



Creative college

Meet Lochgilhead's first set of art graduates on page 17



Running wild

Almost one hundred runners took part in the Tainish Run this week. See page 15 for details.



Fire fighting

Lochgilhead Rainbow Guides learn about fire safety. See page 44.

Inveraray Jail Break re-run for brave Jay

Colin Cameron

editor@argyllshireadvertiser.co.uk

GENEROUS race organisers are to hold a second Inveraray Jail Break - all for one man racing time to save his sight.

James Semple, 37, has a degenerative eye condition and faces losing his sight entirely before he reaches the age of 40.

Glasgow man James - who prefers his racing name of Jay Cruz - entered last week's successful Inveraray Jail Break, featuring a race up and down the Dun na Cuaiche landmark. Family commitments meant he was unable to make it, but now organisers have laid on a special second running this weekend for Jay, along with anyone else who fancies a crack at the hill.

Jay, a former mar-



Jay with one of his many medals.

tial arts instructor, was diagnosed with choroïderemia in 2013. The condition affects the blood vessels surrounding the retina and can lead to.

He began running shortly before his diagnosis and has run every year, despite failing eyesight.

He now has ambitions to run at the 2020

Continued on page 2.



Oyster shuckers Peter Rusinak and Ferran Seguer offer fresh seafood on the go. 08_a20food-fair14

Fantastic food - and much more

THERE was a huge variety of quality food and drink, plus art and craft delights for visitors to enjoy at last weekend's Loch Fyne Food Fair. And the music wasn't bad either. Much more on pages 10 and 11.

Argyll set for Royal visit

ARGYLL is getting set to welcome a member of the royal family this week.

Full story on page 2.

Building bridges

MEMORIES were revived as a new bridge opened in Lochgair.

Full story on page 3.

Exhibition opening

A FORD artist is exhibiting her work in Lochgilhead for the next couple of weeks.

Full story on page 15.

Inveraray helps Seth

A KENYAN family has thanked Inveraray for its support.

Full story on page 16.

Pipe band season opens

IT WAS a successful opening weekend of the season for Argyll pipe bands at the Gourock Games on Sunday.

Full story on page 20.



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Patient care safe from cyber attacks

AFTER a UK-wide cyber attack which included healthcare servers, NHS Highland has assured Argyll and Bute residents patient care has not been affected.

An NHS Highland spokesperson said: 'NHS Highland had one isolated incident in a community nursing site in Mull. There was no impact on patient care. NHS Highland has not suffered any data loss and we have two teams monitoring all our services and ensuring that we have all preventative measures in place.'

The NHS has assured patients and staff services will be running as normal this week.

Talk to us

Send your news and photographs to editor@argyllshireadvertiser.co.uk

Mid Argyll ready to welcome royal visitor

THE PRINCESS Royal will visit Mid Argyll next week as part of a mini-tour of the region.

The Riverside area of Lochgilphead will form a main focus for Royal attention next Tuesday, May 23, during a visit re-arranged following the cancellation, due to ill health, of a planned trip last year.

The princess will call on Riverside Rascals Nursery, Mid Argyll Community Pool and Argyll and Bute Citizens Advice Bureau (ABCAB).

The princess is the patron of Citizens Advice Scotland, and ABCAB will offer a presentation on its Armed Services Advice Project before she meets some of the staff, board members and volunteer advisers.

Gillian McInnes, ABCAB bureau manager, said: 'It is a huge honour for our bureau to host this visit, during which our volunteers and staff members will meet Her Royal Highness and receive recognition for their hard work and commitment

since we opened here 11 years ago. It is only right the visit includes our neighbours at the Riverside Rascals Nursery and Mid Argyll Community Pool, as collectively we provide a wide range of valuable services for our community.'

Also on the Royal itinerary is a trip to Otter Ferry and Portavadie on the shores of Loch Fyne before the Princess Royal performs the official opening of Ardrishaig's Yot Spot at the mouth of the Crinan Canal.



The Princess Royal. a20PrinRoyal01

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Police files

Furnace shed vandalised

SOMETIME between Thursday May 11 and Friday 12, a shed was damaged in Furnace.

Police enquiries are ongoing.

Breach of the peace charge

A 53-YEAR-OLD man was charged with breach of the peace following an incident in Paterson Street, Lochgilphead, on Tuesday May 9.

A report has been sent to the procurator fiscal.

Van had no road tax

ON SATURDAY May 13, a 22-year-old man was found to be driving a Ford Transit without valid road tax in Inveraray.

A report has been submitted to the procurator fiscal.

If you have witnessed any of these incidents or have any information, contact the police on 101 or anonymously through Crimestoppers on 0800 555 111.

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Jail Break re-run for brave Jay

Continued from page one

Paralympics in Tokyo. Jay, who always runs wearing a kilt and led by a guide, told the *Advertiser*: 'The Jail Break people have been so lovely. This will be my 95th run in a kilt covering 5k, 10k and half marathons, and I am really excited about coming to Inveraray because it is beautiful. This is a great opportunity for me.'

If it is a fast time you are expecting from this remarkable man, it might be time to revise your expectations because Jay will take on his first marathon on Sunday - the day after running the Jail Break.

An excited Jay continued: 'I've got the chance to meet Zola

Budd and Liz McColgan before the Stirling marathon on Sunday. What an honour to get to speak to these great runners.'

There is a serious side to Jay's running programme as he fights blindness.

He believes his only hope of saving some of his vision is gene therapy, but he needs to raise £20,000 to pay for it.

Jay explained: 'My hope is that gene therapy can save the little vision I have at the moment. If I can preserve the wee bit of eyesight I've got left it means I could see my four-year-old son.' The hope

is that Jay will not be alone in his efforts when he sets off from Inveraray Jail at 11am on Saturday May 20.

Inveraray Jail organisers issued an open invitation on social media, saying: 'Anyone local-ish fancy another crack at the big hill on Saturday?'

'We have a special guest runner who couldn't make it on Sunday so we invited him along this weekend meeting at 11. It will be slow, as he has a marathon the next day, but it would be great to get some support for this man who has an interesting story.'



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Westminster candidates confirmed

THE LIST of candidates standing for Argyll and Bute in the UK general election on Thursday June 8 has been announced.

Standing in Argyll and Bute are: Michael Kelly (Labour), Gary Mulvaney (Conservative and Unionist), Brendan O'Hara (SNP) and Alan Reid (Liberal Democrats).

Newsdesk
01546 602345

Inveraray Primary School needs you

THERE is work to do at Inveraray Primary School.

The school eco committee is running a grounds day this Sunday May 21, and is inviting parents and friends of the school to do odd jobs around the

grounds – from painting to weeding.

An audit of the school grounds held around Easter resulted in a list of jobs that needed to be done to keep the area in good order.

Realising the list was too lengthy for an

eight-strong eco committee to handle, they remembered the support the school received from the community a few years back when in improving the pond area.

Head teacher Lynn Sinclair said: 'We have

a few big jobs to be done – putting together a new shed, rebuilding the rock garden and making it bigger, power washing the concrete planters and the bike shed in preparation for a new coat of paint, and painting all

the wooden buildings to protect them from the weather, but there are lots of small jobs to be done too.

'We are hoping that many hands will make light work and families and community members will come and

help, even for an hour or two. Just bring your tools, some enthusiasm and a sandwich or two to contribute to the shared packed lunch, and support our eco committee make a difference for everyone at school and nursery.'

Bridge restoration reconnects Lochgair

RESIDENTS of Lochgair will be able to safely cross the Eas Dubh burn once again after the opening of a new bridge.

With the help of funding from the A Chruach Community Fund, the Lochgair Association has managed to fully rejuvenate a footbridge crossing a burn running through the heart of the village.

The association opened the bridge in an official ceremony on Saturday May 13 to herald a new era of access in Lochgair's history.

Fraser Bell gave a fitting tribute to his grandfather, who built the original bridge more than 60 years ago, recounting the history of the village and its association with the Eas Dubh burn.

With the assistance of piper Christopher McCartan, Fraser cut the ceremonial red ribbon and declared the new bridge officially open to a gathering of Lochgair locals.

Jean McCartan, of the Lochgair Association,



Piper Christopher McCartan, left, and Fraser Bell, right, with members of the Lochgair Association. 08_a20lochgairbridge02

said: 'Everyone in the village is relieved to be safely connected to the other side of the burn again. We're very pleased to have got the funding as work was badly needed.'

The project was completed by DE Hunter and builder Sean Campbell is pleased with the outcome. Sean said: 'It was a tired old bridge and not fit for purpose. The bridge is now completely safe and allows access for wheelchairs and anyone with disabilities



Jean McCartan saying a few words of thanks to the gathered crowd. 08_a20lochgairbridge05

who needs assistance when walking. It's good to be reconnected with the other side.'

The Lochgair Association was awarded £12,500 from the

A Chruach Community Fund for the bridge restoration project and would like to thank everyone involved in the funding and construction processes.

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Don't delay on triathlon entry

INQUIRIES have been coming in thick and fast from triathletes for the return of the MacQueen Bros Mid Argyll Triathlon after last year's success.

Entries will open on Monday May 23 for what is believed to be the biggest multi-sport event in Mid Argyll.

The event, on Sunday September 24, is set to be popular and the 136 places are expected to fill quickly so any

interested athletes are encouraged to get their entry in early.

Triathletes can compete individually or as part of a team to tackle the three disciplines: a 500m swim, 20km bike ride and 6.5km run.

To enter the event, follow the link on the triathlon club website or contact Stephen Whiston on 01546 606424 from more information.

Old allies reunite as SNP 'frozen out'

AS THE council in Kilmory settles into an administration and opposition, Nationalist councillors claim they were 'locked out' of power-broking discussions.

The first meeting of Argyll and Bute Council in the wake of this month's elections saw plenty of new faces around the chamber – but the likely administration has a familiar look.

From the outset it has been clear that the favourite in the race to form a majority administration was a coalition between the same partners who formed the administration prior to the election.

And – unless there were dramatic last-minute changes in allegiance at the meeting yesterday (Thursday May 18) – that is how it turned out.

Ahead of the meet-

ing, some independents were set to join the Conservatives and Lib-Dems in a ruling coalition of 21 councillors among a total of 36 members.

The Argyll First group of Dougie Philand (Ind) and Donald Kelly (Con) are understood to have chosen to remain outside the administration coalition, as are independents George Freeman and Jean Moffat.

Also on the opposition benches is the 11-strong SNP group, and earlier this week the group issued a statement which claimed that no attempt was made by the Lib-Dems or Conservative groups to work with the SNP.

Disappointed

SNP group leader Sandy Taylor said: 'The SNP group was committed to finding a way forward to form a

new and effective social democrat alliance on the council.

'I am deeply disappointed by the events of last week and feel for my SNP colleagues who campaigned hard on community empowerment and the protection and improvement of front-line services, but now find themselves locked out, unable to deliver on their ambition for a better Argyll and Bute.'



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Argyll and Bute HSCP nursing staff at the awards in Inveraray.

Argyll and Bute nursing awards

A SERIES of excellence awards for nurses and midwives working within Argyll and Bute took place for the first time this week.

The lead nurse office for the Health and Social Care Partnership (HSCP) this year launched a series of awards for nursing staff working within the HSCP.

The inaugural awards were presented to deserving staff in Inveraray on Friday May 12, which was also, rather fittingly, International Nurses Day.

Liz Higgins, lead nurse for Argyll and Bute HSCP, said: 'Nurses and midwives across Argyll and Bute



The Mid Argyll extended community care team.

are providing a first class service to their communities every day and we felt that it was important that they were recognised

for their hard work and dedication to patients.' The Mid Argyll extended community care team – consisting of Rhona Larkin, Co-

lette Morgan, Trevor Lines, Cathy Griffiths and Michelle Campbell – did particularly well, collecting the Patients' Choice award.

Cadets raise surprise funds

IT STARTED as a goodwill gesture, but a bag packing afternoon at Lochgilphead Co-op ended with a three-figure sum being donated to charity.

Lochgilphead and Tarbert detachments of the army cadets packed the bags of customers by way of thanks for the Co-op's recent £6,000 donation to the cadets through the Co-op local community fund.

The plan was not to raise money – but generous customers wanted to show their appreciation to the extent that last Saturday's

'thank-you' raised more than £200.

The cadets decided to donate the money raised to the Red Cross to help with the charity's annual fundraising week.

From left: Co-op store manager Emma Scott, Pl Joyce Robertson, Cadet James Gray, Cadet Ben MacLennan, Cadet Connor O'Brian, L/Cpl Caitlin Armstrong, L/Cpl Adryees Taylor and Staff Sergeant Frew.



Shaping the benefits system

THOUSANDS of people with personal experience of the benefits system have signed up help shape Scotland's new social security system.

The latest volunteer figures for the panels stand at 2,335 – a minimum of 2,000 was initially sought after, and applications will still be accepted over the next few weeks.

The panels are made up of people from all areas of the country who will help to build and refine a model for Scotland.

Social Security Minister Jeane Freeman said: 'The response to our recruitment drive has been excellent and I am grateful to everyone who has decided to join us and help shape this new system for Scotland.'



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REASSURANCE

BUILT IN

Editorial

New council

AFTER a couple of weeks of jostling, it looks like the Argyll and Bute Council administration will bear a close resemblance to that of the last five years.

Although maybe not the change that some were hoping for, the new faces at Kilmory should certainly add fresh vigour to the council.

Let's hope the new council leader, whoever that may be, can maintain harmony in the ranks and ensure that all 36 councillors work together for the people of Argyll and Bute in the coming years.

Fyne food

ARGYLL once again proved that it is home to some of the finest produce in the country, with hundreds travelling to Cairndow for the Loch Fyne Food Fair.

Not only was the area well represented at the food and drink stalls but on the stage too, as a number of local bands filled the dance floor.

The festival was a nice reminder of how lucky we are in Argyll. Not so lucky with the weather, however.

How to contact us

Argyllshire Advertiser,
44 Argyll Street,
Lochgilphead,
PA31 8NB
Phone: 01546 602345

Chief reporter

Colin Cameron
editor@argyllshire
advertiser.co.uk

Reporter

Neill Bo Finlayson
editor@argyllshire
advertiser.co.uk

Advertising

Lisa Smith
adverts@argyllshire
advertiser.co.uk

Head office

Wyvex Media,
Lochavullin
Industrial Estate,
Oban,
PA34 4 HB

Appeal to stay as councillors

Sir,
I am disappointed to read that Alan Reid and Gary Mulvaney have decided to put themselves forward as candidates for the general election.

This came less than a week after being elected as Argyll and Bute councillors and before even one full council meeting.

It is a privilege to be elected to represent the people of Argyll and Bute at council and, if I was a cynic, I might think they are merely looking for another job on a higher pay scale.

I would urge Councillors Reid and Mulvaney to get on with the day job of representing their constituents rather than spending time

on the campaign trail.
Councillor Anne Horn, ward two, Kintyre and the Islands

Help with dementia

Sir,
At the end of Dementia Awareness Week, did your readers know an estimated 225,000 people will develop dementia this year alone?

That is one every three minutes and, with people in the UK living longer than ever before, the threat of developing age-related conditions such as dementia becomes increasingly real.

As I'm sure many would agree, being diagnosed with a life-changing condition like dementia can often seem like the most overwhelming thing in the world.

That's why I want to reassure readers they don't have to deal with things alone. We are here to help.

I work for Revitalise - a wonderful national charity that provides respite holidays for disabled people and carers - including specialised weeks for people with alzheimer's and dementia at our three accessible UK centres.

Every aspect of our alzheimer's breaks are designed with our guests in mind, enabling them to spend precious time with one another away from the worries of everyday life and giving them the time to rediscover a loving connection as husband and wife, father and daughter, mother and son, once more. For more in-

formation about Revitalise, our specialist alzheimer's weeks or to request a brochure please visit revitalise.org.uk, or call us on 0303 303 0145.

Stephanie Stone, Revitalise, London Broadband partnerships

Sir,
At BT, we are looking to hear from people in Argyll and Bute who would like to work with us to bring fibre broadband to their communities.

We're having great success with a new initiative called a Community Fibre Partnership (CFP), intended to help communities not yet involved in super-fast broadband rollout plans.

Across the UK, around 250 CFP pro-

jects have so far been agreed with local communities, with more than 100 already completed.

A CFP involves a local group working directly with us. There usually needs to be a joint funding arrangement, but we do everything we can to make it as affordable as possible.

A grant of up to £20,000 may even be available if your local school benefits from the work. But, whatever your circumstance, it is well worth getting in touch and finding out more.

We have a dedicated team on standby to explain things clearly and take you through the process. It really doesn't have to be daunting. You will get a dedicated point of

contact and help bring your community together.

It's already proving popular in Scotland with a number of partnerships either completed or in progress. These include communities in Moy in the Highlands and Woodilee and Kirkintilloch in East Dunbartonshire.

It guarantees them a fibre connection via the Openreach network, so they can continue choosing their own internet service provider and benefit from competitive pricing.

If you want to find out more on behalf of your community, visit communityfibre.bt.com.

We look forward to working with you.

Brendan Dick, BT Scotland director, Edinburgh.

Inveraray Jail Break team thanks everyone for support

Sir,
Inveraray Jail Break took place recently with an ever-increasing field of runners and a wide range of ages from six upwards in a unique combination of races taking place at the same time and all involving the iconic Dun Na Cuaiche.

We are very lucky to have generous sponsors from the Royal Burgh and are very grateful for the support by businesses small and large.

Inveraray Jail provides a wonderful start venue, amazing prizes and most importantly unflappable and tolerant staff members in the face of my headless chicken act which increases the closer we get to the big race day.

The Duke and Duchess of Argyll provide one of the most beautiful and impressive routes and finish lines, allowing access to parking and facilities for runners at the end of their exertions.

Three Inveraray businesses have consistently sup-



Spectators gather at the finish line in front of Inveraray Castle to welcome home Jail Break runners. 08_a20jailbreak07

ported the Jail Break, and this year was no exception.

Laura and Paul Blyth of Aray Fish and Inveraray Londis provided the bananas and water respectively for the goodie bags for competitors,

John Patrick from Argyll Adventure provided the tents and manpower to erect them and Inveraray jog scotland group member Mags Breeze provided the tablet, now synonymous

with the event. Two community groups, Inveraray Marketing Group and Inveraray Community Council, sponsored the beautiful medals provided by Seadrift.

The team competition has become very popular since it was introduced a couple of years ago and the excellent prizes donated by Fyne Ales and Bogey Doyle's have secured the entries for next year.

The prizes are what make a race and the local flavour, literally, for the local male and female winners donated by Loch Fyne Oysters was much appreciated.

The George Hotel is very generous to local events and charities and has been a long-standing contributor to the liquid prizes for second place runners.

A race cannot function without its marshals, who come back year after year

and do an amazing job, and Purdies of Inveraray gave superb gifts to all marshals as a thank you and donated two fantastic spot prizes to present to unsuspecting competitors.

Fiona Nelson and her team of first aiders are a key part of the race organisation, particularly given the terrain and range of abilities and ages.

They are always prepared for anything, professional and alert to any eventuality.

The local police also were extremely supportive with road closures for the race itself.

Finally I would like to thank the members of jogscotland for helping to make this now well-respected race happen every year.

Someone has to pack goody bags, thread medals with ribbons, organise prizes, tables, chairs, emails, and race packs so many thanks to them, one and all.

Fee, Paul and the Inveraray Jail Break team.

Press policy

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602345 or write to the Group Editor at Wyvex Media, Cranog Lane, Lochavullin estate, Oban, PA34 4HB.

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No job too small

MacLeod Construction has every trade on tap

Advertorial

JUST imagine the number of skilled trades working on the many MacLeod Construction sites around Argyll and the Isles.

We all recognise the company name, often associating it with larger building projects. But the firm has always carried out smaller scale jobs for clients. Imagine if you could call on their services to fix that dripping tap, adjust the sticking door in the living room or mend your gutters.

Founded by twin brothers Murdo and Kenny MacLeod in 1975 as a house builder, MacLeod Construction has come a long way in the decades since.

From its Lochgilphead base, right in the heart of Argyll, the firm now manufactures and assembles timber frame buildings across the region - from family homes to commercial and community structures.

Firmly rooted in traditional values, MacLeod Construction offers modern methods - and always top quality service.

Over the last six years the company has developed several new internal divisions that have added to its strength.

One of these areas is the small works, plumbing and electrical division - building on long experience carrying out our smaller jobs and maintenance work.

These new divisions were developed by Jonathan MacLeod, the firm's services manager, along with contracts manager John Mckellar.

There are 25 skilled staff members dedicated to the small works team. Among this number are electricians, plumbers, joiners, roofers, scaffolders and general maintenance trades - all supported by a dedicated office team.

All kinds of service are provided by the small works team - from tackling that leaking tap, or fixing that broken light - to full electrical, plumbing and joinery installations.

The MacLeod team will even carry out jobs like power washing, hard landscaping and general property maintenance.

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Fyne food serves up a c

CROWDS of eager foodies descended on the shores of Loch Fyne last weekend to sample the finest west coast produce, writes *Neill Bo Finlayson*.

In one of the most highly anticipated events of the festival calendar, purveyors of fine foods, handcrafted spirits and culinary skill gathered in the fields next to Loch Fyne Oysters' headquarters for a weekend of merriment.

Argyll food and drink was once again the star of the show at the Loch Fyne Food Fair in Cairndow as revelers indulged in fresh oysters, smoked fish, artisan chocolates and handcrafted ale in the bustling food tent.

Visitors were treated to a taste of the West Coast thanks to the likes of Loch Fyne Oysters, Fyne Ales, Gigha Halibut, Shellfield Farm and Loch Fyne Whiskies.

Sellers and producers from further afield, such as Great Glen Charcuterie, The Isle of Skye Bakery, Oban Chocolate Company and Makar Gin, were also on hand to whet appetites and quench thirsts.

Fraser and Lija Harvey, from Sandbank, near Dunoon, were drawn into the food fair by the smells, tastes and sounds coming from the tents.

Fraser said: 'We had a cracking drive up on the motorbike and stopped in for a bit. We came here to see some of the live music but the food is great and



Nell from Loch Fyne Oysters demonstrating how to dissect a lobster. 08_a20foodfair16

has made us stay for a wee bit longer.' The stalls were packed over the two

days and the teams tasked with serving the masses could hardly catch a break.

Liz, from Loch Fyne Oysters, was part of the team serving salmon steaks and cups of Cullen skink to hungry visitors. She said: 'It's been so busy over both days we've hardly had a chance to stop. But it's been great – a good kind of busy.'

The adverse weather conditions on Saturday did little to deter the crowds and the



Oysters on the go, courtesy of Ferran 'the oysterman'. 08_a20foodfair13

marquee did an excellent job in keeping the fun going.

Rowan Shilland of Loch Fyne Whiskies in Inveraray, commented: 'Saturday was packed, despite the weather. If anything the rain seemed to just entice people into the tent which worked out well in the end.'



Lynsey Campbell from Fyne Ales pulling pints for thirsty customers. 08_a20foodfair11



Lucy Doogan, lead singer of Hò-rò, captivating the crowd. 06_a20foodfair05



Mid Argyll Pipe Band livened up Sunday afternoon with a stirring set of tunes. 08_a20foodfair03

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Art & Design Exhibitors: <ul style="list-style-type: none"> • Marc Turner Photography (Scottish Series Through the Years) • Stuart Herd • Susan Mylne Nautical Cushions • Crùbag (Marine inspired Textiles) • 3D Nautical Charts 	Trade Stands: <ul style="list-style-type: none"> • Ring Net Heritage Trust • Ellen MacArthur Cancer Trust • Scottish Canals • You & Sea

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Lewis McCulloch, P5, and Eilidh Cameron, P7, helping out at Inveraray Primary School's stall. 08_a20foodfair20

Carnival feast

Craft stalls and live music keep the many visitors entertained at the food fayre



Demonstrating how to whittle a wooden spoon. 08_a20foodfair01

FOOD and drink were not the only things pulling the crowds to Cairn-dow at the weekend.

Dozens of craft stalls and live music kept visitors entertained as they took a break from gastronomic indulgence.

Traditional band Hò-rò captivated the food tent on Saturday with their vibrant sound, while Cowal outfit Heron Valley got plenty of feet tapping on Sunday afternoon.

The Camans, Black Eye Suzie and Rusty Nail also took the stage over the weekend, offering a more contemporary musical accompaniment.

Both the Dunoon Grammar School Pipe Band and Mid Argyll Pipe Band played rousing sets over the two days, livening up proceedings, and also generously helped organise the car parking.

Despite the appeal of fresh food, cold beer and live music, the craft stalls remained busy throughout over the weekend with fine woodwork, silks, textiles and print photographs all for sale.

The vast array of stalls and activities at this year's Loch Fyne Food Fair made for a carnival atmosphere and will likely inspire

many visitors back to Loch Fyne-side.

Euan MacNab and Abigail Pryde of Heron Valley perform on Sunday. 08_a20foodfair23



Taking a break in the sunshine with some sparkling wine and cider. 08_a20foodfair10



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Advertisorial

Argyll College UHI gears up for outdoor adventure

Are You Open to Adventure?

If adrenaline-fuelled outdoor activity is your idea of fun, Argyll College UHI has a brand new course which is ideal for you.

NC Outdoor Adventure Sports is a one year course which will include a range of Adventure Sports units overseen by one of the country's most experienced outdoor activity instructors - Andy Spink of Oban-based Hebridean Pursuits Ltd (HPL).

Andy, who has spent nearly 30 years running HPL, is passionate about outdoor education. He will be teaching Adventure Sports (can- yoning, gorge walk- ing and coasteering), Rock Climbing, Pad- dle Sports, and Sum- mer and Winter Hill- walking. The course

may also include a multi-activity week at HPL's Tavool House outdoor centre on Mull.

Anatomy, Nutrition, Contemporary Fitness and other subjects are also studied.

"It's very exciting for us to be given the opportunity to get students participating in - and hopefully en- thused by - outdoor adventure and educa- tion," Andy said.

"This course will be a fantastic way for anyone who's keen on adventure sports and outdoor activities and thinks they might want to pursue a ca- reer in that area to get themselves onto the first rung of the ladder. Who knows where that ladder might lead?"

Successful comple- tion of the Level 5

course could lead on to various opportu- nities including oth- er further education qualifications, ap- prenticeships and even a degree. The University of the Highlands and Is- lands currently offers degree courses in Ad- venture Education, Adventure Perform- ance and Coaching and Adventure Tour- ism Management at The School of Adven- ture Studies in Fort William.

According to Andy, there's no better place in the UK in which to be involved in outdoor education.

"The West Coast of Scotland is one of the world's best adventure playgrounds, and we're right in the middle of it," he said.

"We'll be doing some

really adventurous, fun, exciting activities. There will be a class- room element but this is primarily designed as a practical, skills- based course. Our highly experienced team of instructors can't wait to meet the first group of students and get started."

More information about this course can be found at www.argyllcollege.ac.uk - search for 'outdoor ad- venture'.

Hebridean Pursuits Ltd is part of the Ros- es Charitable Trust. All proceeds subsi- dize The Roses Project, which offers residen- tial adventure activi- ties for disadvantaged young people at Tavool House on Mull. For more details, please go to www.hebrideanpur- suits.co.uk



MOK Run

www.mokrun.com



Motivational expert has all the



UNRAVELLING the spaghetti of mind and emotions is the subject of a sport's talk at this year's MOKRUN pasta party.

International inspirational speaker, Dr David Hamilton, the author of nine books, will give a free talk for athletes and non-runners, just before the party on Saturday May 27, at 5pm, in Campbeltown town hall.

Dr Hamilton, who has a first class degree in chemistry and developed drugs for cardiovascular disease and cancer, spends his spare time coaching athletics.

Following four years in the pharmaceutical industry he spent a year managing leadership and change projects.

He coached and managed one of the UK's largest athletics clubs, Sale Harriers, based in Manchester and led its junior men's team to three successive UK finals.

A MOKRUN spokesperson said: 'All are welcome to what promises to be an interesting and uplifting evening.'

The hot buffet, pasta party, will follow the talk from 6pm to 9pm and tickets at £12 are available from www.stuweb.com

During the party Kintyre Schools Pipe Band will perform outside the town hall in Main Street.

The 12th MOKRUN, on Sunday May



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2016 10K winner. 25_c23mokrun01



MULL OF KINTYRE HALF MARATHON AND 10K

SUNDAY 28TH MAY 2017, 10.30AM AT THE WAR MEMORIAL



The MOKRUN committee would like to thank all our sponsors, supporters and marshals of the event.

GOOD LUCK to all entrants

events@MOKRUN.com www.MOKRUN.com





moves for 2017 MOK runners By Mark Davey

28, is sold out and 1,000 runners, 700 in the 10K and 300 hundred tackling the half-marathon will await the starter's gun at 10.30am at Kinloch Green by the war memorial.

The MOKRUN committee has decided to use the same routes as last year.

A spokesperson said: '10K runners said the public support

along Limecraigs was fantastic last year with many coming out on Sunday morning to cheer the competitors.

'There will be Brass Band musicians and pipers throughout the route and the lone piper on the infamous sandy stretch of the half marathon on Westport beach.'

The weekend's events begin



Last year's photo competition winner.



Last year's furthest travelled competitor.
25_c23mokrun13

jogscotland

Jog Scotland Campbeltown, wishes all participants good luck in the MOK Run

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Best wishes for MOKRUN 2017
Good luck to all participants

For further enquiries or information please
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admin.krl@btconnect.com

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GOOD LUCK EVERYONE FOR THE MOK RUN!

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Wishing all the very best to the MOKRUN 2017 runners

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with the Junior MOKRUN at 2pm on the Saturday with registration from 12pm at Aqualibrium. There will be four junior races: ages: five to seven and seven to eight: 500m, nine to 11: 1k and 12 to 14-year-olds: 2K.

Prizegiving at 3pm is for 1st to 3rd, girls and boys, in each category and includes a goody bag.

A spokesperson said: 'This year we held a competition in south Kin-

tyre primaries to design a MOKRUN mascot.

'There were about 60 entries and just before the junior run the winner will be unveiled with the winner having the design made in the UK and a voucher from Wee Toon Sports.'

On Sunday registration opens at 8.30am and closes at 9.45am prompt. Runners can pick up race bibs from 1pm to 5pm the day before at Aqualibrium. The timing chip

is in the bib so organisers say: 'No bib No run.'

Marshal briefing in Victoria Hall is at 9am and marshals with mobile phones should bring them. More marshals are always needed and anyone interested should email: events@mokrun.com or telephone Campbell on 07071167384 or John Galbraith on 0750534.

Fiona Irwin's warm-up is at



Map of the 10K route.



2016 MOK RUN organisers. 25_c23mokrun05

10.20am just before the compulsory race briefing at 10.25am for all entrants.

At the finish there are complimentary refreshments, sandwiches and the famous Danish pastries supplied by Argyll Bakeries.

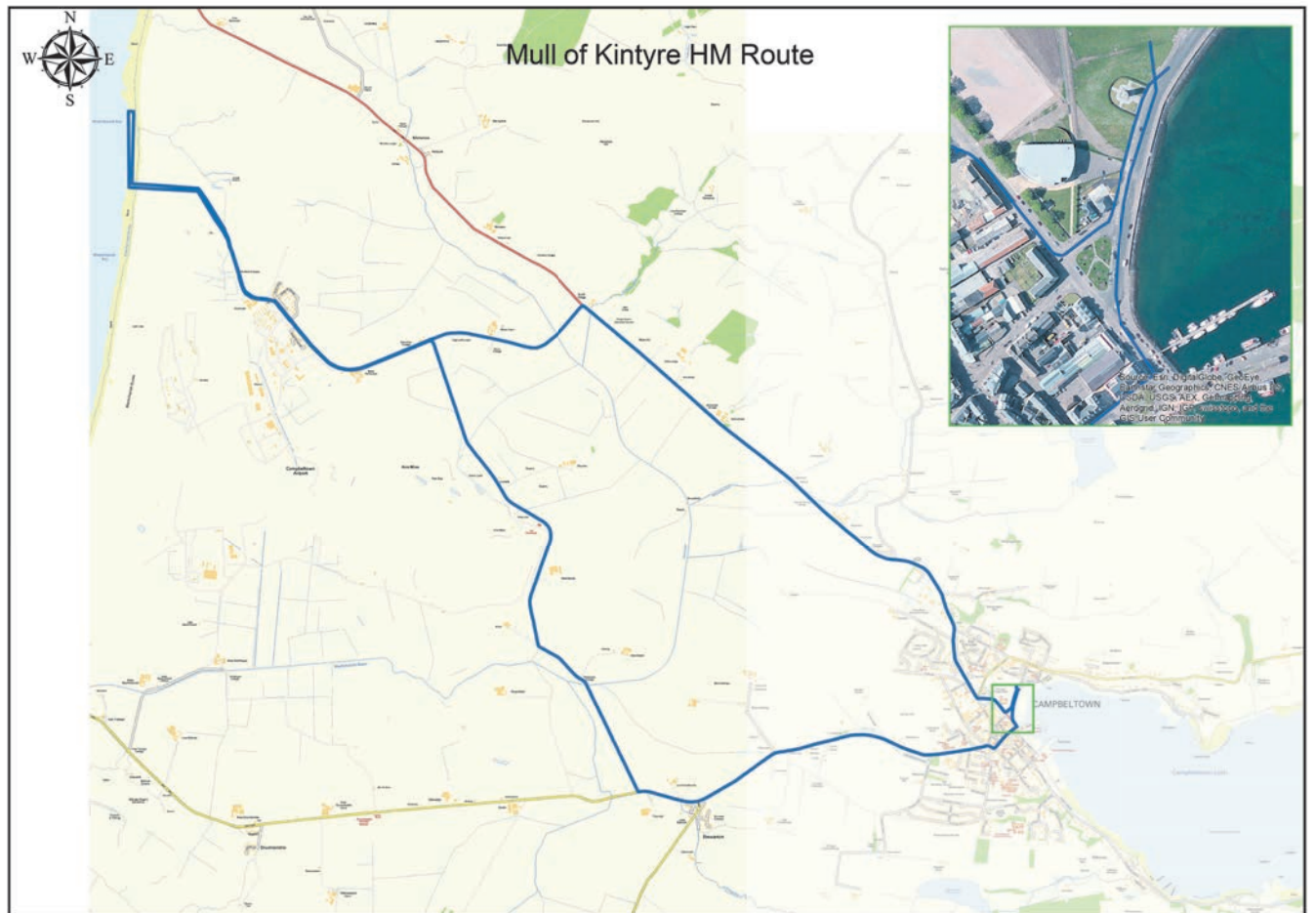
Organisers especially want to thank Coop for the goody bag, water, bananas and Lucozade, Red Cross and the Fire Cadets for first aid support, master of ceremonies John Armour, AM Transport, Gordon Bennie at Argyll Signs, Jim Martin and Campbeltown Pottery.

MOKRUN prize giving is at 1pm in the finish area.

The directors and staff of Springbank Distillery have the greatest pleasure in wishing everyone involved in the 2017 MOK Run the best of luck.



Above: MOK RUN banners designed and made by Gordon Bennie of Argyll Signs.



Half marathon route map.

During MOKRUN there are many events for non-runners including on Saturday an architectural tour at 11am with David McEwan and Alex McKinven's heritage tour from 2pm. The tours, from the Aqualibrium foyer, are free but Visit Scotland will take bookings.

Runners can take a discounted tour of Springbank distillery by booking on 01586 551710 and pressing option one.

The weekend winds-up at the Victoria hall ceilidh from 7.30pm to 12.30pm. There are a few tickets left to sell headliners Ceol-an-Aire and Jamie Gee's disco.

Tunnock's Caramel Wafers see you through to the finish line.



Proud to support the MOKRUN 2017. Good luck to all competitors

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ADVERTISEMENT FEATURE

Dementia Friends



Specsavers' optical and hearing teams become Dementia Friends

With visual impairments common among those with dementia, Specsavers is ensuring a trip to the opticians and audiologists is as comfortable as possible for them.

In the run up to Dementia Awareness Week (15-21 May), Specsavers employees nationwide are becoming Dementia Friends, an initiative run by the Alzheimer's Society. Every store now has at least one team member who is a Dementia Friend and understands the needs of customers with dementia a little more. The Specsavers Healthcall teams that carry out home visits are also becoming Dementia Friends.

Specsavers is also using Dementia Awareness Week to remind anyone over 55 to undergo regular hearing tests, as research suggests that people with untreated hearing loss are more likely to develop Alzheimer's. Hearing tests are free at Specsavers.

Dr Nigel Best, Specsavers clinical spokesperson, says: 'People with

dementia may not be able to recognise or articulate the issues that many of us face when we begin to lose our sight or hearing - but the effects are the same. Being more aware of dementia is an incredibly positive development for our teams and our offering to customers.'

Those with dementia commonly experience problems with their sight and visual perception, causing them to misinterpret the world around them. Some sufferers can experience hallucinations. On top of that, research has revealed that almost half of dementia patients in care homes are wearing glasses with the wrong prescription, leading to increased isolation.

Laura Stallerbrass, store manager at Specsavers Forfar, has encouraged all her team to do Dementia Friends.

'We aim to provide a safe environment for all of our customers. I can definitely see a shift in attitudes to dementia which is lovely to experience.'



Specsavers supports Dementia Friends



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Ford artist finds sweet spot with new collection

MID ARGYLL'S reputation as a burgeoning hub of creativity has been further enhanced by the opening of a new exhibition.

Featuring an intriguing mix of media, artist Inge Bos's mesmerising collection of artwork, entitled *Sweet Spot*, is being exhibited at the gallery in the Dochas Carers Centre.

The exhibition opened on Friday evening, May 12, with local artists gathering in the Dochas gallery to get a first glimpse of the new works. Inge Bos is one of a number of artists over the years to collaborate with the Dochas Centre and was pleased to contribute to such a creative community project.

Inge said: 'It's a really nice space and I'm privileged to be exhibiting in the gallery here. I'm so glad so many friends and fellow artists have been able to make the opening and



The collection of ink drawings on display at the exhibition.

08_a20artopening04

see my work on display for the first time.'

Hailing from the Netherlands, Inge now lives in Ford with her small family where, in between running a busy guesthouse, she manages to find enough time and space to work on her art. 'We're very busy through the summer with the guesthouse,' said Inge, 'so I do most of my painting and drawing in the

winter. Some of the works in this exhibition have already featured at Artmap and in Glasgow last year but all of the ink drawings are new.'

Discussing the artwork itself, Inge explained: 'I'm interested in creating pictures and images that can change and transform depending on the eye of the viewer, so I've tried to use elements and materials that give an impression of fluidity.'

She continued: 'I decided to use wooden panels as a canvas to try to create a more layered, textural piece as the paint stains the wood in an interesting fashion.'

Inge's *Sweet Spot* exhibition in the Dochas Carers Centre runs until May 27 and is open Monday to Friday, 10am until 5pm.

The Artmap Argyll open studio event, which features dozens of local artists, will take place in the last weekend of August.



Inge Bos with one of her wooden panel pieces. 08_a20artopening02

Running wild for charity in Taynish



All the winners from the day's races.



Volunteers prepared a great spread for the coffee morning in the village hall. 08_a20taynishcoffee01

THE PEACE and quiet of the Taynish National Nature Reserve was briefly interrupted by the sound of runners' feet on Saturday.

Runners from around the country gathered in Tayvallich on Saturday May 13 to take part in the Taynish Run. The event comprises of three races – the 5km, 10km and the trail run – with all proceedings going to Macmillan Cancer Support.

Some 122 people had signed up to the Taynish run and, despite a number of drop-outs due to illness or injury, almost all of the entrants made the trip to Tayvallich to take their place on the starting line. In a busy day of competition, Tarbert's Ewan Smith finished fastest in the 10km race, followed closely by Douglas Ferguson from Campbeltown, while David Carey of Lochgilphead put down a good time in the cross country to finish second. Campbeltown local Katie Ferguson recorded the fastest female time in the 10km race, while Carol Lawson of Ardrishaig won the 5km female race.

During the events, spectators and helpers were treated to coffee and cake in Tayvallich Village Hall as a squad of volunteers prepared a delicious spread to help boost the fundraising total for the day.

According to latest estimates, the

races and coffee morning raised an impressive £2,700 for Macmillan Cancer Support.

Race organiser Colin MacFarlane said: 'Last year's run was so successful that I decided to organise it again but with all the proceeds going to Macmillan, which is a great cause. A big thanks also to Taylor and Wishart Scaffolding, Mid Argyll Round Table and the Rotary Club of Mid Argyll, who donated a huge amount to the race.'

Male 10km:

- 1 Ewan Smith, 41.56
- 2 Douglas Ferguson, 43.27
- 3 Billy Thomson, 45.26

Female 10km:

- 1 Katie Ferguson, 45.29
- 2 Sandra Houldsworth, 45.56
- 3 Laura Thomason, 49.05

Male 5km:

- 1 Mark Gormley, 23.52
- 2 Iain Thistlethwaite, 25.56

Female 5km:

- 1 Carol Lawson, 25.08
- 2 Naomi Thistlethwaite, 25.56
- 3 Tina Barrie, 27.20

Male trail run:

- 1 Nicholas Gemmell, 48.49
- 2 David Carey, 49.27
- 3 Alasdair MacInnes, 50.00

Female trail run:

- 1 Jill Smylie, 52.37
- 2 Mary McCutcheon, 56.09
- 3 Heather Thompson, 61.38

Kind royal burgh residents help Kenyan care worker raise funds

KIND-HEARTED residents of Inveraray are helping a Kenyan care worker raise funds for her nephew in Kenya who has Hodgkins lymphoma.

Kenyan-born Florence Aura, who now lives and works in

Inveraray with her young family, has been given a helping hand to ensure her nephew, Seth, receives life-saving treatment.

Seth lives in Mtwapa in Kenya and works in a missionary school, where he is well

loved and respected by his students and colleagues. Doctors in Kenya have strongly advised him to fly to India for more advanced life-saving treatment and a bone marrow transplant, which is not available

in Kenya. Living on a teacher's salary, Seth is struggling to afford the treatment, so his auntie Florence, with the help of some royal burgh residents, has given him a helping hand.

An afternoon tea was held in Inveraray Parish Church Hall on Saturday May 6 which raised £540 thanks to a good turnout.

Face-painting

Raffle prizes donated by Londis, the Co-op and friends, and Louise's face-painting stall made for a fun-filled afternoon, entertaining both children and adults.

Additional private donations and a generous £100 donation from the fire service has brought the total up to £950 so far.

Seth has thanked the good people of Inveraray and beyond for their kindness. Knowing that there are so many people in



Florence Aura with helpers from Inveraray at the afternoon tea.

Argyll who care about his wellbeing has given him a huge morale boost.

Seth still needs several thousand pounds to complete

his treatment, and we are asking anyone who would like to help to please go online to www.retouch.is and make a donation. If preferred, make a cheque out to Inveraray Parish Church and send c/o The Manse, Inveraray PA32 8XT (please write on the back of the cheque 'for Seth').



Face-painting kept the youngsters entertained.

Argyll dancers have 'reel' good time in Tarbert

DANCERS came from near and far to join Tarbert Loch Fyne Scottish Country Dance Club on a hot evening.

Despite the heat

at the club's annual dance on May 6, everyone danced the night away to excellent music from Susan MacFadyen and her sister.

Club members provided an excellent finger buffet.

The Tarbert club has now finished holding regular weekly evenings, but will be

dancing on the third Wednesday of each month throughout the summer, beginning in June. Anyone wishing to come along will be most welcome – just

turn up on the night at the Village Hall, Tarbert.

The evenings run from 7.30 until 9.30pm. Dancing takes place to music on CD and there is a short interval for tea and biscuits. All dances are called and walked through, and there is always plenty of help available for anyone who is completely new to Scottish country dancing.

The present club was established in 1982 and throughout this time has danced in the Templars Hall (now TALC), before moving to the village hall.



Susan MacFadyen and her sister provided excellent music.



Club members danced the night away.

FyneHEAT
FYNE HOMES ENERGY ACTION FOR TENANTS

Fyne Homes tenants are invited to drop in to the Lochgilphead Baptist Church Hall

Thursday 25 May from 11am – 3pm
Come along for a cuppa, cake and some energy saving advice.

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spa



YOUR GUIDE TO RELAXATION
AND PAMPERING



spa

With more of us looking for ways to boost self-confidence or learn how to manage stress, it is little wonder that spa days are a rising trend in the wellness world.

Spas are places devoted to overall well being through a variety of professional services that encourage the renewal of mind, body and spirit. With today's busy work and family schedules, sometimes we need an escape. Perhaps there is a niggling problem that we could use some help with, such as tight and aching muscles or chronic pain. Maybe we just want to indulge in a bit of pampering or enjoy a special beauty treatment. There are so many benefits to shutting out the world and giving yourself the gift of a little 'me time', and a visit to a spa is the perfect way to do this!

In today's fast paced life, it becomes very essential to allay stress as much as possible. By visiting





a spa you will feel pampered and rejuvenated, whether you are getting a massage, a skin treatment or just a manicure. When you take time out for yourself, the return on your investment will be improved well-being.

And when you put yourself in the expert hands of a spa therapist, she can help your skin, hair and nails look their absolute best with a variety of ancient time-proven therapies and 21st century treatments using natural ingredients such as Scottish seaweed and aloe vera. And when you feel relaxed on the inside and beautiful on the outside, it's a huge boost in self-confidence, giving you a whole new outlook on life.

Spa days are a brilliant way to celebrate with the girls, spend quality time with your sweetheart or just take some time alone, with nobody yelling, 'Mum!' for at least an hour- ah, think of the bliss! Who needs to jet off to the big city or Europe for world-class spa treatments?

Here on the West Coast, we are spoiled for places to chill out, relax, recharge, reflect, detoxify and re-energise.

What to expect from your first spa visit

You have booked your first spa appointment and are all ready for a pampering session, what should you expect?

Be sure to tell the spa receptionist that it's your first visit- he or she should take as much time as you need to answer any questions you may have. They can explain the different treatments on offer and make suggestions to customise your visit. You might also ask for a tour of the facility.

The most popular spa treatments are massage therapy, facials, body treatments, manicures and pedicures, but there are also more exotic treatments on offer, such as a Rasul Mud experience or a frozen crystal facial.

It's best to arrive at least 15 minutes early to fill out any paperwork and make sure you are not rushed- after all, the whole idea is to relax, and if you are late, you will be stressed out. Also, your time slot usually can not be extended, so if you arrive late, your treatment might be cut short.

When you arrive, you may be shown to the changing room and given a robe, slippers and towel, or taken straight to the therapy room, where, if needed, the therapist will leave you to disrobe and get comfortable on the treatment table or chair.

Now it's time to lie back, relax and put yourself in your therapist's expert hands. This is your time, so enjoy the tranquillity, beauty and sense of refreshment that only a visit to a spa can offer!



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Stobo Castle means many different things to guests who come back to us year after year. Some join us for relaxation and pampering; some for rest among tranquil surroundings, or exercise and toning. Others are simply seeking a personal treat or beauty boost.

REVITALISING BREAK

No treatments included – please choose from our wide range of individual treatments if you wish. Rates are per person per night.

PURE SPA BREAK

Includes two nights' accommodation, one Express Facial (25 mins) and a choice of: one Full Body Massage (55 mins) or one Jessica Prescriptive Manicure Deluxe (55 mins) or one Luxury Mud Wrap (55 mins).

Prices are per person and include VAT. A supplement of £15 per person applies on a Friday night and £25 per person applies on a Saturday night. A deposit of £100 per person is required to confirm a reservation.

Start enjoying your Stobo experience a little bit earlier by joining us for a delicious buffet lunch in the Coffee Shop on your day of arrival. No booking necessary.

*Deluxe rooms include bottled water and fresh fruit.

**The Cashmere Suite includes a bottle of Bollinger champagne, chocolates, bottled water and fresh fruit on arrival.

RESIDENTIAL PACKAGES INCLUDE:

- All meals from dinner on arrival to lunch on departure
- Unlimited use of the health suites and spa facilities
- An extensive range of optional fitness and aqua classes
- Guided walks including the Japanese Water Gardens

SO STOBO WELCOME PACKS

What could be nicer than finding one of our beautifully presented 'So Stobo' Welcome Packs waiting in your room with your name on it.

Whether it's a special occasion or just a 'thank you' gift, the range of packs available will cater for all your requirements. Just choose from the following options and call 01721 725300 to place your order quoting the recipient's name and their arrival date, at least seven days beforehand.

OPTION 1 - £25

- Bottle of "So Stobo" House Wine (Red, White or Rosé)
- Sleeve of "So Stobo" chocolates
- Card with personalised message

OPTION 2 - £55

- Half bottle of champagne
- Fresh flower arrangement
- Sleeve of "So Stobo" chocolates
- Card with personalised message

OPTION 3 - £65

- "So Stobo" fluffy, white bathrobe
- Pair of "So Stobo" slippers
- Set of two Stobo Luxury products
- Card with personalised message

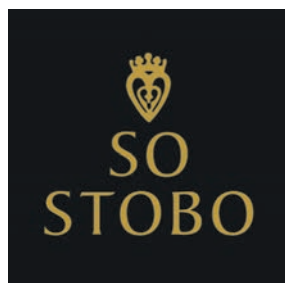
OPTION 4 - £85

- So Stobo Terramundi Money Pot
- Teddy Bear
- Bottle of champagne
- Card with personalised message

Please note that payment for Welcome Packs is non-refundable and payment for option 2 is requested at the time of booking

RESIDENTIAL PACKAGES 2017 – PRICES

	REVITALISING BREAK		PURE SPA BREAK	
	SHARING	SINGLE	SHARING	SINGLE
CASTLE LODGE	£135	£195	£345	£465
STANDARD	£155	£215	£385	£505
CLASSIC	£175	£235	£425	£545
DELUXE*	£195	£255	£465	£585
CASHMERE SUITE**	£299	£399	£690	£890



STOBO CASTLE HEALTH SPA

SCOTLAND'S ONLY DESTINATION SPA

Nestled among the beautiful Scottish Borders countryside, Stobo Castle offers excellent service, fine food, elegantly trained staff and above all, the ability to find peace in a frenetic world.

The magnificent Scottish Castle is set deep within the Scottish Borders countryside in private grounds and surrounded by vast pine forests and a tranquil lake. Award-winning Stobo Castle is the ultimate escape where one can indulge in a luxurious haven, unwind and enjoy some of the finest hospitality and first class service that Scotland has to offer.

From the sweeping driveway when one enters the castle, guests are enveloped into an environment of unrivalled luxury, serenity and calmness. The personality of each room is unique but all are rich and elegant with perfect ambience to make one feel comfortable. The internationally renowned Cashmere Suite is Scotland's most luxurious and opulent bedroom. A haven of sensual pleasure, it is the ultimate in style and comfort, featuring cashmere wall coverings and "his and her" four poster beds. A handcrafted, oval limestone

bath weighing over a ton and big enough for two is the focal point, with an extensive range of Molton Brown products for guests to enjoy whilst relaxing in the decadence of the bathroom.

Guests at Stobo are drawn to Scotland's only 25m Ozone Pool offering panoramic views of the Borders countryside and giant Hydrospra with relaxing water jets. Knowledgeable fitness trainers run a full range of classes throughout the day, suitable for every level of fitness. 2013 saw the complete refurbishment of the gymnasium and more recently, three outdoor, torch-lit hot tubs were added.

Whatever the senses desire, there are customised spa treatments available to detoxify, smooth, tone and revitalise as the mood suits, carried out by highly-trained personal therapists. The new range of Couples Treatments include truly special rituals designed for

two people to enjoy together or be massaged with 2,000 litres of warm water without getting wet on a Dreamwater massage bed.

The gently burbling Japanese Water Gardens are truly spectacular and are specially designed to promote a Zen-like calm. Water from the Stobo Lake tumbles down a cascading waterfall, whilst delightful little bridges take you over peaceful pools.

At Stobo chef's create dishes sourced from only the finest Scottish produce that are not only delicious but promote healthy eating whilst satisfying even the heartiest appetite. In case there was any doubt, decadent desserts are on the menu, as are champagne, cocktails and fine wine.

Stobo Castle combines the finest spa facilities in Europe with premier hotel service and adds a personal touch to make Stobo your very own personal haven.



SPA DAYS

STOBO CASTLE AFTERNOON TEA

£19.95 per person

£26.95 per person - Includes a glass of Bernard Robert Cuvée Reserve, NV, champagne

A traditional afternoon tea served in the Dining Room - includes:

- Your choice of finger cut sandwiches
 - Freshly baked scones served with cream and jam
 - Delicious handmade cakes
 - A selection of Twinings loose leaf teas
- Served between 3pm and 4pm, pre-booking is essential and payment is required at the time of booking.

MORNING CHILL OUT

£55 per person*

- Arrival from 9.30am – departure 1.30pm
- Unlimited use of the spa facilities
- Optional fitness and aqua classes and access to the Japanese Water Gardens
- A delicious, healthy buffet lunch with tea or coffee served in the Coffee Shop.

LAZY AFTERNOON

£55 per person*

- Arrival from 2pm – departure 6pm
- Unlimited use of the spa facilities
- Optional fitness and aqua classes and access to the Japanese Water Gardens
- A traditional afternoon tea served in the Coffee Shop

EVENING ESCAPE

£34 per person*

- Arrival from 6pm - departure 10pm
 - Unlimited use of the spa facilities
 - Access to the Japanese Water Gardens
 - Refreshments are available to purchase from the Coffee Shop
- * £4 supplement applies on a Saturday and Sunday.

RELAXING SPA DAY

£99 per person**

- Arrival from 9am – Departure 5pm
 - Dream Water Massage (15 mins)*
 - Express Facial (25 mins)
 - Optional fitness and aqua classes and access to the Japanese Water Gardens
 - Unlimited use of the spa facilities
 - A delicious three course lunch with coffee served in the Dining Room
- *Not suitable for pregnant ladies.

STOBO SPA DAY

£125 per person**

- Arrival from 9am – Departure 5pm
- Choose two of the following treatments:
Back Massage (25 mins)
Facial Massage (25 mins)
Jessica Hand Treatment (25 mins)
ZenSpa Foot Treatment (25 mins)
File & Polish - Hands Only (25 mins)
- Optional fitness and aqua classes and access to the Japanese Water Gardens
- Unlimited use of the spa facilities
- A delicious three course lunch with coffee served in the Dining Room

LUXURY SPA DAY

£165 per person**

- Arrival from 9am - Departure 5pm
 - Choose two of the following treatments:
Full Body Massage (55 mins)
French Facial (55 mins)
Luxury Mud Wrap (55 mins)
Jessica Prescriptive Manicure Deluxe (55 mins)
ZenSpa Pedicure Deluxe (55 mins)
 - Optional fitness and aqua classes and access to the Japanese Water Gardens
 - Unlimited use of the spa facilities
 - A delicious three course lunch with coffee served in the Dining Room
- ** £15 supplement applies on a Saturday and Sunday.



FULL TREATMENT LIST

SIGNATURE TREATMENTS

- DREAM WATER MASSAGE
- BODY EXFOLIATION
- BACK MASSAGE
- FULL BODY MASSAGE
- MOTHER-TO-BE BACK MASSAGE
- MOTHER-TO-BE FULL BODY MASSAGE
- PARAFFIN WAX
- PARAFFIN WAX FULL BODY WITH ESSENTIAL OILS
- STOBO CASTLE LUXURY MUD WRAP*
- SERAILBAD MUD ROOM
- STOBO'S TOP TO TOE SUGAR GLOW
- STOBO'S EXCLUSIVE HOT STONE MASSAGE
- AROMATHERAPY
- INDIAN HEAD MASSAGE
- REFLEXOLOGY
- SPORTS MASSAGE** †
- FAKE BAKE SPRAY TAN
- STOBO CASTLE EXPRESS FACIAL
- STOBO CASTLE FACIAL MASSAGE
- STOBO CASTLE FRENCH FACIAL
- EYELASH TINT
- EYEBROW TINT
- EYELASH/BROW TINT
- EYEBROW SHAPE
- PERSONAL MAKE UP

CAUDALIE

- VINOPERFECT RADIANCE FACIAL
- VIVOSOURCE ANTI-OXIDANT HYDRATING FACIAL
- VINEACTIVE GLOW ACTIVATING ANTI-POLLUTION FACIAL
- RESVERATROL LIFT FACIAL
- ANTI-AGEING EYE TREATMENT
- PREMIER CRU ULTIMATE ANTI-AGEING FACIAL
- DIVINE MASSAGE
- PRE-POST NATAL BODY MASSAGE

DARPHIN

- PERFECT POLISH
- DEEP RELAXATION BACK MASSAGE
- DEEP REBALANCING FULL BODY MASSAGE
- EXPRESS FACIAL
- ESSENTIAL FACIAL
- EXPERT FACIAL
- DIVINE LIFTING FACIAL

NEOM

- DE-STRESS TREATMENT
- ENERGISE TREATMENT
- HAPPINESS TREATMENT
- SLEEP TREATMENT
- EXPRESS DE-STRESS TREATMENT
- ENERGISING FOOT TREATMENT
- EXPRESS HAPPINESS TREATMENT
- PREGNANCY WELLBEING TREATMENT

PHYTOMER

- SEA HOLISTIC RADIANCE TREATMENT
- SCULPT ZONES
- LEG REVIVAL TREATMENT
- EYE PERFECTION
- DISCOVERY FACIAL
- PIONEER FACIAL
- CITY LIFE FACIAL

HOLISTIC THERAPIES

- REIKI **
- SEIKHEM-HATHOR© **
- THETAHEALING® TECHNIQUE**
- COMBINATION WELLBEING SESSION**
- CRYSTAL HEALING AND CHAKRA BALANCING **

TREATMENTS FOR MEN

- MARINEPURE – DEEP CLEANSING
- MARINECALM – CALMING & RELAXING
- MARINEZEST – ENERGISING *
- MARINEFOOTSPA – FOOT TREATMENT
- MARINEHANDSPA – HAND TREATMENT

HANDS, FEET & WAXING

- JESSICA PRESCRIPTIVE MANICURE *
- JESSICA PRESCRIPTIVE MANICURE DELUXE INCORPORATING THE LEREMEDI BY JESSICA HAND TREATMENT PROGRAMME *
- JESSICA FRENCH MANICURE
- LEREMEDI HAND TREATMENT BY JESSICA
- JESSICA PHENOM FILE & POLISH
- ZENSPA PEDICURE *
- ZENSPA PEDICURE DELUXE WITH THERMAL BOOTIES *
- ZENSPA FRENCH PEDICURE
- ZENSPA FOOT TREATMENT
- JESSICA GELERATION MANICURE
- JESSICA GELERATION PEDICURE
- WAXING





Portavadie
Loch Fyne | Argyll

MEET THE TEAM

AVRIL VERNON, PORTAVADIE'S SPA & LEISURE MANAGER, SHARES HER FAVOURITE TREATMENTS AND SPACES AT PORTAVADIE.

'Our range of bespoke signature treatments offer something for everyone, from special packages for mums-to-be to treatments tailored to men. For complete relaxation, I love the DECLÉOR Aromatherapy Warm Stone Massage. It's 55-minutes of pure bliss. The heat-releasing stones help to relieve tension and soothe aches while the melting aromatic balms leave your skin feeling as soft as silk.

The ishga Detoxifying Seaweed Body Wrap is another favourite, combining the detoxifying and nourishing effects of the purest seaweed gel with the stimulating and hydrating properties of a scrub. Naturally healing, moisturising and anti-ageing, seaweed is rich in vitamins, minerals and anti-cellulite properties. Imagine lying back and relaxing in a hot bath filled with fresh, hand-harvested Scottish seaweed and mineral sea salts. The ishga Seaweed Bath is the perfect treatment.

After your treatment you can continue to relax and unwind with the exclusive Spa Experience. It is truly stunning, with floor-to-ceiling windows offering Lemi relaxation beds, hydro pool and sauna all with views across Loch Fyne to the Isle of Arran. Then as the sun begins to set, don't miss the chance for a dip in the infinity pool or a soak in the outdoor spa pools and enjoy a Portavadie sunset. The views are incredible.'

WELCOME TO SPA & LEISURE AT PORTAVADIE

The luxurious Spa and Leisure Experience at Portavadie sits right on the shore of Loch Fyne. From the incredible outdoor infinity pool to the tranquil treatment and relaxation spaces, it's a truly stunning development. There's something for everyone, whether you're looking for a pamper day with the girls or family poolside fun.

With Scotland's biggest outdoor infinity pool, an indoor pool, splash pool, spa pools and sauna, the Leisure Experience is the perfect way to spend time with family and friends. The facilities are complemented by a state-of-the-art Precor gym.

The exclusive Spa Experience features a hydro pool, Scandinavian sauna, steam room and a relaxation space, all with breath-taking floor-to-ceiling views across Loch Fyne. In line with the luxurious surroundings, the spa therapists offer reviving spa and beauty treatments from spa brands DECLÉOR and ishga in sumptuous treat-



ment rooms complete with mood lighting.

Bespoke signature treatments and spa day packages ensure total relaxation. For great deals, look out for our seasonal residential spa break offers.

DINE WITH US

Enjoy a taste of Argyll's finest local produce, including seafood fresh from Loch Fyne, at Portavadie's

restaurants. The Spa & Leisure Café is a great space to chill out. Tuck into stone-baked pizzas, deli sandwiches, bento box salads and home-churned ice cream in this relaxed and fun space. The café overlooks the pools while the outdoor terrace provides panoramic views of Loch Fyne. For award-winning cuisine head to the Marina Bar & Restaurant and for hearty portions of home-cooked food try the Lodge Kitchen & Bar.



Photos: Ronnie Cairns Photography

TREATMENT LIST

SPA PACKAGES

Choose from a selection of sublime spa days at Portavadie and feel your stresses melt away! All the packages include a bento box lunch, ¼ bottle of Prosecco, tea and coffee and full use of the Spa & Leisure Experience.

HARMONY RETREAT

Mon-Fri £91, Sat & Sun £98

Fall head over heels in love with Loch Fyne with this wonderful day package. Choose one 55-minute ishga or DECLÉOR treatment.

FYNE ESCAPE

Mon-Fri £146, Sat & Sun £154

Enjoy a day of pure relaxation and bliss with this fabulous package. Choose any two 55-minute treatments and create your own perfect spa experience.

PORTAVADIE PARADISE

Mon-Fri £161, Sat & Sun £169

Treat yourself to a comprehensive day of pampering. Indulge your senses with this exquisite mind-and-body experience for complete top-to-toe tropical relaxation.

RADIANT MUM TO BE

Mon-Fri £106, Sat & Sun £112

Sit back and relax with the choice of prenatal or postnatal treatment. The perfect spa day for some well-deserved 'you' time.

SIGNATURE TREATMENTS

Our signature treatments from luxury spa brands ishga and DECLÉOR offer the ultimate in relaxation. They're guaranteed to leave you glowing!

For our full treatment menu check out www.portavadie.com/spa-experience

Indulge yourself

Chill in our indoor pool or take in the picturesque views of Loch Fyne from our heated infinity pool.

Work out in our state-of-the-art gymnasium or simply relax in the heated sauna, all at a time that suits you.

Adults: £48 **SAVE £57!**

Children: £20 **SAVE £15!**

Terms and conditions apply. Passes are valid for 60 days from issue. Non-refundable.

 **Portavadie**
Loch Fyne

T 01700 811075
E leisure@portavadie.com
Portavadie | Loch Fyne | Argyll | PA21 2DA

NEW!

Buy a **Seven Day Flexi-Pass** to our wonderful Leisure Experience





The Stables Spa at Isle of Eriska

Isle of Eriska Hotel, Spa & Golf Resort is set on an enchanted 300-acre private island, accessible via a private bridge and private mooring. An ideal escape for a unique experience with a host of activities and facilities. The hotel boasts the Stables Spa, with a selection of luxurious spa treatments and thermal spa area, Deck Restaurant with outdoor terrace offering all day dining, a six-hole golf course running along the West Coast of the island, and indoor sports facilities. A jewel in Scotland's West Coast the island resort offers the very best of Scottish hospitality on the most beautiful surroundings imaginable.

The Deck Restaurant, flooded by natural light and complimented by an outdoor terrace, combines contemporary design with breath-taking views. Along with the views, the menu on offer is Scottish and moreish, from their own home-smoked salmon to a wide selection of light bites and main courses, also serving local beers and beverages to match, starting from £15 for two courses. The restaurant's suppliers

are selected with traditional Scottish tastes in mind, but also lead with quality and range. The island itself is also a supplier, adding home-grown vegetables and herbs to the dishes, selected by 'green fingered' chefs from the kitchen's own garden. The Deck is open all year round (restricted winter hours) and is the perfect spot for residents and non-residents to meet for morning coffee, late lunch or early evening dinner, with dining available from 12.30pm until 6.30pm. Tea and coffee served daily from 10am.

The Stables Spa: set in the former stables building and accessed by a path through the Spa Garden. Offering five treatment rooms, a Rasul Mud Chamber, 17-metre indoor pool with spa pool, sauna and steam room. It offers luxurious facials, massages, body treatments, bathing rituals and finishing treatments. Post treatment, Eriska's guests are welcome to continue their spa journey in the Relaxation Room to slowly awaken and indulge in the views of Eriska. Experience the Rasul Mud Chamber with finest mineral muds to gently steam, de-stress and detox the body, beneath a twinkling starry sky – the



For bookings or enquiries contact us on 01631 720 371 or email spa@eriska-hotel.co.uk

Isle of Eriska Hotel, Spa & Island, Benderloch, Argyll, Scotland, PA37 1SD | Tel: 01631 720 371 | office@eriska-hotel.co.uk | www.eriska-hotel.co.uk



*Reflexology
now available at
The Stables Spa.
Enjoy a 1 hour treatment
and 2 hours access to the
Thermal Spa for only £50.
Quote 'May Spa'
to book.*



ideal therapy before a massage or facial.

Along with ESPA's professional products the spa also uses ishga, a 100 per cent organic Scottish product from The Hebrides, using ingredients straight from the sea. Seaweed is one of the leading ingredients which is known for its anti-oxidant and anti-aging properties.

Hosting an **indoor sports hall**, Eriska offers sports from tennis and badminton to football or table tennis. At £15 per hour it can be the ideal way to work up an appetite or offers an alternative on those wet Scottish days!

The Eriska Links Golf Course began life in 1994 and has now evolved into a six-hole course. The ethos behind the course is for it to melt and immerse into the landscape, the course naturally follows the West Coast of the island making this a gem of a course. It has its quirky challenges for the experienced players but also a thrilling game for beginners, starting from £15 for a day pass, it also offers a peaceful and scenic walk for the caddy. Along with the course, the island offers practice facilities and driving range to hone and refine your game, finishing in front of The Deck Restaurant where you can enjoy a drink or meal with your tactical talk.



Reachable by land or sea and only three miles from Benderloch or 12 miles from Oban, once you set foot on The Isle of Eriska the sheer purity of the air you breathe promotes relaxation and an unforgettable experience.

*Day Spa
packages
available
from £80.*

TRENDING SPA TREATMENTS

Most everyone has experienced a manicure or massage, but what about some of the more interesting spa treatments that are available? Let's deconstruct some of the hot trends in spa therapies.

RASUL

Rasul thermal mud treatment is a traditional cleansing treatment that is traditional in Arabia, combining the health enhancing properties of heat, steam and mud for a relaxing and skin conditioning treatment in a magical and sensory private environment, complete with twinkling lights and fragrant vapours. In a Rasul treatment, Detoxifying Body & Muscle Essential Oil Clay Lotions are applied to specific areas of the body, then you relax with a combination of steam and cool showers.

REIKI

Reiki is a form of non-intrusive energy healing originating in Japan in the early 1900s in which naturally occurring electromagnetic energy is channelled by an 'attuned' practitioner. Once associated with the incense soaked realm of new age hippies, Reiki is rapidly infiltrating the mainstream. Like acupuncture and reflexology before it, doctors are now recommending Reiki as a viable healing method, and today it's practiced through the world by many millions of people.

REFLEXOLOGY

Reflexology is a type of 'zone therapy' which involves applying pressure to certain points on the hands, feet and ears. Doing this is believed to encourage the body's natural healing process in corresponding areas. It can also be used for stress relief and to improve overall well-being. The therapy is based on the principal that certain points on the feet, hands and ears (known as reflexes) are linked to other areas of the body. For example, the tips of the toes correspond with the head and the heel is associated with the lower back and intestines.

CUPPING

Cupping is a lesser-known treatment that comes from Asian medicine, one that can provide an especially pleasant experience. Cupping is the term applied to a technique that uses small glass cups or bamboo jars as suction devices that are placed on the skin. Once the suction has occurred (with the use of heat), the cups can be gently moved across the skin (often referred to as 'gliding cupping').

The suction in the cups causes the skin and superficial muscle layer to be lightly drawn into the cup. Cupping is much like the inverse of massage - rather than applying pressure to muscles, it uses gentle pressure to pull them upward.

ION CLEANSE

An ion cleanse is meant to be a detoxification system to reduce the symptoms of unavoidable 'toxic overload' through a series of detox sessions. Simply relax with your feet in water for about 30 minutes. The procedure is painless and comfortable. The therapist uses a basin containing sea salt dissolved in purified water and then place an electrical unit, called an array, in the water. The array generates alternating positive and negative ions around the feet. The ions enter the body through your feet and begin neutralizing the toxins. Why the feet? Apparently, the largest pores in your body are located in your feet, allowing for the greatest release of toxins in the shortest amount of time.

ROSE QUARTZ FACIAL

Rose quartz facial massage therapy is a treatment for mind, body and soul. Rose essential oil, rosehip oil and rosewater are used to nourish the skin, while a facial massage with rose quartz crystal wands stimulate cell renewal, heal and re-energise the skin while promoting a feeling of wellbeing. Rose quartz contains a number of minerals, including iron, magnesium, sodium, manganese and silicon, as well as oxygen. Thanks to the ability to transfer energy, this crystal is believed to have a positive effect on body, mind and soul and improve skin moisture, increase vitality and stimulate circulation.

A BOTTOM FACIAL

Why stop at your face when going for a beauty treatment? In America, derriere therapy is all the rage. Scrubs and microtherapy help smooth out the little bumps and lumps on your tush, while a finish of spray tan makes sure your bum is beach ready.



SALT CAVES

The curative effects of the salt cave are believed to lie in the anti-bacterial, anti-microbial, and anti-inflammatory properties of Himalayan crystal salt. Himalayan Crystal Salt is more than mere salt: it is the energy of the primal sea, the Earth, the Sun, and the stars. Once sought by emperors, kings, and sultans, natural crystal salt is believed to be a panacea and it has been known and used as a holistic remedy for centuries. Halotherapy ('halos' in Greek means salt) is a completely natural treatment with no side effects. It takes place in a dry, sterile, and hermetic environment that recreates a natural microclimate identical to ancient salt caves and salt mines. Throughout the therapy, salt aerosol is constantly scattered into the air for the patients to breathe in. The salt aerosol consists of tiny and dry salt particles which are ground in a special salt generator. These aerosolized microparticles can penetrate into the deepest regions of the lungs and deposit upon the surface, destroying bacteria and fungi.

CRYOTHERAPY

Cold air therapy takes place in a whole-body chamber, which has dry fresh, oxygenated air — due to the lack of moisture (humidity) or wind chill, and is not painful like an ice bath or immersion. During the treatment, your skin temperature will decrease between 30-45 degrees over 2.5 to 3.5 minutes inside the chamber. You will immediately warm after exiting the chamber, with full range of motion in your muscles and joints, unlike water or ice treatments, where the joints remain stiff for hours. Even if you don't like being cold, this process will rejuvenate your body, skin and mind, and you will leave feeling warmer than when you arrived.

BEER BATH

Beer has always been the secret to shiny tresses, but in Germany they are taking it to the next level with a beer bath. Besides being bubbly, warm and portable, this whirlpool like treatment is meant to soothe and cleanse the skin with B vitamins, biotin and protein compounds.

The following three treatments are all available at One Spa, Sheraton Grand Hotel, Edinburgh:

AYURVEDIC TREATMENTS

Ayurvedic medicine ("Ayurveda" for short) is one of the world's oldest holistic ("whole-body") healing systems. It was developed more than 3,000 years ago in India. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

Abhyanga is a form of Ayurvedic medicine that involves massage of the body with large amounts of warm oil. The oil is often pre-medicated with herbs for specific conditions.

SERAIL MUD CHAMBER

A traditional Egyptian treatment, the Serail Mud Chamber harnesses the therapeutic benefits of



mineral mud to improve the complexion, relieve rheumatic discomfort and remove toxins by encouraging blood flow to revive tissue and stimulate the lymph system.

CHAKRA BALANCING

Chakras are seven subtle energy centres in the body that affect our equilibrium and inner harmony. When blocked, these Chakras can affect the body and mind emotionally and physically.



one

SPA

NEXT TIME YOU STAY IN EDINBURGH... BE AT ONE AT THE AWARD-WINNING ONE SPA

One Spa at the Sheraton Grand Hotel, Edinburgh is a natural balance of energy, water and heat in a beautiful, light-filled space. An infinity edge swimming pool and shimmering rooftop Hydropool go hand-in-hand with a rejuvenating Thermal Suite and a soothing spa treatment programme, while the advanced gym and fitness studio tones and balances the body's core.

TREATMENTS

Experience a series of spa treatments designed to restore balance and purify the body. Many of One Spa's treatments include time in the rooftop Hydropool and Thermal Suite. Their full range of spa treatments includes:

Ayurvedic body wrap, Serail mud chamber, facials, massages and spa packages to renew, restore and refresh.

SPA DAYS

Dedicate the whole day to nothing but you, with a series of bespoke Spa Days designed to restore balance, purify the body and stimulate the senses. Each spa day programme includes the signature spa experience *Escape at One* (excluding New Beginnings and Bridal Bliss).

ESCAPE AT ONE SPA EXPERIENCE

£70

Relax the mind and rejuvenate the body with Escape at One. A calming space where you are free to explore the collection of heat and water treatments inspired by the ancient Celts and Romans, the iconic rooftop Hydropool and light-filled indoor swimming pool. Includes: Rock Sauna, Bio Sauna, Laconium, Tepidarium, Hammam, Aroma Grotto, Tropical Rain & Cold Fog Showers, Indoor & Outdoor Rooftop Hydropool, Gym & Fitness Studios, 19 Metre Swimming Pool, Poolside Sauna, Relaxation Areas. Escape at One is available for 3 hours, Monday - Friday.

SAMPLE ESPA TREATMENTS...

5 Hours of bliss...

Ayurvedic Body Wrap with Hot Stones £155

2 hours, treatment includes:

- Traditional foot cleanse & personal Ayurvedic consultation
- Full Body Exfoliation
- Algae or Mud Body Wrap
- Dosh Specific Body Massage with warm oils
- Head Massage
- Escape at One (additional 3 hours)

Ama Releasing Abhyanga £162

2 hours, treatment includes:

- Traditional foot cleanse & personal Ayurvedic consultation
- Full Body Exfoliation
- Facial Cleanse
- Ayurvedic Marma Point Body Massage with warm oils
- Head Massage
- Escape at One (additional 3 hours)

Serail Mud Chamber £45

25 minutes

Treatment begins with self-application of muds to face, scalp and body. A soothing warm temperature will allow the mud to bake. The chamber then fills with gentle steam to soften the mud and a warm shower completes the experience. This is a fantastic experience for friends, couples and groups. (Maximum 4 people)

Full Body Salt & Oil Scrub £40

25 minutes

An exfoliation combining sea salts, nourishing and essential oils to leave skin feeling moisturised and smooth. If desired, a lighter Body Polish can be applied instead of Salt & Oil Scrub.

Intensive Facial £82

55 minutes

Naturally improves the condition of the skin and enhances its appearance. Each facial is adapted to suit your personal requirements and includes:

- Double Cleansing
- Gentle Exfoliation
- Acupressure Facial Massage



- A Prescriptive Face Mask
- Head Massage
- Specific Moisturising & Protection

GROUP SPA DAYS

Join your friends or family for a whole day of pure indulgence. Created with groups of five or more in mind, the Spa Group Days are perfect for a birthday treat, a spot of pre-wedding relaxation or simply a well-earned break. Each programme includes Escape at One.

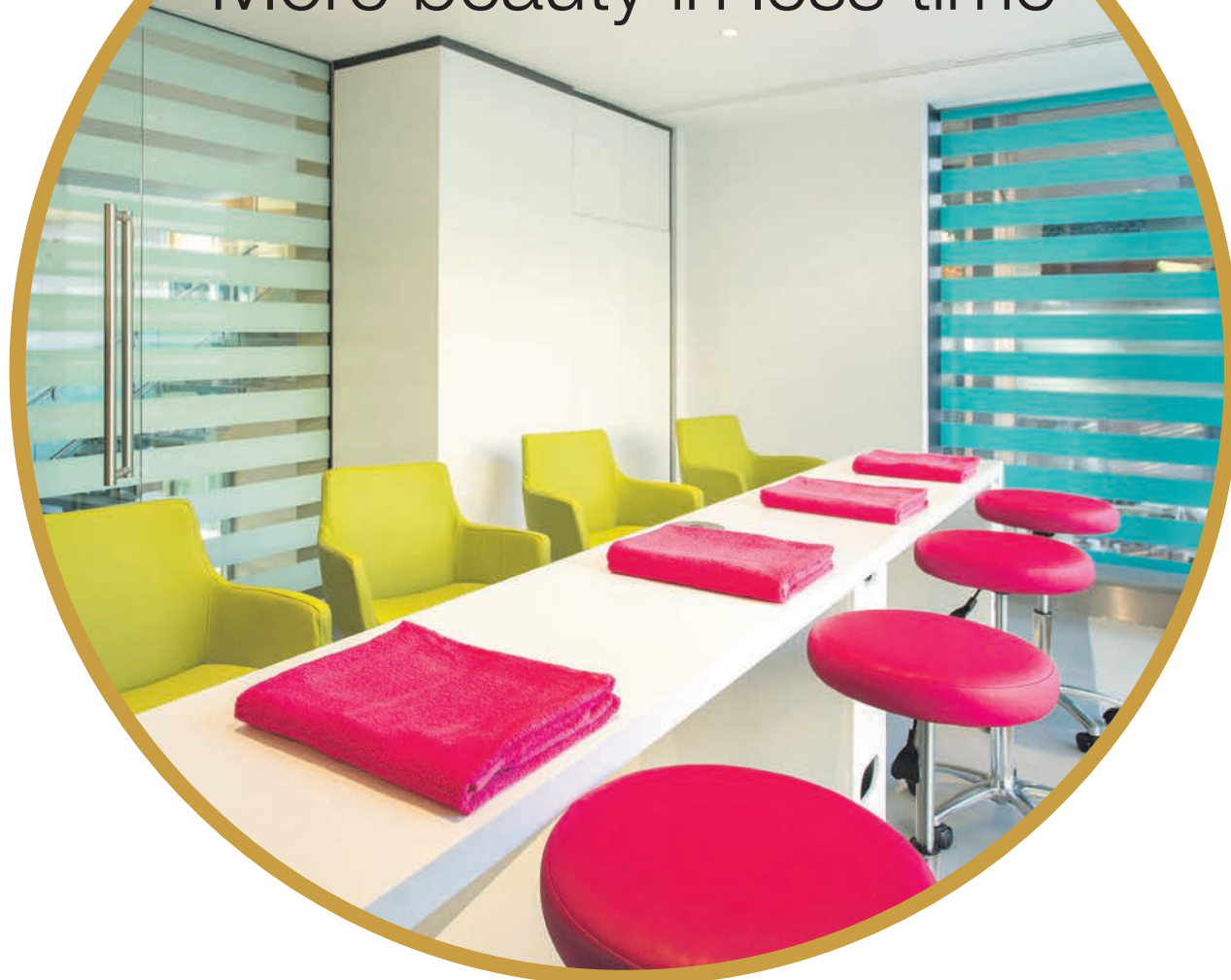


SPA OPENING TIMES

Monday
to Friday :
06.30 - 22.00
Saturday &
Sunday :
07.00 - 21.00

AND NOW...

More beauty in less time



by ONE SPA

NOW BY ONE SPA

More beauty in less time

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Success for first Lochgilphead art graduates

Neill Bo Finlayson
 editor@argyllshireadvertiser.co.uk

AFTER eight months of painting, printing, sketching and sculpting, students at Lochgilphead's Argyll College centre are nearing the end of the inaugural art and design portfolio course.

Established in September last year, the college-certificated course gives students the chance to experience a variety of art disciplines, exploring everything from watercolour painting and illustrations to sculptures and photography.

A tight-knit trio of art tutors – Lesley Burr,

Cate McKillop and Tamsyn Taylor – set up the course in Lochgilphead after becoming frustrated by the lack of teaching in the area.

Cate, who travels from Campbeltown to teach at the centre in Lochgilphead, explains: 'It all started from the fact that there were no art classes anywhere between Southend and Oban, and I suppose this course is a reaction to that.'

'There was plenty of interest, which is evident in the diverse range of students we have here – school leavers, retirees or people just reigniting

their interest in art.'

This year has been somewhat of a barometer for the tutors since the course is the only one of its kind in the Argyll College branch of the University of the Highlands. After a fruitful debut year, however, Cate is confident that students will continue to develop their skills at the centre in Lochgilphead.

'Our first year has absolutely been a success,' Cate continued, 'and we had an external verification recently that gave us a spot on review. The idea is progression. Right now we're running a level five course but a lot of the students will be continuing on to a higher level next year and we're going to help them do so.'

The students will be exhibiting pieces from their portfolios at the centre in Lochgilphead, which will



From left to right: Ruby Murray, Suzanne Thomson, Christine Irvine, Cate McKillop, Julie Mather, Beth Anderson, Ghita Craig and Clare MacCartan. 08_a20artcollege01



Ghita Craig, from Oban, with her design piece – a hanging lamp. 08_a20artcollege02



Suzanne Thomson with three of her works. 08_a20artcollege03



Claire MacCartan, left, who has been working on illustrations as well as printing. 08_a20artcollege05 and Ruby Murray with her printed tote bag. 08_a20artcollege04

be open to the public from Monday June 19 to Friday June 23.

For more information on the SCQF art and design portfolio course, visit the Argyll College website or drop in to the centre in Lochgilphead.



View from the students

Suzanne Thomson, from Lochgilphead, is on the full-time course that started last September and was full of praise for the new course.

She said: 'It's been fantastic.'

'I decided to do it just for me because I hadn't picked up a brush in 30 years. It's not only been educational but great fun and I found a lot out about myself.'

'I've always been creative and make my own jewellery and crafts and things. I was

worried it might just be all school leavers but it's a big mix of people.

'I'm by no means an artist now but I've definitely improved and it's been a great success. I'll be going on to study level six next year.'

Julie Mather, also a full-time student on the portfolio course, spoke about the value of going out and studying artists' works in galleries. She explained:

'On the course we've gone on a number of different trips to galleries, such as the Kelvingrove Gallery and the Museum of Modern Art in Glasgow.'

'The trips have been pretty inspiring really – it's always good to see different artists' works and different mediums.'

'Also, it gives you confidence knowing that something that looks bad to one person may be seen as brilliant to another.'

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IONA: The Abbey - Saturday 27th May 14.30

CHORAL SPIRIT: with Music for the 'Holiest of places in Scotland'
 Historic Scotland Entry - retiring collection for the Iona Community

LOCHGILPHEAD: Church of Scotland - Sunday 28th May 14.00

CHORAL CELEBRATION: for John Lowrie Morrison CBE from the GPC
 Free Entry - Retiring collection for The Princess Royal Trust for Carers in Scotland

OBAN: St Columba's Cathedral - Sunday 28th May at 18.30

CHORAL VESPERS: to include Psalm 150 and Religious Music
 Free Entry – Retiring collection for Hope Kitchen & St Columba's

LOCH AWE: St Conan's Kirk - Monday 29th May at 14.30

CHORAL PURITY: with music from the Classics
 Tickets £6/£5 Friends of St Conan's with All Proceeds to St Conan's Kirk Restoration

Tickets for St John's & St Columba's at Oban Music
 or for St John's & St Conan's at the GPC Box Office
 on line at www.wegotickets.com

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Art in action

AN ARGYLL artists' centre is launching a summer residency programme aimed at crafts, film, literature and visual arts.

Cove Park, near Helensburgh, will host courses of up to eight weeks for 30 artists award-funded residencies at the centre.

Also this month, the Hands-On Cove Park programme included a two-day masterclass entitled *Before and After: Writing Crisis*, led by writer and former resident Margie Orford.

The centre also welcomed back artist and 2016 resident Douglas Morland to work with the national art and design Saturday art club.

TV ninjas wanted

FIT Argyll folk are wanted to star in the latest series of *Ninja Warrior UK*, the Saturday night STV series that challenges contestants to complete a super-sized obstacle course.

Applications for the fourth series close on June 2, so time is running out.

If this interests you, go to itv.com/beontv and follow the instructions from there.

Stevie's Easter parade pays off for children's charity

BIG-HEARTED Stevie McCormick has thanked everyone who supported him on his 'egg-cellent' adventure, writes Colin Cameron.

Together with a few biker pals, Stevie met up with fellow bikers from all over Scotland at Glasgow Green on March 16 before heading to Glasgow Children's Hospital, formerly known as the Southern General, for its annual Easter Egg Run - a cause which Stephen has supported for many years.

Stevie, a well-known face at MacLeod Construction Ltd,

raised £665 for the hospital.

He said: 'I want to thank everyone who supported me and who donated.'

'Particular thanks to Lesley Boyle at Dalriada Signs for donating hi-vis vests and stickers for our bikes.'

He continued: 'The weather was wet, wet, but the craic was great, and it was all worthwhile.'

Stevie has been raising money for the charity for years, but his own family recently experienced the great work carried out by the hospital and its staff's first hand.



Stevie before setting off - complete with hi-vis vest and a quacking companion.

06_a20bikeride03



'My wee granddaughter was treated in the hospital,' Stevie explained, 'and it's only when you experience the tremendous level of care first hand that you really appreciate how good it is!'

In a letter of thanks,

Kirsten Sinclair of the Glasgow Children's Hospital Charity said: 'Your generosity will help us to fund enhanced medical equipment, pioneering research, innovative play programmes and family support services.'

Stevie's five-year-old granddaughter Caragh, who recently welcomed her wee sister home from the hospital, gets a shot on grandad's bike during the Easter Egg Run. a19EasterBike01no

COMMUNITY NOTICEBOARD

To advertise in the community noticeboard call 01586 554646 or 01546 602345

Carers Open Day
Tuesday 23rd May,
11am-3pm

Inveraray Parish Church
If you look after someone, who looks after you?
Dochas Carers Centre will be there to provide you information.

CHRISTIAN AID COFFEE MORNING

Saturday 20th May
North Hall, Ardrishaig
10am - 12 noon
Baking stall & Raffle
(Donations most appreciated)
Entry £2.50

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THE EASY CLUB

CREATIVITY DIVERSITY INCLUSION

SONGS FOR SUMMER

Lochgilphead Resource Centre,
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Free Admission and Refreshments

Raffle

Donations for raffle and refreshments welcomed.



RNLI COFFEE MORNING

Saturday 20th May
10am - 12 noon
Lochgilphead Parish Church Hall
Admission £2.50
Baking, RNLI Gifts, Cards

Southend Parish Church COFFEE MORNING

on Saturday 27th May
at St Blaas's Hall
10.00am - 12.00 noon
• Home baking • plants
• books • cards
• stationery • bottle stall
All welcome.

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Saturday 20th May
2017
10am - 12 noon
Home baking & hot pancakes for sale
Homemade crafts
Entry £1.50

Clachan Village Hall PLANT & BAKE SALE

Saturday 20th May
at 11.00am
Book a table (£10) to sell your produce or just come along and buy!
Entry Adults 50p,
Under 16 Free
All proceeds in aid of Clachan Village Hall Rebuild/renovation.

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Dear Oban trade as demand outstrips livestock supply

CALEDONIAN Marts Ltd, Oban, sold 128 store, breeding and OTM cattle, plus 341 store hoggets, feeding ewes and tups on Tuesday May 9.

Bullocks sold to 338.6p for a 254kg Limousin from D McDonald, Tyree and to £1,110 for a pair of 404kg Limousins from Messrs A Campbell, Achnacreebeag, to average 258.4p.

Heifers sold to 292.2p for a pair of 338kg Limousins from Achnacreebeag and to £970 for a 348kg Limousin from the same home, to average 231.6p.

All classes of cattle met the dearest trade seen so far this season and supply falling short of requirements.

Leading prices, cattle
Bullocks ppkg – 308p Tyree; 302p Inshaig; 289p Achnacreebeag; 287p Dunach Estates; 283p Aird.

Bullocks/head – £1,020 Achnacreebeag; £880 Shenavallie; £860 Tyree; £850 Ardachy; £840 Dunach Estates.

Heifers ppkg – 282p, 278p and 277p Achna-

creebeag; 237p Tyree. Heifers/head – £950, £900 and £870 Achnacreebeag; £850 Dunach Estates.

Bulling Heifers sold to £800 from A McDonald, Rhulios, Isle of Barra.

In-calf cows sold to £500 from J and R Love, Ballygowan Farm.

OTM/head – £860 Frackersaig; £780 Achaleven; £710 Kilbride.

In the sheep section, supply in all classes proved short of requirements which resulted in some high prices. Leading prices, sheep. Hoggets Tex – £82 and £78 Kilbride; £72 Kilbride and Kirkton. Suf – £78 Kilbride.

Cross – £70 Rossal Estates.

BF – £68 Dunach Estates; £60 Homesteads. Feeding ewes Border Leicester – £82 Dunach.

Cross – £70 Culbhurig. Cheviot – £61 Shenavallie.

BF – £52 Gorsteneom.

Feeding tups: Cheviot – £84 Rossal, Cheviot – £80 Rossal and Rhulios.

Focus on west coast grass management

FARMERS and crofters will gather at a Lochaber monitor farm next Tuesday to look at grassland management for west coast farms.

Strone Farm, a 1,200-hectare hill farm in the Great Glen, is run by Chris Cameron in partnership with his father Malcolm and mother Eileen.

At the meeting,

which begins at 11am on Tuesday May 23, Chris will outline the current grassland policy at Strone.

'We are keen to try and improve our grassland and are looking for suggestions as to how we can do this at Strone. We have limited quality grazing land here and want to learn how we can manage

it better in order to reduce feed costs for our livestock,' said Chris.

Since the last monitor farm meeting in March, the Camerons have oversown one of the fields at Strone with three different seed mixes with the intention of increasing the quality of the grass. At the forthcoming meeting, David Lawson, from Watson Seeds, will talk about this trial and review the impact so far.

With input from the management group, Mr Lawson will also lead a discussion about how the Camerons should manage the oversow with respect to weed control, fertiliser and grazing management.

Strone is one of nine monitor farms that have been established around Scotland in a joint initiative by Quality Meat Scotland and AHDB Cereals and Oilseeds, with funding

from the Scottish Government.

The Lochaber Monitor farm meetings are open and free for all farmers to attend. Attendees will also have an input into topics covered, speakers in-

ited to meetings and visits to other enterprises and businesses.

To book your attendance and lunch, contact Niall Campbell or Morven MacArthur on 01631 563093 or email fbsoban@sac.co.uk.



Chris Cameron contemplates grassland.

Appointment of North Ballachulish grazings committee
A meeting of shareholders for North Ballachulish will be held for the purpose of electing a new Grazings Committee
on Tuesday 30th May 2017
7.30pm
at Caolas North Ballachulish.

Hydro Projects

A private investment company would like to acquire Hydro schemes in an operational state and hydro projects that have achieved planning permission, and are ready to be built. We will also look at grid constrained projects for future development. Please include as much information as possible, all information will be treated in strict confidence.

Please contact PO BOX 28 Oban Times, Lochavullin Estate, Oban, Argyll PA34 4HB

Sponsors flock to support Royal Highland Show extravaganza

THE ROYAL Highland Show has raised almost £500,000 in sponsorship, an increase of almost £50,000 on the previous year.

Title sponsor Royal Bank of Scotland continues to support the show as a number of other major sponsors – Marks & Spencer, Greenspan Energy, Quality Meat Scotland, McFadyens Contractors, Peter D Stirling Ltd, Lactallis McLelland, Highland Wagyu and Harbro – have confirmed their renewed support for the event, which attracted nearly 190,000 visitors in 2016.

Trade exhibitor Scot Heat and

Power is looking to increase its existing presence at the show by becoming a major sponsor this year of the renewables area. Pollock Farm Equipment Ltd is sponsoring the Ayrshire section of the show to mark the firm's 150th attendance as a trade exhibitor. Graham Gillespie is also returning to sponsor one of the showjumping competitions for the 36th year in a row.

The appeal of the Royal Highland Show has attracted sponsorship from as far afield as New Mexico. Julie and Gunter Roskosh are sponsoring the female section of the Clydesdales

this year in memory of Paul Cooper, who did so much for the breed in the USA.

Other new sponsors this year include K Paxton Blacksmiths, Baxters Food Group, The Supreme Group, Avant Tecno UK Ltd, Broil King, Halbeath Farm and Dairyflow.

Keith Brooke, chairman of the Royal Highland and Agricultural Society of Scotland, said: 'Sponsorship support is vital to the continuing growth and success each year of the Royal Highland Show and offers sponsors a unique opportunity to reach both rural and wider communities.'

Morris Leslie
morrisleslie.com PLANT AUCTIONS

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10:30am Wednesday 31st May 2017

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Wednesday
31st
May 2017

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All Items Subject to Arrival

Inveraray pushed hard in early season victory



Angus MacColl leads Oban High School Pipe Band. 06_a20gourockgames02

Colin Cameron
editor@argyllshireadvertiser.co.uk

THE NEW competition season got off to a winning start for Argyll pipe bands.

Traditionally the season opener in the west of Scotland, Gourock Highland Games saw 33 bands compete across the grades.

Last year's Grade One champion of champions and runners-up in the worlds, Inveraray and District Pipe Band, came out top in the Grade One

contest – but not as comfortably as some might have imagined.

They were pushed all the way by Scottish Power Pipe band led by Pipe Major Chris Armstrong – with the bands separated by just a single point on ensemble preference.

In the junior ranks, Oban High School under Pipe Major Angus MacColl won both the Juvenile Grade A and B competitions, with Dunoon Grammar School in third place in Juvenile A, led

by Pipe Major Craig Wilson. Newly-revitalised Dunoon Argyll Pipe Band – an amalgamation of the former Dunoon Argyll and Cowal pipe bands – came a creditable fifth in Grade Four.

Winning Grade Four and entering bands across many grades up to Grade One was the phenomenal Johnstone Pipe Band.

Notable as much for the sheer number of players at its disposal as the quality of performance, the band in-

cludes a number of pipers and drummers from Argyll.

The competition bandwagon rolls on to Paisley this weekend, where Inveraray and District, under Pipe Major Stuart Liddell, will be defending the Grade One British title they won last year for the first time.

They will be joined at St James Playing Field, Paisley on Saturday May 20 by bands from all over Argyll and the isles for the first major contest of the season.

Scottish Field MAY 2017, £4.25

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Left: Pensive pipers ahead of the early season contest as Stuart Liddell greets the judges. 06_a20gourock-games06

Right: Dunoon Grammar School Pipe Band complete their competition set. 06_a20gourockgames05

Visit the Advertiser website to see a video of Inveraray's winning set.



Grade One winners Inveraray compete in the Gourock arena. 06_a20gourockgames08

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Closing Date- 24.05.17
Registered charity number is SC009068



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The Highland Council seeks to appoint a permanent Head Teacher for Bun-Sgoil Ghàidhlig Inbhir Nis. Applications are invited from suitably qualified and experienced Teachers who are fluent Gaelic speakers and who can also read and write Gaelic.

Faodar ceistean neo-fhoirmeil a chur gu Coinneach Moireach, Oifigear Foghlaim na Sgìre, air 01463 702074.

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Tha pasgan ath-shuidheachaidh cuimseach aig a' Chomhairle agus dh'fhaodte gum bi seo ri fhaotainn dhan tagraiche shoirbheachail airson dreuchdan maireannach.

Ceann-latha: 29 den Chèitean 2017.



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For more information please contact Nick Banks on 01546 605 951
Interviews will be held in Helensburgh on 12 June 2017.

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Permanent

Argyll-wide
37.5 hours per week

For more information please contact Lee Holness on 01546 605815
Interviews will be held in Inveraray on 16 June 2017.

Service Administrator
Salary £16,574 - £19,498 per annum
Fixed term post 6 months

Helensburgh
35 hours per week

For more information please contact Lynne Stokes on 01546 605834.
Interviews will be held in Helensburgh on 22 June 2017.

AHFA Plumber
Salary £25,519 - £30,023 per annum
Permanent

Oban & Lorn
37.5 hours per week

For further information please contact Lee Holness on 01546 605815
Interviews will be held in Inveraray on Friday 16 June 2017

Closing Date for all posts: 12 noon on Friday 2 June 2017.
These posts will be subject to a basic Disclosure Scotland check.

To apply please go to the recruitment section of our website at www.acha.co.uk

If you are unable to access the website please contact the recruitment team;

Tel 01546 605917 or email recruitment@acha.co.uk
CVs are not accepted

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Finance Assistant
Salary £16,574 - £19,498

35 hours – Permanent

For further details and to apply visit the recruitment section of our website www.acha.co.uk

If you are unable to access the website contact the Recruitment Team:

Tel 01546 605917 or email recruitment@acha.co.uk

For more information, please contact Allan MacDonald on 01546 605877 or email allan.macdonald2@acha.co.uk

Closing Date: 12 noon on Friday 26 May 2017

Interviews will be held in Lochgilphead on 7 June 2017



Lochgilphead

Gardener (4)

£19,485 - £20,700 Lochgilphead Ref: DVR00411
☎ 01546 604334

Closing date: Friday 2 June 2017.
To apply visit our website



www.argyll-bute.gov.uk/jobs



Marine Husbandry Staff

Locations : Sound of Mull and Loch Nevis, Mallaig

Scottish Sea Farms are an internationally recognised farmer of superior quality Scottish salmon. We pride ourselves in providing industry leading and highly personal development paths which build into fulfilling professional careers. If you are committed to developing our industry and are driven to put your strengths to work we would very much like to hear from you.

We are currently recruiting for Marine Husbandry staff to join our teams on the Sound of Mull and Loch Nevis, Mallaig.

Experienced Husbandry Staff

Specialist roles available: Fish Health and Net Management/Skipper

Salary £18,275 - £21,500 + Specialisation Payment, Weekend Payments & Training Increments

Applicants should have at least 2 years' practical salmon farming experience with a specific interest in Fish Health or Net Management. You should be able to demonstrate competence across a wide range of farming disciplines including: fish health monitoring, stock appetite assessment, boat handling skills, feeding system and boat maintenance whilst being proactive in health and safety. Above all you should have the drive and ambition to further your career through training and development. A formal boat qualification would be desirable.

Trainee Farmer

Salary £17,700 - £18,275 + Overtime Payments

Applications are also invited by candidates looking to begin their career in the Aquaculture Industry. We are looking for ambitious individuals who are team players, proactive in health and safety and who have high expectations for themselves and of their employer. In return, we will provide you with a Mentor who will guide you through your first months of employment and a detailed training plan that will enable you to kick start your fish farming career.

Working a 40-hour week, Monday to Friday with 1:3 weekend working required on a rota system. We will offer an attractive salary dependant on experience along with additional payments on completion of specific training, crop bonus, discretionary company bonus, pension scheme, life cover, occupational health support, subsidised gym membership and cycle to work scheme. **A current driving licence is essential.**

We are also recruiting for seasonal staff on our marine farms between April and October.

To find out more please contact Angela Hand, Recruitment & HR Coordinator on 01786 445521 or email angela.hand@scottishseafarms.com for an application pack.

Closing Date: Wednesday 24th May 2017

The Scottish Salmon Company



Your Career Right Here

Mechanical Treatment Operative x 2

Flexible - North & South Regions

Salary: £17,510 - £20,163

An exciting new opportunity has arisen for Mechanical Treatment Operatives. Under the direction of the treatment supervisor you will be responsible for proactively and efficiently completing lice treatments. Fish husbandry experience, would be an advantage in, ensuring best practice for fish welfare, equipment and safety standards. Applicants will be required to work a continental shift pattern. As this position will require travel to other sites, a full clean driving licence is essential, along with a flexible, independent approach to enable support across our site teams.

Net Washing Operative

South Region

Salary: £17,510 - £20,163

We are also recruiting for a Net Washing Operative to join our Net Washing Team operating across our sites in the South Region. Under the direction of the Team Leader duties will include cleaning nets, operating and maintaining net cleaning equipment to a high standard. The successful applicant will have excellent practical and problem solving skills, along with good standards of fitness, and the ability to pass a full ML5 medical examination. Previous net washing experience would be useful, but not essential as full training will be provided. Applicants will be required to work a continental shift pattern. As this position will require travel to other sites, a full clean driving licence is essential.

To apply and/or request a detailed job specification please use contact details below.

Angela Gibson

The Scottish Salmon Company

Ardkinglas Estate, Cairndow, Argyll PA26 8BH

Tel: 01499 600 430

angela.gibson@scottishsalmon.com

Closing date: Friday 2 June 2017

www.scottishsalmon.com

Finance & Administration Assistant

20 hours a week £10 an hour

The award-winning museum at Auchindrain, near Inveraray, has a new vacancy for a Finance & Administration Assistant. If you are experienced in using Microsoft Excel and have your own transport, we'd like to hear from you.

Full details, and how to apply, are at: www.auchindrain.org.uk/vacancies



Caretaker with cleaning duties

10 hours per week. Living wage employer. Flexible hours.

Paid Youth Ambassadors for front of house duties. 16-18 years. Free Cinema

Apply to Louise Glen

toplady@me.com for application form or text your details to 07717526999



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Hebridean & Clyde Ferries

CalMac Ferries Limited

Duty Piermaster

Oban
£9.68 per hour
40 hours per week

Ref: 956-SB

Reporting to the Port Manager, you will need a flexible approach to your day-to-day responsibilities. Your duties will include:

- Control of 3rd party vessels at Railway Pier and South Pier
- Collection of pier dues
- Gangway movement/maintenance
- Controlling parking on pier
- Supervision of Night Watchmen
- Defect reporting
- Building security
- Cleanliness of the pier
- Supervising bunkering operations
- Carrying out any other duties required by the Port Manager

You must be computer literate, with excellent verbal and written communication skills. You are expected to have a flexible approach to working, as shift and weekend work will be involved.

You must be customer focused, have a clear understanding of the customer interface and have a proactive approach to customer care.

The successful candidate must be able to commute to the Oban Ferry Terminal on a daily basis.

Please apply online at <https://www.calmac.co.uk/article/5512/Duty-Piermaster-Oban> no later than 24 May 2017.

CalMac Ferries Limited is an equal opportunities employer.

The Courier Centre

CAMPBELTOWN

Requires a shop assistant to work Saturdays,

10am - 4pm

Applicants must be aged 16 years and over.

Please apply in writing to:

**The Courier Centre
Longrow South, Campbeltown
PA28 6AE**



The Knipoch Hotel
requires

Waiter/Waitress

Full time live in
£7.50 per hour

Apply to Camma on 01852 316251



Modern Apprentices Fixed term 4 years

Salary £10,886 - £12,807 per annum, 35 hours per week

Argyll Community Housing Association has exciting Modern Apprenticeship roles available in the following areas;

- **Housing** - within our Housing and Neighbourhood Services Team which can be based in any of our offices throughout Argyll
- **Construction Technical** - within our Regeneration Team, based in Lochgilphead

Our knowledge, your opportunity

Demand for all kinds of homes keeps rising, which makes housing a sector with a fantastic future.

If you're looking for a new career or an alternative to full-time Higher Education, we have the answer. Our four-year **Modern Apprenticeship** gives you everything you need to build a rewarding career - including accredited qualifications, on-the-job professional experience and valuable skills.

We'll provide the expertise - and you'll provide the talent to build on it.

Our programme, your stepping stone

A university education isn't for everyone - some people want to get out there and earn while they learn. We pay for all your training and we pay you for your work.

You'll become a full-time employee, spending at least 10% of your time working towards your apprenticeship accreditation, and the rest with your team, doing a real job and gaining practical experience in your chosen field.

Your abilities, our expectations

Plenty of ambition, bags of initiative and an eagerness to learn - that's what we'll be looking for in you, plus a willingness to take on the challenges coming your way. Most important will be your proactive attitude. We can teach you all you need to know about the role but your own enthusiasm and commitment will determine how fast you progress and how far you go.

Your route is up to you, so explore your options with us, and you'll discover how you can build your future.

Your application, our closing dates

Applications close at 12 noon on 2 June 2017

Find out more in the recruitment section of our website and apply online at www.acha.co.uk

Vacancy - Diocesan Treasurer

Post: Diocesan Treasurer

Hours of Work: Part-time - approximately 1.5 days per week (with flexibility)

Location: Oban

Salary: £18 per hour

The RC Diocese of Argyll and the Isles is seeking to recruit a part-time Diocesan Treasurer, based in the Diocese Offices in Oban. This is an important new post, carrying significant responsibility to offer financial direction across the Diocese, overseeing the day-to-day management of all financial functions. In line with the Church's Code of Canon Law (Canon 494), the Diocesan Treasurer will be regarded as the Diocesan Financial Administrator and will be appointed for 5 years, after which the appointment may be renewed.

The Treasurer will work closely with the Vicar General and Diocese staff to be responsible for the financial strategic plan, accounts, budgets, audits and fund-raising, ensuring robust and compliant monitoring and reporting mechanisms.

The successful candidate will be a qualified Accountant (ACCA, CIMA, CIPFA), be able to think strategically, with excellent organisational skills and a proven ability to work outside of the job description on occasions. All applicants must be willing to work within a Christian framework and be sensitive to its ethos.

An Application Form and Job Description / Person Specification can be obtained by emailing the Vicar General at FrRoddyJohnston@aol.com. Completed application forms should be returned by post to: Rev. Roderick Johnston VG, Our Holy Redeemer Church, 71 Kenneth Street, Stornoway. HS1 2DS.

The closing date for applications is at 5pm on Friday 2nd June

Company Accountant

Steinsvik UK Limited

Unit 36A, Ben Nevis Estate,
Fort William PH33 6PR



Steinsvik UK Limited are looking for a UK company accountant to join our busy team based in Fort William.

You will be an ACCA, ICAS, ICAEW or equivalently qualified accountant with experience of working in a management accounting environment within a group structure capable of working independently but alongside the finance team in Norway.

Your responsibilities will be all management accounting and financial reporting, including reporting to the parent company in Norway. You will report the company cash flow and financial position to the UK manager and oversee the work undertaken by the finance assistant. As the company continues to grow you will be expected to enhance internal controls and systems. You will preferably have experience in the use of Microsoft Dynamics Navision software.

Steinsvik UK Limited is a subsidiary of the Steinsvik group, the headquarters of which are based in Norway with departments worldwide. Steinsvik has specialised in delivering products and solutions to aquaculture, maritime industries and the oil and gas industry with more than 25 years of experience in developing innovative and robust solutions that will withstand the rigors of time.

A job description and person specification are available and applications attaching a CV can be made by email to Mr A Newiss, R A Clement Associates (Acting on behalf of the UK Manager) at : an@raclement.co.uk

WEST HIGHLAND HOUSING ASSOCIATION
PARTNERSHIP LEAD
GRADE 8 (TEMP)
(Up to £39,000 pro rata dependent on experience)

West Highland Housing Association Ltd, who are a member of the Link Group, have an exciting and challenging opportunity for someone with a professional housing background.

Argyll and Bute Council have recently approved the Master Plan for Dunbeg in the Oban area, and within the next 3 years Link Group are delivering over 300 houses - these homes will be managed by West Highland Housing Association.

The new post of Partnership Lead is designed to create and develop local partnerships with strategic agencies including Argyll and Bute Council, Highlands and Islands Enterprise and Health and Social Care. In addition the post will also work with local businesses, community councils and other representative bodies ensuring that local people are at the heart of this sizeable housing development.

One of the key outputs of the post is to masterplan the housing demand for Oban, Lorn and the Isles for the next 5 years.

The post will be based in Oban in WHHA's office and will be 21 hours per week and initially for a period of one year.

Application packs can be requested by phoning the office on 01631 566451 or emailing oriana@westhighlandha.co.uk.

Closing date for applications is 12 noon on Friday 2nd June 2017.

SCOTTISH CHARITY IN SCOTLAND NO. SC017357. REGISTERED SOCIETY UNDER THE CO-OPERATIVE AND COMMUNITY BENEFIT SOCIETY ACT 2014. NO.169(JR)S AND SECTION 4 OF THE HOUSING (SCOTLAND) ACT 1988 REGISTERED NO. HEP163. PROPERTY FACTOR REGISTRATION NUMBER PF000101

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Closing date: Friday 26 May 2017.

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Ref: CTF01188



www.argyll-bute.gov.uk/jobs

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Argyll and Bute Council
DEVELOPMENT AND INFRASTRUCTURE
(CARRADALE, KINTYRE) (SPEED LIMITS) ORDER 201_
 Argyll and Bute Council proposes to consider the variation of the existing speed limits and the introduction of new speed limits in and around Carradale, Kintyre. The proposals include the extension of the existing 30mph speed limit on the B842 Claonaig-Southend Road and the Portrigh Road and the introduction of a new 20mph speed limit on the entire lengths of Shore Road and Waterfoot Road.
 Full details of the proposal together with a plan, and a statement of reasons for proposing to make the traffic regulation order can be inspected by logging on to the Council's website at www.argyll-bute.gov.uk or viewed during normal office hours at the following locations:
 (i) Carradale Post Office, Carradale;
 (ii) Argyll and Bute Council Offices, Kilmory, Lochgilphead.
 Any person wishing to object to the proposal should send details of the grounds for objection in writing providing their name and address, to the Head of Governance and Law, Argyll and Bute Council, Kilmory, Lochgilphead, Argyll, PA31 8RT, by 9 June 2017.
 Jim Smith, Head of Roads & Amenity Services, 1A Manse Brae, LOCHGILPHEAD, PA31 8RD
 To find out more about living and working in Argyll & Bute visit us at:
www.argyll-bute.gov.uk
 Comhairle Earra – Ghàidheal agus Bhòid



Argyll and Bute Council
PLANNING
 These applications listed below together with other related documents may be inspected between 09:00-12:30 -13:30-16:00 hrs Monday to Friday at 1A Manse Brae Lochgilphead PA31 8RD, at the alternative locations detailed below during their normal opening times or by logging on to the Council's website at www.argyll-bute.gov.uk.
TOWN AND COUNTRY PLANNING DEVELOPMENT MANAGEMENT PROCEDURE (SCOTLAND) REGULATIONS 2013 REGULATION 20(1) ADVERT STATEMENT
TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997 (AS AMENDED), RELATED PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) (SCOTLAND) ACT 1997

REF. No.	PROPOSAL	SITE ADDRESS	LOCATION OF PLANS
17/01059/PP	Alterations and erection of extension	Ardmaleish House Lock 13 Cairnbaan Lochgilphead Argyll And Bute PA31 8SQ	Mid Argyll Area Office
17/01194/PP	Extension of existing track	Torr Mor Road Tayvallich Argyll And Bute	Mid Argyll Area Office
17/00744/PP	Demolition of chimneys, alterations to dormer windows, reroofing, installation of replacement windows (retrospective) and erection of garden shed	Glenorchy Villa Pier Road Tarbert Argyll And Bute PA29 6UG	Sub Post Office Harbour Street Tarbert

Written comments can be made to the above address or submitted online <http://www.argyll-bute.gov.uk/planning-and-environment/find-and-comment-planning-applications> within 21 days of this advert. Please quote the reference number in any correspondence. Any letter of representation the Council receives is considered a public document and will be published on our website. Anonymous or marked confidential correspondence will not be considered. A weekly list of all applications can be viewed at all Area Offices, Council Libraries and on the Councils website.
 To find out more about living and working in Argyll & Bute visit us at:
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BUILDING / DIY

SECONDARY GLAZED PANELS Second Hand -11 assorted approx sizes- 1@50x90cm, 7 @ 5 5 x 1 0 0 c m , 2 @ 1 0 0 x 1 2 0 c m , 1@95x115cm, £30 Telephone 07979 050299

UPVC DOUBLE GLAZED bottom opening window, 1630 width, 1070 height. Cost £234 new, £99 Telephone 07867 864436

DOMESTIC APPLIANCES

COOKER Bush electric freestanding cooker, white, single drop down door, 4 sealed plate hobs. Very good condition. £55 Call evenings Telephone 01852 300154

DISHWASHER Dishwasher Pro-Action, full size, white, excellent condition, very little used. Calls evening, £99 Telephone 01852 300154

INTEGRATED WHITE HYGENA oven and grill (used) also matching 4 ring gas hob. Both in good condition, £50 Telephone 07867 864436

EQUESTRIAN

MARE 13.2hh conemara grey mare, good all round pony, £680 inc tack Telephone 07795 473154²

FIREARMS

BERETTA 20 bore, o/u, 2 1/2 years old, hardly used, FAC required, £1200 Telephone 01546 603152 (eves)

FURNITURE

ANTIQUA PINE BOOKCASE 38" x 25" vgc, £25 Telephone 07920 487939.

BED SIDE CABINETS PINE two small £10 each and one large £15, drawer with shelf under, good condition, £30 Telephone 01631 770698

CHEST OF DRAWERS white, 5 drawer, brand new, built but never used, £60 Telephone 07472 652021

COMPUTER DESK light grey with pull out shelves and another two shelves to hold paper/printer, vgc, £20 Telephone 07920 487939

DINING TABLE oval extending teak table. Good and clean condition, £20 Telephone 01631 770698

GLASS TELEVISION TABLE Strong glass TV table with glass shelf, chrome legs, £5 Telephone 01631 770698

IKEA POANG ARMCHAIR birch frame with dark cream seat, excellent condition, £40 Telephone 07795 841941

PINE DESK Solid antique pine desk with two drawers, vgc, 50" x 28", £45 Tel 07920 487939

STORAGE UNITS/WARDROBES two cream canvas and pine storage units/wardrobes, with hanging, shelf and shoe storage, vgc, £20 each, Telephone 07795 841941

SWIVEL CHAIR blue, vgc, £15 Telephone 07920 487939

TABLE extendable wooden kitchen/dining table. H 74cms W 78cms L100-135cms. Good condition, £30 Telephone 01631 565142

TWO BEDSIDE TABLES with small drawer, £20 the pair, Telephone 07920 487939

WARDROBE white, brand new built but never used, £70 Telephone 07472 652021

GARDEN

EGG HONESTY BOX Superb craftmade honesty box. Fretwork sides, chicken motifs, slate roof and lead surround, grey painted sign included, £30 Telephone 01631720369

GAS BBQ 4 burner plus side burner, used twice, only, £40 Telephone 01631 564452

GAS BBQ Patio Mate 2 wheeled gas bbq with char-grill, solid griddle and roasting hood, £40 Telephone 01586 552773

GREEN HOUSE Dutch Barn Greenhouse 8x6ft, good frame no glass, dismantled ready to go, £25 ono Telephone 07748 700087

STRIMMERS 3 x Robin N211 Strimmers, 2 working, £20.00 each or £50.00 for all 3, £ Telephone 01631 770613

GARDEN MACHINERY

PETROL LAWNMOWER good condition and full working order, 18 inch cut self-drive, £95 Telephone 01631 720159

HOBBIES AND CRAFTS

PEARLISED PAPER & CARD White, Blue and Pink colours in stock available in A3/A4/A5 sizes, from 13p per sheet. Contact Krisp Print, Telephone 01586 554975

HOME OFFICE

COMPUTER DESK very good condition, 2'4" x 4'7", £40 Telephone 01631 720452

FILING CABINET four drawer, £35 Telephone 07899 901775

FILING CABINET three drawers, £30 Telephone 07899 901775

FILING CABINET Two drawers, £20 Telephone 07899 901775

SMALL COMPUTER DESK Small computer desk, excellent condition. measures: L=82cm, H=80cm, W=58cm Calls evening, £50 Telephone 01852300154

KITCHEN AND BATHROOM

KENWOOD CHEF A901 attachments, mincer, liquidiser, juice separator + slicer/shredder, £40 the lot Tel 01631 564452

LOST AND FOUND

LOST Small black zipped purse, has 2 hearing aids within. Lost in Oban on May 2nd. If found please Tel 01866 844220²

MAIL ORDER

SCOTTISH FIELD CALENDARS featuring spectacular photography of some of our most scenic lochs, rivers, beaches and mountains. Places include: Stirling, Fort William, Glencoe, Aberdeen, Isle of Skye, Edinburgh, Glasgow, Loch Lomond, Kelso, Aviemore, Forfar, Rum and Eigg, Shetland, Glentworth and Dryburgh. Always a popular gift for family and friends at home or abroad. Order on-line at www.scottishcalendars.co.uk or telephone 01371 851868.

OBAN TIMES WEST HIGHLAND CALENDAR, fabulous views of the West Highlands portrayed in this handy and conveniently sized calendar. Places include: Inveraray, Appin, Oban, Seil, Isle of Mull, Campbeltown, Tarbert, Machrihanish, Fort William. Ideal for home offices or as a gift. Order on-line at www.scottishcalendars.co.uk or telephone 01371 851868

MARINE

ALUMINIUM BOATHOOK 1.5m (5ft) long boathook, unused. "Crook" type - perfect for picking up moorings, £10 Telephone 01631 565570

WOODEN OARS Pioneer 1.5m (5ft) oars, unused, with black rubber collar. Varnished wood. 11cm side paddle, 13cm diameter, £30 Telephone 01631 565570

MISCELLANEOUS

SUITCASE Antler large suitcase, beige in colour,

excellent condition, as new, £60 Telephone 07795 841941

MUSICAL INSTRUMENTS

BEGINNERS FIDDLE with hard carrying case, excellent condition, £45 Telephone 07795 841941

GUITAR new in box with carrying bag, £40 Telephone 07795 841941

OUTDOOR SPORTS EQUIPMENT

SURF-SKI KAYAK



19ft Blue-Finn S by Fenn Kayaks, Glass vacuum, 14kgs, Kevlar paddles, lanyard, Thule car roof rack. All in as new condition. (Lochgilthead area)

£1750

Tel 01546 602471 or 07711 319190

PET ACCESSORIES

LARGE DOG CAGE Cage measuring -35" by 22" height 24", £35 Telephone 01631 720492

PHOTOGRAPHY

OLYMPUS OL10 35mm camera with numerous zoom lenses, flashes etc. In foam lined suitcase size metal carrying case, little used and has been valued at £180. Bargain at £90 Tel 01631 564578²

PRINTING AND STATIONERY

PROMOTIONAL MATERIAL Market your business effectively with professionally designed leaflets, posters and flyers from Krisp Print, Telephone 01586 554975

THANK YOU CARDS New baby or wedding, with a photo of your new arrival or big day. Truly individual, a treasured keepsake. Call Krisp Print Telephone 01586 554975

TOYS AND GAMES

TRADITIONAL DOLLS HOUSE complete with furniture and accessories, very good condition, £99 Telephone 07795 841941

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Call 01631 568000 or visit www.westcoastclassifieds.co.uk to place your ad.
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PERSONAL NOTICES

Thank You
Freshly retired Postman Allan MacLean would like to thank the people of Kilmartin, Ford and The Glen for their kindness over the years - and willingness to accept delivery the West Highland Way.
Thank you.

THANK YOU
My heartfelt thanks to all who supported my election to the Council earlier this month. Although unsuccessful in my wish to see a new political leadership of the Council, I will continue to press the case for more power and resources to local communities and to be a strong voice for Mid Argyll in the Council.
Sandy Taylor, SNP Councillor - Mid Argyll
sandy.taylor@argyll-bute.gov.uk or 01546 604184

PERSONAL NOTICES
COURIER
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TAYNUILT

Geared up for 4G in village

MOBILE phone network O2 has recently introduced its 4G service to Taynuilt. The 4G network will allow its customers to experience a new level of high-speed mobile internet, allowing them to stream high definition TV, shop on the go and use video calling.

In addition to the launch of 4G, O2 is upgrading its 2G and 3G network in the area as part of its network modernisation programme. Works are due to start this month and will be completed by May 30. Customers may experience intermittent service during the work and O2 recommends using an app which will allow its customers to make and receive calls on any wifi-connected device. More information can be found on O2's website.

CLOANAIG

New spring in their step

ARGYLL South branch of the Pony Club recently hosted its annual spring ride.

Two rides of six and

10 miles, were marked out by Laura McGregor through beautiful countryside on the Skipness and Claonaig estates, attracting 26 riders from as far a field as Scammerdale, Southend and Arran.

Pony club committee member Sara Qualter said: 'We are delighted to announce that the total raised was £700 via entry fees, the sale of delicious home-made cakes, refreshments and a bottle stall.

It was lovely to include members of Scottish Endurance Riding Club in the event, who were doing an official ride.'

A cheque for £545 has been donated to Marie Curie.

Argyll South branch of the Pony Club is welcoming any new members. For more information, please see the branch website or contact Melissa James at melissa95james@btinternet.com.

ISLAY

Award finals for Port Ellen

AN ISLAY primary school has beaten off stiff competition from across Scotland to be selected as finalists at this year's Scottish Education Awards.

LOCHGILPHEAD



Lochgilphead firefighters and Lochgilphead Rainbows.

Fire safety for Rainbows

RAINBOW Guides from Lochgilphead visited the Lochgilphead Community Fire Station last week. Manager Duncan Lister and his crew welcomed the group to the station where they enjoyed experiencing what it is like to be a firefighter, while learning about fire safety.

If anyone would like to become a member of your local fire station and keep your community safe, information can be found at www.firescotland.gov.uk.



Lochgilphead Rainbow Guides Erin MacBrayne and Kayla Leitch learn the basics.

Port Ellen Primary School has been selected as a finalist for the Sciences, Technologies, Engineering and Mathematics (STEM) Award.

The finalists will be invited to attend an awards ceremony at

the Hilton Hotel in Glasgow on Wednesday June 7, when the judges will unveil the winners of each award category.

Sine MacVicar, head teacher at Dunbeg Primary School, will also be attending the final

after being shortlisted for the prestigious Head Teacher of the Year Award. Sine has been widely praised for her 44 years of devotion to Dunbeg Primary School, and the atmosphere she has crafted within the school.

Thought for the Week

with Marilyn Shedden



IN TIMES gone by we could always see what an attack on us actually meant.

We could see the effect it had on a city which was bombed or a ship which was torpedoed.

We could witness first hand the devastating effect of bombs or bullets or blasts on a people who suffered the consequences of war. Now we are victims of 'cyber attacks'.

How do we deal with the enemy within? How do we deal with someone who wants to destroy the infrastructure of our society? How do we deal with this silent threat? How do we reason with those who simply want to eliminate all that is good in our world?

How do we understand those who would halt the emergency procedure for a heart bypass by rendering the necessary computer useless?

How do we understand those who wish to rob people of their opportunity to have chemotherapy?

How do we understand this part of human nature which just wants to destroy?

We are horrified by the threat of cyber attacks and we don't know what we can do to avert such disasters.

It is quite amazing to think how low the human spirit can sink when we can compare the heights to which it can reach.

It is quite incomprehensible to even try to understand a mindset which would jeopardise so many lives for arrogant self-satisfaction.

In the midst of all of this horror, we are reminded that we are all one in our troubles.

It is difficult to imagine what kind of strange pleasure anyone can find in damaging the possibility of healing. Whatever those who perpetrate this hatred gain from their vile practice, we will always rise above it.

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CONDITIONS OF ACCEPTANCE FOR ADVERTISEMENTS

YOUR attention is drawn to the following terms and conditions which relate to the placing of advertisements in all publications owned by Wyvex Media Limited.

Parties to this agreement are the Publisher, Wyvex Media Limited and the Advertiser on the other part. The Publisher publishes newspapers, magazines, books and provides advertising space therein or provides for the delivery of advertising materials to the public within these publications.

1 Advertising copy shall be legal, decent, honest and truthful and comply with the British Code of Advertising Practice and all other codes.

2 The Publisher does not guarantee the insertion of any particular advertisement.

3 The Publisher reserves the right to cancel or alter the advertisement by giving reasonable notice.

4 An order for an advertisement shall be deemed to be made on acceptance of the advertiser's order by the Publisher whether placed by telephone, mail, fax or in person.

5 Cancellation of display advertising must be received by the Publisher before the publishing deadline, failing which, the publisher reserves the right to invoice the customer in full for the whole cost of the advertisement.

6 The parties submit to the jurisdiction of the Scottish Courts and Scots Law. In the event of any dispute or action by the Publisher to recover payment from an advertiser, it is agreed that matters will be settled in the Oban, Argyll Sheriff Court or such other Court as the Publisher may choose.

7 The Publisher shall not be liable for any loss or damage occasioned by any total or partial failure (however caused) of publication or distribution of any newspaper or edition in which any advertisement is scheduled to appear. In the event of any error, misprint or omission in the printing of an advertisement or part of an advertisement, the Publisher will either re-insert the advertisement or relevant part of the advertisement, as the case may be, or make reasonable refund or adjustment to the cost. No re-insertion, refund or adjustment will be made where the error, misprint or omission does not materially detract from the advertisement.

8 Errors must be notified to the Publisher in writing within fourteen days of publication. In no circumstances shall the total liability of the Publisher for any error, misprint or omission exceed the amount of a full refund of any price paid to the Publisher for the particular advertisement in connection with which liability arose or the cost of a further or corrective advertisement of a type and standard reasonably comparable to that in connection with which liability arose.

9 The Advertiser/Advertising Agency agrees to indemnify the Publisher in respect of all costs, damages or other charges falling upon the publication as the result of legal actions or threatened legal actions arising from the publication of the advertisement in any one or more of a series of advertisements published in accordance with copy instructions supplied to the publication in pursuance of the Advertiser/Advertising Agency order.

10 Adverts under the value of £75 must be paid on acceptance of order by the Publisher. All advertising on a credit basis must be agreed with the Publisher in advance.

11 Payment of any invoice raised by the Publisher will be due 15 days from the date of invoice or as otherwise directed on the invoice. In the event of non-payment the Publisher may charge late payment interest at a rate of 2% and this is chargeable on a daily basis from the due date until the bill is paid. In addition the Publisher may charge a late payment levy of £10 as an administration fee. In the event of late payment the Publisher reserves the right to disallow any discounts given and to raise an additional invoice for the discount which will be treated as though it has been raised with the original invoice.

12 A request to insert an advertisement assumes acceptance of our conditions.

TEXT FOR THE WEEK

"The Lord preserves the faithful, but the proud he pays back in full" (Psalm 31:23).

BIRTHS



MUIR - HERROD

Matilda is delighted to announce the arrival of her beautiful wee sister, Alice Sarah Gemma Muir, born on April 11, 2017. Second daughter for David and Julie.

DEATHS

FLINT - James Fleming, aged 76 years, died unexpectedly and suddenly, on May 16, 2017, dearly loved son of Betty and the late Toonie Flint, dear brother of Hilary and Sarah and treasured uncle of Hamish, Andrew, Nicki and Amy. Funeral service at Perth Crematorium, on Friday, May 26, 2017 at 11:30am. Family flowers only.

HILL - Stephen Paul, taken suddenly, but slipped away peacefully, with his family there to say goodbye, at the Intensive Care Unit in Glasgow Royal Infirmary, on May 10, 2017, aged 53 years. Currently of Glasgow, formerly of Tarbert, Ardrishaig and Lochgilhead, loved Argyll but heart always in home town of Wolverhampton. Deeply loved husband of Shona, devoted dad of Cameron, Stephanie and Natalie, loving

granddad of Ryan, Rhys, Liam, Dylan and Oliver, deeply loved brother of Darren, brother-in-law of Andrew and Lindsay, son-in-law of Rob and Isla, nephew of Christine, cousin of Andrew, Spike and Michelle, and a good neighbour, much respected work colleague and very good friend to many. To be laid to rest beside his dad, Maurice Gordon Hill, in Wolverhampton. Thanks to the doctors, nurses and staff at the GRI, especially at the ICU, who cared for Steve and looked after his family with great care and compassion.

HUSBAND - Peacefully, in the Campbeltown Hospital, on May 7, 2017, Leonard Graham Husband, in his 77th year, Longisle, Knocknaha, Campbeltown, dearly beloved partner of Margaret Windsor, a much loved stepfather, grandfather and friend to many. Funeral in the Lorne and Lowland Parish Church, Campbeltown, on Tuesday, May 30 at 1.00pm, funeral thereafter to Kilkerran Cemetery. Friends please accept this intimation and invitation. Family flowers only please. A retiral collection will be held in aid of the Sunshine Room, Campbeltown Hospital.

MCINNES - Peacefully, in the Sunshine Room at the Campbeltown Hospital, on May 11, 2017, John Martin McInnes, in his 88th year, formerly of Smith Drive, Campbeltown, dearly beloved husband of the late Margaret McInnes, much loved father of Caroline and the late Elaine, loving grandfather

of Sandy, Robyn, Stephen and Julia and a loving great grandfather of Katy, Sean, Kieran, Abigail and Teegan.

RONALD - Peacefully, in the Queen Elizabeth University Hospital, Glasgow, on May 12, 2017, Jean Wilson Mitchell Miller, in her 85th year, 10 Barochan Place, Campbeltown, dearly beloved wife of the late James Ronald, formerly of Knockstaplebeg Farm, Southend and a much loved mother and granny. Funeral private.

ACKNOWLEDGEMENTS

GREIG - The family of the late Ken Greig would like to thank everyone for their kind messages, cards and support over the last few weeks. Our grateful thanks go to all the staff of Campbeltown Hospital involved in Ken's care, to Rev Philip Wallace for an uplifting service, to David McEwan for the lovely music, to Alasdair, Kenneth and Rhys Blair for their professionalism and guidance, to the Argyll Hotel for the purvey, and lastly, to all who paid their respects at the church and graveyard. £1,345.21 was generously donated to the retiral collection for Campbeltown Acute Ward and Lorne and Lowland Church.

MACMILLAN - The family of the late Jenny F MacMillan would like to express their appreciation to family, friends and neighbours for their kind thoughts, cards, flowers, visits and baking following

their recent loss. It was Jenny's wish to be nursed at home, which was achieved, so a heartfelt thanks to Maggie, all the district nurses and Carr Gomm staff and Dr Norrie for their dedication and guidance. Our thanks to Mathew and organist, David McEwan, for the comforting service and music, to TA Blair for their guidance and assistance and to the Argyll Hotel for the excellent purvey. To all who attended the church and interment, our heartfelt thanks. The amount of £600 was collected and will be donated to Macmillan Nurses, Kintyre Locality.

IN MEMORIAMs

GILCHRIST - In loving memory of Malcolm (Shorty), died May 20, 2012, loving husband, dad and granda. You are always on our minds. - Jean and family.

KENNEDY - May (Gillespie), died May 18, 2008, loving mum and granny. Sadly missed, forever loved. - John, Catherine, John, Niall and Michael.

MUIR - In loving memory of a much loved son, brother and uncle, Garry, who died May 22, 2016. Always in our thoughts. Sadly missed.

- Dad and all the family, home and away.

SHARP - May, a loving mum, granny, aunty and sister, fell asleep May 21, 2016. In our home she is fondly remembered, Sweet memories cling to her name, Those who loved her in life sincerely, Still love her in death just the same.

Miss you, Mum. - Love, Enid, John, Matthew and Gareth. Much love. - Roma, Che and family. Fond thoughts. - From Dougie.

SHARP - For Aunty May. Loved and remembered by us all.

- Janice, Allan, Kerry and Iona.

SHARP - In memory of May Sharp, died May 21, 2016.

Always in our thoughts. - Robert, Sandra, Lynne, Peter, Barry, Ian and Michelle.

CHURCH NOTICES

SKIPNESS LINKED WITH TARBERT LOCHFYNE AND KILBERRY CHURCH OF SCOTLAND

Sunday 21st May 2017
Skipness Service
10am Marilyn Shedden
Tarbert Service
11.30am
Mr John Morrison
For all church enquiries and pastoral care
Contact Rev. Hilda Smith, Interim Moderator on 07826 235735
Everyone very welcome
Tarbert & Kilberry SCO02622 Skipness SCO04280

CHURCH OF SCOTLAND WEST LOCHFYNESIDE

21st May 2017
Cumlodden Lochfyneside and Lochgair
Charity No. SC016097
Minister: Rev. Dr. Roderick D. M. Campbell
Morning Service in Cumlodden Church at 10 am
Glenaray and Inveraray
Charity No. SC016665
Morning Service in Inveraray Church at 11.30 am
Preacher: Rosemary Power
All welcome

ARDRISHAIG AND SOUTH KNAPDALE PARISHES

"Worship the Lord in the Beauty of Holiness"
Services in Achahoish at 9:45am
Ardrishaig at 11:00am

SCOTTISH EPISCOPAL CHURCHES

Christ Church
Bishopton Road, Lochgilhead (SC013787)
Sunday 11.00am
Eucharist & Coffee
St Columba's, Pottaloch (SC031391)
1st Sunday of the month
9.00am Holy Communion
3rd Sunday of the month
6.00pm Evensong
Father Simon Mackenzie
01546 602315

ST MARGARET'S R.C. CHURCH LOCHGILPHEAD

Holy Mass Sunday 10am
All Saints, Inveraray
Holy Mass Sunday 12.30pm
Fr. David Connor
01546 602380
All Welcome (SC0002876)

CHURCH NOTICES

CHURCH OF SCOTLAND GLASSARY KILMARTIN and FORD PARISH CHURCH

21st May 2017
Worship Service
Glassary 11.45am
Rev. C R Acklam
All welcome
SC0 02121

LIVING STONES CHRISTIAN CENTRE KILMARTIN

Sunday 21st May
Service at 11 am
Speaker this week - Graham McLean
"Streams in the Desert"
Light meal to follow
ALL WELCOME
www.livingstoneschristiancentre.com
SC001752



Argyll Street, Campbeltown
St Kieran Episcopal Church:
Campbeltown
Scottish Charity No SC023277
Sunday 21st May
Easter 6
Holy Communion 10.45am
Enquiries Tel: 01586 551141
The Scottish Episcopal Church is a Province of the Worldwide Anglican Communion



George Street, Campbeltown
Sunday 21st May
11.15am Worship Service
Rev Alec Stewart
6.30pm Sunday Supplement
Wednesday 24th May
Wednesday 24th May
12.30pm Bible Study and Prayer
2.00pm Water of Life Café
All Welcome
www.campbeltownfreechurch.co.uk
Scottish Charity Number: SC046745



Sunday Service
21st May 2017
11.00 am
Visiting Speaker - Willie Henry with Sunday School followed by refreshments
Youth Fellowship 6.30 pm - 8.00 pm
Every Sunday (term time only)
Mainly Music 10.00 - 11.30 am
every Thursday (term time only)
Registration required
Pastor Chris Holden
We meet at the Guide Hall, Kinloch Road
www.campbeltowncommunitychurch.co.uk
SC043322

ST. KIERAN R.C. CHURCH ST JOHN ST, CAMPBELTOWN

SCO02876
All Welcome
Rev. Tony Wood,
01596552160

VIGIL MASS

Saturday 6pm (except the 1st Saturday of the month and not on Saturday 20th May)
HOLY MASS
every Sunday 10am

NORTH KNAPDALE PARISH CHURCH

Charity Number SC001002
Sunday 21 May
Tayvallich Church 10 am
Morning Worship
Rev. C. Acklam
Saturday 20 May
Achnamara Hall 10.30am
Cafe Connect
Monday 22 May
Tayvallich Church 10.30am
Prayer Time
Thursday 24 May
Tayvallich Church 7.30pm
Kirk Session
All welcome
Enquiries 01546 606926
www.northknardale.org

Highland Parish Church



SCO02493
Sunday 21st May 2017
Induction service of new elders
The service will be conducted by Rev David Carruthers and will be held in the church at 11.15am
Elders meeting at 10.30am before the service.
All Welcome

LORNE AND LOWLAND PARISH CHURCH

Scottish Charity Number SC011686
Sunday 21st May
Morning Service 11.15am
Creche, Triple C, Gen 1
Hall Lunch and Communion
12.30pm New Hall
Rev P Wallace
Monday 22nd May
Session Meeting
New Hall 7.30pm
Tuesday 23rd May
Tiny Tots 9.45am
New Hall
Anchor Boys 6.00pm
Junior Section 7.15pm
Church Hall



Campbeltown Corps
Church and Community Centre
Registered Charity No. 214779 and in Scotland SC093959
Burnside Street, Campbeltown
01586 552046
Saturday 20th May
10.00am - 12.00 noon
Coffee Morning
Sunday Services
10.30am Morning Worship
Army Kidz
6.30pm Evening Worship
Wednesday
Lunch Club 12.15pm
1.30pm C.A.M.E.O.
7.00pm Make 'n' Munch Craft Group
Thursday
7.30pm Bible Study
Captains Ben & Ruth Russell
All welcome

SPRINGBANK EVANGELICAL CHURCH



75 Longrow, Campbeltown
Sunday 21st May
Family Communion
Service at 11.00am
Pastor Steve Davies
All welcome
Wednesday 24th May
12.30pm at the Free Church
Joining with Campbeltown Free Church for Prayer and Bible Study
Enquiries 01586 551200
www.springbankchurch.co.uk
SC014646

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Dookers break duck in last game

Tarbert AFC 3
Paisley AFC 0

SAFL Premier Division 2B

PLAYING in their final match of the season, Tarbert secured their first point of the season with a victory at Cil Andreis on Saturday.

Two goals from Nicky MacDougall and one from midfielder David Ronald sealed the win for the Dookers and ended a run of five games without scoring.

Tarbert had several efforts on target before opening the scoring on 20 minutes with MacDougall beating his marker before calmly finishing.

With the score 1-0 at half time, Tarbert were keen to end the season on a high.

A fine move allowed Ronald to shoot at goal on 60 minutes to make it 2-0 and another fine pass from midfield put MacDougall through to clinch the match with 10 minutes left.

The club thanks all its supporters and sponsors for their continued backing.

Despite challenges this year, several young players have established their place in the squad which is encouraging for next season.

Mid Argyll Dolphins splash charity cash

YOUNG swimmers have donated a four-figure sum to two local organisations after completing a swimathon last month.

The Mid Argyll Dolphins pushed themselves to the edge of exhaustion in a gruelling timed endurance challenge in an attempt to raise money for the MACPool and the Multiple Sclerosis Centre in Lochgilphead.

Graham Love, manager of MACPool, announced on Thursday last week that the final total of their fundraising efforts was £2,860.

The money will be split equally between the MACPool and the MS Centre, which will be a big boost for both organisations.

Graham explained that the money will go towards the recently installed biomass heating system at the swimming pool. He said: 'The biomass heating sys-



Dolphins captains Ruby Bosomworth and Lorne Barrie present the fundraising total Graham Love, far left, and Karen McCurry, far right. 08_a20swimathon01

tem will generate £280,000 of government subsidy over the next 20 years, making swimming pool op-

erations that bit more sustainable. The money raised by the Dolphins here will still be felt in years to come

– hopefully when their children are using the pool.' Karen McCurry, from the MS Centre, was delighted

with the total raised and was very grateful to the swimmers for their efforts.

'The MS Centre would like to say a big thank you to all the youngsters who took part in the swimathon to raise funds for us and MacPool,' Karen said. 'What a fantastic achievement for all and wonderful to see every one of the children completing their challenge.'

Karen explained that the money will be used to enable the MS Centre to start a new chair-based exercise class for people with long-term conditions.

She continued: 'It is fantastic that young active children are helping us achieve our aims to help adults with mobility problems or extreme muscle fatigue back into exercising. We would also like to say thanks to all the friends and family who generously sponsored the youngsters.'

Red Star reeling after shootout exit from cup

East Kilbride YMCA 1
Lochgilphead Red Star 1

(EKYM win 4-2 on penalties)
SAFL Hall Cup quarter-final

LOCHGILPHEAD Red Star made a dramatic exit from the Hall Cup at the hands of East Kilbride YMCA in Hamilton last Saturday.

Star, playing against a strong wind in the first half, struggled to get to grips with the home side's long-ball game.

The Lochgilphead side were forced into an early change when Lee MacLean went off injured to be replaced by Gregor Peacock.

It was the home side who ended a close first half on a high. An East Kilbride midfielder reacted well to a Red Star mistake in defence and curled his effort home.

Star made a couple of changes early in the sec-

ond half. Although they were seeing more of the ball, clear-cut chances were proving hard to come by.

Kieran Moore went close with a free kick after an hour but his effort cannoned back off the bar. A Ciaran McPhie effort from the left also rattled the post.

As the match entered stoppage time, Star finally got the equaliser when after some pinball in the East Kilbride box, the ball fell to Rab Docherty, who turned and finished well to force the match into a penalty shootout.

Unfortunately for Star, it was East Kilbride who edged the penalty shootout 4-2, firing them in to the semi-finals.

Red Star look to end the season on a high tomorrow, Saturday, when they travel to play Carlton YM in their final league match.

Jodie jumps to athletics medal double



Jodie Robertson on the podium with her high jump medal.

LOCHGILPHEAD athlete Jodie Robertson leaped to victory at the West District Athletics Championships in Kilmarnock.

Jodie, 15, was at the double on Saturday May 13 as she secured a gold and silver medal, proudly flying the flag for the Mid Argyll Athletics Club.

Competing in the under-17 age group for the first time, Jodie started the day with the high jump in very rainy conditions. This did not deter Jodie from excelling, however, as she recorded a winning jump of 1.47metres to secure gold. Jodie's first-time clearance at this height ensured she finished ahead on count-back with two girls sharing second place, one of whom was Grace Thompson from Oban.

This high jump win spurred Jodie on as only a few hours later she won a silver medal in the long jump – reaching a new personal best of 4.83metres with her first attempt.

Jodie was delighted with her two medals, which more than made up for her disappointment the night before when she had difficulty with her run-up in the triple jump.

Jilly Lefebvre, a former member of the Mid Argyll club but now living in and competing for North Ayrshire Athletics Club, won the under-15s high jump, clearing an impressive 1.54metres. Jilly was the Scottish champion in the high jump in the under-13 age group in August 2016 and is making great progress with her new club.



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Sports club lotteries

NUMBERS drawn on Monday in the Tarbert Football Club lottery were 4, 7 and 9.

There were no winners this week so next week's jackpot is £200.

Also drawn on Monday, the Kilmory Camanachd Club lottery draw numbers were 4, 10, and 19. There was one winning ticket belonging to D Ramsay who will take home the £700 jackpot. Next week's prize will be £100.

In the Inveraray Shinty Club lottery, the numbers were 3, 8 and 18. There were no winning tickets so next week's jackpot will be £200.

Big turnout for south sixes

TWENTY-TWO primary shinty teams arrived at Taynuilt Playing Fields on Sunday May 7 to compete in the annual South of Scotland Primary School Championships.

The playing fields were basked in sunshine as teams from as far as Glasgow, Edinburgh and Aberdeen vied with Argyll and Bute sides to be crowned south primary champions.

At the end of the group stages, the four teams qualifying from the P7 section were Taynuilt, Rothesay, Glasgow Gaels Reds

Impressive performance as Taynuilt do double

and Aberdeen respectively. Taynuilt Tigers and Inverkeithing qualified from their P5 section, while Glen Aray and Dunollie qualified from their group. Taynuilt's impressive performances culminated in a close win against Inverkeithing in the P5 final, winning the trophy for the second year in a row.

In the P7 final, Taynuilt beat Bute 2-0 to make it a double for the Taynuilt junior shinty club. This year's individual winners were Ewan Donnan, Glen Aray, who won the P5 player of the tournament, and Callum McMillan, from Rothesay, who won the P7 award.

In addition to this, Regan Craig from Bute Shinty Club was presented with the Sheena Cameron memorial shield by Dougie Cameron for his outstanding effort and sportsmanship on the day.



Kilmory had a strong presence at the sixes.




Taynuilt won the P5 and P7 competitions.

Inveraray miss out on Celtic Cup final

Celtic Society Cup semi-final, Inveraray 0 - 1 Oban Camanachd, Daniel Cameron scored the crucial goal for Oban Camanachd in Saturday's Celtic Cup semi-final against Inveraray to set up a final with Kyles Athletic. The Celtic Cup final will take place on Saturday June 24 at Taynuilt Playing Fields.

Photograph: Sinclair Images

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SPOT THE BALL

THIS WEEK'S JACKPOT £450

LAST WEEK'S BALL WAS HERE...



This week's nearest the ball winners, who each receive £25 are:

J Andrew
New Quay
Isle of Gigha

R Hanna
Ralston Road
Campbeltown

All you have to do
We have removed the football from the photograph opposite. Now look carefully at the position of the players and use your skill and judgement to place a cross at the exact point where you think the centre of the ball was. You may have a maximum of 10 attempts on this coupon at a cost of £1. If you wish to have more attempts, you must enter on separate coupons. The game starts with a jackpot of £250 and will increase by £50 per week until it is won outright. To win the jackpot, the centre of your cross must be in the exact centre of the ball. **Entry will be void if crosses overlap.** Prizes will be shared between those submitting correct entries. If no correct entry is received, two 'near miss' prizes of £25 will be awarded. When the jackpot is won, no other prizes will be awarded that week.

Easy to enter
Cut out your completed coupon and put your entry plus £1 per 10 attempts into a sealed envelope and post it to reach "Spot the Ball" Competition, The Campbeltown Courier, Courier Centre, Main & Longrow South, Campbeltown, Argyll PA28 6AE by 4pm on Tuesday. No refunds will be given for entries received after the deadline. You may hand it into The Courier Centre, Main & Longrow South, Campbeltown by the same time. Otherwise all entries must be posted.

Competition Rules
No responsibility will be accepted for entries which are delayed, mislaid or lost, and proof of posting cannot be accepted as proof of delivery. The company's decision will be final on all matters relating to the competition and no correspondence will be entered into. The final decision rests with the Company. In the event of more than one correct entry, the jackpot will be shared equally between all winning entries. Any decision regarding the awarding of a prize is entirely at the discretion of the Company. The Company reserves the right to declare the competition null and void at any time, subject to its discretion and to make full refund of the price of the coupon to any person who has entered the competition at that time. Employees of The Oban Times Limited, their immediate relatives and any persons otherwise connected with the competition are ineligible to enter.



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Address

Tel No

I enclose £1 for 10 crosses (tick box) The maximum number of attempts on this coupon is 10, but you may enter on separate coupons as many times as you wish. No photocopies allowed. You agree to abide by the rules. How to enter: Mark your crosses using a ballpoint pen. Ten crosses may be put on this coupon for £1. Crosses must not overlap Send to 'Spot the Ball' Competition, Campbeltown Courier, Courier Centre, Main & Longrow South, Campbeltown, Argyll PA28 6AE

Please tape your £1 coin here (if posting)

SPORT



INSIDE THIS WEEK:
Big turnout
for south sixes

Runners break free for the hills



Competitors gather at the start line before the race. 08_a20jailbreak01



Runners break free from the start line at Inveraray Jail. 08_a20jailbreak03

Go to the Advertiser website to watch a clip of the runners setting off.

DUN NA CUAICHE was the perfect centrepiece for a fine day of hill racing in Inveraray last weekend.

The annual Inveraray Jail Break attracted more than 100 runners from across the country to the royal burgh on Sunday May 14, to take part in one of the most picturesque races in Scotland.

Starting at Inveraray Jail, the hardy runners were faced with the gruelling challenge of scaling 250 metres up Dun Na Cuaiche before returning to Inveraray Castle where they were met with rapturous applause and a celebratory goodie bag at the finish line.

The field of runners has increased every year and features a wide range of ages, from six years old up to 60 plus, and there were a number of different courses marked out to suit certain ages and abilities.

Youngsters Andy Nicol and Eilidh Cameron were the first local runners across the finish line in the 'kids on the run' race, while Calum MacDonald and Rachael Johnstone

were the quickest locals in the junior race on a day when young Mid Argyll athletes were well represented.

Michael Deason of Shettleston Harriers won the men's race for the fourth year in a row with a time of 26:25, with a margin of almost a minute. Jessica Martin was the quickest female on the day, recording an impressive time of 31:54.

Several veteran runners showed everyone that age is no barrier, with Martin Beall setting the fastest time in the V40 category with a time of 31:43.

Fee Corner, one of the race organisers, said: 'We are very lucky to have generous sponsors from the royal burgh and are very grateful for the support by businesses small and large.'

'Inveraray Jail is a wonderful start venue while the Duke and Duchess of Argyll provide one of the most beautiful and impressive routes and finish lines.'

Full results can be found on the Inveraray Jail Break website or Facebook page.



Colin MacFarlane, Gillian Tierney-Clerk and Brian Robertson at the finish line. 08_a20jailbreak09



A sprint finish for Charles Urquhart and Paul Honey. 08_a20jailbreak05



Relief on the face of Fee Corner after another successful run. 08_a20jailbreak14

Mixed bag for Tarbert golfers in adverse conditions

POOR overhead conditions did not help scoring for the second round of the President's Cup last Saturday at Tarbert Golf Club.

The weather probably contributed to the poor turnout of members for what was once a flagship competition for the club.

In the competition itself, Iain Macalister pipped Keith Blair with a better inward half to take first place with a 73. Chris Smyth was a further shot back

on 74, with John MacNab on 75. The following players qualified for the knockout stages: JS MacNab, I Macalister, K Blair, D Johnstone, C Smyth, M McAlpine, G McCaffery.

This Saturday sees the 'wee Joe' MacFarlane Memorial Shield take place with the event being open to members, guests and non-golfers.

There will be a shotgun start at 11am, so everyone wishing to



Tarbert ladies after their Tarcarra Cup win.

play is asked to turn up in plenty of time and be on the tee for 11am.

Tarbert ladies had more luck with the

competition, the Tarcarra Cup.

The sun shone for most of the matches although the last few unfortunate teams did have some hailstones to contend with.

This didn't put the ladies off and they continued to finish their matches with Tarbert regaining the trophy with four wins to two.

Everyone enjoyed the day and finished off having a delicious dinner in the Anchor Hotel.

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