLS GROUP

The girls group had a real blast, albeit a slightly damp one, during their recent residential at Badaguish. The girls enjoyed both outdoor and indoor activities over a wet weekend, which left them exhausted but happy. The group will reconvene after the Summer break, and hopes to look into achievement awards for later in the year.

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MC3 DIARY DVD

mp33 is making a short film about a week in the life of the centre, in a video diary format. It is hoped the video will be a visual tool to demonstrate the depth and breadth of work that is carried out here, for those who are interested, and feature the people that use the facility, namely our young people, besides being a visual record.

We note, with pleasure, that a number of our young people will soon be moving on into further education, including some who will soon be starting a digital media course at Inverness College. We wish them all the best for their lives and future careers, and remind them that we are always here to help them in whatever capacity we can. One of our future projects will be to further explore how mp33 can work in liaison with FE, particularly for digital arts, since we are well equipped in that respect.

All the regular groups and time-slots on our weekly rota will resume once the schools have returned. If you have any queries or require information about our service, please do not hesitate to get in contact. We are always willing to talk, and are open to any suggestions and ideas you may have to improve or get involved in the service.
Jamboree or Fun Days... that’s entertainment!

Karate power at the June Jamboree

Sailor’s hornpipe at the Jamboree

South Kessock: The stalls were busy...

...and so was the barbecue.

Benula Road: A fun day has to have a bouncy castle!

Benula Road: A welcome bit of shade.
You and your health

More than just forgetfulness...

ALZHEIMER’S is a disease of the brain and is the most common type of dementia, accounting for 50% of all cases. It is described as changes in the brain tissue resulting in a shortage of brain messenger chemicals.

People with Alzheimer’s disease gradually lose their sense of time and place. A major symptom is that they forget things they have just said or done, although their memory for past events may, for a time, remain clear. People with Alzheimer’s find it increasingly difficult and then impossible to perform even the simplest, everyday tasks. Most eventually need 24-hour care either at home or in a nursing home.

Memory loss in Alzheimer’s disease is not like normal forgetfulness. Many people, especially as they get older, find that their memory is not as good as it used to be. Alzheimer’s disease is not infectious and is not linked to the person’s use of his or her brain or stress. It is not linked to gender, social class, intelligence, ethnic group or geographic location. It is more common among older people but younger people can be affected. It is estimated that 500,000 people in the UK suffer with some form of Alzheimer’s disease.

There is no simple test to make a diagnosis of Alzheimer’s and, unfortunately, there is no cure at present. However, there are some treatments available that can slow down the progression of the disease. Symptoms vary from individual to individual.

Early stage symptoms: The person may show difficulties with language, experience significant memory loss (especially short term memory), be disoriented in time and become lost in familiar places.

Middle stage: The person may become very forgetful, no longer manage to live alone without problems, need assistance with bathing, washing, dressing etc, wander and sometimes get lost.

Late stage: The person may have difficulty eating, not recognise relatives, friends and familiar objects, display inappropriate behaviour in public, be confined to bed or wheelchair.

If you suspect a relative has Alzheimer’s disease you should consult your doctor. Diagnosis of the disease is made by taking a careful history of the person’s problem from a close relative or friend together with an examination of the person’s physical and mental status. If a relative is diagnosed with Alzheimer’s your doctor will be able to provide advice on the levels of care the patient will require as the disease progresses.

Prize Quiz

This month Quiz fans once again get a shot at winning the Nicol’s Killer Prices’ prize of a £10 voucher. When you’ve answered all the questions, fill in your details and send your entry in or deliver it to Merkinston Enterprise, 14 Grant Street to reach us no later than Monday 17th July.

1. Who lives at 1600 Pennsylvania Avenue, Washington?
   A: George Clooney
   B: Arnold Schwarzenegger
   C: Barack Obama

2. How much do British women spend on anti-ageing products?
   A: £7 billion
   B: £70 million
   C: £7 million

3. The San Andreas Fault runs under which city?
   A: Athens
   B: San Francisco
   C: Constantinople

4. In what artistic field was Haydn a master?
   A: Painting
   B: Poetry
   C: Music

5. Which ocean is known as the Big Pond?
   A: The Atlantic
   B: The Pacific
   C: The Indian

6. How deep is the deepest part of Loch Ness?
   A: 130 metres
   B: 230 metres
   C: 330 metres

7. In what profession would you use the acronym SOCO?
   A: Boxing
   B: Knitwear designing
   C: Police

8. Which African seaport’s name is Spanish for “white house”?
   A: Casablanca
   B: Tripoli
   C: Algiers

9. What famous institution is located on Threadneedle Street?
   A: London School of Fashion
   B: The Bank of England
   C: Palace of Westminster

10. When was the 37p dog licence abolished?
    A: 1973
    B: 1981
    C: 1988

Name..........................
Address..........................
Phone..........................

Last month’s quiz check

1. In the Royal Navy the Admiral of the Fleet is the equivalent rank of the army’s Field Marshall.
2. Lorimers and farriers cater for horses.
3. The wealthy members of society rule in a plutocracy.
4. Another name for a ship’s load mark is the Plimsoll Line.
5. The name of the nine handmaidens of Odin is the Valkyries.
6. On the fourth day of creation God made the sun, the moon and the stars.
7. The caves at Lascaux are famous for their prehistoric cave paintings.
8. Barack Obama is the 44th president of the USA.
9. Sagittarius is the third fire sign along with Leo and Aries.
10. The French car with a double chevron logo is the Citroen.
Merkinch players shine in Leisure League after four good wins

Merkinch Football Academy
Merkinch Football Academy would like to thank Moray Firth Radio’s Cash For Kids scheme which helped to develop the players’ skills by supplying lots of training equipment. Thanks also go to Merkinch Partnership for new strips and to ICT supporters’ trust for bibs and footballs.

Primary Football League (under 13s)
After beating Kinmilies in the first round, Merkinch went on to play Muirtown but were narrowly defeated 2-1 with Jamie Head scoring for Merkinch. After the summer break there will be further try-outs for the team.

Coach Peter Corbett commented “The school and parents can be proud of the school team as their behaviour and performances were excellent.” Don’t miss the opportunity to be part of this team, make sure you attend the football sessions when the school term starts in late August.

Street League (under 15s)
At the summer break Merkinch sat at the mid-point of the league table with three wins, four losses and two draws.

Leisure League (over 17s)
An inspired Leisure League team, now sporting the green and gold colours of Merkinch Football Academy, leapt to second place in the league with four good wins.

Results:
- Merkinch 5, RC Auld Firm 0
- Merkinch 4, JSL 2
- Merkinch 8, Clive Untied 7
- Merkinch 7, Scotalzian 1

Dodgeball
In the last week of the school term Inverness High School pupils played Charleston Academy in what will hopefully next term become a High School Dodgeball League. The rookie dodgeball players from the High School unfortunately were no match for the more experienced Charleston players and lost 5 - 0.

If you are interested in playing dodgeball either at school or as part of the UK league phone 07951 977 922.

Mountain Biking
Merkinch Mountain Bike Club needs fearless people looking for a challenge and willing to take risks. If you are over 12 years of age and looking for an exciting sport to take part in phone 07951 977 922 for details. The club is free to join and all equipment is supplied free of charge — all you need is enthusiasm. Next trip leaves on Sunday 2nd August at 9:30am from Merkinch Park.

Football Skills at Carnarc Crescent fun day
Under a scorching sun Carnarc Crescent hosted an afternoon of fun and Merkinch Partnership helped out with a football agility circuit. Participants had to complete a soccer skills circuit against the clock with penalties for missing targets. The fastest time on the day went to Benji Kemp with an astonishing time of 23.69 seconds in second place was Liam Stevens in a time of 27.19 seconds.

Sports Leaders
Sammie O’Donnell and Connor Murray received the day certificate and Kirsty Urquhart, Jordon Macdonald, Shannon Leckie, Eden Gardner, Lauren Fraser and Derry Macdonald received the full level 1 qualification.

Summer Sports
These are just some of the activities still taking place in and around the Merkinch area this summer:
- Boxing at Merkinch Community Centre, starts Tuesday 28th July for two weeks, two sessions from 2-3pm and 3-4pm.
- American Flag Football at Merkinch Park starts at 10am on Wednesday 29th July for ages 10 up.
- Mountain biking on 29th July and 5th August leaving from Merkinch Park at 4pm returning 8pm.
- Five-a-side football at Merkinch Park from 10am-12 noon and 1pm-3pm on Friday 31st July and Friday 7th August.
- Basketball at Westfield on Thursday 30th July and Thursday 6th August from 1pm-3pm.
- If you want any more information about any of the activities above contact David Paulin, Merkinch Partnership Sports Co-ordinator, mobi 07951 977 922.

Bebo: Check on the Merkinch Sports Bebo site for the latest sporting videos, pictures and news. Have your say as to what you would like to see in the summer programme of sports events. www.bebo.com/merkinchsports

Launch of the Seven Cs Café
THIS community cafe will be launched later this month, opening on Monday, Wednesday, and Friday from 10am to 2pm serving teas, coffees, and light snacks. Help is required to get this project going. It needs donations of items, volunteers to serve, cook, bake, clean, or host, and by visiting once it opens, and telling your friends about it. If you would like to help, call Heidi on 07949628877 or e-mail her at jensey@hotmail.com

Thornbush Stores
Thornbush Road
Inverness

Gift Cards for Debenhams’, Argos, W.H.Smith, Homebase

NEW - Bingo Lotto – £2 a shot – as seen on TV
Toilet rolls, all colours – 6-for-4 pack £2.99
Groceries, news & mags, sandwiches, E-top-ups, wines, beers and spirits

Open Mon-Frid 7.30am — NOW 9.30pm,
Sat 8am-8.30pm, Sun 9am-7pm

Withdraw your cash from our machine for free!
Tel: 01463 250350

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UNIT 33 CARSEGATE ROAD, CARSEGATE INDUSTRIAL ESTATE INVERNESS IV3 6EX
The weather was very kind for both School Sports days this year. Sports champs were Paige Mackay and Aarron Mackay.

Left... You're never too young to start!
Below... Sitting down on the job in the obstacle race.

ABOVE... The weather was superb when Carnarc Crescent had a fun day. One of the highlights was the football skills competition funded by Merkinch Enterprise. (See story on opposite page).

LEFT... Dodgeball was a new experience for these Inverness High School players. They got the chance to try the sport out at Charleston Academy gym. (See opposite page).

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News & Views seeks more delivery volunteers

We need volunteers in the following areas to help us deliver your community newsletter. This takes around half an hour or so, once a month. It helps keep you fit... and we don't expect you to go out in the rain!

- Madras, Nelson, and Brown Streets.
- Maclellan Crescent, Jamaica Street/Gardens.
- Lower Kessock Street, Pumpgate Court.
- Abbey Court/ Dunabban Road.

If you can help, ring 240085 or drop in at Merkinch Enterprise,
Humour on the 'Net

Taking a loan...

A GLASGOW man walks into a bank in Glasgow and asks for the loan officer. He tells the loan officer that he is going to Australia on business for two weeks and needs to borrow £5,000.

The bank officer tells him that the bank will need some form of security for the loan, so the Glasgow lad hands over the keys and documents of new Ferrari parked on the street in front of the bank.

He produces the log book and everything checks out. The loan officer agrees to accept the car as collateral for the loan.

The bank’s manager and his staff all enjoy a good laugh at the rough-looking Glaswegian for using a £120,000 Ferrari as collateral against a £5000 loan. An employee of the bank then drives the Ferrari into the bank’s underground garage and parks it there.

Two weeks later, the Glaswegian returns, repays the £5,000 and the interest, which comes to £15.41.

The loan officer says, “Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multi millionaire.”

What puzzles us is, why would you bother to borrow £5,000?”

The Glaswegian replies: “Where else in Glasgow can I park my car for two weeks for only £15.41 and expect it to be there when I return?”

It’s the thought that counts...

An 80-year-old woman was arrested for shoplifting.

When she went before the judge he asked her, “What did you steal?”

She replied, “A can of peaches.” The judge then asked her why she had stolen the can of peaches and she replied that she was hungry.

The judge then asked her how many peaches were in the can. She replied six. The judge said, “Then I will give you six days in jail.”

Before the judge could actually pronounce the punishment, the woman’s husband spoke up and asked the judge if he could say something.

The judge said, “What is it?”

The husband said, “She also stole a can of peas!”

Barbecue for Benula Road residents

A BBQ was organised at Benula Road on 11th July with the aim of getting local residents/tenants to come along. The names were taken of those interested in setting up a residents’ group in the area.

There was a good turnout on the day, and the weather was very kind. There was a BBQ and Claire Richardson, community warden, made dreamcatchers with the children, MP33 came along to do face painting and Councillor Peter Corbett was there to help with the manual work on the day! See pictures on page 10.
Why do cannibals not like to eat clowns?

They taste funny!

Fliperz Daycare

Enrolment

If your child becomes 3 years old between 1st March and 31st August 2009, you can enrol him/her for a Funded Nursery place now. Four-year-olds can also be enrolled. When enrolling please bring your child’s Birth Certificate.

You may call into Fliperz and have a look round any time.

- Daycare
- Nursery Sessions
- After School Care
- Holiday Care

Contact: The Childcare Manager
Fliperz Daycare,
Simpson’s Lane.
Telephone 234232.

Katie Gibb of Children 1st was delighted to receive a cheque for £250, the result of Fliperz recent Pedal Push event.

Fliperz are collecting Tesco vouchers for schools and children’s clubs. Please hand in at Fliperz or Merkinch Enterprise.

Fliperz still has a few vacancies for the August term — contact Denise on 234232.

How do you kill off a circus?

Go for the juggler!

Why do cannibals not like to eat clowns?

They taste funny!

Doc, I can’t stop singing the Green, Green Grass of Home.

That sounds to me like Tom Jones syndrome.

Is it common?

It’s not unusual!
Members of the Corbett Centre’s Outreach Group took time off to pose for this photo between rehearsals for their annual concert last month. This is a special summer for the Corbett Centre as it opened exactly 20 years ago. More coverage on page 6.

The residents association of Glendoe Terrace recently visited the Town House to celebrate winning the Frances Nelson award as reported last month. They are pictured here with local councillors and other officials.

Are you looking for FREE IT training with recognised qualifications? Are you unemployed or working 16 hours or less per week and living in the Inverness area?

Applicants must be between 16 years old and retirement age to qualify.

If the answer is YES, contact

MERKINCH ENTERPRISE

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