Sprinting for the finishing line...

YOUNG Mathew McGloughlin managed to put on a sprint to finish 6th from a field of 170 in the South Highland Primary Schools Cross Country last month. And his fellow team-mates put on a good show for Merkinch as well. The youngsters trained hard for their well-deserved success... congratulations to them all. Sports reports on pages 12 and 13.

See our new series on local kids’ organisations. Are you in or do you run an organisation for children? Or do you have fond memories of one which has helped you in your life? Let us know at Merkinch Enterprise on 01463 240085.

Be an angel
Pages 6, 10, 12, 13 & 14

Inside this month:
West Field bikes confiscated – page 3
Dirty dog owners on increase – page 4
Kids in uniform: new series – page 5
Chicken recipes for under £5 – page 14
**Helpline**

AGE Concern – 0800 731 4931.

ALCOHOL, Inverness Council on – 34 Tomnahurich 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, Craigton Avenue – 718848.

Your local COUNCILLORS – Janet Campbell 226598; Peter Corbett 238159; Donnie Kerr 225217; Bet McAllister 710558.

CRIMEBUSTERS – 0800 555111.

CROSSROADS Care Attendant Scheme – 2 Queensgate Arcade, tel 242112.

DENTIST, Emergency – 0845 644 2271.

DOG Warden – 703134.

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.

PRIMARY School, Merkinch – 232962.

REFUSE, extra and bulky collection – Ring 230634.

ROAD to RECOVERY – Ian Polworth, Madras Street Mission, 715809, Thursdays 7.30—8.30pm.

SAMARITANS – 66 Tomnahurich 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.

WORKING For Families – Drew on 01463 728759

Got a contact you think we should include? Contact News & Views on 240085

**Madras Street Hall welcomes you to the Merkinch!**

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.’

**Karaté Club’s grading success**

MERKINCH Karate club held a very successful grading last month and Coach Ross commented, “I felt so very proud of the kids for their high standard and hard work. They were excellent by any standard.”

Shannon Stewart and Josh Winning were awarded Purple belts (4th Kyu - the next belt is Brown).

Chloe Connell, Aiden Donaghy, Gary Stewart and Martin Norton passed Blue Belt.

Petrena Black passed Green Belt. Matt McLane passed Green Stripe.

Mike Gregory passed Red Belt. Lewis MacDonald passed Red Stripe.

Aiden Winning and Tom Spencer passed Orange Belt. Last but not least Thomas Stronach and Jay Patterson passed Orange Stripe. Come along and try — the first session is free — on Wednesdays at Merkinch Community Centre: 3-5 year olds from 4-5pm

Children 5-12 from 5-6pm

Adults over 12 from 7-8pm

Also starting in November will be Fighting Fit classes. Anyone interested in attending should contact Dolina on the number below.

For more details on any of the Karate classes contact Dolina Ross on 01463 233083.
A CALL for more action came from Dell McClurg at October’s meeting of Merkinch Community Council.

“We sit and listen to reports but what are we supposed to be doing?” she asked.

She cited various instances where she felt the community council could have taken action to support, maintain or restore, such as the Janny’s House the concierge at the Thornbush Road flats; the ticket office had lain empty all summer and the Bike Shed had been abandoned.

She felt this an unacceptable loss of services and facilities and said, “I’d like to know what can we do.”

Dell described the conditions at the flats as a “nightmare”. There were domestic rows, needles and dog dirt left on the public stairs.

Councillor Peter Corbett said that figures back from Highland Council show that there was not something that could be done the concierge was simply not justified.

Fellow councillor Janet Campbell asked if there was not something that could be done but Cllr Corbett pointed out that the presence of a concierge 24/7 had not made much difference. Housing officials and police had the powers to tackle these problems.

Cllr Corbett went on to report that the new café in Grant Street had tried to get a licence but there was no way their application would be successful due to the number of existing outlets in the area.

New plans for further flats four storeys high adjacent to the Gael Force site included creating a roundabout at the junction of Anderson Street and Thornbush/Kessock Roads. The report of these plans discharged some members and it was pointed out they could object. Cllr Campbell assured members that when decisions were being made her fellow councillors paid a lot of attention to the views of community councils.

Problems encountered with local bus services were raised once again. Cllr Corbett said that Stagecoach said they had taken account with complaints over speed, routes etc, and that they were acquiring 10 new buses. They also had a new operations manager. However, members pressed for a representative from the company attend their November meeting.

TWO motorbikes were confiscated from riders in the West Field in September after numerous complaints, the Police reported. Altogether 483 calls to the area were made, higher than Dalneigh and Scorguie but on a par with Hilton, however many were for minor incidents. Four reports of assault, three of theft, three of vandalism and five of domestic assault had been sent to the procurator fiscal. There had been no housebreakings in September, but 27 calls were made to the Police regarding disturbances by children and youths — three in Grant Street, three in Wyvis Place. Schools will get a talk on fireworks issues.

A Highland Tenants website is to be launched shortly. A new tenants group is being started in Benula Road area.

South Kessock Residents Association are planning their Christmas Grotto again this year.

The next meeting of the community council is on 12th November.

THERE was a slight reduction in graffiti in September with three cases of offensive graffiti and a similar number of non-offensive, according to the Community Warden’s report. With regard to wheelie bins, there have been problems with the Enforcement Officer to reduce fouling, Housing and Property Services departments of Highland Council had been working with the Enforcement Officer to reduce incidents. Recently a tenant at Harbour Court had been fined.
Praise, new entrance and recurring problem with dirty dog-owners

WORK started last month to create a more friendly and safe welcoming point to the Local Nature Reserve (LNR). This will involve removing one large shrub bed and transplanting where possible a second shrub bed. The transplanting will be done by BTCV Green Gym.

The idea of this is to give visitors to the reserve a safe and less intimidating clear line of sight from the turning circle into the Reserve.

Greenspace is building a dedicated website for the LNR and hopefully this will go live soon www.merkinchlnr.org.uk There is also a Bebo site www.bebo.com/merkinchlnr

Four benches and two perching posts have been installed in the reserve and one bench at Tangle Towers.

The benches in the reserve have lines of poetry etched on them written by a local poet and they have been well received by everyone.

The reserve has had a visit from a representative of Audit Scotland who was keen to see projects in which Highland Council have worked successfully with community groups and agencies, as they have done and continue to do at the Merkinch LNR. This was a very successful visit with the representative leaving very impressed.

Finally, dog-fouling is becoming a major problem again! There are selfish/lazy/irresponsible dog owners who:
(1) do not pick up after their dog or
(2) do pick it up only to throw it in the bushes or trees.

The law requires that dog owners pick up the dog waste and dispose of it in a bin

Greenspace will be liaising with dog wardens and police to tackle this problem and anyone spotted not picking up after their dog and disposing of it properly will be reported.

Stuart Benn of the RSPB (left) dropped by the Green Gym last month and little Nathan was particularly intrigued by his telescope. Karen Harper of BTCV is on the right.
All girls together
MONDAY nights are special for the 23 girls who attend the Trinity Church’s Girls Brigade. After letting off a bit of steam in the church hall, there is a “positive thinking” session as each girl names one thing she is pleased to be able to do: these range from roller-skating and crafts to cheerleading and maths. Then there is a 4-part round singing of Frere Jacques before they split into three groups — Explorers (P1-P3), Juniors (P4-P7) and Brigaders (Senior Secondary). The Trinity Brigade is one of only four in Inverness.

It’s not all fun and games: the girls discuss serious matters as well. On the evening we visited, the Explorers, for instance, in their hour discussed worries and how to cope with them, while the Juniors expressed what “love” meant to them. Older girls stay on an extra half hour.

Craft was on the programme for all three groups. The Brigaders were finishing off metal foil projects and they have done silk scarf painting.

They can choose their programme from a wide range of activities, from discussing alcohol awareness and playing badminton to preparing charity Christmas shoe-boxes and outdoor pursuits. Recently some of the girls attended a team-building Brigaders’ camp at Badaguish for the first time where they went mountain-biking, canoeing and painted walls. Brigaders can go on to do Leadership training.
**Briefs...**

**Lost & Found...** A white bicycle (for a youth or small adult) was found in Simpsons' Lane just behind the Grant St Indian Takeaway. Proof of ownership through a full description or serial number etc, will be necessary. For further info contact Merkinch Enterprise at 14 Grant Street.

**Panto date...** Put it in your diary, Merkinch Theatre Group’s panto “Jack and the Beanstalk” will be on 12th December at 2pm and 7.30pm. Adult tickets cost £5, children and OAP’s £3 and there’s a discount for groups. Tickets can be had at Merkinch Enterprise, 14 Grant St.

**Surprise, surprise...** Anne McCreadie was totally flabbergasted last month when family and friends laid on a surprise party to mark her special birthday. The event was held in the Community Centre with which she has been connected for so long.

**Fly-tipping...** Some 18 incidents of fly-tipping in the Merkinch area were reported by the community warden in September. Hotspots were Nelson St, Upper Kessock St, Gilbert St and Telford Road. Glendoe Terrace was not included in the report as the flats there have their own caretaker and are not covered by the warden.

**Lucky winner...** of the October Nicoll’s Killer Prize Quiz is Ms J. Bailey, Craigston Avenue. Congratulations!

**Bargain book...** “Inverness, Our Story”, local historian Sheila Mackay’s latest, is now available at Merkinch Community Centre for £10—a saving of £2.99 on the recommended retail price.

**ACTRA meets...** on 4th November in Eden Court panto which they are planning to a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.

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**Coping with postal troubles**

WHETHER you are worried about how to send a grandchild’s birthday present or an ebayer running a business which depends on parcels, the Royal Mail strike looming (at time of going to press) is a source of worry to many. And even when things are settled, many find it awkward to receive parcels if they are at work all day or away from home.

One way to get round such problems is the Collect+ service. Altogether there are three places in Inverness involved in this handy service, two of them easily accessed by Merkinner. One is GB Rogers in Grant Street and the other Laidlaws in Bruce Gardens. Parcels can be left off or picked up at Rogers from 9am to 10pm seven days a week, and at Laidlaws from 6am to 10pm six days and 7am-10pm on Sundays. There is a charge of course which varies according to size/weight.

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**Deadline dates for Christmas**

On a more positive note, the recommended posting dates for Christmas are as follows, though some have yet to be confirmed:

- Surface mail to anywhere outwith Europe should have gone in October, so airmail is the only sure alternative for the wider world. Tuesday 10th November is the last day for surface mail to Eastern Europe, Greece, Cyprus, Turkey, Malta and Iceland, and Tuesday 24th November for Western Europe.

- However if you have missed surface mail, there is always airmail: Friday 4th December for South and Central America, the Caribbean, Africa, the Middle and Far East (except Japan), Asia, New Zealand and Australia. Deadlines for airmail to Japan, Canada, USA and Eastern Europe is Thursday 10th December, and the following day for Western Europe.

- Still to be confirmed is mail to the Forces, BFPO, static or operational. And inland services are Friday 18th December for second class and Monday 21st for first class.

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**Capelinch residents set for panto trip**

AT their recent meeting Capelinch residents association discussed the outing to Eden Court panto which they are planning for pensioners and youngsters.

- Other topics discussed included road markings and the state of the embankment at the Black Bridge and the railway bridge.

They heard that sleeping policeman were due to be installed at the arches in the Merkinch area were reported by the community warden in September. Hotspots were Nelson St, Upper Kessock St, Gilbert St and Telford Road. Glendoe Terrace was not included in the report as the flats there have their own caretaker and are not covered by the warden.

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**Be an angel...**

If you live in or near Abbey Court/ Dunabban Rd

be an angel and help deliver News & Views to a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.

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**Thought for the day**

“Watermelon — it’s a good fruit. You eat, you drink, you wash your face.”

Enrico Caruso, tenor, 1873-1921.
THERE is not a lot new to report on the Merkinch Partnership this month, what with the school holidays and all, though Anne Sutherland is kept busy enough with ongoing projects.

One that is proving remarkably interesting and successful is the Podcast project in conjunction with Moray Firth Radio Trust. Pictured right and below are some of the participants.

Already they have been out and about recording short interviews with a wide range of local people.

One such interview was held recently with Green Gym participants (bottom right).

Skye Macdonald, a trainee with Moray Firth Radio was recording the interview, but somehow managed to dodge our photographer!
Now that the October break is behind us and we rapidly approach the end of the year (only 9 weeks to go until Christmas - scary or what?!), mp33 is slowly settling back into rhythm again after what has been a busy period. Our regular groups are back up and running, with a few more being established - namely, a new EAL group, book club, and a revamped courses group. FUSION, an area wide series of youth events, will also be taking place at Community and Youth Centres in the near future, the details of which will be distributed shortly.

November 2009

GIRLS GROUP

The girls group is back! It's open to girls from the Merkinch area aged from 12 – 16. This group meets every Tuesday between 4pm and 6pm in MP33. After an afternoon of thought showers, we have came up with a programme offering educational and recreational activities. Details are shown below;

- 20/10/09 Cooking (Chicken Fajitas)
- 27/10/09 Skin care
- 3/11/09 Cooking (Chow Mein)
- 10/11/09 Soap gifts
- 17/11/09 Cooking (Spaghetti Bolognese)
- 24/11/09 Keep Fit
- 1/11/09 Cooking – Soup
- 8/11/09 Bingo and Future Planning

The girls would like to convey their gratitude to local councillor Donnie Kerr for his kind donation of arts materials for group activities. They have proved to be very useful.

BIKE SHED

mp33 no longer has responsibility for the bike shed after it was considered unsustainable for future use. Conditions within the shed have deteriorated over recent months, and items of furniture have had to be binned. On a positive note, however, the shed has passed over into the hands of Arts in Merkinch for arts related activities, though repairs have still to be carried out before then.

THE FILM FACTORY

Some story-boarding and production work has already been done on our psychoterror short - Face2Face - with some serious cyberbullying as the core theme. The group has been creating plots and scenarios for filming within the coming weeks. We are, of course, keen for anyone who may be interested in acting to get involved. We want to make this as well produced and convincing a piece as we can.

GUITAR CLUB

After the club's recent success at the Merkinch Folk Festival, winning the main prize of attending a major gig in Scotland sometime in the next few months, the club are now compiling a song list for future performances, which we will be practising diligently from now on. We also now have a resident bassist, Matt, who is bringing another dimension to the club, and teaching us all a few new tricks. The club is still keen on developing a proper resident band, and we still welcome new members, at any level, who wish to join us on Fridays 5-7pm to thrash out a few tunes.

One of our founder members, Del Dickie, after some initial difficulties with bursary costs, travel and accommodation, is now happily settling into his foundation music course at Aberdeen College, and apparently loving every minute. The course not only develops the playing skills of students on the instrument of their choice, but also teaches theory of music, and recording and production techniques. We hope Del continues to return on occasion to pass on his knowledge to others less fortunate.

EAL GROUP

mp33 is currently helping set up a new EAL group, catering for pupils at Inverness High School who speak English as an Additional Language. The group will largely be comprised of members from Eastern European Countries, though any national or ethnic group is welcome to participate. The group will be led by Naomi Hyslop, Youth Development Officer at mp33, with assistance from Shona McDonald at IHS.

COURSES GROUP

The courses group is set to return with a renewed focus on developing the personal and occupational capacities of our young people. Once we have planned a programme, we will publish it in next month's newsletter. Apart from help with writing up CVs and course searches, we hope to invite external agencies to come to mp33 and run workshops, or to give talks and demonstrations on the educational and vocational opportunities available to young people.
BUILDERS merchants who sell building materials to the public as well as the trade, have agreed to review their terms and conditions. Following discussions with the Office of Fair Trading (OFT), the Builders Merchants Federation (which represents 500 merchant and distributor companies) have agreed, through its membership, to look at its member’s contract terms and conditions which are likely to affect consumers. Terms and conditions are being amended or in some cases removed entirely, if they are found not to be clear, fair and easy to understand or cause consumer detriment.

Increasingly consumers who carry out ambitious home improvement projects have gone directly to builders’ yards or merchants to obtain building materials. Members of the Builders Merchants Federation (BMF) have recognised this increase in consumer demand and the importance of revising contract terms and conditions. The improvements include:

- clarification of circumstances under which a written quotation may vary and how the consumer can confirm or cancel the contract in exchange for a full refund
- improved cancellation rights for consumers without any penalties where there is a significant increase in price
- clearer language ensuring terms are plain and intelligible, and the amendment of terms relating to exclusions of liability.

The above Regulations state that any contract term which is considered to be ‘unfair’ is not binding on a consumer and effectively becomes void. The Unfair Terms in Consumer Contracts Regulations 1999 cover all types of consumer contracts. Highland Council Trading Standards would encourage all consumers to read over the small print in any contract before they sign or agree to its terms.

Likewise if a consumer feels that they have suffered as a result of an unfair term in any contract they can contact either Consumer Direct Scotland on 08454 04 05 06 or visit/write to Highland Council Trading Standards, 38 Harbour Road, Inverness IV1 1UF.

Business should also be made aware of the implications of incorporating unfair terms in contracts they have with consumers. Highland Council Trading Standards would be happy to give advice to any business in the Highland area, about the above Regulations. If you run a business in the Highland area and would like free and confidential advice contact Highland Council Trading Standards on 01463 228700.

THE REAL gardening project at Inverness High School spreads its message wide.

Pictured right is part of their wonderful display of vegetables grown in the school grounds – the picture was taken at Strathpeffer Market last month. Also present at the Strath’s farmers market were two Merkinch-based enterprises, Ness Soaps and Wool Opera, whose bags and bunnets featured in this summer’s arts festival.

Ness Soaps have added to their wonderfully aromatic range of soaps, handwashes, bath bombs and other toiletries this year. These will be displayed, more conveniently at the Eastgate, from 27th November until just before Christmas.

Be an angel...

If you live in or near Maciennan Crescent be an angel and help deliver News & Views to a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.
**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 Merkinch Enterprise, 14 Grant Street to reach us no later than Thursday 15th October.

1. Dolphins are air-breathing mammals; how can they sleep?
   - A: They don’t
   - B: They wake every ten minutes
   - C: Only half their brain sleeps at any one time.

2. What is baklava?
   - A: A kind of head covering
   - B: A Turkish sweetmeat
   - C: Japanese shower gel.

3. What does the acronym LNR stand for?
   - A: Loan never repaid
   - B: Local Nature Reserve
   - C: Lost nanny returned.

4. Where’s the nearest place to see a Concorde?
   - A: East Lothian air museum
   - B: Wick airport
   - C: Paris.

5. What do the stars of House and QI have in common?
   - A: They were at school together
   - B: They were joint stars in Jeeves and Wooster
   - C: They are brothers.

6. What is the official national anthem of the USA?
   - A: The Star Spangled Banner
   - B: Advance America Fair
   - C: Hail Columbia.

7. In the game of draughts, how many men does a player start with?
   - A: 10
   - B: 12
   - C: 16.

8. In poker what do you call three of a kind and a pair?
   - A: Full house
   - B: Flush
   - C: Jolly lucky.

9. In which Charles Dickens novel do you find Scrooge?
   - A: Great Expectations
   - B: A Christmas Carol
   - C: Tale of Two Cities.

10. What is hagiography the study of?
    - A: The elderly
    - B: Saints
    - C: Scottish sausages.

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**You and your health**

When sleep’s elusive...

YOUR sleep can be disturbed by many things. Lost sleep is only a problem if tiredness affects you the next day. In general, people worry about their sleep too much. If you are worried about your sleep pattern, ask your pharmacist for advice. Treatments you can buy in the pharmacy are for short-term treatment only.

Our Advice

- Do not worry if you lose one or two nights’ sleep, your body will make up for it.
- Try to work out what is stopping you from sleeping and deal with that problem.
- Prepare yourself for sleep. Be tired and relax before you go to bed. Leave enough time between work and sleep.
- Have a milky drink as your last drink of the night - not tea or coffee.
- Reserve the bedroom for sleep and relaxation. Do not work or do mentally challenging tasks there.
- If you cannot sleep, get up, do something else and then prepare yourself for bed again. Never lie awake in bed worrying about when sleep will come. You must relax to sleep.
- If you have to go to the toilet a lot in the night, avoid tea and coffee in the day and drink less in the evenings.

If you snooze through the day, do not expect to sleep at night as well.

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**Gifts for all**

Come and see our new selection for all budgets

Rowland’s Pharmacy
54 Grant Street, Inverness
Tel: 01463 232217

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**Last month’s quiz check**

1. Buttons is a character in the panto Cinderella.
2. Robert Leroy Parker was the real name of Butch Cassidy.
4. The Dolomite mountains are in Italy.
5. Stephen King wrote the novel The Shining; Steven Spielberg directed the film based on it.
6. There are 12 stars on the European Union flag.
7. Dorothy’s dog in The Wizard of Oz was called Toto.
8. The airship destroyed by fire in 1937 was the Hindenberg.
9. Miss Havisham appears in Dickens’ Great Expectations.
10. The condition Lupus affects the immune system.
Freestyler star opens Merkinch Youth Awards

Merkinch Youth Sports Awards

THE Merkinch Sports Awards Night is drawing nearer and Daniel Cutting, Football Freestyler has been confirmed to open the event in Merkinch Community Centre on Wednesday 11th November from 7pm.

Daniel will be staying on after the event to pass on his skills to anyone interested. He will also be visiting Merkinch Primary and Inverness High School. Featured sports at the awards include Football, Karate and Mountain Biking. Check out the Merkinch Sports Bebo page for the latest news and video trailer.

Primary Football League (under 13s)

Merkinch Soccer Sevens had hard luck in the last couple of games (before we went to press) but hopes were still high and with training on throughout the October holidays the team are looking forward to their next game on Saturday 31st October against ACC United and the IDSSA tournament on 7th November.

Street League (under 15s)

The Street League held their Awards Night at Charleston Academy last month with Merkinch collecting the Tom McHardy Trophy for first place in the Six-a-side Tournament and Liam Shewan scooping up the Player of the Season Award for the Street League Division 2.

Leisure League (over 17s)

Merkinch established a 3-point lead at the top of table after a couple of high-scoring victories but a reality check kicked in last week as they crashed to a 7-0 loss against rivals Clive Untied leaving Merkinch just two points clear. After the match Tonji Reid was awarded the Player of the Season Trophy for the league.

Cross Country

In the South Highland Primary Schools Cross Country event held on 7th October, Merkinch’s Mathew McGloughlin finished in an amazing 6th place out of a field of over 170 runners.

Mathew has — along with his teammates Josh Black, Adam Leplongeon, John Fraser, Caleb Cairney and Declan Jack and for the girls team Ashley Grant, Yasmine Star Crombie, Danielle Knox, Ayesha Grant, Chloe Jaffray and Chloe McMeekan — been training hard for this event every Tuesday after school for the last two months.

All this extra training paid off with every member of the team putting in a lot of effort and getting great placings. Also part of the team was photographer Caitlin Macdonald who just the week before the event fell and suffered an injury which prevented her from running.

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 are 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 at Saturday 7th November at 9am from Merkinch Park.

Bebo

Check on the Merkinch Sports Bebo site for the latest sporting videos, pictures and news. www.bebo.com/merkinchsports

Be an angel...

If you live in or near... The Moorings + Jamaica Street/Gardens/Court

be an angel and help deliver News & Views in a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.
**Winter darts season opens**

**Portland A + X start in style**

DARTS players were saddened last month by the death of Jimmy Smith. Jimmy was a member of the all-conquering Gellions team of the 1960s and ’70s. He then moved to the 20 Club, a short-lived but very successful team, and then he also played for the Railway Club. When Inverness started competing at national level Jimmy was a regular in the super league and other select teams. He was a much-respected and well-liked player over a long number of years.

**Clach Club.**
Keith Stephen (Portland A) hit three 180s and one each came from team mates Jim Hunter, Steve Falconer and Davey Fraser also Don Maclean Snr (Clach Club), Walter Frost (Culloden Moor Inn), Gil Graham (Tarradale) and Colin Fraser (East End Arrows). The top finishes were Kevin Maclean (Uncle Bobs) 119, Paul Lewis (Keppoch) 106, Keith Stephen 104, and Alick Gilham (Phoenix Flames) 102.

**Robbie Mutch (Uncle Bobs) and Shane Wharton (Portland A) both hit 15-darter legs**

**Results for 8th October:**

**A League:**
City Taxis 11 Legion A 1, Tarradale 9 Raigmore B 3, Keppoch 1 Portland A 11, East End Arrows 4 Culloden Moor Inn 8.

**B League:**
Finlay’s 3 Portland X 9, Legion B 4 Thistle Inn 8, Clachnaharry Spikey’s 12 Phoenix Flames 0, Chieftain Bullies 5 Clach Club 8.

The winter league got under way with only two leagues of nine teams.

**Be an angel...**

If you live in or near **Abbey Court** or **Dunabban Road**

be an angel and help deliver News & Views to a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.
Humour on the ‘Net

Where are you going?

AN elderly couple were killed in an accident and found themselves being given a tour of heaven by Saint Peter. “Here is your seaside apartment; over there are the tennis courts, swimming pool, and two golf courses. If you need any refreshments, just stop by any of the many bars located throughout the area.”

“Blooming heck, Mabel,” the old man hissed when Saint Peter walked off. “We could have been here ten years ago if you hadn’t heard about all that stupid oat bran, wheat germ, and low-fat diets!”

A great fruit cake recipe

YOU’LL need the following: a cup of water, a cup of sugar, four large eggs, two cups of dried fruit, a teaspoon of baking soda, a teaspoon of salt, lemon juice, nuts, and a bottle of whisky.

1. Sample the whisky to check for quality.
2. Take a large bowl. Check the whisky again. To be sure it is the highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar and beat again.
3. Make sure the whisky is still okay. Cry another tup. Turn off the mixer. Break two legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers pry it loose with a drewscrew.
5. Grease the oven. Turn the cake tin to 350 degrees. Don’t forget to beat off the turner. Throw the bowl out of the window, check the whisky again and go to bed.

Mysterious menu...

A MAN in a restaurant was a bit dismayed when served the soup-of-the-day. “Good heavens,” he said, “what is this?”

“Why, it’s bean soup,” the waitress replied.

“I don’t care what it has been,” the diner sputtered. “What is it now?”

This easy-to-make pasta dish with cherry tomatoes, spinach, chicken and bacon makes a great, filling family meal.

Serves: 4-6
Prep time: 10 mins.
Cooking time: 15 mins

YOU NEED:
450g (1lb) tagliatelle
Jar of fresh cherry tomato with basil and parmesan sauce
450g (1lb) boneless chicken breasts, roughly diced
1 bag fresh baby spinach leaves
1 pack cherry tomatoes, halved
1 cup shredded, low-moisture mozzarella cheese
6 slices bacon, roughly chopped.

METHOD:
1. Cook the pasta as directed on packaging. Drain and reserve ½ cup of the cooking water.
2. In a pan, add the chicken, stirring for 5 to 7 mins. Add the bacon until both meats are cooked through.
3. Add the cherry tomatoes and cook for 1 min. stirring occasionally.
4. Stir in the pasta and reserved ½ cup cooking water then remove from heat.
5. Add the spinach, mozzarella and the cherry tomato with basil and parmesan sauce. Toss lightly, mix well and serve.

Spinach, bacon & chicken pasta dish for four

Be an angel...

If you live in or near Lower Kessock Street or Pumpgate Court be an angel and help deliver News & Views to a couple of streets near you. If you’re willing, contact Merkinch Enterprise, 14 Grant Street. Or ring 01463 240085.

Chicken Madras curry

Enjoy a hot and spicy taste of southern India, with the flavours of coriander, cumin, black pepper and nutty mustard.

Serves: 4
Prep and cooking time: 30 mins
Per serving: 665kcal (including rice), 25g fat.

YOU NEED:
300g (12oz) basmati rice
1 tbsp groundnut oil or vegetable oil
1 large onion, thinly sliced
750g (1lb 11oz) skinless chicken thigh fillets, thinly sliced
75g (3oz) Madras curry paste
250g (9oz) green beans, trimmed, or equivalent in mixed green veg.
125ml (4½ fl oz) chicken stock.

METHOD:
1. Cook basmati rice in a large saucepan of boiling, salted water, according to packet instructions. Drain and return to pan. Cover and keep warm.
2. Heat oil in a wok or large frying pan and stir-fry the onion for 5 mins until soft. Add the chicken and continue to stir-fry for 5 mins until chicken is golden.
3. Add curry paste and stir-fry for another minute. Stir in the veg and stock. Simmer on a low heat for about 8 minutes until sauce thickens and chicken is cooked through. Serve in bowls with the rice.
**Make your own autumn mini-book**

Colour in all four pages of your mini-book, then cut round the outside edge, fold along the dotted lines.

Slit along the top edge.

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

Thanks to all who handed in Tesco vouchers. We have received new goal posts, computer games and a water activity.

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Fliperz Daycare Enrolment

If your child became 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.
ABOVE... Food for thought for these members of the Trinity Church Girls Brigade. See our new series on local organisations on page 5.

LEFT... Who could believe this photograph was taken in mid-October, it looks more like spring. But nobody told this gorse bush on the Local Nature Reserve! More Green coverage on page 4.

FIRE’S fine... in its place. But take care with fireworks this month. See the enclosed safety leaflet.

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

14 Grant Street, Inverness IV3 8BL tel: 01463 240085 fax: 01463 717977 email: info@merkinch.com