

MERKINCH

News and Views

The Merkinch community newsletter, entirely written and produced in the Merkinch



Local kids take to fresh air

ABOVE... Pupils from Merkinch Primary School now have the whole of the Local Nature Reserve as an outdoor classroom. See full story on page 7.

RIGHT... Who is walking the plank at Merkinch Primary? The Fitness Trail was officially opened last month. The trail has proved very popular with pupils.



Inside this month:

Brave wee boy has butterfly skin
– page 3

Community council is back
– page 5

New activities at Bike Shed
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All the latest sports news and pics
– pp 12, 13

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. OOH emergency 0845 700 2005.

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.

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 – 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

MERKINCH ENTERPRISE

The AGM of Merkinch Enterprise will be held on
Tuesday the 26th October
at 3.30pm in 12 Grant Street.

The meeting is open to all members, and those intending to attend should notify the Merkinch Enterprise office at 14 Grant Street or tel: 240085/715450 or email: info@merkinch.com



Alex with the team who gave him a helping hand.

Helping hands in Alex's garden

MERKINCH'S veteran swimming champion Alex Sutherland is well-known for his voluntary work over the decades in helping young swimmers and promoting the sport in Inverness.

Now the octogenarian and his wife, Rhoda, have found themselves receiving a helping hand from a group of young people.

They are one of three deserving households in the Merkinch area which have been chosen to receive a Groundforce-style garden makeover.

Over three days, a team of mainly novice gardeners worked hard to revive the Sutherland's garden in Lochalsh Road. As well as digging out old tree stumps, they re-laid the path with gravel, weeded overgrown areas and put in new plants.

The Dig Your Heart Out project is run by Highland Youth for Christ and Reverb church — a youth section of the Methodist Church.

Youth worker Dave Saunders, who is

supervising the work, explained the project aims to provide young people with a chance to volunteer and show the community they care.

Having invited nominations for the garden makeovers, work on two of the winners, including another garden in Lochalsh Road, is now under way while the third will be completed sometime this month.

"It is such a great opportunity to show that we have some amazing young people and young adults in our area that have a great heart to love their community," Mr Saunders said.

Eighty-seven-year-old Mr Sutherland and his wife were delighted to see the work get underway. "It is a big help," Mrs Sutherland said. "We are not as fit as we were. Alex used to enjoy gardening but he is not getting any younger."

The project is being sponsored by Wyvis Cosmetic Dental Laboratory, Trinity Church and the Inverness Methodist Church.

Leon, the little lion with butterfly skin

A YOUNG Merkinch mother wants it on record how grateful she is to the people of Merkinch for their help and support.

For 30-year-old Tamy Sutherland, who lives in Madras Street, has been overwhelmed by the generosity of local folk in helping her raise funds for the charity DebRA.

Tamy's youngest child, Leon, who has recently celebrated his first birthday, suffers from a very rare type of EB Simplex combined with muscular dystrophy.

EB, short for Epidermolysis Bullosa, means little Leon has very fragile skin and suffers painful blisters not only all over his body but also internally as well, including his mouth. The skin of EB sufferers is often described as being as fragile as a butterfly's wing.

This is due to the lack of a protein which holds skin together, a genetic condition. There are only two or three EB children in Scotland — one is toddler Isla Grist in the Black Isle. Another was Jordan Young from Moray, who died in August at the age of nine.

DebRA is a Scottish-based charity which provides great support for EB children and their families. They fund specialist nurses who travel the country to visit patients in their own homes. They also run clinics and provide equipment and products to ease the discomfort and difficulties of patients.

Tamy, who has four other children ranging in age up to their teens, has been active in fund-raising for DebRA, organising raffles at local shops and businesses. These include: Charlie's Chippie, the Nip Inn, Keystore, Video Stop newsagents, Howden's, Thornbush Road Spar, and George & Vivienne Rodgers.

A car boot sale, prize bingo, IHS charity of the year, and supermarket bag-packing... These are all events that Tamy has organised or is planning, with the help of family and friends. Leon's granddad John Sutherland paid tribute to his daughter and the courage of little Leon as well as the support of local people. "I just want to say that the kindness of people has been overwhelming."



Mum Tamy with Leon and big sister Kelsey, aged 3.

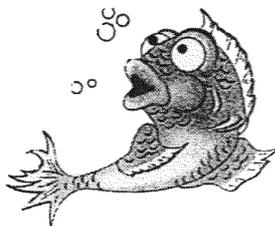


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Briefs...

CONGRATULATIONS to Kenny Riddle of the cycle shop in Grant Street who became ITU Duathlon World Champion in the 45-49 age category at the event in Edinburgh last month. The course consisted of a 40km cycle sandwiched between a 10km and 5km run. Kenny cycled for Scotland in the Commonwealth Games in Canada in 1994.

A NEW youth cricket team, launched in Merkinch by the charity For the Right Reasons, played their first game against Northern Counties last month. More sports news on pages 12 and 13.

LOCAL youngsters recently enjoyed a performance of *Alice in Wonderland* by M&M productions at the Community Centre theatre. It was attended by children from Merkinch Primary, Bishop Eden's and St Josephs.

KATE Maclean has asked us to say that it was not her who donated a sewing machine to the class at the Community Centre but Chrissie from Hilton Lighthouse. Kate says she "only facilitated" in the much-appreciated gift.

STARTING to think about seasonal gifts yet? Merkinch exiles as well as local folk might appreciate a copy of *Merkinch Revisited* which has been reprinted and is on sale for £5 from the Merkinch Enterprise, 14 Grant Street.

A QUIZ night on all matters environmental is being held in the Ramada Jarvis Hotel in Church Street on Wednesday 10th November and those wishing to enter a team of four can get an application form now. For a team application form and further info contact Merkinch-based Chris on 729277 or email constant-gardener@hotmail.co.uk

LUCKY winner of the September Nicol's Killer Prices Quiz is Mrs IJ Ross, Nelson Street. Congratulations!

Thought for the day

"Do as you would be done by": common to all religions and philosophies, ignored by too many people.

Anon

Bus men discuss new timetables

IT would be fair to say that Stagecoach have not had the happiest of relationships with the travelling public since they took over from Rapson's. Last month commercial manager for the Inverness area Alisdair Goodall (left) and Merkinch man inspector Ronnie Davidson came to the Community Centre to discuss the situation.

The drive of their message was that South Kessock would no longer be at the tail end of other routes, but that Service No2 in and out of the city centre would run every half hour until early evening. "Merkinch has been neglected," said Mr Goodall. "We want our customers back."

The Highlands' new manager is appropriately called Steve Walker.



Men's Group kicks off

A MEN's Group has been started up by ENAHH (Everyone Needs a



Helping Hand) befrienders' group at The Bike Shed, 23 Grant Street.

The group, which meets on Tuesdays from 10am to 12 noon, started on 21st September. Says Gwen from ENAHH, "Come along for a chat and a cup of tea, make new friends and take part in activities. All are welcome." For more information contact Gwen on 07889 877175.

ENAHH launch new sewing class

MAYBE it's a sign of the times, but sewing is becoming increasingly popular: not only have sewing classes at the Community Centre proved a great success, but now Everyone Needs a Helping Hand (ENAHH) is inviting people to come along and make a garment.



Gwen Coyne from ENAHH says, "Beginners are more than welcome. The class meets on Thursdays from 10am to 12.30pm at The Bike Shed in Grant Street.

"It's an opportunity to make new friends while you learn a new skill. If we have enough interest we will look at offering classes on a more regular basis."

The class, which only just started last month, costs £4 per session which includes tea/coffee and biscuits.

Says Gwen, "Unfortunately we don't have crèche facilities available." For further details Gwen can be contacted on 0788 897 7175.

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
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Sunday Services 11am.

(Sunday School & Crèche 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)

This issue's printing and collating processes are funded courtesy of the Merkinch Partnership.

MERKINCH PARTNERSHIP

Street lighting and dog-fouling, sea wall worsening and changed housing plans, cuts, fear of cuts and more cuts...

ALBYN Housing have been asked to rethink the amendments they made to their plans for 15 houses at Kessock Court North.

The matter arose at the September meeting of Merkinch Community Council.

Because of persistent flooding in the area the housing association had apparently hoped to raise the height of their buildings' original plan by 13 feet. It was pointed out that this could cut sunlight to some homes in Craigton Avenue.

Members agreed to protest at the changes and to ask Albyn to make a presentation of their plans.

■ **The suggestion that street lighting might be cut at night to save Highland Council cash was roundly condemned. Some pointed out that it was a matter of personal safety, others that the CCTV cameras would not work with reduced lighting. All agreed crime figures would rise.**

Other cost-cutting ideas included a fortnightly bin collection which was also not greeted with much enthusiasm. Councillor Bet McAllister said these were only among ideas being considered.

Highland Council had to find £6 million in cuts somehow.

■ Despite the fact that it was a year since the condition of the sea wall had been reported to the local authorities, nothing had been done about effecting repairs, Ali Locke reported. "It's getting worse, and winter is coming on," he said.

■ **Numbers were down at the Local Nature Reserve's open day, Ali Locke reported.**

However there were a number of competing local events on that day, including Inverness Caledonian Thistle being at home to Celtic in the first match of the SPL season! Dolphins had turned out on cue and Cllr Bet McAllister had performed the official opening of the Old Ferry Ticket Office.

Dog-fouling was still a major problem, and Ali said he was going on a Fixed Penalty course in Stirling which would qualify him to issue FP notices to antisocial dog-walkers who did not pick up after their pets. He would be carrying out this service as a volunteer.

The worst time was early mornings and evenings, and he had actually seen people bag their dog's faeces and then chuck it in the bushes!

He told members that in Scotland it was only necessary to have one witness to dog-fouling and the fixed penalty was £40. If the person appealed the fine could be £60 and if they went to court the maximum fine was £500.

Letting a dog out on its own to foul public spaces also constituted an offence.

■ Anne McCreadie reported that the chairmen of Inverness's community centres had met with Highland Council officials. The

local authority is looking for 27% cuts, but it was felt that Charleston and Culloden were safe because they were attached to schools.

However, the situation was not cut and dried. Merkinch's capital grant from Highland Council was £7500.

Wilma, Merkinch centre's part-time council employee, had been instructed to organise six more Fusion Nights though Anne queried their value as she said teenagers wanted their own space and did not want to mix with younger kids.

As people in residential homes were no longer able to use the Corbett Centre, they had lost their Corbett Centre customers. However, some had now joined the Friendship lunch club — only that week three more had joined, she said.

■ **Police said they had not been seeing the same problems in Grant Street area that they had a few months previously. A lot of people had been stopped for buying drink for under-age youngsters. Speed monitors had**

been operating on Rosehaugh Road and Carnarc Crescent.

■ Ward manager Jimmy Flint is no longer to attend community council meetings unless specifically invited, according to new Highland Council guidelines. "We'll just have to invite him then," was the general response of members, who all value Mr Flint's input.

Members wondered if this also applied to community warden Claire Richardson.

■ **The community council plan to have a "break-out" day this month with a facilitator to brainstorm, away from their normal meeting environment. By this means they aim to discuss their strengths and weaknesses and explore ideas on how to progress and how best to support the community they serve.**

■ Members agreed to raise their annual contribution to the cost of the community newsletter to £600.

■ **The next meeting of the community council is on 4th November starting at 7pm.**

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

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Exhibition, play and new writing group at Bike Shed

DURING the third week in October as part of the Scottish Mental Health Arts and Film Festival, Arts in Merkinch is hosting an exhibition from New Craigs of work by patients. It will run from Monday 18th until Tuesday 26th.

There will also be some workshops and drop-in arts and craft sessions aimed at people suffering or recovering from a mental health problem. Look out for posters at the Bike Shed and Merkinch Partnership office for full details.

■ For four different dates later this month there will be a play at The Bike Shed. "Subsist", a classic horror with a modern twist, will be performed on Thursday 21st, Friday 22nd, Saturday 23rd and Sunday 24th October at 8pm. Tickets are £5 from Merkinch Enterprise.

The play has four different endings so people who would like to come to more than one performance can do so for a reduced rate.

AiM's arts worker Annie Marrs says, "Imagine if... the world ended two years ago, consumed by a plague of the walking dead. Now, four strangers struggle together to survive, but has that effort cost them their own humanity?"

There will be post-show discussions with the writer/director and cast.

■ Annie adds, "Also, we will be starting a new group on a Monday night in The Bike Shed - Creative Writing!! Led by Caroline Snow, the class will run from 7-9pm every week starting on the 4th October and cost just £2!"



October timetable

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

Depending on the weather, activities this month are planned as follows...

the Green Gym will again be visiting a variety of venues during their weekly sessions in October. Garden landscaping and gardening at the Corbett Centre Community Garden is the focus on the 6th, while on the 13th the participants will be at the LNR doing either footpath maintenance or vegetation clearance. On the 20th they will be at Inverness High School REAL Project working on organic food growing and on the 27th it is back to Merkinch LNR for more footpath maintenance/vegetation clearance. Please contact Ullie, 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.

For more info ring, or email Ullie at u.wenzel@btev.org.uk or Karen at k.harper@btev.org.uk



Be an angel...

If you live in or near

Maclennan Crescent

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Autumn sees launch of new projects in Merkinch



MERKINCH Partnership held its September meeting on the 20th in the community arts venue in Grant Street. Members heard updates from the project staff on activities over the summer and their plans for the next three months.

They were particularly interested in the progress of two new ideas brought up at the last Partnership meeting – the formation of a Fishing Club and creative writing classes in the Bike Shed.

■ **The South Kessock Ticket Office has been open to the public over the summer and has seen a good number of visitors through the door. So many thanks to the volunteers who come every week to open the building. Some people have brought along photos which have been copied and displayed on the interpretation boards and the building has also been used by the Young Ranger project for their classroom sessions.**

The Ticket Office is now open to the public Mondays to Saturdays from 2pm to 4pm and is available for workshops and educational sessions. The last opening day to the public will be Saturday 30th October.

For more information on the Ticket Office or if you are interested in using the space contact Anne Sutherland on 01463 718989.

■ Following Ness Soaps move to new premises in the city centre, all three Partnership staff members are now located in 4 Grant Street – the pink painted building next to the Laundry.

Arts worker Annie Marrs and David Paulin, Sports, can now be contacted on 01463 718989 or just pop in if you want to find out about the arts and sports activities taking place in Merkinch. Anne Sutherland, the Partnership Project Officer, is always available for advice on funding and taking forward new projects.

■ **Anne has recently been supporting local befrienders' group ENAHH (Everyone Needs a Helping Hand).**

The group meets on Monday and Wednesday mornings in the Trinity Church Hall, where they enjoy a chat and a cup of tea as well as having the opportunity to take part in craft activities and listen to presentations on issues such as community



safety, the Credit Union and the Digital TV switchover.

Local resident Gwen Coyne, who runs the group as a volunteer, has worked really hard to make it a success and she now plans to set up a men's group, which will meet on Tuesday mornings in the Grant Street Bike Shed.

She has also started up a sewing group in the Bike Shed on Thursday mornings. The group's activities are open to all and new members are welcome to come along at any time.

■ Pictured above are youngsters from Merkinch School P7 class who have been coming along to the Nature Reserve for Coastal Classroom sessions on Thursday afternoons. These are run by Wild Things, an environmental educational charity based in Findhorn.

P6 and P2 children will be coming along in the next few weeks to learn more about the Reserve and why it's a special place and to help with a litter pick and bulb planting.

The Nature Reserve Management Group has recently been discussing the idea of planting a wildflower meadow in the Reserve and will be sourcing funding to complete the Snakey path. BTCV continues to deliver the Green Gym in the Reserve on Wednesday mornings and local volunteer Ali Locke has been doing his regular litter picks and patrols

in the Reserve to keep an eye on things.

Said Anne, "Ali, who is also a member of Merkinch Partnership and Merkinch Community Council, has worked tirelessly to keep the Reserve clean and looked after for everyone to enjoy; he is a great asset to the community and devotes much of his spare time to community projects – he really deserves a medal for all his hard work. Without people like Ali things just don't happen!"

■ **Dr Trevor Escott from the charity Men's Health Highland and Anne have been having discussions about holding a talk in the Bike Shed.**

The talks on men's health issues normally take place in the Town House but the charity is keen to deliver information in local community settings and Dr Escott felt that the Bike Shed would be the ideal place.

The first talk is scheduled for November, date to be confirmed.

■ Heidi, the Parish Assistant at Trinity Church, is delivering a Drug Proof Your Kids course, aimed at parents who want to learn more about the issue of drug use and young people.

The course takes place in the church hall on Sunday evenings from 7 to 9pm and lasts for 6 weeks. For more information contact Heidi on 07949 628877.



33 Grant Street
Inverness
IV3 8BN
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Fax: 01463 717723

Already Autumn is upon us, and the October break beckons. Life has been fairly busy, and occasionally noisy, at mp33 recently. All our usual groups are up and running, including 16+ on Thursday evenings and the drop-in on Friday evenings. We are also looking forward to another series of Fusion events, and a newly formed youth club on Monday evenings, hopefully by the end of October. The guitar group has adopted a wider range of inputs recently, with bass, digital drums and synths featuring in practice sessions, and initial recordings look promising so far. We have also been exploring the idea of running office and media workshops (details below). Next stop - Christmas!!

OFFICE & DIGITAL MEDIA WORKSHOPS

an introduction to word/data processing & digital sound and vision

mp33 is currently liaising with partnership organisations to deliver a series of office and digital media workshops for young people in the area, coupled to either the Youth Achievement Award or some other recognised certificate. The idea is that young people use what they learn in a series of workshops to create some kind of end product, whether that be a written document, graphic image, video or audio file of some description, perhaps even a musical production, or to organise some activity/event in which the skills they have learned can be applied. A draft idea of what could be on offer is shown below;

Course Programme (dates to be decided)

Starters

The Internet and the World Wide Web - how to connect to the Internet, browse Web pages, navigate Web sites, use search engines, and exchange e-mail with others.

Basic computing and IT Skills - the very basic concepts of computing and teaches how computing can be an everyday feature of life and work.

MS Word - an introduction to the world's most used word processing package, flexible enough to allow for self led development in consultation with learners.

MS Excel - spreadsheets and how to make them interesting and useful.

Home budgeting and how to create, edit and save worksheets and workbooks.

MS Publisher/Adobe Photoshop CS/Adobe Illustrator CS - posters, cards, leaflets, newsletters and much, much more.

MS PowerPoint - how to make the perfect presentation

Main Courses

Digital Photography - how to use a digital camera and transfer files to computer. Editing techniques and using photo manipulation software (Photoshop CS).

File Management - also called "Where did I put it?" How to never lose a file again - covers file types and sizes as well as search functions.

Film Editing - how to operate a video camera, capture, download and edit footage on PC using Adobe Premiere Pro.

Music Recording and Mixing - record sound/vocals/music and edit using ProTools/Sony Acid Pro, and generate music digitally using Reason 4.

Desserts

Healthy Eating - practical shopping and cooking skills for life outside school.

Relationships and all that involves - it's confusing, let's see if we can help sort it out.

Enterprise - developing a business, how to set up a plan for a small business.

Life Planning - where do you want to end up, and how do you get there?

Guitar Group

Live Sets - Fridays 5-7pm

Recently, the guitar group has been conducting a number of full-on live sets recently, with drum machines, synths, bass, rhythm and lead electric, guitars, accompanied by Graham Gillanders, a local recording professional, supporting us with equipment and professional expertise. A test recording has been done of one of our main practice tracks, the classic 16 tons, though in a Rock Blues rather than Country style, using a DigiDesign mBox and ProTools. The result is a big improvement on the usual set-up in terms of quality, and our members have much more control over what kind of sound they want to create, including a very powerful effects pedal for budding Rock guitarists.

Of course, we don't want to neglect the central focus of the group, which is still guitar, whether acoustic or electric, so we won't be having full live electric sets every Friday, but we have introduced a bass section, led by Matt Watts, who is currently peer tutoring Theresa Ross and Matt Maczynska in the instrument, and we are still enthusiastic about developing a band as an offshoot of the group. Noise restrictions may also mean that we have to relocate our live-sets elsewhere, since they are usually high decibel affairs, with loud drums and booming basses.



16+ Group - Thursdays 7-9pm

Drop-in - Fridays 7-9pm

If you want to find out about opportunities for personal, social and occupational development, the 16+ group offers the chance to explore the options available, including support with CVs and applications forms, or in undertaking an achievement award. Come along and grab the opportunity.

The drop-in on Friday evenings offers some social and recreational activities for young people, including board and PC games/quizzes, arts and crafts and pool whilst socialising with friends in a safe and respectful atmosphere.

Senior Youth Club - Wednesdays 7-9pm

Senior Youth Club continues to do well at mp33, though growing numbers are increasingly making space more restricted. Despite this, there's plenty to do at SYC, from clay modelling, arts & crafts, to games and quizzes plus many other assorted activities.



SYC get into some clay modelling



FIFA competition on the big screen

HISTOP (HIGHLAND SCHOOLS DIABETES PREVENTION PROJECT) PROJECT

mp33 is currently supporting the HiStop Project. The aim of HI STOP is to develop sustainable educational programmes that lead to diabetes prevention strategies for young people and the wider community in Highland. Secondary school teams will produce their own unique and creative educational programmes. mp33 will be assisting with 3 videos, being produced by Invergordon, Alness & Millburn.

Merkinch pupils are 'addicted' to their great new fitness trail

THE weather dried up on Monday 20th September for the official opening of Merkinch Primary's Fitness Trail.

This splendid array of climbing, swinging, jumping and balancing tests has proved a great hit with the children.

It was erected over the summer and the youngsters are so enthusiastic they just don't want to leave school!

The official opening event saw a large number of parents join all the pupils for Councillor Peter Corbett cut the big red ribbon, though he drew the line at leading the pupils over the trail.

RIGHT... Cutting the ribbon, **BELOW...** The rope bridge and stepping "stones".



You and your health



Don't put up with painful gums

GINGIVITIS is inflammation of the gums (the gingiva) that is caused by bacterial infection. It is often the result of poor dental hygiene.

A build-up of plaque is formed from a mixture of bacteria, food deposits and mucus. If it is allowed to remain on the teeth, the bacteria it contains produce toxins that can cause inflammation of the gums through infection.

The infection is painless and people may not be aware that they have gingivitis. However, when the gums become swollen and inflamed, they may become painful. Another sign is if they are a darker colour at the gum line.

It is vital to prevent the infection reaching too deep into the gum as this can lead to major tooth decay. Symptoms of gingivitis include: Bleeding gums when brushing or flossing, mouth sores, inflammation or puffiness of the gums, and bad breath.

Gingivitis is a condition, which, if left untreated, can cause gum recession and ultimately, major dental problems. Gingivitis can lead to the gums receding from the teeth which in turn causes the teeth to fall out.

The best protection against the disease is provided by continued dental hygiene. Brushing your teeth twice a day for 2-3 minutes, flossing and the use of a mouth wash are vital for ensuring proper oral hygiene. Regular visits to your dentist will help you to maintain good dental health.

Your pharmacist's advice

■ The best protection against gum disease is to brush your teeth regularly for 2-3 minutes twice a day. Flossing and the use of an antibacterial mouthwash containing chlorhexidine may also help.

■ You should visit your dentist regularly to have your teeth cleaned professionally.

■ Pharmacists stock a range of toothbrushes, toothpaste and dental floss to help with your oral hygiene.

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 Friday 22nd October.

- | | |
|--|---|
| <p>1. Who Are You is the theme tune of which popular TV crime show?
A: CSI: Crime Scene Investigation
B: The Mentalist
C: Criminal Minds</p> <p>2. Which US state has the smallest population, just 532,668.
A: Texas
B: California
C: Wyoming.</p> <p>3. What is the tube implanted in the eardrum to drain the middle ear?
A: A shunt
B: A grommet
C: A plug.</p> <p>4. What is the fourth root of the number 81?
A: Nine
B: Six
C: Three.</p> <p>5. Donald McGill's flair for innuendo made him famous...
A: As a music hall comedian?</p> | <p>B: For his saucy postcards?
C: On TV panel shows.</p> <p>6. Lima is the capital of which country?
A: Peru
B: Guatemala
C: Brazil.</p> <p>7. Which is more substantial?
A: Afternoon Tea
B: Morning Coffee
C: High Tea.</p> <p>8. What weapons are used in fencing?
A: Guns
B: Knives
C: Swords.</p> <p>9. Which musician was known as 'Satchmo'?
A: Dave Brubeck
B: Louis Armstrong
C: Carmen Miranda.</p> <p>10. Who or what is Mozzarella?
A: An Italian footballer
B: Cheese
C: A green diamond.</p> |
|--|---|

Name.....

Address.....

Last month's quiz check

- Cardiff sits on the River Taff.
- The Leaning Tower of Pisa is in Italy.
- Alaska became a US state in 1959.
- Tom Hanks provided the voice of Woody in Toy Story 3.
- The main ingredient of guacamole is avocado.
- Jumping into water from cliffs is called tombstoning.
- Rose is the wine which has soared in popularity in recent years.
- Nelson Mandela celebrated his 92nd birthday this year.
- Van Gogh painted sunflowers many times (see the humour column on p14).
- Arbroath is further east than Blairgowrie or Perth.



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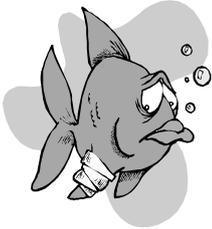
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... Sports News ... Sports News ...

Launch of angling club



THE first Merkinch Angling club trip is on Saturday 9th October when fishing fans will be going to Rothiemurchus. There is a small charge for this event. If you are interested in going contact David on 07951 977 922 for more details. Beginners welcome.

Holiday soccer events

NOTHING to do over the October holidays? Then why not join the street football action on Tuesday the 12th and 19th of October at Westfield, South Kessock from 6pm.

Coaches will be on hand to deliver games of 5-a-side football as well as improving skills and techniques.



Sports programme for October — December

Monday	4:00-5:00	12yrs-16yrs	Mixed Martial Arts	The Bike Shed	Contact Russell Deacon 07795314645
Tuesday	3:30-4:30	12yrs-16yrs	Dodgeball	Inverness High School	Contact David Paulin 07951 977922
Wednesday	3:30-4:30	12yrs-14yrs	American Football	Inverness High School	Contact David Paulin 07951 977922
Wednesday	4:00-5:00	3yrs-5yrs	Karate	Merkinch Com Centre	Contact Dolina Ross 01463 233083
Wednesday	5:00-6:00	6yrs-12yrs	Karate	Merkinch Com Centre	Contact Dolina Ross 01463 233083
Wednesday	6:00-7:00	13yrs +	Karate	Merkinch Com Centre	Contact Dolina Ross 01463 233083
Friday	6:30-7:30	16yrs +	Mixed Martial Arts	The Bike Shed	Contact Russell Deacon 07795314645
Saturday	10:30-11:30	12yrs-14yrs	Street League Football training	Carse Park	Contact David Paulin 07951 977922
Saturday	9:30-10:30	10yrs-11yrs	Soccer Sevens Football training	Merkinch Primary School	Contact David Paulin 07951 977922
Saturday	9:30-10:30	8yrs-9yrs	Football training	Merkinch Primary School	Contact David Paulin 07951 977922
Saturday	9:00 -12:00	12yrs +	Mountain biking	Carse Park	Contact David Paulin 07951 977922
Sunday	4:00 - 6:00	16yrs +	Mixed Martial Arts	The Bike Shed	Contact Russell Deacon 07795314645

... Sports News ... Sports News ...



American Football

Do you want to be part of the Junior Merkinch Mustangs. We are looking for players aged 14 to under 17 on 1st April 2011 to join this new team. The first try-out will be on Saturday 2nd October at 2pm at Carse Park; all equipment is supplied.

Mountain Biking

Next mountain bike trip leaves from the containers at Carse Park on Saturday 2nd October at 9am. If



ABOVE... A half-time team talk for the Street League players.

LEFT... Soccer Sevens trialists show their stuff.



you want to go on the trip phone 07951 977 922 for more details. It is free and bikes are supplied, join Steve and our two newly-qualified mountain bike leaders, Matt and Euan, on the trip

Street League Football

We will be holding trials for the 2011 Merkinch Street League team on Saturday 2nd October at Carse Park at 11am. Players should be

born after 1st of January 1997 to be eligible to play.

Rugby training

Craig Dunain Rugby team has recommenced their training at Westfield on a Wednesday from 8pm, and are always on the look out for new players. If you want to give it a go either phone David on 07951 977 922 or go along on the evening.

Check Bebo

Check on the Merkinch Sports Bebo site for the latest sporting videos, pictures and news, www.bebo.com/merkinchsports and if you're a Facebook user search for Merkinch Sports on Facebook. Or contact David on 07951 977 922



Do you have a story for us? An achievement to tell us about?

Do you want to have your say about local issues?

Contact News & Views by emailing bette@merkinch.com or ring Merkinch Enterprise on 240085.



Be an angel...

If you live in or near **Pumpgate Court, Lower Kessock Street** 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.

OUT OF SCHOOL



INVERNESS High School held a Gala Day on 11th September. Entertainments included an assault course, bouncy castle, tours of the REAL Project farm, a football tournament and car boot sale. Funds raised are going to improve school facilities.

- **Convinced of the value of drinking water to children's well-being, IHS has installed two chilled water drinking outlets.**
- Thanks to the efforts of Mrs Cideris and the Garden Gang at Merkinch Primary, the school garden has been commended in the Horticultural Society's Schools Gardens Competition.
- **MPS Parent Council have donated £700 towards the cost of transport so that children can benefit from trips which link to what they are studying in class.**
- All parents are invited to the AGM of the MPS Parent Council which will be held on Monday 4th October at 9.15am in the school community room. This is accessed through the office. New members are always welcome.
- **MPS is gathering Morrison's Let's Grow vouchers. These supply resources and support for school gardens, so any vouchers will be gratefully received at the school office.**
- All schools close for the October holidays on Friday 8th and re-open on Tuesday 26th.

Further briefs...

A REWARD of £60 is on offer for the safe return of a valuable trials bike belonging to a lad in South Kessock. The bike, which is red and mat black was stolen after the thief cut through the chain lock. Trials bikes are low, without seats and have small wheels. Anyone with any information please contact 07936 973 090.

RESIDENTS in Capelinch, comprising Anderson, Brown, Nelson, Madras and India Streets also Maclennan Crescent, must be happy with their lot. For very few turned up at the residents' meeting scheduled for 19th August despite a distribution of 138 leaflets. A meeting is scheduled for 28th October at 7pm at the Community Centre, when it is hoped a crèche will encourage a better turn-out.

HIGHLAND Senior Citizens Network is warning of a telephone scam promising a council tax rebate. The caller says you are due cash back and asks for your bank details. Highland Council would NEVER advise you over the phone, only by post on their own officially-headed notepaper. Another is a proposal to council tenants to pay their mortgage for them if they want to buy their own home! As they say, if it seems too good to be true, it probably is.

SPEAKING of scams, the *News & Views* editor had her personal email hacked into and a scam letter was sent to all her contacts. Yahoo is still trying to sort it out. "Apologies to anyone who sent in news for the *News & Views* after 15th September," said Bette McArdle, "as I no longer have access to this email address."

And a word of warning: it seems likely that access was gained through an internet cafe in Spain. So advice is to change your password every time you use a different computer, especially when on holiday. "And keep a copy of all your email contacts as I have lost most of mine," Bette added. Meantime, news items for November's issue can be handed into Merkinch Enterprise.

Humour on the 'Net

Be careful what you wish for...



AN Aussie truckie walks into an outback cafe' with a full-grown emu behind him. The waitress asks them for their orders.

The truckie says, "A hamburger, chips and a coke," and turns to the emu, "What's yours?" "I'll have the same," says the emu.

A short time later the waitress returns with the order "That will be \$9.40 please," and he reaches into his pocket and pulls out the exact change for payment..

The next day, the man and the emu come again and he says, "A hamburger, chips and a coke." The emu says, "I'll have the same." Again the truckie reaches into his pocket and pays with the exact change.

This becomes routine until the two enter again. "The usual?" asks the waitress. "No, it's Friday night, so I'll have a steak, baked potato and a salad," says the man. "Same," says the emu.

Shortly the waitress brings the order and says, "That will be \$32.62." Once again the man pulls the exact change out of his pocket and places it on the table.

The waitress cannot hold back her curiosity any longer. "Excuse me, mate, how do you manage to always come up with the exact change in your pocket every time?"

"Well, love," says the truckie, "a few years ago, I was cleaning out the back shed, and found an old lamp. When I rubbed it, a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" says the waitress. 'Most people would ask for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the man. The waitress asks, "What's with the blooming emu?"

The truckie sighs, pauses, and answers, "My second wish was for a tall bird with a big bum and long legs, who agrees with everything I say."

Be sure you know what you want



NOT all football managers are as bright as one might hope. Apparently the boss of one Premier Division team, on seeing the headlines, "Van Gogh for sale at £10 million" rushed across to Paris in an attempt to sign him up.

MIC

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14 Grant Street, Inverness IV3 8BL
Tel: (01463) 715450 Fax: 01463 717977
e.mail: info@merkinch.com

Merkinch News & Views always welcomes input from readers. If you have an idea for an article, any comments or questions, please get in touch with us at the above address.



INVESTOR IN PEOPLE

Opinions expressed in this publication are not necessarily those of the editor, or of Merkinch Enterprise.

DIW

THE FLIPERZ PAGE

Everyone likes dinosaurs, don't they? Turn the page round and we have a picture from the land of the dinosaurs for you to colour in.



JOKE SPOT

Headline: Patient at Death's door... doctors pull him through.

Two fish in a tank; one says to the other: "You drive I'll man the guns."

"Told my doctor I get tired when I go on a diet, so he gave me pep pills. **What happened?** I ate faster."

Fliperz Daycare Enrolment

FLIPERZ is now enrolling 3 and 4 year olds for the session 2010 to July 2011. 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.*

Fliperz still have a few spaces for the nursery session which started in August 2010.

If your child is:

- 3yrs old by 31st August they can come in August.
- 3yrs old by 31st December they can come in January 2011.
- 3yrs old by end of February they can come in after the Easter Holidays.

Spaces for Day Care are also available from the age of two and a half years.

For further information please speak to Fliperz Manager on 01463 234232 or pop into Fliperz at Merkinch Hall, Simpsons Lane, Inverness IV3 8BL.



Pupils have a go at official opening of new playground fun trail

LEFT... Youngsters have been enjoying the new fitness trail erected in the grounds of Merkinch Primary. After the official opening by Cllr Peter Corbett, parents were treated to a cup of tea by the Parent Council.

Singing for Cawdor

BELOW... Singing for Pleasure sang recently at Cawdor Castle for the tourists. They were then invited back again for the large food fair at the



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