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# Mull islanders wage war on coronavirus

by Kathie Griffiths  
[kgriffiths@obantimes.co.uk](mailto:kgriffiths@obantimes.co.uk)

Mull's war effort to beat the coronavirus enemy has raised more than £10,000.

A £5,000 goal was soon smashed by crowdfunders building up 'a war chest' to wage battle on COVID-19 and now another appeal is fast heading for a new £7,000 target to help buy medical supplies.

A medical homeguard on stand-by for non-COVID emergencies, a new food bank and an army of delivery drivers and chatty chatters to keep chins up are just some of the inspiring initiatives set up to help residents fight the virus.

Volunteers island-wide are working up to 19-hour days to keep Mull fed, watered, looked-after and less lonely says Karen Taylor, one of four helpers co-ordinating the community services.

There is even talk of the island starting up its own TV and radio to get people

through self-isolation. It's just incredible the effort people are making.

'We're like our own little country,' added Karen, who is on 24-hour call as a point of contact for anyone needing help.

**'It's just like a war effort. Coronavirus is our enemy but with everyone doing their bit and a bit extra...we will win this together.'**

Mull was the first island to declare shut down before the Scottish Government's lockdown orders. In February, a crisis preparation group was already making a plan which grew into Mull Crisis Management (MCM) Group, which now brings together the island's major organisations,

including the community council, as well as professionals from the police and health service.

A website called Mullhealth.com was set up to give people daily updates during the coronavirus battle. People as far away as California have read 45,000 of its pages so far and now there is a Mull Health Facebook page with more than 500 followers and growing all the time.

Duncan Swinbanks from the MCM Group said: 'It's been likened to a military type operation. It's just like a war effort.'

'Coronavirus is our enemy but with everyone doing their bit and a bit extra for those who can't, we will win this together.'

As far as the group is aware, there have been two confirmed COVID-19 cases on Mull.

To make a donation go to [crowdfunder.co.uk](https://crowdfunder.co.uk) and search Isle of Mull Community COVID 19 Emergency Fund.

**Pope's delight at spirit-ual gift from Oban**



A BBC Scotland documentary, Priest School, which was shown at the weekend, saw the Pope enjoying a joke with Scottish seminarians. When they handed him a bottle of Oban whisky, instead of just handing it to his assistant as he normally would with a gift, he held it up and said 'Questa e la vera acqua santa', which means 'This is the real holy water', laughing and putting everyone at ease. For the full story, turn to page five.



**A Thank You from Brendan O'Hara MP, Argyll & Bute**

*On behalf of the people of Argyll and Bute I would like to thank NHS staff and all key workers for helping our communities through this Covid-19 crisis.*

*I would also like to thank YOU for playing your part by staying at home.*

We are here to help. Call 01436 670587 or email [brendan.ohara.mp@parliament.uk](mailto:brendan.ohara.mp@parliament.uk) to arrange an online surgery.



**STAY HOME. STAY SAFE. PROTECT OUR NHS.**

OT

## Taste of kindness from M&S



Workers at Oban and Lorn Hospital and the town's Hope Kitchen got a taste of kindness from the local Marks & Spencer store this week after it donated 1,000 hot cross buns to help keep feed the community during COVID-19. The tasty treats were delivered by Oban mum and volunteer Fee Shaw.

## Oban Times' webcam opens a window onto loch wildlife

Lovers of the great outdoors can enjoy stunning views and live action from Ben Cruachan and Loch Etive from the comfort of their own living rooms.

A new Oban Times Cruachan and Loch Etive webcam has been installed and live footage can be found by going to [www.wymexmedia.co.uk](http://www.wymexmedia.co.uk)

and clicking on the webcam link at the top of the page.

Overlooking Loch Etive, Ben Cruachan is also known as Argyll's Hollow Mountain, because of the hydro-electric power station inside it.

Our webcam opens a window onto life on the loch as the seasons go by.

# Online group breaks new ground on Mull

by Kathie Griffiths  
[kgriffiths@obantimes.co.uk](mailto:kgriffiths@obantimes.co.uk)

An online gardeners and growers group is one of the new ideas taking root on Mull to keep the community connected during COVID-19.

On day one of Mull Gardeners and Growers making its debut on Facebook, 90 people signed up to the group.

From armchair gardeners to houseplant enthusiasts and die-hard potato diggers, the group is for anyone on Mull, Iona, Ulva and Gometra - as well as those who have close connections to the islands.

Librarian and writer Yvonne Marjot put out the call from lockdown and was amazed to get such a big response so quickly.

The idea attracted interest from complete beginners to experts and from people happy to help Yvonne keep a close eye on posts to make sure the page remained stay-at-home savvy, sticking to social-distancing and safety restrictions.

I'm not a gardener, although I've now dug a veg bed, but we had the thought from the community's COVID volunteer group that people could do with getting virtual support



Rachel Ann French has been making origami newspaper plant pots.

from home and there might be a need for a gardening group,' said Yvonne. Tips are flying backwards and forwards and if people have seeds or gardening equipment to share, volunteers running a delivery service are picking up and dropping off.

Wild food recipes on how to make soup and pesto from nettles and cautionary words on how not to confuse wild garlic with toxic look-alike Lily of the Valley are also being shared.

'People were desperate to start sharing - not just tips but seeds and tools too.'

'We've got fantastic volunteer drivers who, as well as transporting people's shopping

and prescriptions and other essentials, are helping people exchange other things. It's so helpful because it cuts down on other people making those journeys and keeps people safe at home.

The growers and gardeners' group even has its own mascot called Lucky.

It's a Kalanchoe plant that managed to survive while self-isolating without much care through the winter in someone's cold conservatory. There's a message for us in that.

'It's just like the Blitz spirit. People are thinking we're all locked up at home, what can we do and what can we do

with things we've already got at home.

'Outdoor space and gardens or a few pots were a great place to start,' said Yvonne. Mary Macgregor from Tobermory Horticultural Society hopes the group will be 'a silver lining' after the crisis ends and give its membership a boost.

At the weekend, the horticultural society had an online show for fun after coronavirus put paid to its spring event. Grown-ups and children were invited to take photographs of their exhibits and send them in.

Another new Facebook group set up as a result of COVID-19 is Just For Families. In its first week, 120 families had joined for support.

'We've got a great community here.'

'Because we are islands, we have clear boundaries where the influence stops so we have each other to rely on and help get through this.'

'These groups and other projects being set up are keeping us all in touch,' added Yvonne.

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In view of the current Covid-19 emergency we have now closed all our offices and will not be carrying out any property inspections until it is safe and appropriate for us to do so. Our staff are still working remotely and are in a position to answer and advise on any property related questions or issues that may be of concern. Please do not hesitate to contact us should you require such assistance.

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## Police Scotland humbled by special PCs

Police Scotland has thanked special constables for coming forward in droves following an appeal for help.

In the past three weeks, around 140 specials have volunteered over 7,500 hours.

In Argyll and Bute, Stevie Neilson was given the support of his employer Argyll and Bute Council to pledge as much time as possible to community policing.

Stevie, a harbour master and port security officer at Rothesay on the Isle of Bute, has been a special constable for 26 years.

With his extensive local knowledge and contacts, he is a 'vital member of the team,' said Police Scotland.

John Hawkins, assistant chief constable, said officers had been 'humbled' by the response.

'Their commitment to their roles during this unprecedented time is staggering and I cannot thank them enough.'

For more visit [www.facebook.com/PoliceScotlandVolunteers](http://www.facebook.com/PoliceScotlandVolunteers)



Three of the other contenders in the Easter bake-off.

## Mull family rise to lockdown challenge

A family on Mull has come up with a nouvelle idea to keep themselves occupied during lockdown, writes Fiona Scott.

Michelle MacEwan arranged the Martin Family Lockdown Bake Off after her cousin Iain Martin's attempt at making a Swiss Roll was a flop and she challenged the rest of the family to see if they could do better.

Cousin Kayleigh Brown takes up the story: 'We decided to put the pictures of the Swiss Rolls on Facebook for the public to decide which one looked best.'

'They were put up numbered one to six so no one would know whose was whose. We were blown away by the response.'

The first round received more than 200 votes with winner



Alec Brown's winning Easter cake.

Rhoda McGee receiving 80 votes, with Kayleigh coming second.

'We had so many messages saying how much everyone had enjoyed voting and guessing who had done which Swiss Roll that we set up a Martin

Family Lockdown Bake Off page on Facebook,' she added.

'It was decided the next bake was to be an Easter-themed cake and other cousins, partners and mums joined in to bring the entry up to 12 in total.'

'Everyone made such great effort and we had more than 250 voters.'

The winner was Alec Brown with his 'Mini Egg Gravity Defying Cake'.

'It's really brought some fun to our family in these uncertain times,' added Kayleigh. 'I would recommend it to anyone. Even little ones can join in.'

The next bake is TV/movie themed biscuits. Anyone wishing to join the fun and have a vote can join the Facebook group.

# Martyn's Monday Club still there for everyone

by Kathie Griffiths  
[kgriffiths@obantimes.co.uk](mailto:kgriffiths@obantimes.co.uk)

**'Zoom is the best we can do while we can't have our face-to-face meetings, but we are worried some people might slip through the net.'**

Volunteers at Martyn's Monday Club are saving lives as COVID-19 weighs heavily on people's mental health.

The peer-to-peer support group based in Oban says its specially-trained facilitators have taken a number of suicide calls since lockdown.

'Thankfully we have been able to help. They have turned out to be more panicky episodes rather than suicidal but, initially, they said they wanted to end their life. Once we have started to talk to them, they have realised they were in a moment of panic and they don't want to die.'

'People are reaching out. They think there is nothing left out there but there is. When people are in that terrifying moment, they can't see any other way out

of it. Coronavirus is making people nervous and increasing anxiety. It is also heightening other problems people might have. But we are all in the same boat at the moment. We can get through this. We just need to try and keep calm and sit tight,' says Des MacMillan from Martyn's Monday Club.

As a result of COVID-19, the club's regular Monday meetings for men and Tuesday night sessions for women have been cancelled and replaced with online Zoom meetings.



Des MacMillan, who helps run Martyn's Monday Club.

These take place at the same times, 7pm to 9pm, and confidentiality rules apply. People are asked to be in a separate room so others cannot hear what is being said, or wear earphones.

Anyone over 18 can join. Just message the club on its Facebook page or email [info@martynsmondayclub.com](mailto:info@martynsmondayclub.com) to

get the password. 'Zoom is the best we can do while we can't have our face-to-face meetings, but we are worried some people might slip through the net. We've had new women members join through Zoom but not men. Feedback we've had from those using it is that it's excellent. They've still been able to connect with others

and it's helping,' said Des. The Oban men's Zoom group has been opened to include Lochaber Mind Fit Men's group, while the women's group in Fort William has opened its own Zoom sessions.

'Ninety per cent of what people are talking about is coronavirus. People are feeling isolated, it's a really tough time. Some can't work. They are worried about wages, paying bills.'

'It's a hard time because no-one can put a timescale to it. All we can say is we are all in this together,' added Des, who helps run the club.

Martyn's Monday Club has had reports of people in crisis struggling to see their GPs.

The club can be contacted via its Facebook page but anyone in crisis can also call Breathing Space on 0800 838587 or Samaritans on 116 123. In an emergency dial 999.



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## POLICE FILES

Between 8pm and 11pm on April 12, in the Longsdale area of Oban, it is alleged that chocolate was placed within the garden of an address in an attempt to harm the dogs kept within the property.

Between 4pm and 6pm on April 13, at Dalmally Fire Station, a vehicle tyre was punctured three times using a knife or similar implement.

About 11.30pm on April 15, a building was broken into near Achناclach.

Between 4pm and 6pm, on Friday April 17, a quantity of fire wood was stolen from the Brochroy area of Taynuilt.

About 7.30pm on Sunday April 19, at Port Appin, a vehicle was involved in a collision. The driver was traced nearby and was allegedly found to be over the prescribed drink drive limit. He was arrested, held in custody and a report was submitted to the fiscal.

If any member of the public has information in relation to the above, or to any incident, they can contact their local Police Station on telephone number 101, or anonymously through Crimestoppers on 0800 555 111.

# Resilient LOHO keeps connected with clients

by Fiona Scott  
fscott@obantimes.co.uk

to keep in touch and offer education and guidance on various health, fitness and lifestyle topics.

Senior exercise specialist Rob Graham, who lives on the Isle of Mull, has been sending a Message from Mull every morning since social isolating was implemented and will continue to offer an informative breakfast time talk while out cycling around the island on his one permitted outdoor exercise session.

In order to counter the potential side effects of isolation we are directing clients to our online resources which can be accessed at any time,' he told us.

'There has been an amazing response to the Message from Mull from local residents, some of who have consented to Healthy Options sharing short videos, photos and messages so others can learn from and



find strength from their community and realise that they are not alone at this worrying time.'

'It should also be said that everyone involved in that project relies on and acknowledges the role that humour and laughter play when trying to overcome adversity.

'We also know that this will be vital to all NHS staff and key workers across the country and with that in mind we are in the process of creating something quite special to lighten everyone's moods. That's all I can say for now... but keep an eye out.'

Lorn and Oban Healthy Options Ltd are a small charity based in Oban who take referrals from local GP and allied health professionals for people living with, or at risk of developing long term health conditions.

The voluntary board of directors consists of local individuals from various backgrounds in health, business and community development, while the team itself consists of four exercise specialists Rob Graham, Ian Milarvie, Katie Galbraith and April Barron, and is led by development manager Gill Bruce.

**Senior exercise specialist Rob Graham.**

The majority of the work carried out by LOHO is done at Atlantis Leisure where a strong partnership with the Atlantis directors, management team and ground staff is evident.

Healthy Options and Atlantis Leisure have now also teamed up with The Active Health Team in Newcastle upon Tyne where Rob once worked. This facilitates and encourages shared learning in the hope that clients benefit from a pooling of knowledge and experience.

Anyone interested in joining the LOHO WhatsApp group should send their full name and mobile number to Rob on 07816973855 and say that they would like to be added to the WhatsApp group.

'Healthy Options are the only people who can actually post so you will not be overwhelmed with lots of messages, everything on there is positive informative, sometimes funny and forward thinking,' added Rob.

Anyone wishing to make a donation to LOHO can do so at their local giving site at <https://localgiving.org/charity/lorn-and-oban-healthy-options>.

## New role will be child's play for Rockfield's new heritage officer

Playtime has a whole new meaning for Easdale Primary School teacher Elisabeth Stevenson, writes Fiona Scott.

Originally from Seattle, USA, Elisabeth moved to Oban in 2007 when she married husband Ian Stevenson, and last week she was introduced as the Rockfield Centre's new heritage officer.

Elisabeth's main task will be to develop the new learning space/play area within the new building, a job which she just can't wait to get started on.

'Two years ago I began the Art Explorers, with the support of the Rockfield Centre, to provide holiday art camps and an after-school club for children in P2-P7,' she explained.

'I wanted children to have more opportunities to experience the process of art because



**Rockfield Centre's new Heritage Officer Elisabeth Stevenson.**

I felt we just didn't have enough time in school and I could see how much the children loved it.'

'It has been a wonderful success with many children taking part.'

The space itself is situated

on the ground floor and the play area will be designed around the history of Oban with exhibits and programs to stimulate informal learning through play.

'I am very excited about this new position and the chance to use my experience in education to develop an interactive play and learning space within the Rockfield Centre,' added Elisabeth.

'Even though I am very sad to leave Easdale school, I look forward to involving the children and getting their feedback with ideas for the building of the interactive play space.'

In addition to developing the play space, Elisabeth will be working closely with the heritage group to promote the history of the old school and the Oban area.

# MAY ISSUE

**OUT NOW!**



Some of the doctors and nurses from Lorn Medical Centre in Oban.

# Patients told to 'keep up' COVID fight

by Kathie Griffiths

kgriffiths@obantimes.co.uk

Social distancing is working in Oban as the number of new COVID-19 cases start to reduce.

Dr Erik Jespersen from Lorn Medical Centre said there had been an 'initial flurry' of cases in Oban but in the last week it has settled down.

'There's no doubt COVID is in the area but because people are doing social-distancing so well we are now seeing a reduction in new cases. It's important people keep that up and stay at home,' he said.

The known 'flurry' of Oban cases have included patients who have needed to be hospitalised.

'Things are relatively quiet' at the practice says Dr Jespersen who is worried some patients might be putting other health concerns on hold and not getting in touch, when they should. 'I do think people are holding back a wee bit too much with other illnesses but we are still there for them. I would rather people get in touch earlier than leave it for after COVID.'

Patients can still ring the surgery as normal for consultations with nurses and doctors but appointments are likely to be over the phone with sent-in photographs of ailments and occasionally video appointments helping. Lorn Medical Centre also has surgeries on Mull and for Iona.

'Our patients are doing a great job. They are being very understanding. We can tell a lot from a photograph or on a

video call and it helps us make that decision if we need to see the patient in person,' said Dr Jespersen.

Appointments in the surgery are being staggered as a safety precaution and patients will be given masks to wear.

Families are also being urged to keep up childhood immunisations, vulnerable patients who are shielding are

being contacted to see if they need extra help, and practice nurses working from home are carrying out telephone reviews of patients with long-term conditions such as diabetes.

'A special thanks to the district nurses who continue to provide a home visiting service to all those that need it and to all the home carers who do an amazing job looking after our most dependant patients. Staff in the local pharmacies are also working really hard,' said Dr Jespersen.

The call for patients to still contact GPs for help with other health concerns has also come from Taynuilt Surgery and its other sites at Connel and Dalmally, which has daily meetings for all staff as part of their COVID-19 plan.

Necessary face-to-face appointments can be made and nurses are still seeing patients but, like in Oban, visits to the surgeries have to be arranged beforehand.

Patients in vulnerable groups are also receiving phone calls from clinicians to make sure they are getting the help they need and volunteers are running a medication collection service from Taynuilt surgery which is working well. Connel

Pharmacy now has a new hatch on the outside of the building to give out prescriptions.

The 37th Ardgattan Scout Group has also loaned out a tent which has been set up at the back of Connel surgery so patients with respiratory symptoms can be checked safely and reduce the risk of taking coronavirus into the main building.

Support from the general public has been overwhelming, from donations of hand sanitiser to businesses providing face masks and gloves, and volunteers making gowns and scrubs. Former workers have also been baking and making lunches for hard-working staff, and children's pictures in support of the NHS have been brightening spirits.

'We would like to sincerely thank the local community and our patients. We very much appreciate your understanding and help during this exceptionally difficult time.'

'Special thanks also to all our staff who have coped magnificently with this situation, adapting to change and new ways of working on an almost daily basis. Remember - we will get through this,' said practice manager Janice McGhee.

Over on Seil, Easdale Medical Practice manager Mary Phillips said: 'The organised support from all the communities we serve has been fantastic. As a practice we were prepared for the worst but that has not happened yet. We are open for business. If people have any health concerns they should phone first as we are reducing face-to-face contact to protect patients and staff.'

## Pope Francis praises Oban's 'holy' spirit

A single malt whisky made in Oban has caused a stir in the spiritual world, writes Ellis Butcher.

Pope Francis was reportedly caught on camera endorsing a product made at the historic Oban Distillery in Stafford Street.

Handed a bottle by student priests from Scotland, the 83-year-old pontiff reportedly joked: 'Questa e la vera acqua santa', which translates to 'this is the real holy water'.

But news of the head of the Catholic church seemingly recommending the brand sparked a 'malt-down', with Vatican media insisting Il Papa's quip was cut from the documentary before being broadcast on Sunday.

Narrated by Scottish-Italian actress Daniela Nardini, BBC Scotland's Priest School follows the life of seminarians - students of the Catholic church - at the Scots College in Rome who met the Pope last year.

Director Tony Kearney, whose Solus Productions company made the documentary, told the media: 'We filmed the students meeting with the Pope in the Apostolic Palace.



The pope was delighted with his gift of Oban whisky.

One of them was tasked with giving the Pope a bottle of malt, because they know he likes whisky.

'He was really down to earth with them all and when they handed him the bottle of Oban malt, instead of just handing it to his assistant as he normally would with a gift, he held it up and said: 'Questa e la vera acqua santa,' which means 'this is the real holy water'.'

'He guffawed with laughter and it was a real ice-breaker with the students and put everyone at ease.'

'But we'd agreed that the

Vatican's media office would be allowed to approve all of our footage before we broadcast it. So we sent them the files and when they sent it back, that bit of him saying that was cut out.'

The Oban single malt is described as having 'fruity notes of oranges, mandarins, pears and figs, a hint of sea salt and a peaty, smoky taste'.

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## New guidance issued for home learning

New guidance to support the home learning of children and young people during the new term has been issued.

It covers three main areas:

■ learning and teaching at home: including support for digital learning; children who are likely to be disproportionately impacted; and learners with added support needs.

■ parental involvement and engagement, including details of local and national support and how local authorities/schools will require a different approach to being updated on a child's development.

■ support for teachers and school leaders, with advice on learning resources; supporting pupils' and staff health and wellbeing; and on leading colleagues and teams.

Deputy First Minister John Swinney said: 'While we do not expect teachers, parents and families to replicate classrooms, we are committed to working to protect pupils' wellbeing, and ensure learning can continue in an appropriate way, wherever possible.'

# Help for Argyll families is just phone call away

by Kathie Griffiths  
kgriffiths@obantimes.co.uk



Families needing an extra pair of helping hands or a listening ear to get them through the COVID-19 crisis are being urged to pick up the phone.

Volunteers at Home Start Lorn are manning the phones throughout the outbreak in case they are needed.

The funded-service that costs £70,000 a year to run but is free to the 17 families currently on its books, has only had one new referral since the arrival of coronavirus - and that is a worry, says the project's manager Aileen Binner.

The service is based in Oban but reaches out as far as Appin, Dalavich, Kilmore and over to Mull.

Families with at least one child under the age of five can ask Home Start Lorn for help from its 25 trained volunteers

who will befriend them and help out whether it is helping them with the shopping, picking up prescriptions, accompanying a parent to play sessions or just being there to chat to on the other end of the phone.

'There's lots we can help with. We're here for families wanting to do their best but struggling a bit for whatever reason.'

'Our volunteers come from broad backgrounds. It's about offering friendship, emotional support and a wee bit of practical help too.'

'We've only had one referral since COVID started and that's what's worrying me.'

There must be families out there who are struggling through this and they don't need to be alone. We just need them to pick up the phone, make that call to us. We can't do home-visits at the moment

but we are here for them.

'This is a tricky time for lots of people but our service is all very informal and it is free,' said Aileen.

The service, which employs three staff, relies on money from funding trusts to survive. It gets £30,000 a year from the Henry Smith Foundation and last year it received financial support from Argyll and Bute Council.

The service is busy making up art and craft activity packs for families to keep children entertained during lockdown. Donations they have received so far have included materials from Tesco.

To get help, volunteer or give other support, get in touch with Aileen on 07718 768305.



Aileen Binner from Home Start Lorn.

## Keeping our community informed

# What we are doing to help

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Stay safe, we're in this together

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## Survey reveals Brits want change to lifestyle after lockdown over

Only nine per cent of Britons want life to return to 'normal' after the coronavirus outbreak is over, a survey suggests, writes Fiona Scott.

People have noticed significant changes during the lockdown, including cleaner air, more wildlife and stronger communities.

The newly-released YouGov survey was commissioned by the RSA's Food, Farming and Countryside Commission (FFCC), together with food charity The Food Foundation.

The poll finds a clear majority (85 per cent) want to see at least some of the personal or nine per cent want a complete return to normal.

Professor Tom MacMillan from the Royal Agricultural University, and research lead for the RSA's Commission, said: 'This data shows there is a real appetite for change and for the nation to learn from this crisis.'

'People are trying new things and noticing differences at home, in their work and in communities. This is really apparent when it comes to food, farming and the countryside, the issues the commission is



focused on, but clear in other areas, too.'

'Alongside the emergency response, it is important to keep track of these changes in what we're doing and our collective mood, to help shape the kind of country we want to be, including the way we want to feed ourselves, when we recover from this pandemic.'

The survey also identified significant changes to our relationship with food, family and the environment.

■ 51 per cent say they have noticed cleaner air, and 27 per cent more wildlife, since the lockdown began.

■ Social bonds are stronger, with 40 per cent feeling a stronger sense of local community and 39 per cent more in

touch with friends and family.

■ 42 per cent say the outbreak has made them value food more, and one in 10 have shared something like food or shopping with a neighbour for the first time.

■ More than 19 million of us (38 per cent) say they are cooking more from scratch and 17 million are throwing away less food (33 per cent).

■ Six per cent, or three million people, have tried a veg box scheme or ordered food from a local farm for the very first time.

■ But although nine per cent feel fitter and 27 per cent are getting more exercise, more people (36 per cent) say they are getting less exercise than before.



The hotel's owners have pledged two one-night stays offering dinner, bed and breakfast for two people.

# Appin luxury hotel offers gift for NHS and care staff

by Ellis Butcher  
[ebutcher@obantimes.co.uk](mailto:ebutcher@obantimes.co.uk)

The owners of a luxury hotel at Port Appin are offering a free break for NHS and care workers in Scotland once the coronavirus crisis has passed.

Shaun McKivragan, of the award-winning Airds Hotel and Restaurant overlooking Loch Linnhe, came up with the idea in recognition of the sterling role key workers have played since the pandemic hit.

The hope is that a gift to stay or have dinner at one of Scotland's most prestigious hotels will give someone on the front line something to look forward to as they cope with the immense pressure of working life.

Shaun told The Oban Times: 'With several of my family and friends being employed in the NHS and care homes, I get to hear first hand about how tough it is for them.'

'I have one relative who is a doctor in an intensive care unit which is predominantly dealing with COVID-19 cases and this is especially tough to handle.'

'Also my father-in-law is in a care home and I equally know how tough it is on care staff'



Shaun McKivragan,  
owner of the Airds Hotel and  
Restaurant.

and what a fabulous job they are all doing. It is therefore very close to my heart.'

'It is a thank you and a gift to NHS and care staff - pure and simple.'

The couple have owned the 11-bed hotel since 2002 and it has been graded three AA stars in recognition of its luxury quality.

It is also one of the few members in Scotland of the exclusive Relais-Chateaux group and Luxury Scotland - putting it firmly in the top bracket of the finest hotels in the entire country.

Its 30-cover restaurant is renowned for its fine dining and it has achieved three AA rosettes in recognition of its food.

The hotel's owners have pledged two one-night stays offering dinner, bed and breakfast for two people.

They will also offer two people a gourmet dinner for two people at its restaurant without accommodation.

The offer is restricted to NHS Scotland staff and Scottish-based care staff only, and the deadline for nominations is Monday May 18.

Please email your details, or the details of someone you think deserves this treat, to [care@airds-hotel.com](mailto:care@airds-hotel.com).

The hotel has assured people that once the draw has closed, email addresses submitted will not be retained for marketing purposes and will be deleted.

The lucky winners will be revealed in The Oban Times on Thursday May 21.

**KEEP IN TOUCH**  
email us at [editor@obantimes.co.uk](mailto:editor@obantimes.co.uk)  
telephone 01631 568000

## Drones over Oban were not us, police confirm

A powerful drone was seen flying over residential areas of Oban at the weekend, writes Ellis Butcher.

The large and noisy device circulated high above streets around McCaig's Tower as many residents relaxed in gardens.

Some police forces have caused controversy during the pandemic by deploying drones to enforce the lockdown restrictions.

However, Police Scotland have confirmed to The Oban Times that they were not behind the drone seen in Oban at around 8pm on Sunday night.

'We are not using drones to enforce the restrictions and have no plans to,' a Police Scotland spokesperson said.

Police can use drones to search for missing people but there was no incidents in Oban that night requiring the use of a drone, the spokesperson added.

The Civil Aviation Authority UK has recently relaxed the rules for police to use drones during the pandemic.

It allows officers to fly drones to heights of up to 500ft instead of the standard 400ft.

Officers can also fly the devices closer to people than previously - coming to within

just 10m instead of 50m, the CAA confirmed.

Civil liberties campaigners have expressed concern that the use of drones by police during the lockdown is 'sinister' and 'Orwellian'.

The CAA said: 'It is against the law to fly a drone or model aircraft without passing the theory test or registering. You can also be fined for breaking the law when flying. In the most serious cases, you could be sent to prison.'

Drones should not be flown above 400ft (120m) and never closer to people than 50m, according to the rules.

## Council review into taxi fares to go ahead

Taxi businesses across Argyll and Bute are going to be consulted in a review of fares, writes Ellis Butcher.

Argyll and Bute Council's temporary 'business continuity committee' agreed the decision during a Skype meeting on Thursday April 16.

The council says it has to press ahead because it is required to do so by law.

The Civic Government (Scotland) Act 1982 obliges councils to fix scales for taxi

fares and other charges at least every 18 months. Any changes this time round would be required to come into force by October 2020 which means the review has to start this month.

The consultation will be carried out in writing.

The fares were last reviewed on October 24, 2018 and took effect the following April. The delay in introduction came about after an appeal was lodged. The current fares were set in June 2014 and three successive council

reviews since then have not resulted in any increase in fares.

Under the current structure, tariff 1 fares, for hires between 7am-10pm, begin with a basic fare of £3 for a journey of 860 yards, or 0.4 of a mile, with an extra 20p for every 176 yards, equivalent to 528ft after that.

Fares under tariff 2, which applies to journeys between 10pm-7am, start at £3.60 for a trip of up to 860 yards with an extra 20p for every 150 yards covered.

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OT

## Oban Times and Oban FM are community assets

Around Oban

KAY MCDONALD

editor@obantimes.co.uk

These strange times are starting to seem almost normal now, not a nice normal, but there are wee routines developing which give your days some shape and help to feel a bit more in control.

Two things which I find myself looking forward to are Oban Times day on a Thursday and dipping in and out of what's on Oban FM, and I must say how thankful I am for both.

Oban FM does a fantastic job of keeping spirits up with great music and presenters who go out of their way to keep us up to date with local information as well as entertaining us, not an easy job at the best of times but even more difficult at the moment, and they do a superb job, thank you to all the presenters and those behind the scenes who do so much for the local community.

The Oban Times staff, what can I say, the print edition has been part of my world on a Thursday for such a long time that Thursday in our house was always known as Oban Times day, and despite the fantastic online presence, I do like a real newspaper to read.

As a guest here each week and because of my role

### WHERE IS THIS?



# Families bring outdoors in during lockdown

by Fiona Scott  
fscott@obantimes.co.uk

Facebook chums Lisa MacKinnon and Carla Kerr have been bringing the outdoors inside in an effort to provide some entertainment for their young children and step children.

The pair are part of a wider parenting group that have been sharing tips and advice over social network since lockdown began and over the Easter weekend they both went that extra mile for their respective youngsters.

Lisa, originally from Kilmore but now living in a flat in Johnstone with her partner James, built an indoor campsite in her living room for her daughter KayliMia's sixth birthday.

The surprise was also enjoyed by James' two children Jenson, six, and eight year old Katie when they joined the happy campers on a weekend visit.

'It was a lot of work but it was definitely worth it to see the look on their faces,' said former St Columba's and Oban High School pupil Lisa.

'I even had them making bits of the decorations the week



before without letting them know what it was for. When KayliMia walked into the room in the morning she was bursting with excitement, it was like Christmas.'

Lisa had even collected real logs and parts of trees while out on her daily exercise to make it even more authentic.

'We only have a small shared space to dry washing outside so to be able to recreate a forest

campsite for the children was perfect in our situation. We had a blast, James as well who is also a big kid really.'

Elsewhere Carla Kerr, from Appin, had been busy creating a similar surrounding for a Movie Night with her fiance David Smith and his six-year-old son Jamie.

'People started posting ideas for children to keep them entertained while in lockdown

KayliMia had a wonderful birthday 'camping' at home.

so I just put mine up too,' said beauty therapist Carla, who's themed living room caught the imaginations of thousands on social media. 'I didn't realise it would get over 3.6 thousand likes and comments and the Sun and Daily Mirror also did a write-up on it.'

I always do a little movie night when we have Jamie to try and make it fun for him. We watched Batman that night and everyone really enjoyed it. I think all the kids are just loving that they are getting quality time with parents and everyone is making a big effort to make the most out of a bad situation.'

Last weekend Carla has a 10-pin bowling night lined up. To see how she made up her campsite go to <https://youtu.be/jGQpMR9jAny>

Please let us know what you have been doing to keep the young ones entertained during lockdown at [editor@obantimes.co.uk](mailto:editor@obantimes.co.uk) or by phoning Fiona Scott on 07467 819373.

**MOREPHOTOS**  
[www.obantimes.co.uk](http://www.obantimes.co.uk)

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### Coronavirus update



In order to better protect our staff and clients from Coronavirus we have started with the following measures

- All annual vaccine boosters cancelled (low risk to go 3 months overdue)
- All routine neuters, dentals, nail clips, pet health checks, weight checks cancelled
- All remote clinics cancelled

If we haven't yet contacted you about a pre-existing appointment please accept our apologies, we are working through a long list!

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D&A Munn are hoping to revive an old tradition.

## Community urged to show respect from a distance

A local funeral director is urging members of the community to return to 'old fashioned' values during these times of restriction, writes Fiona Scott.

Ian MacInnes, of D and A Munn Ltd, Oban, is asking everyone who sees a hearse passing by on its way to a funeral to pay their respects in a traditional manner. Stop and pause, stand still and quiet for a moment as it passes, take off your cap if you are wearing one, and bow your head.

'In these unprecedented times where funerals are limited to only a very few (eight) close family members our chance to support people during bereave-

ment is very limited,' he said. 'So, we wondered, and are hoping, that if we could revive an old tradition that would show people that their loss is noticed and shared by us all, it would mean the world to the family in their time of sadness and grief.'

Mr MacInnes acknowledged that the current social distancing requirements were making what is already a painful time for families arranging a funeral of a loved one even more difficult.

'We are here to help and will do whatever we can to make things easier where possible,' he added.

by Kathie Griffiths  
kgriffiths@obantimes.co.uk

Pens are poised as Oban's Rockfield Centre comes up with an innovative way of keeping the community in touch during lockdown.

Rockfield project facilitator Eleanor MacKinnon is hoping the letter-writing scheme will be a big boost to people missing contact with family and friends while living in isolation.

Eleanor said: 'I was telling my grandchildren about my pen pals when I was their age and asked if they would become my pen pals and it then struck me as a positive and different way for others to keep in touch too.'

Fee Shaw, arts and culture co-ordinator for the Rockfield Centre, who has now set the scheme up said: 'We thought it would help if a central organisation with a trusted position within the community could co-ordinate Positive Pen Pals.



Faye Johnston, three, and five-year-old Aiden Johnston set about writing to start Positive Pen Pals.

'It is open to anyone to take part in but we are particularly looking to help older, more vulnerable members of the community who are currently isolated. We hope that the kindness of strangers in these truly trying times can act as a spark of positivity to lift spirits and help bind all ages together.'

Feedback has been good so far, with a number of children and grown-ups already looking forward to connecting with older, more vulnerable people.

Fee said the arts team was also in communication with nursing and care homes in the area to allow those without internet access to be put on the scheme.

'We would also like readers of The Oban Times to get in touch with relatives, neigh-

hours and others by phone if they think they would like to join in but won't have read about the scheme themselves,' said Fee.

Positive Pen Pals could involve children looking to talk to other children, adults wishing to write to an elderly person, young people wanting to draw pictures for an elderly person who perhaps has limited writing capabilities but would enjoy receiving the art - these are just some of the possible ideas for starters.

To join Positive Pen Pals contact Fee at arts@therockfield-centre.org.uk and give names, ages, addresses and some information about what type of pen pal they are looking for. Fee will match them and then writing can begin.

More details on this scheme and other activities going on at the moment is available via the Rockfield Centre website at therockfieldcentre.org

## Coronavirus

**BID4Oban are working to provide information to the business community of Oban as regularly as possible.**

We are working with our Key Partners Argyll & Bute Council, Business Gateway, AITC and OLTA on a daily basis.



To enable us to keep in touch, please follow BID4Oban on **Love Oban Facebook page** and website **www.bid4oban.co.uk** for regular updates.

Email **info@bid4oban.co.uk**



**Oban Business Improvement District**  
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OT

# LETTERS

## Time now for new 'normal'

As our communities remain in lockdown, we continue to be impressed by the fantastic efforts so many people are going to to ensure their neighbours and in many cases, strangers, are looked after and kept safe.

From the work of Mull Crisis Management and its many volunteers and partners, to Martyn's Monday Club and Home Start Lorn, so many of you are reaching out to care for the many individuals and families in need of help.

And we love that people are getting in touch with us to let us know what you are doing to come together as families during this period of isolation.

Given the way we have come together to support and encourage each other, it's no surprise that a YouGov survey last week said only nine per cent of Britons want life to return to 'normal' after the coronavirus outbreak is over.

Having been forced to put our busy lives on hold during the pandemic, many of us are realising that we are liking having more of a work life balance. Let's hope that the many positives that have come out of this time, help us shape a new future for ourselves that retain what we have gained, such as the increased community engagement and quality time with family and friends.

The editor welcomes letters of approximately 300 words in length for publication on this page. However we reserve the right to shorten, to amend or to refuse to print them. Names and postal addresses must be supplied, including on emails, to indicate good faith. A daytime phone number is also required for verification. Anonymous letters or those supplied without a contact phone number will not be printed. Please email: editor@obantimes.co.uk or write to: Letters page, The Oban Times, PO Box 1, Oban, Argyll, PA34 4HB. At the Oban Times we endeavour to ensure that all our reports are fair and accurate and comply with the Editors' Code of Practice set by the Independent Press Standards Organisation (IPSO). We realise, however, that mistakes happen from time to time. If we have published anything that is factually incorrect, please email: editor@obantimes.co.uk; telephone on 01631 568000; or email editor@obantimes.co.uk. We will attempt to resolve your issue in a timely, reasonable and amicable manner. However, if you are unsatisfied with our response, you can contact IPSO by email: inquiries@ipso.co.uk. We will abide by the decision of IPSO.



For press freedom with responsibility

## Spring is in the air...

The daffodils round Connel Bridge are looking absolutely splendid, and reminded me of this poem by William Wordsworth:

*I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze*

*The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed - and gazed - but little thought  
What wealth the show to me had brought:*

*For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.*

It's a wonderful world, and we all are part of it – all members, one with another. Try to be cheery and do please be safe and considerate for all our sakes.

John Gosling, Barcaldine.

## Legend of Bruce's Brooch

While Morvern Lines is always a favourite, I noticed Valerie Forsyth's pleasant piece on The Legend of Bruce's Brooch in your March 12 issue. If I may, I would like to make a small correction.

She is absolutely right that The Statistical Account has it that, in the storming of Gylen Castle in 1647, the Brooch of Lorne was captured by Campbell of Inverawe. However the brooch never came into Inverawe hands. It was seemingly found, not by Lt. Col. Dougal Campbell of Inverawe who had been sent by General Leslie to capture the tower, but by his colleague in the brief siege, Campbell of Braggen.

Braggen in Scammadale, is still owned by his descendants, the Robertsons of Braggen, and it was when that Campbell family ran out to heiress daughters who were left short of funds, that the brooch went to be sold. Campbell of Lochnell, from whose ancestors the Braggen Campbells were descended, stepped in both to help the young ladies of Braggen and so as to restore the brooch to the MacDugalls of Dunollie, as is mentioned.

Briefly, the attack on Gylen was a part of the Civil War which, in Scotland, was largely fought between two marquesses: the able adminis-

Write to us: send your letters to editor@obantimes.co.uk or The Editor, PO Box 1, Oban, Argyll PA34 4HB

## Beachd Ailein

ALLAN CAMPBELL

editor@obantimes.co.uk



'S iomadh rud a dh'ionnsaicheas sinn ri linn sgrios Covid 19, agus thig am foghlam sin le bri-seadh cridhe agus pian dha na miltean theaghlaichean a chaill càirdean. Chan eil leigheas luath gu bhith air a' chràdh is an ionndrainn a tha na daoine sin a' fulang oir mar a sgrìobh feallsanaiche's e th' ann am bròn ach gaol gun cheann-uidhe! Feumaidh sinn uile foighidinn a chleachdadh airson beagan sheachdainean fhasast, agus ged a tha sin doirbh ann an iomadh seadh feumar an lagh a leantainn. A dh'aindeoin gach duilgheadas a tha riaghailtean aonarachd ag adhbharachadh tha sin neo-chudromach ann an coimeas ri bàs nan ceudan mhilean air feadh an t-saoghail. Le rabhaidhean cruaidh gum bheil eaonamaidh an t-saoghail ann an cunnart crionaidh tuigear an cuideam a th' air luchd-riaghlaidh gus gniomhachas fhaotainn air ais ag obair agus a' cosnadh a-rithist. Aig an aon àm feumar a bhith mothachail gum bheil e deatamach gun tèid smachd fhaotainn air sgaoileadh a' choròna-bhiorais air toiseach air riaghailtean aonarachd a thogail agus gniomhachas a chur air ais a dh'obair. Bha e misneachail a bhith a' cluinniinn Ángel Gurria, Rùnaire Coitcheann na Buidhne airson Co-obraichaidh agus Leasachaich Eaconamaidh (OECD), ag ràdh gur e dòn an cui'd sluaigh a' chìad dhleastanas a th' aig luchd-riaghlaidh dhùthchannan an t-saoghail agus nuair a bhios sin déanta gur ann an uairsin as còir dèiligeadh ris an eaonamaidh.

Gun teagamh tha còir gum bi daoine nas mothachaile air cho furasta 's a tha e galair a sgaoileadh agus ri linn sin cho cudromach 's a tha nighe làmhan. Tràth san iomairt an aghaidh Covid 19 sgur daoine a chrathadh làmhan a chèile is thòisich bualadh uileannan mar cha mhòr fealla-dhà, ach bha rudeigin mì-chofhurtail san dealbh a chruthaich neach-poilitsig eadar-nàiseanta a thuirt gum bu chòir surg a chrathadh làmhan gu tur. Saoilidh mi nach còir cur às do chomharra càirdeis cho bunaiteach chun am bi modh ùr leis an aon seasamh stèidhichte gus a chur na àite feadh an t-saoghail. Faodaidh grunnd adhbharan buaidh a thoirt air an ire gun ghreimich an coròna-bhioras air cuid a dhaoine, agus tuigear carson a tha sgrùdadh ga iarradh air cionnas a rèir coltais a tha mòran a bharrachd de bhuill mhion-chinnidhean a' fulang, seach daoine geala. Nuair a dh'fhsogail Ospadal Nightingale ann an Lunnaidh chaidh an fheallsanachd aig a' bhanaltram ainmeil air an deach a h-ainmeachadh a chur nar cuimhne a-rithist. Taobh a-muigh an togalaich, thuirt i, bha cuid aig an robh cumhachd beairteis agus cuid fo bhuaidh bochdann, ach taobh a-staigh an ospadail bha iad uile co-ionann.

Nach bu mhath leithid sin de cho-ionannachd feadh ar coimhearsnachdan gu lèir mar phàirt den dileab foghlaim agus tuigse a thig an dèidh a' ghalar mhìlltich seo!

Allan Campbell  
ailean@obantimes.co.uk

Loch Sween. So while Leslie continued south, Inverawe was sent north again to capture Gylen, which he did, although the garrison was not large enough for a 'massacre' – as one Gaelic tale would tell (in the Dewar M.S.). Perhaps the poet confused Gylen with 'the barn of the bones'.

When MacColla had herded women and children into a barn and set the thatch alight – recalled locally as 'the barn of the bones' – Campbell of Braggen was with them. He is said to have burst his way up through the thatch, challenged MacColla to a duel, and when he got no response, flung his sword high in the air. While all looked up to be sure they would not be hurt by its fall, Braggen escaped. The impoverished heiresses of Braggen were his descendants.

Diarmid Campbell,  
Kilchoan Farmhouse, Kilmelford.

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# DISTRICT NEWS

## COMMUNITY SHOUT OUTS: REASONS TO BE CHEERFUL

### DUNBEG

For obvious reasons the Dunbeg Community Council meeting and AGM due to take place on Monday May 11 has been postponed until further notice. If anyone has urgent business they would have liked to take to the meeting, please contact a member of the Community Council.

### MULL

An online flower show has helped raised hundreds of pounds to help vulnerable people cope with COVID-19 on Mull.

Instead of displaying blooms and exhibits at Aros Hall on Saturday as originally planned for Tobermory Horticultural Society's Spring Show, people were invited to send in photographs instead.

From cut spring flowers to flowering bulbs and, for the first time, painted stones in adult and children's classes – the people of Mull and Iona put on a good virtual show, with 60 entries in all.

Mary Macgregor and other organisers from the show produced a Facebook gallery of entries and said people's bright and beautiful efforts were 'all fantastic' and reflected lots of hard work and talent.

'We have not awarded trophies or prizes this year. Instead Tobermory Horticultural Society will make a donation of £200 to a charity helping the vulnerable cope with COVID-19,' said Mary.

And she added: 'We will look forward to seeing more entries for our so Summer Flower Show in August. We hope the online show will have encouraged people.'

Elsewhere Ross of Mull and Iona Organic Gardeners(ROMIOG) are planning schemes that will encourage budding and seasoned gardeners to grow more of their own fruit and vegetables so that they can share harvests with all that might need it.

Gardeners are being asked to sow a few extra seeds, plant extra plants and take them to the Plant Exchange that ROMIOG is holding on May 20 in Fionnphort car park. Plants should be dropped off between 10 and noon (labelled



Eilidh MacDonald, 10, is photographed with her lovely decorated flower pot; the flower show also attracted photographs of many painted rocks and flower arrangements .

please) and then anyone who wants items can go by between 12 and 3 to pick up. Social distancing rules will apply and the group will organise pick up and delivery for anyone who would prefer not to attend.

For those thinking that it would be nice to garden but practicalities or just getting started pose issues, ROMIOG has the perfect answer. Pre -planted planters. Just water and keep the slugs off. Thanks to Jimmy from Fidden Farm there is a stack of the plastic red sheep supplement boxes which make perfect planters. The Erraid Community has offered to fill them with soil and plant them up with salad seedlings or herbs. All you have to do is place your order for either salad or herbs and they will be ready for collection or delivery on May 20. Please send orders by email to [jgibson221@gmail.com](mailto:jgibson221@gmail.com). These will be free. Over the next few months The group members say they will work on the best way to distribute any surplus harvest people have to those on the Ross who would



appreciate some fresh local produce. All entries can be viewed on the Tobermory Horticultural Society Facebook page.

### TAYNUILT

Calling all children in the village...Donna Bannatyne posted on Taynuilt What's Happening: 'We have a mission, should you chose to accept it.

'We need happy, summer displays in our local shops to brighten up our days. We are asking children to create an item or a design that can be used in the windows. A 3D item that can be place in the window or a design that can be cut out and stuck to the window. Let's fill the window displays with colours and things to make us smile.'

'You have until the end of the month and if parents let me, Donna Bannatyne, know when your item is ready I will arrange collection. Happy crafting.'

### Sponsored by your local Citizens Advice team - They need you!

Volunteers now required in Oban.

Call **01546 60 5550** or email [info@abcab.org.uk](mailto:info@abcab.org.uk) to find out more.



### What do you think?

Write to me at [mlaing@obantimes.co.uk](mailto:mlaing@obantimes.co.uk) or The Oban Times, Crannog Lane, Oban PA34 4HB or call 01631 568021.

## Cowboy Hotpot



SYN FREE | Takes 55 minutes | Serves 4

#### Ingredients

- 4 large potatoes, peeled and halved
- Low-calorie cooking spray
- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 8 Slimming World frozen Syn-free Pork Sausages, each cut into 3 pieces

#### Method:

1. Cook the sausages according to the packet instructions then cut each sausage into three pieces and keep warm.
2. At the same time, cook the potatoes in a large pan of lightly salted boiling water for 10 minutes or until tender. Drain and set aside.
3. Meanwhile, spray a deep, non-stick casserole pan with low-calorie cooking spray and place over a medium heat. Add the onion and garlic and cook for 3-4 minutes. Add the sausages and cook for a further 5 minutes, stirring occasionally. Add the carrots, stock and chopped tomatoes. Bring to the boil, cover and simmer for 15 minutes. Stir in the baked beans and mixed beans and cook for a further 5 minutes to heat through.
4. Preheat your grill to hot. Spoon the sausages and beans into individual heatproof serving dishes or a shallow casserole dish. Slice the potatoes and arrange over the top of the sausage mixture. Spray with low-calorie cooking spray, season lightly and grill for 2-3 minutes, or until browned.
5. Serve hot with a mixed salad.

You don't have to be a cowboy to enjoy this campfire classic. Topped with sliced potato, our Syn-free sausage casserole recipe makes a hearty, healthy dinner

- 2 large carrots, peeled and finely diced
- 150ml hot vegetable stock
- 400g can chopped tomatoes with herbs
- 415g can baked beans
- 410g can mixed beans, drained and rinsed

### PLEASE NOTE: ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

Your consultant for Lochaber and Oban is Gillian on 07796 040803, Lochgilphead & Campbeltown Rhona 07880 878906. Available for Slimming World phone support and guidance.



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# BUSINESS NEWS

## WhatsApp is the answer to lockdown water problems

Minor tap water issues across Scotland are now being fixed by WhatsApp.

Scottish Water has been using the application to make video calls to customers and carry out 'virtual inspections' to resolve problems such as loss of supply or low water pressure. It allows engineers to see the problem for themselves and speak to the customer direct.

The company said it would only do so if the situation was appropriate and the customer had the app and was prepared to agree. But it has meant that engineers have been able to sort out problems and reduce the risk of contamination between customers and staff who usually go out to repairs.

Sarah Prescott, Scottish Water's field response business manager, said: 'So far about 15 per cent of the hundreds of jobs that would have involved visits to customers' properties over the past couple of weeks have been resolved via WhatsApp - including video calls.'

'We've been able to implement this quickly and the feedback from customers has been good because in many cases we have been able to resolve issues which have been causing them inconvenience at a time when they are self-isolating because either they or a family member has COVID-19 symptoms and are vulnerable.'

'In those circumstances, customers have enough to contend with without an issue with their water, so we are delighted to be able to use social media to help them.'

'In addition, the move will help the utility gain an understanding of how it could use virtual appointments moving forward, with the benefits in terms of carbon footprint reduction that they will deliver.'

You can follow Scottish Water at [twitter@scottish\\_water](#) or [www.facebook.com/scottishwater](#). You can also call 0800 0778 778.

# The View calls on drinkers to buy a 'virtual round'

by Ellis Butcher  
[ebutcher@obantimes.co.uk](mailto:ebutcher@obantimes.co.uk)

A major venue in Oban is appealing for people to support it by purchasing an online round of drinks.

The View on George Street has added its name to 'Save Pub Life' - an online campaign to help the licensed trade.

It allows pub-goers to purchase between £10 to £100 worth of drinks and receive a 'virtual gift card' to redeem them over the bar when the coronavirus restrictions are lifted.

The scheme was set up by Budweiser and however much a customer spends online, the beer giants will 'double the money' for the local business.

Pubs, clubs and venues have no income coming in after having to shut their doors to the public.

It also gives loyal regulars a chance to support their town's favourite nightspots and ensure they are still standing once the pandemic has passed.

The View, formerly Skippinish, can cater for more than 500 people and usually has a busy calendar of live music, bingo events, weddings and meetings.

It has also proved a staunch supporter of ceilidhs and Scottish traditional music, along with local charities.

The nightspot was taken over nearly two years ago by directors Drew Walker, aged 42, Andrew



Buchanan and Daniel MacIntyre, both 38.

The trio told The Oban Times: 'We're the new kids on the block, so we're having to think of new ways to help our venue and Oban's entire night-time economy to thrive.'

'We've had six local people purchase gift cards to a total of £150 but that is doubled to £300.'

'Our very popular fundraising bingo nights, have highlighted

Oban's great community spirit and we're sure plenty of people will help each other out at this time.'

Like many others, the three directors have families and the sudden closure of the business has come as a major strain as well as having to reluctantly furlough their 'excellent staff'.

The trio had been working up plans to significantly invest in the venue which they regard

as 'unique' to both Oban and Scotland's west coast.

In the event the lockdown continues, the three businessmen are developing plans for a 'click and collect service' and hope the community will get in a few rounds at The View via the 'Save Pub Life' initiative.

To buy a virtual round for The View, please visit <https://savepublife.com/collections/scotland/products/the-view-oban-pa34-5nl>

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## Around Lochaber

**ANGUS MACDONALD**

fort@obantimes.co.uk

### Out the other side

The Oban Times ran a story last week that said only 9 per cent of people wanted life to go back to 'normal' once the lockdown is over.

It is quite appealing to some, those nine million people furloughed get 80 per cent of their pay, while the Institute for Fiscal Studies estimates UK households normally devote a quarter of their spending to things that are currently impossible such as eating out, holidays and commuting. The weather is wonderful, we get to spend time with our families, and the money is good. What's not to like.

That said the shutdown is costing Britain, ie us, around £2.4 billion a day with furloughing, huge business support and little tax take, how long can the UK Government afford it.

There will be major macro economic

changes. Massive government and corporate debt which needs to be reduced by higher taxes and inflation, high unemployment as companies fail, and a move from the increasing globalisation of the last 30 years.

On a more personal level and immediate level, I have asked people what they most look forward to, with answers ranging from, getting away, anywhere but here, to having their hair done, to heading out to a bar and nightclub. I forecast a boom in UK based holidays in the autumn, gyms and low fat foods will do well, and there will be queues down the road for hairdressers. My 20-something-year-old boys say their generation will flood anywhere offering a social nightlife.

Will we have a quick bounce back? Er, it depends. Builders will be the first back I believe, shops with restrictions on personal space, and car travel will

be allowed. Manufacturing in China is almost back to normal, our industry will restart quickly too. Cinemas, and anything with mass crowds, such as sporting events, must be among the last to open, although I feel certain that the young will rebel if everything opens apart from bars, which will certainly be shoulder to shoulder when they do. Older and less healthy people will be the last to be allowed to integrate.

What will change for the better? People have generally been nicer to each other, all sorts of great local initiatives happening. Fast internet has been a blessing, who had heard of Zoom a month ago?, and the ability to order almost anything and get it delivered a couple of days later has been fantastic. The 75 per cent drop in the price of petroleum will make a worthwhile difference to many, it will stay low for years. And bosses are more

likely to be in favour of home working, having seen it work pretty well.

And which will be the worst effected industries? Anyone for a cruise? Plague ships have been headline news for a month - Carnival Cruises' share price is down by 85 per cent, while they try to raise US\$6 billion. Easyjet and Virgin have been castigated in the press for having billionaire shareholders and yet signing up to a billion pound government support package between them. Easyjet paid a dividend in March with Stelios Haji-Ioannou netting £60 million of it. Reputationally, Premier division footballers have fought not to give up some of their multi-million-pound salaries despite their clubs furloughing low paid staff at 80 per cent of salary.

The entente cordial of Europe is under real strain, with pleas for financial help from Italy, Spain etc

initially being ignored, and Italy and Serbia having to turn to China for medical supplies when Germany wouldn't help...Nations will focus in on themselves; Britain imports 61% of its food and much of its medical supplies which makes us vulnerable, and major manufacturers will be keen to onshore much of their supply chain, having suffered from the non availability of crucial parts when they were most needed.

The most cringeworthy expression I've heard is 'smug solation' for those flaunting their privilege, the most appropriate term is 'covididiots' and the most unpleasant thing was locals slashing a district nurses's caravan tyres thinking she was a holiday maker. The nicest 'wish' I heard was a man saying he couldn't wait to hug his elderly parents when we came out the other side.



## Fishermen start netting payments, says Finance Secretary

West Coast fishermen are to start receiving payments from an emergency £5 million fund, Kate Forbes MSP announced this week.

It was established by the Scottish Government after the coronavirus caused the collapse of lucrative overseas export markets to places like Spain and Italy where west coast seafood is revered by continental chefs.

The lockdown restrictions then slammed the door on domestic tourism in Scotland - further slashing demand for delicious delicacies such as langoustine, prawns and crab.

But Ms Forbes said today that initial payments are now being made to owners of all full-time Scottish-registered fishing vessels of 12 metres length and under, the vast majority of which fish the creel and dive sectors.



Many of those operate in the remote or island communities, including those in the finance minister's Skye, Lochaber and Badenoch constituency.

Ms Forbes said: 'Our fishermen have been particularly hard hit, as the impact on their markets happened well before the lockdown in Scotland.'

'It is important that they are given a helping hand, and I'm pleased that the first payments are on their way to fishermen on the West Coast who are struggling.'

'Our seafood is renowned internationally and the markets will return, but it is important that we help fishermen through the next few weeks. These grants will do that.'

Donald Cameron, an MSP for the Highlands

and Islands and shadow finance minister, said it was 'right' that both governments provide emergency support to the vital sector.

'The grants will play a vital part in sustaining the industry through these incredibly difficult times, so that it can take advantage of the many opportunities as the UK leaves the Common Fisheries Policy.'

'As a Highlands and Islands MSP, I am very well aware of how important fishing is to the economy of the West Coast and I will be closely monitoring how the scheme unfolds and keeping in touch with local fishermen in the meantime.'

There is still concern, however, for the wider seafood sector which already one of the most 'fragile areas of Scotland's economy' despite the number of jobs it supports and the exports it makes.

£10 million worth of assistance has been made available by the Scottish government to those in the processing sector who can access grants and loans.

Donna Fordyce, interim head of Seafood Scotland, said: 'With most export routes almost entirely closed off and around 80 per cent of shellfish and seafood normally destined for international markets, the industry is currently on its knees but this package will help many seafood businesses live beyond the impact of COVID-19.'

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## A piece of history towering above Oban Bay

McCaig's Tower - do not call it a folly - overlooks Oban and is its most remarkable landmark.

In 1897, local banker John Stuart McCaig, a philanthropist who worked for the North of Scotland Bank, employed local stonemasons to build a tower in memory of his family on Battery Hill. The stonemasons found it difficult to find work during the winter months so McCaig stepped in. He designed the tower himself with the estimated cost for its construction being around £5,000.

Built from Bonawe granite quarried at Loch Etive, the circular structure has 94 arches over its two tiers.

McCaig's original idea was to have a museum and art gallery at its centre, but this never came to fruition. In his will he stated that on the summit of the wall of the tower large statues of his five brothers and himself, his four sisters and his parents Malcolm and Margaret, were to be erected, all modelled from photographs. He said that if no such photographs could be found, then the statues were to have a likeness to him.

The cost of each one was to be around £1000. With any money left over, a chair was to be created in his name for teaching sculpture, painting or other fine art.

McCaig saw himself as an art critic and visited Europe in that capacity but in his house were cheap, ordinary engravings. He died on 29th June 1902 aged 78, his tower incomplete.

The will of Catherine McCaig, one of his sisters, who died at Oban in 1913, proved to be just as eccentric as her brother's, which she successfully contested at the time of his death. She had revoked the building of the statues but now, they were to be erected under the terms of her will. However, they were never commissioned by the surviving family members.



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# Golden eagles, kind

## Morvern Lines

IAIN THORNBER

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As each day passes the sun climbs higher in the sky and a new season is under way, moving briskly like a spring tide on the flood. It knows nothing about the reason nor our latest curtailed lives but is as sure and as certain as night follows day although in some glens and byways it makes less haste.

The late Sandy Boyd, whose family have grazed cattle on the south shores of Loch Eil for centuries, used to say it was always winter in Garvan compared with Blaich (Gaelic Blathaich, 'flowery place') four miles down the road where the ground is good and spring arrives a fortnight earlier – hence its name.

Sand martins, swallows, grey wagtails, larks and wheatears arrived in Morvern's White Glen two weeks ago where they have been strutting their stuff and putting the air in stitches for their own delight. And why not? Any bird that can fly without a compass or a sat-nav from Africa to the place where it was hatched the previous year deserves to be full of the joys of spring.

Weather has little effect on the nesting pattern of golden eagles and ravens – the two great stalwarts of the hills. On the high tops in winter, they are the only birds to be seen on the wing in the roughest weather conditions – the golden eagle more so facing into gales that ground even the raven. What are to us inclement months, February and March see eagles and ravens actively courting and nest-building.

On the first day of March one year I found a raven sitting on eggs. The nest built of sticks and lined with sheep's wool perched on the narrow ledge of an old quarry, was as inaccessible as they usually are. The golden eagle, on average, is a little behind the raven in laying the first of her two eggs – three are rare. The end of March always used to be considered the time of laying for this bird but it varies as much as six weeks with different pairs. In the West Highlands, especially the islands, eggs are laid in the first few weeks of March in some cases. One pair nesting at fully 2,000 feet above sea level in Argyll in 1956, must have laid around March 1-3, as the young eagle was 12 weeks old when it made its first flight on July 6 – an incredibly early date for an eagle. I have a reference to someone visiting an eyrie in West Perthshire on March 19 and finding the hen, a great bird with a six- to seven-foot wingspan, sitting on an immac-



ulate white, new-laid egg. Golden eagle eyries are generally massive structures of birch and heather sticks lined with the dead brown leaves of the great woodrush (Lazula), with a wide saucer depression up to four to five inches deep at their centre. They tend to nest on sheer unscaleable cliffs, often under an overhang and now and again in company with ring-ouzels. Ring ouzels are closely related to blackbirds whose Welsh name 'mwyachsen y mynydd' translates as 'blackbird of the mountains'.

But, like golden eagles, they have been in decline in the West Highlands over the past 20 years. Golden eagles also nest in trees but more especially in the pine forests of central and eastern Scotland. I have seen only one in a tree in Argyll and that was in an ancient birch overlooking Loch Sunart which has since been blown down in a winter gale. Amazingly there is a record from the Cairngorms, before it became a crowded national park, of an eagle's nest on the ground! Yes, a huge pile of rowan and heather sticks on top of

a waist-high rock projecting out of the heather on a steep slope. This is probably the same site Seton Gordon (1886-1977), the famous author and naturalist from Skye, mentioned in his 'Hill Birds of Scotland', London 1915, where he writes of an old lady walking into an eagle's nest and carrying the eggs away in her apron. What she wanted them for he did not say.

Every now and again I come across references to eagles carrying off babies. I know in the Northern Isles the tradition is strong. There has, however, never been any proof that such a thing happened, and certainly none in modern times, although 'never' is a dangerous word to use in any wild-life context.

In the old days women working in the fields would lay their very young children down nearby, so why shouldn't a scouting eagle attack one now and again? The species most often blamed was not the golden eagle but the sea, or white-tailed eagle, before the latter became extinct around

**NORTH WEST MARINE**  
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Tide tables for Oban during the week from Thursday April 23, 2020 are listed below with differences for major ports listed underneath. All times are GMT (add one hour BST)

	Thur	00.02	0.9	05.57	3.9
Fri	12.16	0.9		18.05	3.8
Sat	00.31	0.9		06.28	3.9
Sun	12.64	0.9		18.32	3.8
Mon	00.59	1.0		06.56	3.8
Tues	13.14	2.9		18.59	3.8
Wed	01.24	1.1		07.24	3.7
	13.40	1.0		19.27	3.7
Thur	01.48	1.2		07.53	3.5
Fri	14.11	1.2		19.59	3.5
Sat	02.18	1.4		08.28	3.3
Sun	14.50	1.3		20.36	3.4
Mon	03.00	1.6		09.12	3.1
Tues	15.41	1.5		21.24	3.2

Tidal Constants: (Add or deduct from High Water at Oban)

Ardnishag	-5.35	Islay Port Ellen	2.00	Portree	+0.55
Campbeltown	-5.30	Lochboisdale	+0.30	Tobermory	+0.16
Crinan	-0.47	Mallaig	+0.25	Dover	+5.30

## WEATHER

### THURSDAY

Sunny with a gentle breeze  
Temperatures 5°C to 18°C.

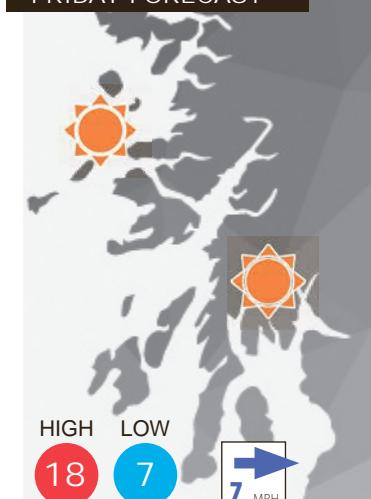
### FRIDAY

Sunny with a gentle breeze  
Temperatures 7°C to 18°C.

### WEEKEND OUTLOOK

**Saturday**  
Sunny with a gentle breeze  
Temperatures 6°C to 15°C.  
**Sunday**  
Sunny with a moderate breeze  
Temperatures 6°C to 13°C.

### FRIDAY FORECAST



# ng of birds



A five-week old golden eagle chick sits on its massive nest of birch and heather sticks lined with the dead leaves of the great woodrush. A freshly plucked grouse brought in by a parent lies close by; and above, the same bird now 12 weeks old and a few days from flight. Photographs: Iain Thornber.

1918. The classic story is of the baby carried to an eyrie, across a stretch of water and subsequently rescued unharmed by the islanders. I have met people on Ardnamurchan who told me of a long-ago incident at Ockle near Kilchoan, of an infant in its shawl being taken to a nest on a ledge below the Sgurr of Eigg from which it was subsequently rescued none the worse for its unusual experience. There would appear to be no sound reason why an eagle shouldn't attack an unattended infant, though the opportunities must be far more rare than they used to be. One might also say that there is no reason why a eagle shouldn't attack a human, especially one who is raiding a nest, but I have never seen it. I have watched them playing with foxes and attacking deer but never man. Seton Gordon, in his book, Golden Eagles, King of Birds (Collins, 1955), tells of attacks on human beings, notable, in the first instance, for the fact that none took place at a nest.

There are other accounts of a man getting out of a pool naked after a swim, being attacked and driven back in again. The eagle immediately broke off the assault and left – presumably because it did not recognise the man as a human. Another tells of a stalker who had his ankle gripped by a swooping eagle. After he killed the bird he had to cut the talons from his ankle with a knife. The stalker at first thought the bird was striking at his dog which, earlier, had mouthed and let go a grouse dropped by the eagle. The third instance is of a man in a narrow gully, with steep sides, coming on an eagle which at first did not move. The man approached it to see if anything was wrong. The bird then took off and flew straight at his face. He struck out with his stick and killed it. It is almost certain that, in this case, the eagle was simply trying to get away and misjudged height and distance. The eagle most likely to attack a man is one caught in a trap before they were banned. Here the reaction is what one would expect from any trapped or wounded animal, an attempt at self-defence.

## DOWN MEMORY LANE

We delve into The Oban Times archives to bring you faces and places from yesteryears



Again this week, we've uncovered another two photographs from 1996 with no details, so if you know who the people are in either photograph, email us at [editor@obantimes.co.uk](mailto:editor@obantimes.co.uk). Denise Stewart got in touch about the retiral photograph in last week's paper, saying: 'The lady in the paper is my mum Agnes Boyle who retired from the Royal Bank of Scotland 34 years ago after 28 years service. The gentleman is called Dougie, but I can't remember his surname. He retired at the same time. Just about to drop paper off for my mum who is fit and well staying safe at home. Thank you for the lovely reminder.'

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# LEISURE & ENTERTAINMENT

YOUR GUIDE TO WHAT'S ON IN ARGYLL AND LOCHABER

## Online assemblies offer positivity to thousands

Scottish children's music charity Fischy Music's songs are being widely used across the UK and beyond to bring hope and humour in these unprecedented times.



I really believe that singing songs, listening to songs and writing songs are hugely beneficial in helping many people manage their emotions in these really challenging days.'

The response to these songs has been phenomenal and people really appreciate the assemblies and song videos online, especially parents and teachers looking for high quality resources for home schooling.

'We all loved singing and dancing to this today exactly what we needed to keep us smiling,' commented one parent.

While another added: 'Baby Callum and his siblings watching this morning from Canada. We love starting the day with Fischy assemblies! The songs stay with us throughout the day. Thank you.'

You can watch Colinton Primary School in Edinburgh sing Keep the Blues Away if you go to [www.youtube.com/watch?v=KgVxdYh2F7c&feature=emb\\_title](https://www.youtube.com/watch?v=KgVxdYh2F7c&feature=emb_title)

You can also listen to Bad times won't last, sung by a young Fischy fan: [twitter.com/KingMcG119/status/1250325500460797952](https://twitter.com/KingMcG119/status/1250325500460797952)

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## Comfort food can be healthy option

by Fiona Scott  
fscott@obantimes.co.uk

Now I don't know about you but this lockdown has had me running to the cupboards in search of comfort, only to find that the bathroom scales aren't feeling the love as much as me.

Do not fret. Having had more time to clear out those drawers that house everything from paperclips to a set of old Walkman headphones – well, you never know when they will come in handy – I have discovered my long discarded Slimming World bible in which I had jotted down some surprisingly tasty low fat recipes.

So for this week's offering I'm taking you with me on a trip down memory lane with my take on a comforting chilli which won't stress the scales.

An added benefit to this one



A healthy recipe to enjoy over the weekend.

is it will also help use up some of those neglected jars of spices we tend to have lurking about in the back of our cupboards. Feel free to throw in a can of kidney beans for some added texture.

### Skerryvore charity single hit No1

A charity single released by Skerryvore, and friends, has soared to the top of both the official UK download and the Scottish Singles Charts.

The special video and track

in aid of NHS workers fighting COVID-19 was released on Thursday April 9 to coincide with the Clap for Carers tribute applause and racked up more downloads than any other track in the UK across Easter weekend.

Featuring around 20 names across the Scottish music scene

and some well-known faces, the track entitled Everyday Heroes was composed by Skerryvore piper Martin Gillespie and recorded remotely in different locations during the lockdown.

On Saturday, April 18, the track was at number three on the download chart, having already hitting No 1, number

15 in the Big Top 40 chart and No 1 in the Scottish Singles chart – and the musicians involved are calling on the public to continue to get behind the track and support the cause.

'It's been an incredible week. Never did I imagine a few weeks back when I composed the piece that it would have

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Karen has done a fantastic job of sourcing a huge selection of beers to satisfy all tastes. A Ross. Got my first delivery today and now looking forward to weekend of beer tasting! Great service. H McNeill

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## Robert in lockdown!

**ROBERT ROBERTSON**

robert.d.robertson@hotmail.co.uk

My new lock-down life as a full-time gardener for my mum and dad is helping me forget where I would be were it not for this pandemic.

Today, had all things been normal, I would have been setting off with the Tide Lines boys for a 10-day tour of Denmark. On our return, we were to embark on a UK tour which was to feature gigs all over the country.

After a fairly quiet few months preparing our new album, I was really excited to get back out on the road and I was especially looking forward to our Kelvingrove Bandstand gig in Glasgow. Goodness knows when we'll be back out touring again.

Meanwhile, my gardening career continues apace. The other day, after lugging dad's broken lawnmower around the garden (avid readers may be surprised to hear he hasn't bought a new one yet), I moved onto the hedge. He trusted me with his electric cutter and the neighbours are in unanimous agreement that they have never seen the hedge so tidy. I know this because they've been shouting as much from a safe distance of two meters away.

As Jacob Rees Mogg would tell you, we all have to look for opportunities in this uncertain economic time, so (if anyone would like their garden hedge trimmed) please get in touch. I could even turn my hand to a short back and sides seeing as all



the barbers are closed! In truth, I am counting myself lucky that Tide Lines actually still have plenty work to do despite the sudden evaporation of all our gigs. Our second album is due out next Friday and, with no live gigs to help us promote it, we have taken to social media like many other bands and businesses. This week, I have been doing a virtual world tour from the comfort of my own living room with famous backgrounds from the Statue of Liberty to the Great Pyramids projected onto a bed sheet draped across our living room wall - much to my mum and dad's delight.

Turns out I'm not as good an interior designer as I am a gardener. The idea is that I sing a song about each location followed by one track from the

album right up until the May 1 release. It is an idea that would have been met with absolute ridicule pre-lockdown but probably perfectly epitomises the bizarre world we live in now where bands have to connect with their fans in more different ways than ever before.

I even baked a cake live on Instagram earlier in the week. Thankfully for Tide Lines fans, they just had to watch it and not eat it. Watching was probably painful enough.

It is a small but very important joy in this lockdown that we can all connect on social media and our fans supporting us by joining our live videos and by pre-ordering our album has been a tremendous help. Long may this world where we all look out for each other continue!

had this response,' said Martin. 'We asked everyone to play Everyday Heroes on Thursday night at 8pm for clap for carers and the response was amazing, we have been inundated with videos. Then to cap it off on Friday, we were at No 1 in the Official Scottish Singles Charts!'

The video is available on YouTube where there is a donate option for viewers, with all proceeds going towards the NHS Charities COVID-19 Urgent Appeal. [www.youtube.com/watch?v=pjrAfy2v63c](http://www.youtube.com/watch?v=pjrAfy2v63c)

'It's not every day you top the charts and it goes to show the respect we all hold for the NHS

and the power of music during difficult times,' added Martin who is surviving lockdown on his own in Glasgow.

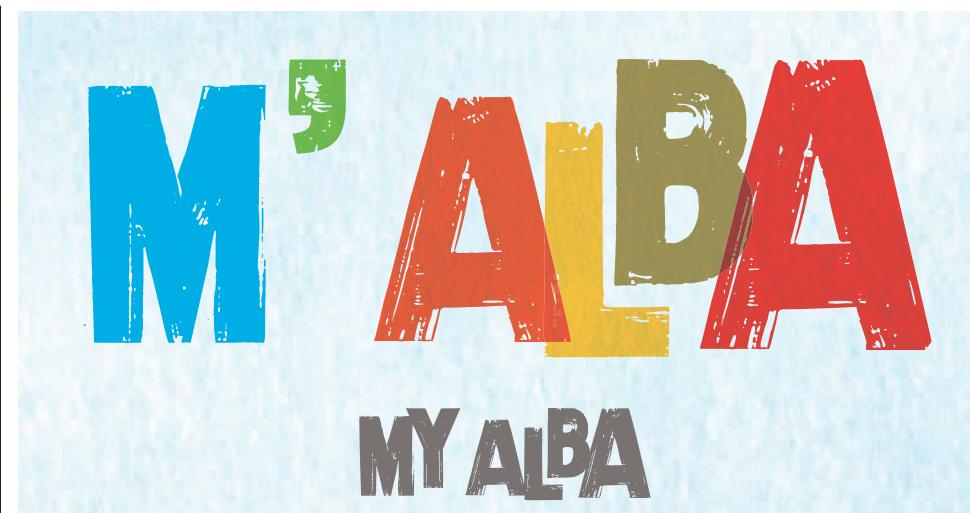
'We hope people have found some comfort listening to the track and can enjoy it knowing that all proceeds are going to the NHS Charities COVID-19 Urgent Appeal.'



### Workshops available to let

Sizes ranging from 62 Sqm to 1500 Sqm on secure business park site  
Onsite offices, accommodation, internal and external storage space  
Flexible lease terms available

Contact MACC Developments Ltd Office on 01586 551555 or  
[enquiries@maccdl.co.uk](mailto:enquiries@maccdl.co.uk) for further information



**DIARDAOIN 23 An Giblean**  
**THURSDAY 23 April**

- 17:00 Prògraman Chloinne – Children's programming  
19:00 Vets: Gach Creutair Beò (rpt)  
19:30 Dreach Ur (rpt)  
21:00 ÚR/NEW: ALT  
22:00 Améireaga air Film/America in Colour (rpt)  
22:50 Dhan Uige (Lochindorb) (rpt)  
00:00 Belladrum 2019 (Highlights) (rpt)

**DIDÒMHNAICH 26 An Giblean**  
**SUNDAY 26 April**

- 16:00 Prògraman Chloinne – Children's programming  
18:15 An Là – News  
18:30 Taigheadas Dùthchail/Rural Housing (rpt)  
21:00 Iùl a Chiùl (The Musical Path) (rpt)  
22:00 Mach a Seo! (rpt)  
22:30 Ameireaga air Film (rpt)  
23:15 Belladrum – Cridhe Tartan (Highlights) (rpt)  
23:25 Na Millenni-Gaels (rpt)

**DIHAIONE 24 An Giblean**  
**FRIDAY 24 April**

- 17:00 Prògraman Chloinne – Children's programming  
18:35 Machair (rpt)  
19:00 An Là – News  
19:25 Fraochy Bay (rpt)  
19:30 Fianais (rpt)  
20:00 Togaidh Sinn Fonn (rpt)  
20:25 Earrann Eachdraidh (rpt)  
20:30 Kerry is Kirsty: Morair gu Arasaig (rpt)  
21:00 Opry an Luir (rpt)  
21:50 Eadar Chluich (rpt)  
22:00 The Flatey Enigma (rpt)  
22:50 Dhan Uisge (Lochindorb)  
23:00 ALT (rpt)

**DISATHAIRNE 25 An Giblean**  
**SATURDAY 25 April**

- 16:00 Prògraman Chloinne – Children's programming  
17:45 An Là – News  
18:00 ÚR/NEW: Spors – Scottish Women's 2019 World Cup Campaign  
19:00 Mach a Seo (rpt)  
19:30 Fianais (rpt)  
20:00 Machair (rpt)

**DIULUAIN 27 An Giblean**  
**MONDAY 27 April**

- 17:00 Prògraman Chloinne – Children's programming  
19:00 Puir-adhair (Highland Airports) (rpt)  
19:30 Speaking Our Language (rpt)  
19:50 Earrann Eachdraidh (rpt)  
20:00 An Là – News  
20:30 The Flatey Enigma (rpt)  
23:50 Eadar Chluich (rpt)

**DILUAIN 27 An Giblean**  
**TUESDAY 28 April**

- 17:00 Prògraman Chloinne – Children's programming  
19:00 Ar N-Aran Làitheil/Spiritual Service (rpt)  
19:30 Sorchar nan Reul (rpt)  
20:00 Taigheadas Dùthchail/Rural Housing (rpt)  
20:30 Fuine 55 (rpt)  
21:00 An Lan – A' beartachadh an Lain (rpt)  
22:00 ALT (rpt)  
23:00 The Flatey Enigma (rpt)  
23:50 Eadar Chluich (rpt)

**DIARDAOIN 30 An Giblean**  
**THURSDAY 30 April**

- 17:00 Prògraman Chloinne – Children's programming  
19:00 Vets: Gach Creutair Beò (rpt)  
19:30 Speaking Our Language (rpt)  
19:55 Earrann Eachdraidh (rpt)  
20:00 An Là – News  
20:30 Taigheadas Dùthchail/Rural Housing (rpt)  
21:00 DIY le Donnie (rpt)  
21:50 Eadar Chluich (rpt)  
22:00 Mach a Seo! (rpt)  
22:30 Ameireaga air Film (rpt)  
23:20 Dhan Uisge (Rubislaw Quarry)  
23:25 Na Millenni-Gaels (rpt)



**BBC.CO.UK/ALBA | BBC.CO.UK/IPLAYER**

Co-bhanntachd eadar MG ALBA agus am BBC | A partnership between BBC and MG ALBA

**Are you a family or individual facing financial difficulties due to Covid 19?**

We can provide you with an emergency pack of food and/or toiletries from Hope Kitchen.  
These can be collected or delivered.

To access this free, confidential service please ring  
01631 565730.



# Youngsters thank the NHS

To recognise the work being done by the NHS during the coronavirus crisis, Fiuran Property recently held a children's Thank you NHS poster competition on Facebook. The competition was open to any child aged 12 and under living in the Oban and Fort William areas, and Fiuran Property pledged to donate £1 to 'NHS Charities Together' for every entry received.

Laura Pagan from Fiuran Property said: 'We were overwhelmed by the standard of entries, and it was so difficult to choose a winner as all of the posters were beautifully creative and inspiring.'

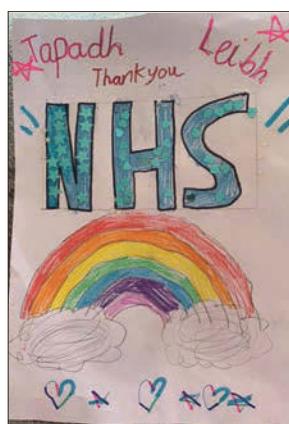
'After a lot of deliberation, we chose Ava Cameron's Rainbow with fluffy clouds poster and are delighted to be sending Ava a craft box to keep her busy during lockdown. We will also be sending a little prize to everyone who entered as we thought all of the posters were great.'

Kelie Cooper from Fiuran Property added: 'We understand how difficult it can be



Ava Cameron's Rainbow with fluffy clouds poster, above, was the overall winner of the competition; and right, a selection of the other entries to the competition by Fiuran Property.

to keep children entertained during these challenging times, so we hope the competition helped to curb boredom while also building an awareness of the fantastic work our NHS are doing.'



## Growing and protecting your dreams

Time is precious; we want to spend as much of it doing the things that make us happy.

So keeping on top of our finances and managing our wealth – a task that can be both time-consuming and complex – can often fall way down our list of priorities.

We offer a friendly and approachable service, backed by the strength and security of FTSE 100 company, St. James's Place Wealth Management; and being local means we're here to help whenever you need us.



### ARGYLL WEALTH CONSULTANTS LTD

*Partner Practice of St. James's Place Wealth Management*

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Email: [russell.anderson@sjpp.co.uk](mailto:russell.anderson@sjpp.co.uk)

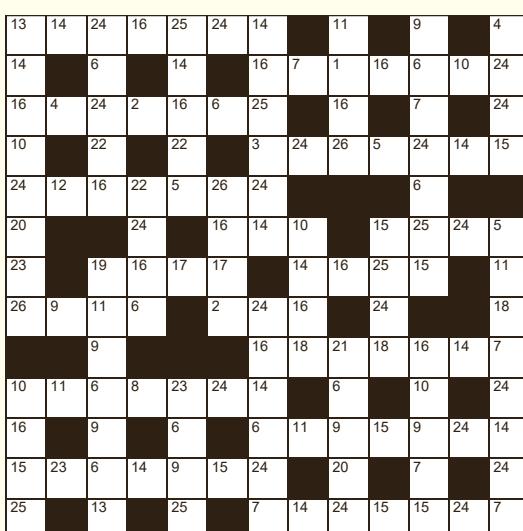
[www.sjpp.co.uk/argyll](http://www.sjpp.co.uk/argyll)



ST. JAMES'S PLACE  
WEALTH MANAGEMENT

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The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

SJP11489i V1 (11/19)

**CROSS CODE****ABCDEFHIJKLMNOPQRSTUVWXYZ**

1	2	3	4	5	6	N	7	8	9	10	11	12	13	
14	15	16	A	17	18	W	19	20	21	22	23	24	25	26

Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

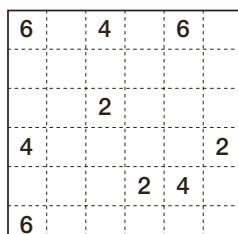
As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

**Quiz Challenge**

- Claude Littner replaced Nick Hewer on which reality TV show?
- Pertussis is the alternative name for which medical condition?
- Which defender, a German international footballer, played for Middlesbrough, Chelsea, Stoke City and Leicester City?
- Britain's first section of motorway, the eight-mile Preston bypass, is now part of which motorway?
- Name the manager of Chelsea FC who is a nephew of Harry Redknapp.



Harry Redknapp - see Question 5

**BOX CLEVER**

Fill the 6x6 grid with as many boxes as there are numbers printed. Each box must be either square or rectangular and must contain just one of the numbers. The numbers show how many squares there should be in each box.

**COMMON LINK**

The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

- In the USA, what name is given to an unidentified corpse or a male whose identity is to be withheld?
- On which ship did Sir Francis Drake circumnavigate the world between 1577 and 1580?
- Which novel by Jackie Collins was the sequel to *The Stud*?
- Which rock group recorded Bohemian Rhapsody, one of the longest songs in popular music?
- Which Latin word was mistakenly given to areas of the Moon formed by ancient volcanic eruptions?

**SUDOKU**

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

**Easy**

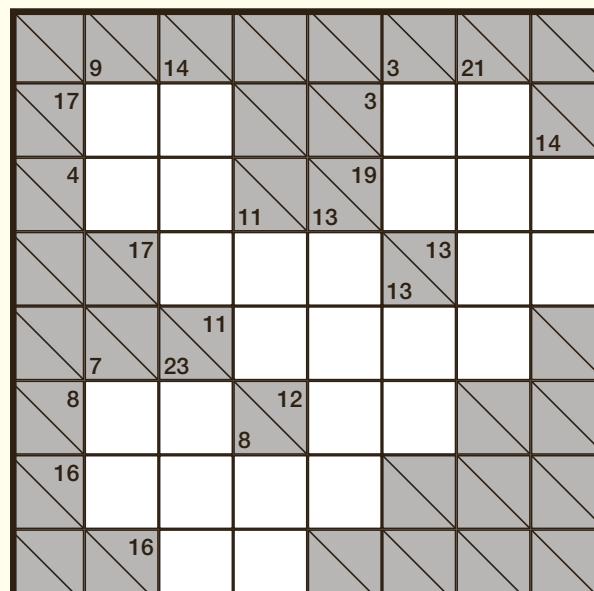
	5	7	9	1	8		3	
			6		5			2
6				2	7	5		
4	5		3	1				7
7		5				1	4	
9						2	6	
				2			9	
1		9	4			3		8
		1		3				4

**Hard**

2				5			
		3	1		6		
5							4
3				9	7		
			2			1	
9		4				8	
				7			3
7	6					4	
		2		4	9		

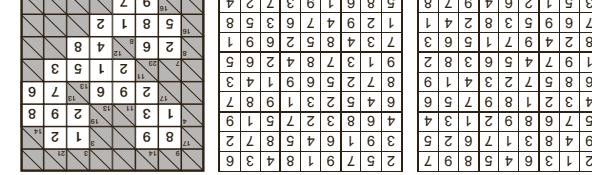
**KAKURO**

Fill in the blank squares in the grid with numbers so that each horizontal or vertical line adds up to the total given in the box either to the left or above it. Horizontal totals are given in the top right corners of the shaded boxes; vertical totals in the bottom left corners. You can use the numbers 1 to 9, but may not use the same number more than once in any run. The number may be used again, however, in the same row or column but as part of another run.

**SOLUTIONS**

**QUIZ CHALLENGE**  
1 The appearance: 2 Whooping cougah; 3 Border Hulhi; 4 Migr. 5 Frank Lampard; 6 Ted Bates; 7 In my humble opinion (or in my honest opinion); 8 Giacchino Rossini; 9 Luxembourge; 10 Nigel Dodds.  
**LINK**  
1 John Doe; 2 The Golden Hind; 3 The Bitch; 4 Female animals.  
**CROSS CODE**  
1 V 2 Y 3 H 4 B 5 P 6 N 7 I 8 W 9 J 10 F 11 D 12 Q 13 O 14 C 15 I 16 A 17 Z 18 M 19 U 20 E 21 K 22 D 23 O 24 X 25 T 26 G  
Common links:  
Queen: 5 Mare;  
Duke: 10 Negel Dodds.

**EASY SUDOKU**

**YOUR LOCAL RADIO LISTINGS**

Tune in to 103.3Fm or listen live at [www.obanfm.scot](http://www.obanfm.scot) or on the Tuneln app

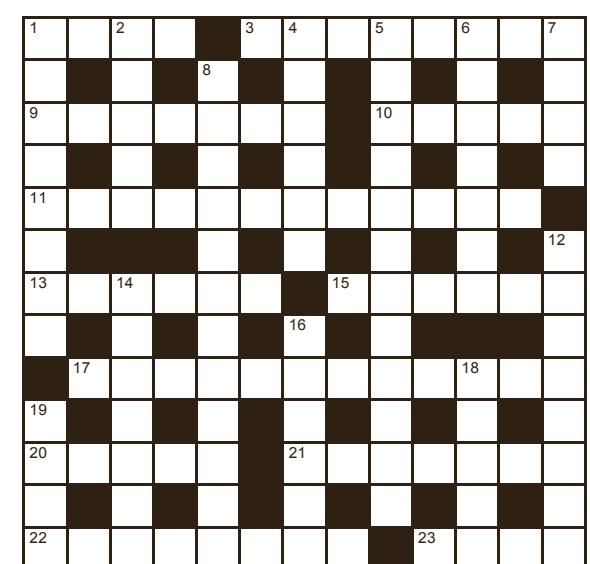
In these unprecedented times Oban FM are maintaining Breakfast and Drivetime shows with a Covid19 News update in each. This helps keep our volunteers and listeners safe and healthy

We are broadcasting these hours in association with BID4OBAN and the Oban Times, supported by the Scotland's Towns Partnership. Providing resilience for our local business community.

The Oban Times podcast airs as usual on Wednesday Drivetime and Argyll Talking Newspapers appears through the week.

Radio Clyde 2 will keep you entertained with your favourite hits and National news too.

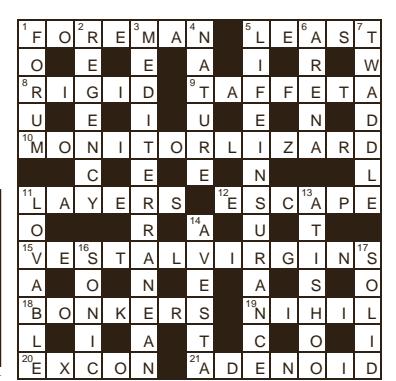
	Breakfast 8am-10am	Drive Time 5pm-7pm
Monday	Stephen	Marcus
Tuesday	Stephen	Karen
Wednesday	Stephen	Campbell
Thursday	Andy and Sarah	Stephen
Friday	Stephen	Margo

**Crossword****Across**

- Wolf's sound (4)
- Teacher (8)
- Opening between the vocal cords (7)
- Superintendent (5)
- Author of plays (12)
- Bitterly (6)
- Tune out (6)
- Speed of movement (8,4)
- Warm welcome on an island (5)
- Defiance (7)
- Rice dish (8)
- Scorch (4)

**Down**

- Out in open water (4,4)
- Admirer (5)
- Repudiate (6)
- Tool to cut the roast (7,5)
- Directed via that place (7)
- Stink (4)
- Horse race (12)
- Seller of rings (8)
- Freezing (3-4)
- Run through (6)
- Put out (5)
- Leave a car (4)

**LAST WEEK'S XWORD SOLUTION**

# OPEN FOR BUSINESS

We realise that many more businesses would love to be open, serving locals and visitors alike – our deepest empathy goes out to these businesses and we look forward to seeing their doors wide open when this is all over. Please feel free to get in touch with us if you would like to feature your business, or know a business that should be included. Email [nmurphy@obantimes.co.uk](mailto:nmurphy@obantimes.co.uk) or get in touch via our Facebook page on messenger. Let's spread the word as much as we can!

## SUPERMARKETS & FOODHALLS

Most superstores in town are operating crowd control measures to help manage social distancing and product quantity limits are in place. They are working tirelessly to restock shelves daily. Please be patient and kind.

### TESCO

Mon-Sat 8am-10pm  
Sunday 10am-8pm  
Older, Vulnerable Customers - Mon, Wed, & Fri 9am-10am  
NHS Staff Tesco Staff - Tues, Thurs & Sun 9am -10am  
Petrol Filling Station shop is closed but you will still be able to pay at the hatch.

### LIDL

Mon-Sun 8am-8pm

### ALDI

Mon-Sat 9am-7pm  
Sunday 9am-6pm

All day everyday key workers in the NHS, Police and Fire Service will take priority ahead of queues into stores upon showing a valid ID. This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening.  
 • 4 units on all products  
 • 2 units per customer on nappies and baby products  
 • 12 units per online order on wines or spirits, 4 units instore.

### MARKS AND SPENCER

Mon-Fri 8am-8pm  
Sat 8am-7pm  
Sun 9am-6pm  
Older & Vulnerable Customers Mon & Thurs 8am-9am  
NHS & Emergency services Tues & Fri 8am - 9am

### FARMFoods

Mon-Fri 8am-8pm  
Sat 8am-7pm  
Sun 9am-6pm

### BOOKERS CASH AND CARRY

Booker in Oban are still supplying retailers and caterers throughout Oban and Argyll both through normal collect and existing delivered business.

Open hours as follows:

Mon-Fri 7.30am-3.00pm  
Sat 7.30am-2.00pm  
Sunday Closed

Social distancing measures are in place with hand sanitiser for customer and colleague use to ensure we remain as safe as possible whilst trading through this situation.

## LOCAL FRESH FOOD SUPPLIERS

Argyll has a unique natural larder and a range of passionate artisans and suppliers to choose from. With home deliveries too!

### JACKSON BUTCHERS

Opening Hours  
Monday - Closed  
Tuesday to Friday 9am - 4pm  
Saturday 9am - 2pm

**We are publishing this information in association with BID4OBAN and ObanFM, supported by the Scotland's Towns Partnership. Helping to provide resilience for our local business community. Many of these businesses are working under extreme pressure to bring quality products and services to the people of Oban and beyond. Please remember to exercise caution when shopping and only shop for essential supplies. Along with our wonderful NHS staff and carers, our local food, fuel, news platforms and home supply businesses are our community champions!**

Offering FREE home delivery to Oban - daily  
Kilmore and Dunbeg - Wednesday  
Connel, North Connel to Appin Thursday  
Card Payments preferred. Call the shop on 01631 562016 to place your order. We are open for customers who wish to visit the shop. Also taking phone orders for collection.

**IAIN DARLING/WYNNE BUTCHERS**  
9am-3pm  
To place orders call 01631 567400  
Cards payments preferred

**TASTE OF ARGYLL**  
Mon-Sat 9am-4pm  
Deliveries  
OBAN & KILMORE - Daily  
TAYNUILT - Tuesday  
BENDERLOCH & BARCALDINE - Friday  
To place your order call 07882226675.  
Fresh and frozen fish, meats, veg, milk, breads, jams, coffees, soaps, flours, pasta, cakes, etc...  
\*Pre ordered ready meals available

**MILLSTONE WHOLEFOODS**  
Closed but orders can be made by phoning 01631 562704  
Orders will be gathered, payment is taken via phone call.  
Orders can be collected from the shop between 9.30am-2pm, Mon-Sat.  
Delivery can be arranged.

**OBAN BEER SELLER**  
Shop closed but order before 6pm for next day supply - email [obanbeerseller@gmail.com](mailto:obanbeerseller@gmail.com) for current list of stock  
0779 6418973

**OBAN FOOD HUB**  
Order by midnight Tuesday for pick up Thurs 4pm-6pm at the Rockfield Centre  
\*\*\*VERY IMPORTANT NOTICE: COLLECTION @ ROCKFIELD CENTRE\*\*  
If you are collecting a veg or fruit box from Go Naked Veg tomorrow please bring a bag to take your veg/fruit home in. Due to the phenomenal amount of orders there are not enough boxes. Check out the Oban Food Hub Facebook page for strict guidelines on collection and delivery.

**TASTE OF ARGYLL KITCHEN**  
From Langoustine Curry to Highland Beefburgers - lots in between  
Friday night deliveries (free to Oban, £3 on outskirts)  
Tel: 07882226675

## TAKE-AWAY FOOD

Featured take-away food businesses are offering collection or delivery. Collections require strict adherence to social distancing regulations with maximum 2 people entering the outlet at any one time:

**GEORGE STREET FISH RESTAURANT AND TAKE-AWAY**  
Open 12pm-8pm daily

Tel 01631 566664

Take-away only

**OBAN GRILLHOUSE**

Open 7 days, 5pm-11pm  
Tel: 01631 358246  
Collection or delivery

**CORIANDER**

Fri, Sat, Sun from 5pm  
Tel: 01631 570806  
Collection or delivery

**PIAZZA**

From 5.30pm, Thurs-Sun  
Tel: 01631 563628  
Collection or delivery

**TASTE OF ARGYLL KITCHEN**  
From Langoustine Curry to Highland Beefburgers - lots in between  
Friday night deliveries (free to Oban, £3 on outskirts)  
Tel: 07882226675

**OBAN FILLING STATION**  
Hot filled rolls, pies and sausage rolls etc  
Open 7am-6pm

**BIRCHWOOD FILLING STATION**  
Hot filled rolls  
Open 7am-6pm

## BUILDING, PLUMBING & DIY SUPPLIES

**CITY PLUMBING SUPPLIES**  
Closed doors – phone and email orders only  
EMERGENCY CALL OUT?  
WE ARE HERE FOR YOU  
WITH OVER 20,000 SPARE PARTS TO GET THE JOB DONE  
Browse online at [www.cityplumbing.co.uk](http://www.cityplumbing.co.uk)  
Please call 01631 567640 for free click and collect  
Mon-Fri  
Kerbside deliveries available  
Tel: 01631 567640

**CITY ELECTRICAL FACTORS**  
Closed doors but open Mon-Fri 8am-5.30pm  
Telephone orders 01631 562362  
Email: [sales.oban@cef.co.uk](mailto:sales.oban@cef.co.uk)  
Along with the 5,000 unique lines we stock at the branch, our customers still have access to over 30,000 product lines from [www.cef.co.uk](http://www.cef.co.uk)  
Delivery or collection

**SCREWFIX**  
Essential supplies only  
PPE equipment reserved for frontline personnel only  
Click and Collect service only  
Mon-Sat 8am-5pm, Sun 9am-4pm Sun  
Tel: 03330 112112  
[www.screwfix.com](http://www.screwfix.com)

**HIGHLAND FASTENERS**  
Mon-Fri, 8am-12pm  
Essential supplies only  
Tel: 01631 570584

**HOWDEN'S JOINERY**  
Essential supplies for the trade, housing associations etc.  
Closed doors but open 9-3 Mon-Fri via telephone/ email.  
Tel: 01631 567083  
Email: [oban@howdens.com](mailto:oban@howdens.com)

## GARAGES

**RODDY'S GARAGE**  
Open but with limited staff.  
Booking ahead by telephone required.  
Tel: 01631 565882

**KWIK FIT**  
NHS 10% discount on tyres, servicing and batteries  
Click [HERE](#) for discount  
Tel: 01631 566282

**FLIT**  
Essential vehicle hire only for front line staff  
Visit Flit self drive Facebook page  
Email: [flit@btconnect.com](mailto:flit@btconnect.com)  
Tel: 07810391753

**KERRIE'S TYRES**  
We are staying open or available for anyone that needs assistance.  
Open 9am-1pm contactable by phone thereafter  
Tel: 07876762631

**MCCONECHY'S**  
Open as usual: Mon-Fri 8.30am-5.30pm  
Sat until 12.30pm  
Tel: 01631 570047  
Email [oban@mcconechys.co.uk](mailto:oban@mcconechys.co.uk)

**MUNRO'S GARAGE**  
Must pre-book, no walk-ins  
Tel: 01631 564463 to book your vehicles in.

**MORRISON MOTORS**  
Long term vehicle rentals  
Tel: 07825 581171

**FIN'S PLACE**  
Open for essential servicing  
Tyres, brakes, batteries etc  
Tel: 01631 566 220 or 07766 757 013

**TRAILWEST**  
Closed doors but open for essential services for repair plus new supply and hire to the agricultural industry by telephone.  
Tel: 01631 563638

## LEGAL SERVICES

**DM MACKINNON - SOLICITORS & NOTARIES**  
If you need to get in contact please call us on 01631 563 014. If you are put through to our answering machine, we will get back to you as soon as possible. Alternatively, please email us at [info@dmmk.co.uk](mailto:info@dmmk.co.uk) and your email will be directed to an appropriate member of staff who will respond to you at the earliest opportunity.

**ANDERSON BANKS SOLICITORS & ESTATE AGENTS**  
(OBAN AND BENBECULA)

Due to Government guidelines our offices are currently closed to the public but our staff are working remotely from home to continue to offer the highest level of service.  
Contact us on our usual numbers for telephone appts or Skype/Facetime video calls can be arranged.  
Contact us:  
[www.andersonbanks.co.uk](http://www.andersonbanks.co.uk)  
Anderson Banks Facebook page.  
Oban Office: 01631 563158 Email: [info@anderson-banks.co.uk](mailto:info@anderson-banks.co.uk)  
Benbecula office: 01870 602061 Email: [uist@andersonbanks.co.uk](mailto:uist@andersonbanks.co.uk)  
Our legal services include: Conveyancing, Wills, Trusts & Executries, Power of Attorney, Family law, Commercial leases and all aspects of private client work plus estate agency for residential sales and leases.

## INSURANCE

**JELF CLARKE THOMSON**  
Open for Business As Usual.  
Office is currently closed, but Jelf Clark Thomson staff are working from home from 9am-5pm, Mon-Fri. If you email us, we will respond. If you call us, the phone will be answered (or the call returned if a message is left). Whether it's the renewal of an existing policy, enquiries about new insurance arrangements, queries on cover or guidance on loss prevention and risk mitigation, we are here to help. Please don't hesitate to get in touch.  
Office telephone number: 01631 567675 (please note calls to this number are being re-routed and thus will not always be answered immediately – please DO leave a message);  
Graeme Bass mobile: 07872 131073

## BANKS

**ROYAL BANK OF SCOTLAND**  
Open for essential business:  
Tues, Wed, Thurs  
10am-1pm  
Tel: 0345 724 2424



IN ASSOCIATION WITH

# Oban Business Improvement District

[www.bid4oban.co.uk](http://www.bid4oban.co.uk)



**BANK OF SCOTLAND**  
Open for essential business:  
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Tel: 0345 602 0000

**CLYDESDALE BANK**  
Open for essential business  
Mon-Fri  
10am-2pm  
Tel: 0345 602 0000

**TSB**  
Open for essential business:  
Mon-Fri  
10am-4pm closed 12.30-1.30 for lunch  
Tel: 01631 399 998

## TAXIS - ESSENTIAL JOURNEYS ONLY

**ARGYLL TAXIS**  
Tel: 01631 565293

**LORN TAXIS**  
Tel: 01631 564744

**OBAN TAXIS**  
Tel: 01631 564148/566676/564666

**ETIVE TAXIS**  
Tel: 01631 566880

## FUEL/SERVICE STATIONS

**BIRCHWOOD GARAGE**  
Mon-Sat 7am-6pm

**OBAN FILLING STATION**  
Mon-Sat 7am-6pm, Sun 8am-6pm

**HALFWAY HOUSE**  
Mon-Sun 7am-7pm

**WEST HIGHLAND GAS**  
Delivering to your door  
Gates closed but open Tues-Fri, 8am-4.30pm.  
Please call with your order  
Tel: 01631 564050

## CHEMISTS & HEALTHCARE

Try to avoid contacting your pharmacy by telephone, unless it is essential.  
Most in town are operating crowd control measures to help manage social distancing:  
• Only order medication 1 week in advance of needing it;

- Let your GP Practice know which pharmacy you'd like to collect this from;
- And please be understanding of small delays at this time.

### BOOTS THE CHEMIST, GEORGE STREET

Mon-Sat 9am-4pm  
Closed 1.30pm-2.30pm for lunch

### BOOTS THE CHEMIST, BESIDE DOCTORS

Mon-Fri 11am-6pm  
Closed 1pm-2pm for lunch

### GORDON'S CHEMIST

Mon-Sat 10am-5pm  
Closed 1pm-2pm for lunch

### JOHN WALLACE OPTICIANS

OBAN PRACTICE  
Telephone consultations only

Tel: 01631 563170

### SPECSAVERS

Reduced staff and hours, for emergency and essential eye care services.  
We are here behind closed doors for phone and video consultations and onward emergency referral to hospital eye service when needed.

## CONVENIENCE STORES/NEWSAGENTS

### ALBANY STORES

Mon-Sun 7am-6pm

### SOROBA SHOP

Mon-Sun 10am-8pm

### McCOLLS Oban

Mon-Sun 7am-8pm

### DUNOLLIE SHOP

Tues-Sat 10am-8pm, Sun & Mon 12pm-6pm

### DUNBEG STORES

Mon-Sun 8am till 8pm

### CONNEL SHOP

Mon-Fri 6am-4pm  
Sat 7.30am-1pm, Sun 7.30am-1pm  
In store post office Mon-Sat 9am till 1pm

### THE PINK SHOP, BENDERLOCH

Mon-Sun 9am till 9pm

### BALVICAR STORES

Mon - Thurs 8.30am - 6.00pm  
Fri 8.30am - 7.00pm  
Sat 9am - 7.00pm  
Sun 9.30am - 2pm  
A little light entertainment from Wendy on their Facebook page...

## PET SUPPLIES

### PETS AT HOME

Mon-Sat 9am- 6pm  
Sun 10am -5pm  
Crowd control system in place to help manage social distancing in stores

### CREATURE COMFORTS

Mon, Wed, Fri 9am-1pm  
Creature Comforts is your local pet shop for Oban & surrounding area. We stock feeds & accessories for all kinds of pets & wild birds. Mail order deliveries available.

### KINTALINE FARM

Mon-Sun 10am - 5pm by arrangement

## OFFICE/IT SERVICES

### MATRIX COMPUTERS

Computer Support  
providing telephone and remote support to home and business customers, new and existing. Tel: 01631 571571  
Email info@matrixcomputers.co.uk

### OBAN COMPUTER SERVICES

Limited service for essential assistance  
Tel: 01631 566561

## ONLINE SHOPPING

### OBAN MUSIC SHOP

Oban Music is still trading through its web site:  
[www.musicscotland.com](http://www.musicscotland.com)

Tel: 01631 566304

### ORSAY

Trading online at [www.orsayoban.co.uk](http://www.orsayoban.co.uk).

## TRAVEL & LEISURE

### ERIC SMITH TRAVEL

We are still open for new and existing bookings although agency closed at present.  
By email eric@gowestravel.co.uk,  
dianne@gowestravel.co.uk  
FB message ERIC SMITH TRAVEL

## OFFICE/IT SERVICES AND ONLINE

### MATRIX COMPUTERS

Computer Support  
providing telephone and remote support to home and business customers, new and existing. Tel: 01631 571571  
Email info@matrixcomputers.co.uk

### OBAN COMPUTER SERVICES

Limited service for essential assistance  
Tel: 01631 566561

### 10DERIT

Computer Remote Support - no need for visits.  
Home and Business networks.  
[info@10derit.co.uk](mailto:info@10derit.co.uk)  
Text/WhatsApp 07944124025

## OTHER INFORMATION

### WEST COAST MOTORS

is now offering FREE travel to NHS and workers. The company is also working with local communities and offering a delivery service for those most vulnerable. Well done WCM!

### ROYAL MAIL

Royal Mail have restricted sorting office hours to 9am-11am  
Closed Wed and Sun.

### HOME-START LORN

Are you finding it difficult with your children at home all day, need some adult conversation – our volunteers are here to help  
Tel: 07718 768305

### HOPE KITCHEN

Hope Kitchen is now delivering/providing food assistance to people who are experiencing financial difficulty at this time. Please don't hesitate to get in touch either via messenger or on 01631 565730 if you find yourself short of essentials.  
Those who can afford to pay for food but are self-isolating and unable to get supplies, Argyll and Bute Council has a dedicated phone line 01546 605524 to help you.

*Information correct at time of going to press. Check [www.obantimes.co.uk/openforbusiness](http://www.obantimes.co.uk/openforbusiness) for updated information.  
This page will run in the Oban Times every week for as long as necessary - printed information will be updated weekly.*



working as much as possible in the circumstances.

We will try and provide as much help and assistance during this crisis. We can help make claims for universal credit and other benefits and provide a listening ear if you just need to have a chat with someone.

West Highland Housing Association would like to thank all our tenants and residents for their understanding during these difficult times. Our organisation is following the Government guidelines and the office is closed but our staff are taking calls and

Please contact us either by phone on our FREE number **0300 3231170**

Email us [mail@westhighlandha.co.uk](mailto:mail@westhighlandha.co.uk) or login into your My Home account online

**WEST HIGHLAND HOUSING ASSOCIATION SUPPORTING OUR TENANTS AND COMMUNITY.**

# OPEN FOR BUSINESS



IN ASSOCIATION WITH

**Oban Business Improvement District**  
[www.bid4oban.co.uk](http://www.bid4oban.co.uk)



## One-woman Oban business bounces back despite lockdown

by Ellis Butcher  
 ellbutcher@obantimes.co.uk

A one-woman business in Oban has bounced back despite shutting the doors a day after opening.

Karen Lindsay had planned to launch The Oban Beer Seller on March 27 after 18 months in the pipeline and thousands of pounds and hours of investment.

Setting up shop in the former home of The Flower Basket in Stafford Street which she bought in May last year, her goal was to open this spring and source, sell and bring to Oban some of the finest craft beers from across Scotland and England.

But with mounting concern about the coronavirus, she tentatively held a soft launch on Friday, March 20 but by the following afternoon she took the agonising decision to shut the door.

**'There are new names contacting me every week... I am cautiously optimistic now.'**

Karen had to watch on as shoppers retreated from Oban town centre and days later the lockdown was sealed as the government ordered non-essential businesses to close.

The travel restrictions also cut off another source of potential income to see Karen through spring - a guest room on AirBnB.

Yet the former licensee has come through it all with determination and persistence.

She said: 'During March I could see something was coming and it wasn't good but I had to stick to the plan. Being here in Oban, I had cut-off dates to order stock in or it wouldn't have arrived here on time.'

Despite having no customer-base, little social media experience and no website for online sales, The



**Karen Lindsay, right, was forced to close her doors a day after opening due to the virus, but her determination and persistence to ensure the business is a success is paying off, with word-of-mouth, email and social media having helped to bring in sales.**

Oban Beer Seller has still had something to cheer.

Through a combination of word-of-mouth, e-mail and Facebook, sales have been made against all odds.

The mum-of-two explained: 'I had to make it work. I'm on my own and there was no Plan B. The fact is that despite everything, I have made sales.'

'Not the sort of sales I had hoped to make week on week, but there are new names contacting me every week and Easter weekend saw a wee surge. That was brilliant and I am cautiously optimistic now.'

'The people who have supported me at this time will be my loyal



customers when we all come out the other side of this.'

I am massively grateful to everybody. I really didn't know if anyone would buy anything and the fact that they have has been so heart-warming to me,' she said.

Previously Karen and her husband ran the Barn Bar at Lerags for 17 years before she moved on to hospitality training.

She said her new enterprise had been a 'labour of love' with so much help from family and friends, including sons Calum, aged 29, and Tom, 25.

She offers a regularly changing range of 150 different types of beers and the way to order is to email

[obanbeerseller@gmail.com](mailto:obanbeerseller@gmail.com) to receive a comprehensive stock list.

Customers then order what they want from the list and Karen converts it to an invoice with her bank details, which the customer then pays online.

Boxed-up orders can be collected from the shop with social distancing maintained.

Alternatively, Karen will, where possible, make a doorstep delivery providing it is within Oban itself.

Andy Spence, chief executive of Bid4Oban, praised Karen's resourcefulness.

He said: 'The story of The Oban Beer Seller is a very good example of how local businesses have had to



adapt – sometimes overnight – to circumstances that few of us could ever have planned for.

'The first few years in business are the hardest, so to go from launching a new business to successfully diversifying within hours and then having to build up a customer base from scratch is truly remarkable. It is a testament to her determination.'

'We would encourage people to support The Oban Beer Seller and all local businesses as much as they can at this crucial time.'

To find Oban Beer Seller on Facebook, go to [www.facebook.com/obanbeerseller/](http://www.facebook.com/obanbeerseller/)

Alternatively, find Karen's business on Instagram @obanbeerseller

TO PLACE YOUR ADVERT IN THE OBAN TIMES:

TELEPHONE: 01631 568000

Lines open: Mon to Fri 9am- 5pm

E-MAIL: [adverts@obantimes.co.uk](mailto:adverts@obantimes.co.uk)

Please remember to give your name, address, postcode and phone number.

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Call Euan Warnock and  
Donna MacDougall on  
**01631 567 036** for  
your insurance needs



# Walkers seeking solitude told to stay away from fields during lambing

by Kathie Griffiths  
[kgriffiths@obantimes.co.uk](mailto:kgriffiths@obantimes.co.uk)

Sheep farmer Edward Gully is urging lockdown walkers to be responsible and stay away during lambing.

For the first time in more than three decades, Mr Gully from Dunmor Farm on Seil has put up a sign pleading with the public to keep off the hill where he keeps just some of his 1,000 flock.

The 75-year-old is just one of many farmers experiencing more and more walkers seeking out routes where they are less likely to encounter other people during the coronavirus

crisis. Dunmor Hill, perched high above Ellenabeich and rewarding those who make it to the top with spectacular views across to Easdale, Insh Island and beyond, was just one of those informal paths being trod more frequently during the COVID-19 outbreak – until the sign went up on the gate.

NFU Scotland says it is important for the public to remember that lambing and calving are ongoing and they should not do anything to jeopardise it. That includes not walking across fields or land where there are young lambs or calves, and sticking

to social distancing if they come across farmers or farm workers, as well as finding alternative routes when asked to do so.

Mr Gully said: 'It's not about stopping people, I just want them to be mindful of the situation we are in. If they can take another route, please do. Keep off the hill.'

'People have the right to roam, I'm not one of these people who does not want people to have access. We will welcome them back, but these are particularly peculiar times we are in, with the risk of coronavirus being left on gates and having had the worst

winter for sheep probably in my lifetime.'

'This is worse than when we had the Beast from the East and it was so very, very cold. It's the constant wet and wind as well as the cold that drags the livestock down.'

Mr Gully has taken in two sets of twin lambs to bottle-feed after their mothers left them.

'I'm not blaming it all on the public. It just happens sometimes,' said Mr Gully, who was three months old when he arrived in a carrycot on Shuna, an island to the east of Luing, where he lived and farmed for the first 40 years of

his life, moving to Seil 35 years ago.

He still keeps sheep on Shuna, mainly the Beulah breed, and commutes across to check on them. Up on Dunmor Hill he has more Beulah, and in the valley around the farm he has cross-Cheviots.

Self-isolating to steer clear of coronavirus and being full-on with the demands of lambing, Mr Gully hopes walkers will understand why he and others have felt the need to put up notices encouraging responsible exercise when on farmland.

'Life is especially fragile for farmers right now. We are only here as keepers of the

land, but we'd ask people to be responsible and stay away from areas where there are vulnerable animals. We're probably only talking about another two to three weeks.'

'People tell me it's alright they know what they're doing around sheep, but the sheep are not experts in humans. If the sheep see people and get disturbed by them then they will walk away from their lambs. Some of the mothers are so weak they need no excuse just to abandon them.'

'Things can get especially aggravated if there are dogs involved, even those that are on leads,' said Mr Gully.

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**MAIN FEATURES:**

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- All hurdles are 8 railed x 970mm high
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**OPTION 1**  
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Came with an 80-feet holding pen and 10-feet race, 2x 2 feet swing gates and all joining pins/stakes included. Our system will safely hold 100 fully grown sheep (approx.)

**PARTS LIST:**

- 10 x 3m (8 railed) sheep hurdles
- 12 x joining pins/stakes
- 2 x 2 feet swing gates

**OPTION 2**  
20-feet race, 100-feet holding pen  
**£1795.00 + VAT**  
Came with a 100-feet holding pen and 20-feet race, 2 x 2-feet swing gates and all joining pins/stakes included. Our system will safely hold 150 fully grown sheep (approx.)

**PARTS LIST:**

- 14 x 3m (8 railed) sheep hurdles
- 12 x joining pins/stakes
- 2 x 2-feet swing gates

**MOBILE CATTLE SYSTEM**  
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- A funnel is incorporated into the race-way
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- 20-feet race
- 60-feet holding pen. Includes all joining pins/stakes
- Total 200-feet of penning

**PARTS LIST:**

- 10 x 3m (6 railed) cattle hurdles
- 12 x joining pins/stakes
- 1 x sliding gate

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Weekly sale of prime hoggets, lambs and sale of cast ewes.

**Thursdays**  
Weekly sale of prime cattle, young bulls and OTM Cattle.

**Monday 4th May**  
Fortnightly sale of store cattle, young bulls also Native bred cattle. Also Store sheep.

Further Details on any of the above sales and upto date trends please contact

Alastair Logan 07713 342514  
Oliver Shearman 07730 046252  
James Scott 07444 836360  
Callum Buchanan 07542 917531

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We are always looking for ambitious and motivated individuals to join our passionate team so if you want to test yourself in a challenging workplace, look no further...

Due to a long serving manager leaving, we are looking to recruit a Marine Site Manager to manage the full operations of our Geasgill site. The Marine Site Manager is responsible for the Health & Safety; Fish Health & Welfare and staff management. Additionally, they will be in charge of all site and equipment maintenance for example, plant machinery; boats and shore bases.

## Duties:

- Ensure a safe working environment exists for all site employees, visitors or contractors.
- Ensure the adherence to all standard operating procedures (SOP's).
- Deliver site KPI's through teamwork.
- Provide input into and control the total site expenditure to meet or better the budget.
- Achieve the highest welfare, husbandry, biosecurity, food safety and quality standards from the site.
- Maintain accurate and up to date site records relating to livestock, feed use, environment, bio-security etc.
- Encourage the implementation of opportunities for continuous improvement, aiming to always improve the KPI's for all areas.

You can also check out our current vacancies on our website [www.scottishsalmon.com](http://www.scottishsalmon.com)

## Skills/Experience:

- Sound staff leadership and management experience on an aquaculture site, ideally with salmon.
- Strong interpersonal and communication skills, with the ability to motivate teams.
- Target driven, proactive, result orientated and cost aware.
- Experience of working with and achieving budgets.
- 'A hands-on' management style and able to work collaboratively.
- Experience of first-hand experience of liaising with statutory authorities such as Marine Scotland/SEPA.
- Full driver's license.



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## How to Apply:

Please send your CV and Cover Letter to [workwithus@scottishsalmon.com](mailto:workwithus@scottishsalmon.com)

## Closing Date:

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# PUBLIC NOTICES

## Argyll and Bute Council

### PLANNING

#### 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

The applications listed below together with the plans and other documents submitted with them may be viewed electronically through Argyll and Bute Council website at [www.arryl-bute.gov.uk](http://www.arryl-bute.gov.uk). Having regard to Schedule 6, Part 3, s10 of the Coronavirus (Scotland) Act 2020, documents are only available to inspect electronically at this time. Customers requiring assistance can contact us by e-mail: planning.hq@arryl-bute.gov.uk or tel. 01546 605518.

Ref. No.	Proposal	Site Address
20/00544/PPP	Site for the erection of dwellinghouse	Torban Cottage Pennyghael Isle of Mull Argyll And Bute PA70 6HE
20/00606/PP	Erection of garage with studio above	Suil Na Mara Gallanach Road Oban Argyll And Bute PA34 4QH
20/00557/PP	Erection of single storey extension, and change of use of former play shelter to form educational traditional skills demonstration resource and exhibition and demonstration space	Rockfield Centre Stevenson Street Oban Argyll And Bute
20/00561/LIB	Erection of single storey extension, and change of use of former play shelter to form educational traditional skills demonstration resource and exhibition and demonstration space	Rockfield Centre Stevenson Street Oban Argyll And Bute
19/02668/PP	Erection of prototype building for demonstration purposes for a temporary period of 3 years and subsequent conversion to domestic garage	Garden Ground Of 15 Aray Gardens Oban Argyll And Bute PA34 4JX
20/00554/PP	Erection of two affordable dwellinghouses, installation of sewage treatment plant and formation of access	Land North West Of Sealladh An Eilein Achnraig Isle Of Mull Argyll And Bute
20/00566/PP	Change of use from Class 1 to Class 2	Salon Dunollie Halls Dunollie Road Oban Argyll And Bute PA34 5PH
20/00431/LIB	Re roofing of dwellinghouse and installation of replacement rooflight	Taigh Na Creag Shore Street Port Charlotte Isle Of Islay Argyll And Bute PA48 7TR

Written comments can be submitted online <http://www.arryl-bute.gov.uk/planning-and-environment/find-and-comment-planning-applications> or to Argyll and Bute Council, Development Management, Kilmory Castle, Lochgilphead, Argyll, PA31 8RT 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 on the Council's website. Customers are requested to use electronic communication where possible during the coronavirus pandemic as our ability to process postal mail is restricted.

To find out more about living and working in Argyll & Bute visit us at:

[www.arryl-bute.gov.uk](http://www.arryl-bute.gov.uk)  
Comhairle Earra - Ghàidheal agus Bhòid



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# PUBLIC NOTICES

[www.highland.gov.uk](http://www.highland.gov.uk)



## TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997

## PLANNING (LISTED BUILDING AND CONSERVATION AREAS) (SCOTLAND) ACT 1997

The applications listed below, along with plans and other documents submitted with them, may be examined online at <http://wam.highland.gov.uk>.

Written comments should be made to the EPC at the contact details below within the time period indicated from the date of this notice. Anyone making a representation about this proposal should note that their letter or email will be disclosed to any individual or body who requests sight of representations in respect of this proposal.

Reference Number	Development Address	Proposal Description
20/01466/FUL	Tigh Na Feidh Inverie, Mallaig	Change of use from holiday house to house
20/01445/FUL	Land 185M NW Of Carinish Achaphubil, Fort William	Erection of house, cabin and garage
20/01257/FUL	Alt-An Achintore Road, Fort William	Conversion of existing garage in to self-contained unit
20/01465/FUL	Cedar Cottage Druimnich Glenborrodale, Acharacle	Demolition of existing and erection of replacement house
19/05572/FUL	Kinlochleven Public Toilets Lochaber Road, Kinlochleven	Installation of 10 Solar Thermal panels, electric hook up points and external chemical waste disposal and a grey water drain
20/01440/FUL	Land 1265M NW Of Mowi Scotland Ltd, Ardgour	Marine Shellfish Farm - new site comprising 6 x 220m longlines for the cultivation of mussels

Time period for comments is 14 days

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## BIRTHS

**CAIN** - Stuart and Shona (from Seil and Dufftown) are delighted to welcome their baby daughter, Isla Leith Cain, born in Vancouver on February 11, 2020. A beautiful new granddaughter for both families, who are looking forward to meeting her.

**CATHRO** - Ben and Catriona (née MacKenzie) are delighted to welcome their baby son, Jack MacKenzie Cathro, born on Easter Sunday, April 12, 2020 in Ninewells Hospital, Dundee; good news in troubled times and a beautiful new grandson for both families.

## DEATHS

**BARCLAY** - Iris, (Kinlochleven), passed away peacefully at Abbeyfield Care Home, Ballachulish, on April 19, 2020, aged 91. Dear wife of the late Dennis Barclay. Due to current restrictions a private graveside service will take place.

**CAMERON** - Peacefully at his home in Kimberling City, Missouri, on April 14, 2020,

Norman, aged 78, loving husband of Josie, son of the late John and Mary Cameron, Branault, Ardnamurchan. Loving brother of Liz, Hugh, Kirsty and Donald and the late Allan and Mary. Brother-in-law, uncle and great-uncle. Sadly missed by all. Cremation in Missouri with ashes to be returned to Ardnamurchan at a later date.

**DOW** - Marion (née Morgan). Peacefully at Wyndford Locks Care Home, Glasgow, on Wednesday, April 15, 2020, age 83 years. Former District Nurse and Midwife. Much loved wife of David, wonderful mother to Jean, Maureen and Duncan. A loving sister to Fergus, and adored Gran to Iona, Hannah and Innes. Sadly missed by all who knew her.

**KELLY** - Peacefully on Saturday, April 11, 2020, aged 86 years, Ruth, beloved wife of the late Hugh, much loved mum of Fiona, Morag and Calum and dear grandmother of Siobhan. Due to current circumstances the funeral will be private.

**MACCOLL** - Peacefully at home on April 17, 2020, in his 80th year, Allan, dear husband of Mary, beloved father of Allan, Iain and Kirsteen. A much respected father-in-law of Allison, Anne Marie and Jack, adored Papa to his eight grandchildren, Emma, Allan, Donald Allan, Iain, Mairi, Charlotte, Seaumas and Khirsty. Cherished brother of Ewen and the late Donald, Iain and Charlie and a dear brother-in-law and uncle. Will be sadly missed by all his family and friends.

**MACMILLAN** - William (Bill). Peacefully, at the Lorn and Islands Hospital, on April 14, 2020, after a courageous fight against illness. Loving husband, father, grandfather, great-grandfather and brother. All family and friends will be invited to a memorial service for Bill, at a later date.

**PARTRIDGE** - Norah Grant (née Ledingham). Peacefully in her 97th year on April 11, 2020 at North Argyll Eventide Home, Oban. A much loved mum and

grannie. A private graveside service will take place at Kinlochmore Cemetery for immediate family only on April 23. Norah's family wish to thank all the staff at North Argyll for their care and attention over the last two years; also the many neighbours and friends who have supported her since her move to Oban.

**SINCLAIR** - Peacefully at her home, surrounded by her loving family, on April 20, 2020, Sheila Sinclair, née Ferguson, in her 88th year, of 7 Highbank Park, Lochgilphead. Beloved wife of the late Nicol Sinclair. Much loved mother of Lilia, Peter, Anita, Duncan, Nicol and Fergus. Adored granny to her nine grandchildren and three great-grandchildren. Dearly loved sister of the late Betty and Hugh Ferguson. A loving aunt, great-aunt and cousin to all the family. A good friend and neighbour to many. A private family service was held at Achnabreac Cemetery. Will be sadly missed by all who knew her.

## ACKNOWLEDGEMENTS

**GRIEVE** - Sandra would like to express her thanks, following the sad loss of John, to Rev. Dugald Cameron for support and the family service, doctors, nurses, and staff at Lorn Medical Centre, community nurses, physiotherapists, occupational therapists, Lorn and Islands Hospital, Carr Gomm, Crossroads, Carers Centre, Red Cross, Lynnside Day Centre, Friendship Club and Etive House Care Home for the love and attention given to John. Thanks to Catriona and staff at Hamish Hoey and Sons for guiding us through the funeral arrangements. Thanks for all the cards, letters, phone calls, other expressions of sympathy and offers of support which have been very much appreciated. I would also like to thank my family at Kilsyth especially my sister Lora and her husband Murdo and the many friends who have been a great support over the years, going out with us for coffees and lunches which John loved. Please everyone keep safe and keep well. God bless you all.

**MUNRO** - The family of the late Margaret, wish to thank neighbours and friends near and far, for their kind messages of sympathy. Thanks to the Reverend Dugald Cameron for his spiritual comfort and graveside service. Thank you to all the NHS staff who treated Margaret over the years, both in the community and the hospital. Special thanks to Ian MacInnes of D & A Munn for his personal attention and advice.

## MEMORIAMS

**BROWN** - Precious memories of a dear wife and mother Rena, who died April 26, 2013. Every day in some small way Memories of you come our way Though absent, you are always near Still missed, loved and always dear - Donald, Colin, Donna and families.

**BUCHANAN** - In loving memory of my dear husband Willie Buchanan who passed away on April 23, 2011. Sorely missed by Ann, his mother

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# Mull's World Cup winner dies, aged 78

Former Chelsea and England goalkeeper Peter Bonetti, who spent a number of years on Mull as a guesthouse owner and postman after leaving Chelsea, has died aged 78 after a long illness.

He was described by Chelsea as a 'goalkeeping superstar of the 1960s and 1970s' and 'one



Peter Bonetti finally received a winners' medal from the 1966 World Cup in 2009. Photograph: Ian Nicholson/PA.

of our indisputably all-time great players'.

Bonetti was a member of England's victorious 1966 World Cup squad as understudy to the legendary Gordon Banks. He never played a game in the World Cup and only the starting 11 out of the 22-man squad in the 4-2 final win over West Germany were given medals. Bonetti finally received his medal, 43 years after the event, along with the rest of the squad, from Prime Minister Gordon Brown at a Downing Street ceremony

in June 2009. He made seven England appearances and featured in the 1970 World Cup quarter-final defeat by West Germany.

As well as playing 729 times for Chelsea, Bonetti also had brief spells at American side St Louis Stars, Dundee United and Woking FC during a career which spanned more than three decades.

He played an important role in Chelsea's FA Cup final victory over Leeds United in 1970 and the club has described 'his superhuman attempts to



Former England World Cup goalkeeper Peter Bonetti during his postal round on Mull in 1980. Photograph: Andrew Kiggins.



The 1966 England World Cup squad with Peter Bonetti, back row, fifth from the left. Photograph: Rodger Price.

thwart the opposition' in front of a TV audience of more than 28 million people.

Bonetti also won the League Cup in 1965 and the UEFA Cup Winners' Cup in 1971 when Chelsea beat the great Real Madrid 2-1 after a replay in Athens.

Nicknamed 'The Cat' he was voted runner-up in the 1969-70 Footballer of the Year Award.

After leaving Chelsea, Bonetti moved to Fionnphort on the Isle of Mull where he

ran a family guesthouse and became a postman. While living on Mull, he came out of retirement in 1979 to play several games for Dundee United under manager Jim McLean.

After a few years delivering mail on the island, he returned to England to begin a career as a goalkeeping coach with Chelsea and the England national side, as well as working with Kevin Keegan at Newcastle United, Fulham and Manchester City.

Chelsea's official website said: Peter was the Cat who broke the mould, defied the odds, drew the gasps, earned the cheers and got the cream all in front of an adoring Stamford Bridge.'

Former Chelsea captain John Terry added: 'I'm heartbroken. A Chelsea legend and hero.'

Norman Hunter, another member of the England 1966 World Cup, squad died last week after contracting coronavirus. He was 76.

## Planning continues in hope of getting go ahead for 2020 Mull Rally

by Fiona Scott  
fscott@obantimes.co.uk

Organisers of the Beatson's Building Supplies Mull Rally will continue with the planning for this year's Tobermory-based event.

While the current COVID-19 pandemic has put everyday life on hold, Mull Rally clerk of the course Andy Jardine remains focused on plans for the October 8-11 rally.

'Before we talk about

rallying, I'm sure everyone involved in the Beatson's Building Supplies Mull Rally would join me in sending our heartfelt thanks, appreciation and admiration to all key workers in our communities. We extend our concern and sympathies to those affected by COVID-19.'

'No-one knows conclusively when the current situation will change, which is why the team will continue in its usual preparations for the rally.'

'It is absolutely vital – and we cannot stress this enough – no-one: no prospective competitors, media, marshals, no-one travels to Mull until we have clear and precise government guidance to say we are permitted to do so.'

Deputy clerk of the course Duncan Brown has been working tirelessly through all the processes for the new closed road legislation and the Mull group recently received the Organising Permit from

Motorsport UK in addition to making its application for a Motor Race Order from Argyll and Bute Council.

Andy continued: 'We maintain a watching brief on the movement from Westminster, the Scottish Government, Argyll and Bute Council and Motorsport UK. As well as that, through the guardians, we're in regular contact with communities and businesses on the Isle of Mull.'

'Those people remain very

much at the heart of decisions taken.'

'We understand the economic benefit the Mull Rally brings to the island, but we also understand the current financial situation those vital to the event, including the amazing volunteer marshals

and officials, the sponsors and, of course, the competitors themselves are in.'

'Our intention is to bring the best rally in the world to the world's best island in October.'

But our priority is to do the right thing for the people of Mull.'

Andy concluded: 'We've had support from all over the world, urging us to continue with the planning for the event. That's what we're doing.'

'In the meantime, let's all do our bit to bring this thing to the speediest possible conclusion by staying home, staying healthy and watching Peter Taylor's run through Gribun on YouTube. Again.'



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Thursday 23 April, 2020

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brings thrills  
and chills to  
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**SnapJack  
Charlotte  
puts families  
in the frame**



# Soap firm gets hands on with front line services

by Fiona Scott  
[fscott@obantimes.co.uk](mailto:fscott@obantimes.co.uk)



Front line service workers across the country can continue to extend a much soothed hand of comfort thanks to the generosity of the community and the Highland Soap Company (HSC).

A not-for-profit campaign to get hand creams to staff working in the NHS and other key organisations, by asking members of the public to buy them at a discounted rate, was launched by the Fort William-based skin specialists last week.

At the time of writing more than 500 jars of cream had been sold, with 15 boxes containing 40 creams each having been distributed to hospitals, care homes and police stations the length and breadth of Britain since the scheme launched on April 16.

'When we heard about the difficulties the NHS staff were facing, we realised we had the

raw materials and the skills to help,' said Highland Soap Company director Archie Macdonald. 'Our non-profit 'Creams for the NHS' initiative allows people to buy an organic hand cream for £5 (retail price £11.50) which we then deliver to where it is needed most.'

'We have sent them to 15 hospitals so far thanks to the generosity of customers. We hope people will continue to support the NHS by buying hand creams on our website. We have been told it has made a massive difference.'

The initiative was inspired by the reaction received when The Highland Soap Company donated creams to Lochaber district nurses and hand lotions and hand washes to the Belford Hospital in Fort William last week.

Since launching a dedicated page on the HSC website and shouting about it through social media, the company has received orders from as far afield as London, while cases



have also been distributed to Fort William and Appin police stations, and Lorn and Islands Hospital in Oban by HSC's Emma Parton.

'People can just buy a hand cream and we will do the rest,' said Emma. 'As we will deliver the creams to the nominated organisations, and not directly

to our customers with the rest of their orders, we are not charging for delivery.'

'Washing their hands so many times a day with alcohol-based hand sanitisers is leaving NHS staff and other key workers with cracked hands. With deeply nourishing shea and cocoa butters, our

creams moisturise and protect helping to gently soothe and restore dry and damaged skin.'

We had also ordered tablet for our shops to stock during the tourist season so we have been putting that in the boxes too. I don't know which is being appreciated more, the cream or the tablet, but we are getting a

lovely reaction from everyone.' Made with more than 89 per cent organic ingredients, the 120ml jars of cream are naturally fragranced with plant extracts and essential oils.

Highland Soap Company is asking people to buy the creams for the NHS via [www.highlandsops.com/hand-cream-for-the-nhs-120ml](http://www.highlandsops.com/hand-cream-for-the-nhs-120ml) and to share their purchases on social media using the #creamsfortheNHS hashtag.

Photograph: Highland Soap Company.

## A Thank You from Ian Blackford MP, Ross, Skye & Lochaber.

On behalf of everyone in Ross, Skye & Lochaber, I would like to thank all health and social care staff and other key workers for helping our communities through this Covid-19 crisis.

I would also like to thank every one of you for playing your part by staying at home.

**Ian Blackford MP**

Contact details: [ian.blackford.mp@parliament.uk](mailto:ian.blackford.mp@parliament.uk), [www.ianblackford.scot](http://www.ianblackford.scot), 01397 700030

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LT

## Third crime novel to be published

The Son is the third in the crime thriller series featuring psychosleuth detective Sean Rooney by critically acclaimed Lochaber-based author Tom O Keenan.

Published by McNidder and Grace, it is set in the north-west coast of Scotland in the village of Storaig, with a population of 200 - where murder is unheard of. The plot is thick, the pursuit is tortuous and the payoff is terrifying.

Attracting praise such as 'a powerful, well written story that doesn't shy away from difficult issues. From a talented writer', The Son is scheduled to be published in July.

The story tells how Rooney and his wife Jackie Kaminski move to the Highlands to escape the past, but the past catches up with them when their young son, Calum, is murdered. When the formal police investigation is shown to be fatally flawed, Rooney pursues his son's killer.

Born and raised in Hamilton, Keenan now lives in Morar and his experience as an independent social worker in the mental health field underpins his writing.

The first title in the series The Father was shortlisted for the CWA Debut Dagger writing award and this latest book from Keenan will certainly appeal to followers of 'Tartan noir' and hardboiled crime.

# Chilling legend of the Grey Dog of Meoble

In the first of a new series, Morar-based writer **Tom Keenan** explores the legend of the mysterious and frightening Grey Dog of Meoble that is said to haunt the hills and glens of Lochaber

The Grey Dog of Meoble, or in Gaelic the Cù Glas Mheobail or Cu Glas for short, is a legend that goes back to the early 19th century and sends shivers down the spine, especially if you are a descendant of the MacDonalds of this area.

I acknowledge others have written on the subject, however, this writer thought a refreshed version would be helpful to 'keep the legend alive'.

Thanks go to some luminaries on this subject, notably Alister McLeod, an informed local on the subject; Alasdair Roberts, a local author who wrote the Tales of the Morar Highlands; Iain Thornber, Dane Love and Mike Dash who also wrote on the subject and others who answered my request for information.

Alasdair Roberts, says in its original form, the Grey Dog tradition is something of an archival nightmare to pin down. Of course, this is matter of local legend and folklore, but in exploring this issue it is clear a spectral dog is ubiquitous, popping up across these islands, called different things but involved in the same subject matter: omens of death or the conveying of souls to the

afterlife. Generally, a mythological hound is to be found throughout Scotland and the Hebrides and is frequently called the Cù Sith, the fairy dog, or the Cù Tabhse, the ghost dog. Morar has its own hound, the Cù Glas, the Grey Dog of Meoble.

Elsewhere across the UK, there are the Dullahan, the Angel of Death, and the Black Shuck.

The legend of a large spectral dog inspired the Hound of the Baskervilles by Sir Arthur Conan Doyle, where a large dog-like creature haunted a family estate, making use of folktales where spectral dogs symbolise death.

'The tale behind the spectral hound's hauntings is to be found in many cultures around the world. Generally, the Cu Sith is feared as a harbinger of death, apparently bearing away the soul of a person to the afterlife, similar to the manner of the Grim Reaper.

In this role, the fairy dog



**Tom Keenan.**



**A dog is said to haunt the Highlands.**

holds in Scottish folklore a function similar to that of the Banshee in Irish folklore. According to legend, the creature was capable of hunting silently, but would occasionally let out three terrifying bays that could be heard for miles, even far out at sea.

Those who hear its baying must reach safety by the third howl or be overcome with

terror to the point of death. According to Scottish folklore, The Cù Sith is said to be the size of a young bull with the appearance of a dog. Its fur is shaggy and usually cited as being dark green, though sometimes white, but many report it as having a colour somewhere between white and black, like the ash of an ember.

Its tail is described as being

long and either coiled up or plaited and its paws are said to be the width of a man's hand. It is thought to make its home in the clefts of rocks in these parts and to roam the moors and glens. This is a general depiction of the Cu Sith, the Fairy Dog of the Highlands, but in next week's edition I'll consider more specifically the Grey Dog, the Cu Glas.



In view of the current Covid-19 emergency we have now closed all our offices and will not be carrying out any property inspections until it is safe and appropriate for us to do so. Our staff are still working remotely and are in a position to answer and advise on any property related questions or issues that may be of concern. Please do not hesitate to contact us should you require such assistance.

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# MP sparks booking row with steam train operator

by Mark Entwistle  
[mentwistle@obantimes.co.uk](mailto:mentwistle@obantimes.co.uk)

The operator of the Jacobite steam train, which doubled as the Hogwarts Express in the Harry Potter movies, has accused Lochaber MP Ian Blackford of acting like the famous boy wizard's sworn enemy Lord Voldemort in a row over bookings during the coronavirus lockdown.

The train's operator, West Coast Railways (WCR), now says it wants to relaunch its summer service from Fort William to Mallaig on May 25 providing the lockdown has been lifted by then.

Mr Blackford, MP for Ross, Skye and Lochaber, last week urged WCR to end the practice of advertising and accepting future date bookings on its service whilst lockdown measures are in place.

The train provider came in for furious criticism after it emerged its website was originally allowing bookings from May 1, despite government messages insisting there was no end in sight to travel restrictions.

Mr Blackford said by accepting bookings for future dates, WCR was putting pressure on accommodation providers to accept tourist travel business and sending out the wrong message.

'Once lockdown has been halted, whenever that may be, there has to be a gradual process to normality. There will still have to be a tight control on travellers moving around the country,' said the SNP Westminster leader. What can't happen is a loosening of restrictions and we are then flooded with visitors again, which has the potential to flare the issue once more.'



Companies such as West Coast Railways should be working towards the greater good of society in these difficult times.

'Instead, its refusal to end this practice is simply adding to the difficulties.'

But WCR slammed Mr Blackford claiming the MP seemed to be trying to stop 'ordinary working-class folk' booking £36 tickets on

**'There will still have to be a tight control on travellers moving around the country.'**

the Jacobite, while ignoring 'champagne-quaffing toffs' forking out £11,000 to travel over exactly the same route just days later on the Belmond Royal Scotsman on June 5.

The Jacobite spokesman said: 'Mr Blackford appears to be acting like Harry Potter's sworn enemy Lord Voldemort in trying to derail the Jacobite, which doubled as the Hogwarts' Express in the movies.'

'We are astonished he thinks it okay for toffs but not for ordinary working folk. This sounds like a very snobbish approach. Is it official SNP policy to discriminate this way?

in favour of the rich?'

And he said WCR had promised anyone booking on the Jacobite can have their money refunded if the current lockdown is extended.

The spokesman added: 'However the welfare of our staff and passengers - along with that of local residents - is our greatest priority and the Jacobite will only run when it is safe to do so.'

'The current three-week lockdown takes us until May 7 and we will make a further announcement then. But hopefully we will be back on track by May 25.'

Meanwhile passengers who have booked on trains before May 25 are being offered the choice of a full refund or a VIP credit voucher for the full amount plus an extra 10 per cent. The spokesman added WCR had noted Mr Blackford's 'delight' that travel website booking.com was now blocking all accommodation requests in the UK until May 9.

'We would point out the West Coast Railways website says we hope to start running the Jacobite again from May 25, a fortnight after the date Mr Blackford is "delighted" with.'

'Therefore we cannot understand why he continues trying to paint us villains of the piece. It really does not make sense.'

## Police issued with surgical masks

Police officers and staff across Lochaber will be given surgical face masks to wear as they respond to incidents or deal with the public where it is not possible to adhere to social distancing.

Police Scotland has secured initial stocks of type 2 fluid resistant surgical masks and is distributing them to its workforce in response to advice from Health Protection Scotland, Public Health England and the UK Government.

Officers and staff will be able to choose to use the masks in certain low risk situations where they are unable to maintain a two-metre distance from their colleagues or members of the public.

Officers and staff in contact

with someone suspected or confirmed to have coronavirus will follow existing guidance which recommends the FFP3 mask.

A total of 4,000 officers and staff in divisions across Scotland have already been trained in the use of, and supplied with, the FFP3 mask, which offers an enhanced level of protection through a face-fitted respirator.

Deputy Chief Constable Malcolm Graham said: 'We are committed to doing everything we can to protect the public and limit the spread of the virus and to protect our own people as they carry out their duties.'

'We recognise every day our officers and staff are putting

themselves in harm's way and we want them to have the right protection to do their job.'

In line with scientific advice, these surgical masks will be available for use as a precaution for officers and staff dealing with incidents where social distancing is not possible.

'Officers on routine patrol should not normally need to wear face masks, however, they are being provided with the equipment to protect themselves, their colleagues and members of the public.'

The procurement of protective equipment continues to be challenging due to demand from across the emergency services but we are working hard to secure a sustainable supply of masks.'

## More cash for public services welcomed

Highlands and Islands MSP Donald Cameron has welcomed a £600 million package of support to Scotland.

On Monday, Scottish Secretary Alister Jack said the 'additional' money would go a long way in helping Scottish public services.

Mr Cameron, the Conservative shadow finance

secretary in the Scottish parliament, commented: 'Our public services are under unprecedented pressure keeping us as safe as possible and we are all incredibly grateful for everything that is being done.'

'However, this costs money, and I am therefore very pleased the chancellor has made the announcement that

substantial extra funding is being made available.'

Kate Forbes MSP, finance secretary for the ruling SNP in the Scottish Government, commented: 'Consequentialists are always estimates, but it goes without saying that every penny that comes to the Scottish Government will be spent fighting coronavirus.'



We have launched a helpline to help steer companies through the Coronavirus lockdown period.

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LT

# Concerns for NHS staff after breakdown suspends sailings

by Mark Entwistle  
mentwistle@obantimes.co.uk

There was concern that key NHS workers tackling the coronavirus outbreak and who depend on the Corran Ferry service to get to work were being put under additional pressure after the crossing's main vessel broke down at the weekend and was still out of service yesterday (Wednesday).

With the back-up vessel, the MV Maid of Glencoul, still not back from her refit, the failure of a propulsion unit aboard the MV Corran forced the suspension of the vital lifeline service earlier this week.

The ferry service is operated by Highland Council, which said one of the MV Corran's propulsion units had failed on Saturday evening and that delays had been caused to the MV Maid of Glencoul's refit by the COVID-19 outbreak.



On Tuesday afternoon, Lochaber councillors received a verbal update from council managers about the current loss of service.

They heard that the broken propulsion unit is normally not a part that would be expected to fail and the COVID-19 lock-

down complicated sourcing a replacement.

However, a new part was located on Tuesday with the hope it would be fitted and tested yesterday (Wednesday).

In a social media post, Councillor Andrew Baxter (Fort William and

Ardnamurchan) said there was a possibility the ferry could be running again on Wednesday, but realistically it was likely to be today (Thursday) at the earliest for a resumption of the service.

The Maid of Glencoul's refit, halted when lockdown restrictions were introduced, was recommenced on Tuesday.

Mr Baxter commented: 'Council officers met – virtually – with emergency partners first thing on Monday to make back up arrangements whilst the ferry is off.'

**It had been hoped the service would be up and running on Wednesday.**

'The biggest concern was for key workers, including those in the NHS travelling to Fort William. Workarounds are in place, but these can only be a temporary fix. We can't expect key workers, who are already under pressure, to cope with extended journeys for a continued period.'

I've had several discussions about triggering contingency plans if there is an extended loss of service. There are a number of options that could be implemented quickly, and I've also received offers of support from operators that could provide an alternative, albeit very limited service.

If there are further complications I've asked officers to trigger contingency options as a matter of urgency. This loss of service illustrates why it is so important for the council to press ahead with the procurement of a replacement ferry. We will need that even if a fixed crossing is the longer-term option.'

## Skye paper switches to online only as virus impacts local media

One of the Highlands' best known local newspapers has shelved publication of its print edition until June as a result of the coronavirus outbreak.

While calls intensify for the Scottish and Westminster governments to do more to support local newspapers and other regional media, The West Highland Free Press (WHFP) on Skye announced the measure in a front page editorial last week, in which it said the decision had been taken with 'great reluctance and sorrow'.

After 2,503 editions spanning 48 years, the Broadford-based paper has furloughed the majority of its staff and is just one of a number of the UK's smaller papers starting to wilt under the impact of the pandemic.

The only employee-owned paper in the UK, the WHFP says it aims to resume publication on June 5 and will have what it calls a 'limited online presence' in the interim.

### Reporting

The editorial added: 'Whatever the future holds, one aspect of life that must endure is the role played by strong community journalism. We believe good reporting and writing, borne out of empathy and curiosity, will always be in demand.'

'We are you – queuing in the Co-op, watching shinty, driving along the same pot-holed roads. In every sense of the term, we are your local newspaper. Until we meet again in the near future, stay safe and look after each other.'

Managing director Paul Wood added: 'It is regrettable we feel forced into making this decision at a time when local, informed news should be essential but the economic realities of producing a newspaper during lockdown and the almost total lack of financial support for small businesses other than the HMRC furlough scheme have made our temporary closure an inevitability.'

Skye MSP Kate Forbes commented: 'These are unprecedented times and the work of journalists – to scrutinise as well as broadcast vital information – is needed more than ever.'

'It is obviously very sad the West Highland Free Press has had to suspend production, but I am pleased this will safeguard key jobs and it is my hope they will return in the near future.'

## Highland Council plea to not light sky lanterns

People are being urged not to light sky lanterns to show support for health workers.

Since 2012, Highland Council has opposed the release of balloons and lanterns into the sky at its premises, by its own staff and at events endorsed by the local authority.

Highland Council leader Councillor Margaret Davidson said: 'Highland councillors have been clear for many years on what our stance is regarding the release of lanterns and balloons into our precious environment and we are in total opposition to it.'

'We fully agree with the Scottish Fire and Rescue Service which asks people to please not light sky lanterns as they pose a serious fire risk to countryside and property and can cause harm to wildlife.'

'And we echo NFU Scotland's position that sky lanterns can injure or kill farm animals and wildlife, cause industrial

sized fires and litter our countryside.'

'Please show your support in the Highland way – get your bagpipes or instruments out if you play; clap, shout, whistle or bang a spurtle on your porridge pan. We all want to show our support for NHS and social care workers who are our friends, neighbours and family, just not with lanterns please.'

Councillor Bill Lobban, Convener of The Highland Council, added: 'I cannot emphasise enough the danger sky lanterns pose to our fragile and beautiful environment, to our farmers' livelihoods and to our emergency services.'

'Last year, the Highlands were subjected to a number of wildfires that stretched our fire services to the limit.'

'We must avoid a repeat of that, especially at this crucial time during the COVID-19 pandemic.'



LT

# Twenty per cent rise in power station capacity

The hydro-electric power station at Kinlochleven has increased generation to its highest level for nearly 20 years, writes Mark Entwistle.

Operated by international energy business SIMEC, part of Sanjeev Gupta's GFG Alliance, the Kinlochleven station, last week generated an average of 23.27MW of clean green power – producing sufficient electricity to power a city the size of Inverness.

The increase, to the highest output since 2002, follows the first phase of a significant investment programme undertaken by SIMEC to reinstate defunct side-stream intakes and improve the efficiency of water collection on the hydro scheme.

The result represents a step-up in clean energy to help power Scottish homes and industry.

SIMEC was previously ac-



**The Blackwater dam, which serves Kinlochleven, is the longest in the Scottish Highlands.**

credited to produce 19.5 MW of power under the Scottish Government's Renewable Obligation scheme. Changes to the government's scheme have made it economic to increase capacity above this level

at Kinlochleven. Kinlochleven was the first major hydro-electric project in Britain, built between 1905 and 1909. The scheme harnesses water power from the Black Water chain of lochs through a 13km res-

ervoir. The Blackwater dam, which serves Kinlochleven, is the longest in the Scottish Highlands.

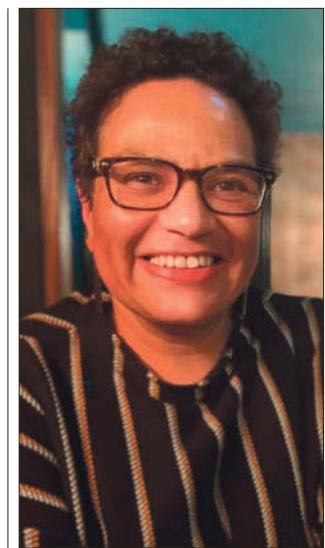
SIMEC also owns the nearby Lochaber hydro station, which produces power for Alvance

British Aluminium, the UK's only remaining smelter.

SIMEC has committed to invest further in renewable energy on its land in the Highlands by applying for consent to build a £158 million Highland wind farm at Glenshero and is in the construction and development phase of further hydro projects across the estate.

Jay Hambro, Chief Executive of SIMEC Energy and Chief Investment Officer of GFG Alliance, said: 'Green energy will be vital in keeping the lights on in Scotland for future generations and SIMEC is committed to playing a key role. SIMEC is delighted it has increased capacity at Kinlochleven by 20 per cent, producing enough clean energy to light and heat homes in the biggest city in the region.'

'We are committed to schemes that benefit communities and the environment.'



**Jackie Kay.**

## **Scotland's Makar Jackie Kay pens poetic tribute to essential workers**

Scotland's Makar Jackie Kay has written a poem to thank essential workers during the coronavirus outbreak.

The national poet hails chemists, volunteers, carers, delivery workers, and those in the food supply chain.

The Makar said she wrote Essential as a 'huge big thank you' to those working on the front line.

A video of the Makar reading the poem was broadcast on Scottish Government social media channels last Thursday, April 16.

The poem reads:  
*Essential  
Up, doon, the length of our  
land -  
Aberfeldy, Ardnamurchan -  
There's uplift, sharing; pass  
the baton!*

*A frontline forming, hand to  
fierce hand.  
Shopfront workers, doon the  
aisle;  
New-era queues metres  
apart.*

*The chemist's prescription  
warms the heart.  
Delivery folk vanish, ghost a  
smile.*

*Volunteers at the local food  
bank...  
Shy half-moon in a clear  
Scots' sky.*

*We leave with tins, groceries,  
goodbyes...  
Clap in the gloaming when  
we say our Thanks.*

*And the sky greets with stars  
And the bold birds sing  
As we clink in our links in the  
Kindness line;*

*Holding absent hands for  
Auld Lang Syne.*

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[www.highlandhospice.org/mawm](http://www.highlandhospice.org/mawm)

Highland Hospice, Ness House, 1 Bishop Road, Inverness IV3 5SB.  
Highland Hospice is a registered Scottish Charity No: SC011227

## **Staff work together to produce visors**

Staff from Lewis Castle College on Lewis and wind farm charity Point and Sandwick Trust have worked together to produce personal protective equipment (PPE) locally for NHS doctors and nurses.

They used college facilities sponsored by the community wind farm charity.

Visors to help protect front line staff from contracting coronavirus have been made in the college's new Innovation Centre using its 3D printer and were delivered to the health board's Chris Anne Campbell on Monday by Point and Sandwick Trust's engineering consultant Tony Robson.

Six visor headbands and packs of disposable clear plastic sheets to form the faceshields were handed over after college staff, working in partnership with Mr Robson and Point and Sandwick Trust's development manager Calum Macdonald, came up with the PPE solution.

The visor headbands are being produced on the 3D printer used for plastics at the Innovation Centre.

Clear plastic sheets are then attached to the headbands and replaced after use. Although

it takes one hour to print out each headband, 100 of them have been pledged to NHS Western Isles.

The see-through plastic sheets clip on to the headbands and are easy to source – being an everyday office item – but the headband components are much more difficult to obtain.

It was the production of the headbands that college staff, helped by Mr Robson and Mr Macdonald, had focused their attention on and all the materials are being funded by Point and Sandwick Trust.

Gordon Jamieson, NHS Western Isles chief executive, said: 'We are extremely grateful for these pieces of important PPE which will help ensure our staff are kept safe.'

Mr Robson added: 'We are supplementing what's available to ensure everyone has the opportunity to use a protective visor if they want.'

'Staff seemed to like the design.'

'There can't be enough of these things and staff feel a bit more reassured if they have a visor, rather than just a mask.'

'It's a common sense solution – made locally.'

**YOUR STORY**  
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# Families #ByTheFrontDoor by photographer Charlotte



by Mark Entwistle  
[mentwistle@obantimes.co.uk](mailto:mentwistle@obantimes.co.uk)

With her photography business mainly focusing on capturing images of newborn babies, Charlotte Grant is having a quieter time of it in recent weeks like many business impacted by coronavirus.

However, Charlotte, who lives in Spean Bridge with her partner and two young children, and runs SnapJack Studios, has come up with an alternative way to use her talents for the benefit of her community.

She explained to the Lochaber Times this week: 'I normally photograph newborn babies, first birthday cake smashes and families but, of course, I cannot work at the moment given the current circumstances. So I started a project called #ByTheFrontDoor. As part of my one-hour daily exercise. I thought it would be nice to capture people outside their front doors as I am passing by. This is for everyone of all ages, children or no children, pets. It has been gratefully received and for a lot of people it is the first time they have had a family photograph in years.'

'Currently this can only happen in Spean Bridge, in line with current government guidelines, but I will extend the areas once restrictions relax.'

'It is free. It is merely something to keep me busy and provide a wee keepsake photograph in this strange time. I only ask that people tag SnapJack Studios and use the hashtag #ByTheFrontDoor.'

Charlotte alters her daily route to include different streets and posts which roads she will be walking down.

Asked how her initiative had been received by fellow residents of Spean Bridge, Charlotte said: 'It's been a really good reaction. People have been grateful to get the chance of an up-to-date family photograph at a time when families are at home at the same time.'

'That can be quite unusual as older children are often away at university or college or work away.'

A former snowboard instructor at Nevis Range, Charlotte hopes it will not be too long before she can return to photographing newborn babies for families: 'I've been taking photographs of babies for about five years. It has been a privilege to do that.'

Visit the SnapJack Studios page on Facebook.



Charlotte Grant.

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## New social helpline service launched

EwenMe is a new phone-based support service launched by Ewen's Room to combat the effects of isolation caused by the COVID-19 crisis.

The aim of this new initiative is to reduce anxiety, loneliness and personal isolation by connecting people for a regular chat. Many helplines have been established, but few are designed just for this kind of ongoing informal contact.

EwenMe will do its best to match anyone who requests the service with one of their friendly volunteers who has similar interests. Timing and frequency of calls will be set up by mutual agreement between the client and the allocated volunteer.

Ewen's Room is a well-known local charity which raises awareness around mental health and offers support to people experiencing mental ill-health and their families.

The new helpline is supported by a team of newly-recruited volunteers from Fort William to Mull.

Anyone interested in making use of this service can either call 01967 750845 or fill in a form at [www.ewensroom.com/ewenme](http://www.ewensroom.com/ewenme).

**01967 750845**

**EwenMe**

"Do you fancy a blether?"



## Coronavirus update



In order to better protect our staff and clients from Coronavirus we have started with the following measures

- All annual vaccine boosters cancelled (low risk to go 3 months overdue)
- All routine neuters, dentals, nail clips, pet health checks, weight checks cancelled
- All remote clinics cancelled

If we haven't yet contacted you about a pre-existing appointment please accept our apologies, we are working through a long list!

Crown Vets, Glen Nevis Place, Fort William PH33 6DA  
Tel: 01397 702727 [info@crownvetsfortwilliam.co.uk](mailto:info@crownvetsfortwilliam.co.uk)

# The croftless crofter

Experienced home educator and Lochaber Times contributor Nic Goddard on growing your own.

Most of us will have grown up with stories from the Second World War being told within our families.

So it is no great surprise that in these uncertain times the activities people 'locked down' in their homes are turning to are those which our grandparents may have told us about.

Baking, crafting, singing and growing-your-own have been a way of life for many of us but others are joining in with online choir practise or learning how to knit.

The loo roll shortage in supermarkets was followed by flour selling out and seed suppliers reporting record sales.

Whether you are thinking about having a go at growing your own as a new hobby, a science experiment with your currently home-schooled children or preparing for a future food crisis, the joy of getting your hands dirty and tending newly-emerging seedlings which will grow into something you eat is well worth considering.

My first go at growing was on my Sussex allotment more than 10 years ago. A warmer climate, much less rain and a different type of soil there meant when I moved to the west Highlands in 2012 I had to learn how to deal with peaty soil, a later growing season



Empty toilet roll tubes can be turned into pots for peas and beans.

and lack of access to garden centres filled with tools and accessories.

I soon learned to re-purpose

**'I have even started potatoes from peelings before. A clove of garlic with a green sprout poking through is ready for planting.'**

all manner of things as seed trays – plastic trays from fruit and vegetables are perfect for starting off tomatoes, chillies and peppers.

Empty toilet roll tubes can be turned into pots for peas and beans, the beauty being you can plant the cardboard tube

along with the seedlings as it rots away into the ground.

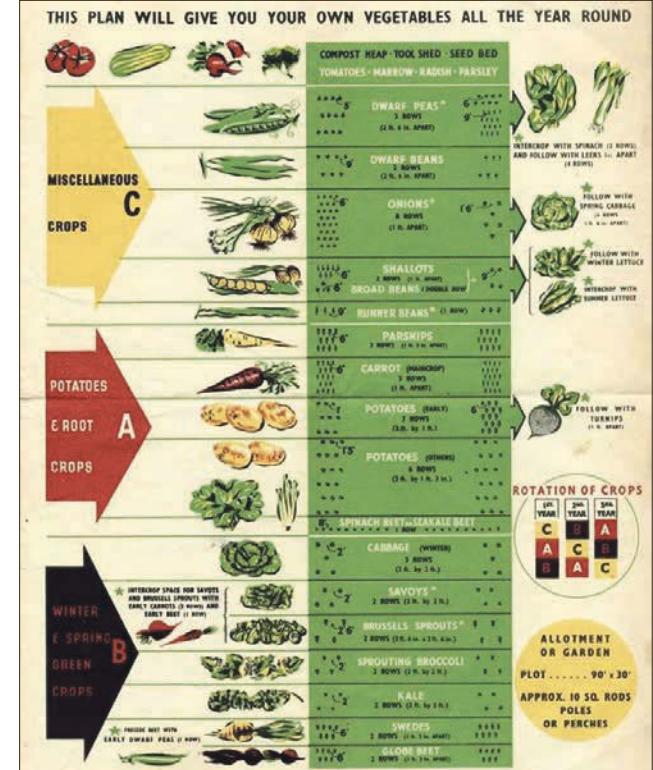
I've grown potatoes in buckets, flower pots and sturdy plastic sacks previously filled with animal feed or compost. My current watering can is a two litre milk carton with tiny holes pierced in the lid with a drawing pin. I bought a mini greenhouse to fix to an outside wall, but my spare room, which was supposed to be occupied by guests for most of March and April, is now a great big greenhouse!

If you have a sunny spot, inside or out, you have somewhere to start growing. If you have any sort of container you can put soil into then you have a 'garden'. If you are not able to get your hands on a packet of seeds but you have fresh tomatoes, peppers or chillies in your salad drawer, you are up and running.

Plant any potatoes with 'eyes' on them – I have even started sprouting potatoes from peelings before. A clove of garlic with a green sprout poking through is ready for planting.

You may not have success with everything you try, but you will learn a lot and may find yourself tucking into a plate filled with something you grew yourself a few months from now.

If you have more space for a



A poster from the Second World War encouraging people to grow their own vegetables.

vegetable patch, with careful planning it is possible to feed a family in fresh vegetables all year round on a surprisingly small piece of land.

The best advice I was given was to only grow what you want to eat. I didn't heed that tip until I brought home a bumper crop of broad beans – enough to feed our family of four for weeks – when only one of us likes broad beans!



Right: Nic's spare room has been transformed into a greenhouse.

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# Appin luxury hotel offers gift for NHS and care staff

by Ellis Butcher  
[ebutcher@obantimes.co.uk](mailto:ebutcher@obantimes.co.uk)

The owners of a luxury hotel at Port Appin are offering a free break for NHS and care workers in Scotland once the coronavirus crisis has passed.

Shaun McKivragan, of the award-winning Airds Hotel and Restaurant overlooking Loch Linnhe, came up with the idea in recognition of the sterling role key workers have played since the pandemic hit.

The hope is that a gift to stay or have dinner at one of Scotland's most prestigious hotels will give someone on the front line something to look forward to as they cope with the immense pressure of working life.

Shaun told The Oban Times: 'With several of my family and friends being employed in the NHS and care homes, I get



Shaun McKivragan, owner of the Airds Hotel and Restaurant, pledged two one-night stays offering dinner, bed and breakfast for two people.

to hear first hand about how tough it is for them.

I have one relative who is a doctor in an intensive care



unit which is predominantly dealing with COVID-19 cases and this is especially tough to handle.

'Also my father-in-law is in a care home and I equally know how tough it is on care staff and what a fabulous job they

are all doing. It is therefore very close to my heart.'

'It is a thank you and a gift to NHS and care staff - pure and simple.'

The couple have owned the 11-bed hotel since 2002 and it has been graded three AA stars in recognition of its luxury quality.

It is also one of the few members in Scotland of the exclusive Relais-Chateaux group and Luxury Scotland - putting it firmly in the top bracket of the finest hotels in the entire country.

Its 30-cover restaurant is renowned for its fine dining and it has achieved three AA rosettes in recognition of its food.

The hotel's owners have pledged two one-night stays offering dinner, bed and breakfast for two people.

They will also offer two

people a gourmet dinner for two people at its restaurant without accommodation.

The offer is restricted to NHS Scotland staff and Scottish-based care staff only, and the deadline for nominations is Monday May 18.

Please email your details, or the details of someone you think deserves this treat, to [care@airds-hotel.com](mailto:care@airds-hotel.com).

The hotel has assured people that once the draw has closed, email addresses submitted will not be retained for marketing purposes and will be deleted.

The lucky winners will be revealed in The Oban Times on Thursday May 21.

**KEEPINTOUCH**  
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## Coronavirus

BID4Oban are working to provide information to the business community of Oban as regularly as possible.

We are working with our Key Partners Argyll & Bute Council, Business Gateway, AITC and OLTA on a daily basis.



To enable us to keep in touch, please follow BID4Oban on **Love Oban Facebook page** and website [www.bid4oban.co.uk](http://www.bid4oban.co.uk) for regular updates.

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# LETTERS

## Time now for new 'normal'

As our communities remain in lockdown, we continue to be impressed by the fantastic efforts and generosity of so many people who are ensuring their neighbours and in many cases, strangers, are looked after and kept safe.

This week a not-for-profit campaign to gift hand creams to NHS workers and those working for other key organisations, by asking members of the public to buy them at a discounted rate, was launched by the Highland Soap Company, and by Tuesday more than 500 jars of cream had been sold, with 15 boxes, containing 40 creams each, having been distributed to hospitals, care homes and police stations across Britain.

Given the way we have come together to support and encourage each other, it's no surprise that a YouGov survey last week said only nine per cent of Britons want life to return to 'normal' after the coronavirus outbreak is over.

Having been forced to put our busy lives on hold during the pandemic, many of us are realising that we prefer many aspects of how we are now living. Let's hope that the many positives that have come out of this time, help us shape a new future for ourselves that retain what we have gained, such as the increased community engagement and quality time with family and friends.

The editor welcomes letters of approximately 300 words in length for publication on this page. However we reserve the right to shorten, to amend or to refuse to print them. Names and postal addresses must be supplied, including on emails, to indicate good faith. A daytime phone number is also required for verification. Anonymous letters or those supplied without a contact phone number will not be printed. Please email: editor@obantimes.co.uk or write to: Letters page, The Oban Times, PO Box 1, Oban, Argyll, PA34 4HB. At the Oban Times we endeavour to ensure that all our reports are fair and accurate and comply with the Editors' Code of Practice set by the Independent Press Standards Organisation (IPSO). We realise, however, that mistakes happen from time to time. If we have published anything that is factually incorrect, please email: editor@obantimes.co.uk; telephone on 01631 568000; or email editor@obantimes.co.uk. We will attempt to resolve your issue in a timely, reasonable and amicable manner. However, if you are unsatisfied with our response, you can contact IPSO by email: inquiries@ipso.co.uk. We will abide by the decision of IPSO.



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## Spring is in the air...

The daffodils round Connel Bridge are looking absolutely splendid, and reminded me of this poem by William Wordsworth:

*I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze*

*The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed - and gazed - but little thought  
What wealth the show to me had brought:*

*For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.*

It's a wonderful world, and we all are part of it – all members, one with another. Try to be cheery and do please be safe and considerate for all our sakes.

John Gosling, Barcaldine.

## Legend of Bruce's Brooch

While Morvern Lines is always a favourite, I noticed Valerie Forsyth's pleasant piece on The Legend of Bruce's Brooch in your March 12 issue. If I may, I would like to make a small correction.

She is absolutely right that The Statistical Account has it that, in the storming of Gylen Castle in 1647, the Brooch of Lorne was captured by Campbell of Inverawe. However the brooch never came into Inverawe hands. It was seemingly found, not by Lt. Col. Dougal Campbell of Inverawe who had been sent by General Leslie to capture the tower, but by his colleague in the brief siege, Campbell of Braggen.

Braggen in Scammadale, is still owned by his descendants, the Robertsons of Braggen, and it was when that Campbell family ran out to heiress daughters who were left short of funds, that the brooch went to be sold. Campbell of Lochnall, from whose ancestors the Braggen Campbells were descended, stepped in both to help the young ladies of Braggen and so as to restore the brooch to the MacDugalls of Dunollie, as is mentioned.

Briefly, the attack on Gylen was a part of the Civil War which, in Scotland, was largely fought between two marquesses: the able adminis-

Write to us: send your letters to [fort@obantimes.co.uk](mailto:fort@obantimes.co.uk) or The Editor, PO Box 1, Oban, Argyll PA34 4HB

## Beachd Ailein

ALLAN CAMPBELL

[editor@obantimes.co.uk](mailto:editor@obantimes.co.uk)



'S iomadh rud a dh'ionnsaicheas sinn ri linn sgrios Covid 19, agus thig am foghlam sin le bri-seadh cridhe agus pian dha na miltean theaghlaichean a chaill càirdean. Chan eil leigheas luath gu bhith air a' chràdh is an ionndrainn a tha na daoine sin a' fulang oir mar a sgrìobh feallsanaiche's e th' ann am bròn ach gaol gun cheann-uidhe! Feumaidh sinn uile foighidinn a chleachdadh airson beagan sheachdainean fhasast, agus ged a tha sin doirbh ann an iomadh seadh feumar an lagh a leantainn. A dh'aindeoin gach duilgheadas a tha riaghailtean aonarachd ag adhbharachadh tha sin neo-chudromach ann an coimeas ri bàs nan ceudan mhilean air feadh an t-saoghail. Le rabhaidhean cruaidh gum bheil eaonamaidh an t-saoghail ann an cunnart crionaidh tuigear an cuideam a th' air luchd-riaghlaidh gus gniomhachas fhaotainn air ais ag obair agus a' cosnadh a-rithist. Aig an aon àm feumar a bhith mothachail gum bheil e deatamach gun tèid smachd fhaotainn air sgoileadh a' choròna-bhiorais air toiseach air riaghailtean aonarachd a thogail agus gniomhachas a chur air ais a dh'obair. Bha e misneachail a bhith a' cluinniinn Ángel Gurria, Rùnaire Coitcheann na Buidhne airson Co-obraichaidh agus Leasachaich Eaconamaidh (OECD), ag ràdh gur e dòn an cui'd sluaigh a' chiad dhleastanas a th' aig luchd-riaghlaidh dhùthchannan an t-saoghail agus nuair a bhios sin déanta gur ann an uairsin as coir dèiligeadh ris an eaonamaidh.

Gun teagamh tha coir gum bi daoine nas mothachaile air cho furasta 's a tha e galair a sgaoileadh agus ri linn sin cho cudromach 's a tha nighe làmhan. Tràth san iomairt an aghaidh Covid 19 sguir daoine a chrathadh làmhan a chèile is thòisich bualadh uileannan mar cha mhòr fealla-dhà, ach bha rudeigin mì-chofhurtail san dealbh a chruthaich neach-poilitsig eadar-nàiseanta a thuirt gum bu chòir surg a chrathadh làmh gu tur. Saoilidh mi nach coir cur às do chomharra cùirdeis cho bunaiteach chun am bi modh ùr leis an aon seasamh stèidhichte gus a chur na àite feadh an t-saoghail. Faodaidh grunnd adhbharan buaidh a thoirt air an ire gun ghreimich an coròna-bhioras air cuid a dhaoine, agus tuigear carson a tha sgrùdadh ga iarradh air cionnas a rèir coltais a tha mòran a bharrachd de bhuill mhion-chinnidhean a' fulang, seach daoine geala. Nuair a dh'fhsogail Ospadal Nightingale ann an Lunnaidn chaidh an fheallsanachd aig a' bhanaltram ainmeil air an deach a h-ainmeachadh a chur nar cuimhne a-rithist. Taobh a-muigh an togalaich, thuirt i, bha cuid aig an robh cumhachd beaireis agus cuid fo bhuaidh bochdann, ach taobh a-staigh an ospadail bha iad uile co-ionann.

Nach bu mhath leithid sin de cho-ionannachd feadh ar coimhearsnachdan gu lèir mar phàirt den dileab foghlaim agus tuigse a thig an dèidh a' ghalaic mhìlltich seo!

Allan Campbell  
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Loch Sween. So while Leslie continued south, Inverawe was sent north again to capture Gylen, which he did, although the garrison was not large enough for a 'massacre' – as one Gaelic tale would tell (in the Dewar M.S.). Perhaps the poet confused Gylen with 'the barn of the bones'.

When MacColla had herded women and children into a barn and set the thatch alight – recalled locally as 'the barn of the bones' – Campbell of Braggen was with them. He is said to have burst his way up through the thatch, challenged MacColla to a duel, and when he got no response, flung his sword high in the air. While all looked up to be sure they would not be hurt by its fall, Braggen escaped. The impoverished heiresses of Braggen were his descendants.

Diarmid Campbell,  
Kilchoan Farmhouse, Kilmelford.

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# DISTRICT NEWS

Send us your district news by emailing [fort@obantimes.co.uk](mailto:fort@obantimes.co.uk) or call 01397 703003



Lochaber Foodbank manager Alex McConachie, left, accepts the cheque from Mark Dallas of The Highland Club.

## The Highland Club gives £6,000 to Lochaber Foodbank

Lochaber Foodbank and NHS workers are being supported by The Highland Club in Fort Augustus.

A £6,000 cheque has been handed over to the foodbank and the club is offering free accommodation to NHS workers self isolating from their families or to extra NHS staff required during the coronavirus outbreak that cannot travel from their homes.

The foodbank donation came via The Sandhu Charitable Foundation, set up by Bim and Pardeep Sandhu, whose company, The Santon Group, helped renovate and convert the former abbey at Fort Augustus into The Highland Club.

Highland Club manager Mark Dallas said it was after recommendations from community district nurses at Fort William health centre - of which his wife is one - that the decision was made to support the foodbank.

'Bim and Pardeep want to support local good causes as they love this area. When I was at the foodbank recently, the queue of people was out of the door,' said Mr Dallas. 'What could be more essential than providing food to people in need?'

Mr Dallas explained the Sandhu Charitable Foundation has recognised many charities are currently experiencing severe financial hardship just when the need for their services is the greatest.

## Western Isles charity provides COVID-19 support to Afghans

A Western Isles charity which supports women and children in Afghanistan is providing extra funds to help combat the impact of coronavirus on the country.

It is helping to fund makeshift handwashing stations and face shields and providing additional support for students who face escalating food prices.

The Linda Norgrove Foundation was established in memory of the aid worker from the Western Isles who was kidnapped while working for a charity in Afghanistan and who died in a failed rescue attempt in October 2010.

Her parents, John and Lorna, wanted Linda to be remembered for her contribution to life rather than her tragic death and established the foundation to help women and children affected by war in Afghanistan.

Many Afghans work or have refugee status in Iran which has had one of the worst outbreaks of COVID-19. They are now returning home and a severe outbreak is inevitable.

John and Lorna explained: 'We're lucky enough to be 'locked down' in our house in Uig where we can roam the cliffs and moors without fear of coming within two metres of

anyone. We have food and a health service. They have no NHS and respirators are rarer than hen's teeth. 'We were set up to help people in a crisis and we're grateful we are able to help without delay.'

One of the charities the foundation has supported in the past is the Mini Mobile Children's Circus. Clearly unable to deliver their usual workshops, it is producing makeshift handwashing stations from plastic containers and delivering them to refugee camps to encourage people to regularly wash their hands with soap. It is also making face shields for use in hospitals, as well as cloth face masks for the general public.

Another consequence of the spread of the virus is rising food prices. This makes life even harder for the students whose scholarship from the charity only pays their fees.

The foundation is giving an additional grant of \$100 for living expenses to help ease the burden of poverty for them and their families in the coming months.

The Linda Norgrove Foundation has distributed well over £1m since it was established in 2010 and has funded more than 80 grass roots projects.

## PLOCKTON

The coronavirus lockdown meant there were no Easter visitors to Plockton, with the car park closed off by police. The village's six prawn boats are tied up at the pontoon. The village has clapped health workers every week with brothers Cameron and Alastair Sharp playing the pipes at the causeway.

Mary Gollan, co-owner of the Plockton Inn, which is closed, has been delivering newspapers every morning with Mick Coe doing the Sunday round. Postman Alastair Mackay is delivering prescriptions from the Kyle pharmacy on his way home from work at Kyle Post Office. With 41 residents offering to do shopping, Plockton's 30 octogenarians are well served.

Simon Dunford, HM inspector of health and safety, has told crofters if they must have cows in the village they must have them fenced in

with an electric fence. This has not deterred the crofters who have been busy putting an electric fence round small areas of grass in the village.

Seonaid Mackenzie, 22 Harbour Street, recently celebrated her 91st birthday but with no visitors, piper Cameron Sharp went to her front door and played 'Happy Birthday'.

A Gaelic after school club started recently in Plockton Primary School. It has been set up by Highland Council's Gaelic team in partnership with Plockton primary. Sarah Mary Macrae is the Gaelic club leader.

The new Scottish senior accordion champion is Ciostaigh Campbell from Kyle. She won the title at the national accordion and fiddle festival held recently in Grangemouth Town Hall.

The National Centre for Excellence in Traditional Music in Plockton is celebrating 20 years. Celebrations have been curtailed though as a result of the coronavirus lockdown.



Sharon Smith is celebrating 20 years as manager of the Cancer Research Shop in Fort William High Street. Photograph: Iain Ferguson, alba.photos

## Cancer Research UK's Sharon marks 20 years in Lochaber

Manager of the Fort William branch of Cancer Research UK, Sharon Smith, has celebrated 20 years with the charity in which time she has overseen the raising of £2.5million.

Reflecting on her time with the charity, Ms Smith said it was not always certain she would stay in Lochaber: 'I will have been working for Cancer Research UK for 20 years on April 10. I had a chance to go back to Glasgow and do a fashion merchandising course but I walked past the Cancer Research shop on the High Street and there was a job vacancy posted in the window,' she told the Lochaber Times.

'I spoke to my family in Glasgow and decided I needed to make up my mind about staying in Lochaber or going back to Glasgow. I applied for the job and was offered it.'

'I never regretted the decision and after making £2.5 million for the charity I am still here. I never thought we would be in lockdown and that I would have lost and gained so many volunteers along the way.'

'I miss you all and hope to see you all soon. It is so nice to see the young people who have volunteered in the shop move on to paid employment and see their confidence and skills increase and experience them getting on so well in life.'

## Cowboy Hotpot



SYN FREE | Takes 55 minutes | Serves 4

### Ingredients

- 4 large potatoes, peeled and halved
- Low-calorie cooking spray
- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 8 Slimming World frozen Syn-free Pork Sausages, each cut into 3 pieces
- 2 large carrots, peeled and finely diced
- 150ml hot vegetable stock
- 400g can chopped tomatoes with herbs
- 415g can baked beans
- 410g can mixed beans, drained and rinsed

### Method:

1. Cook the sausages according to the packet instructions then cut each sausage into three pieces and keep warm.
2. At the same time, cook the potatoes in a large pan of lightly salted boiling water for 10 minutes or until tender. Drain and set aside.
3. Meanwhile, spray a deep, non-stick casserole pan with low-calorie cooking spray and place over a medium heat. Add the onion and garlic and cook for 3-4 minutes. Add the sausages and cook for a further 5 minutes, stirring occasionally. Add the carrots, stock and chopped tomatoes. Bring to the boil, cover and simmer for 15 minutes. Stir in the baked beans and mixed beans and cook for a further 5 minutes to heat through.
4. Preheat your grill to hot. Spoon the sausages and beans into individual heatproof serving dishes or a shallow casserole dish. Slice the potatoes and arrange over the top of the sausage mixture. Spray with low-calorie cooking spray, season lightly and grill for 2-3 minutes, or until browned.
5. Serve hot with a mixed salad.

You don't have to be a cowboy to enjoy this campfire classic. Topped with sliced potato, our Syn-free sausage casserole recipe makes a hearty, healthy dinner

### PLEASE NOTE:

### ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

Your consultant for Lochaber and Oban is Gillian on 07796 040803, Lochgilphead & Campbeltown Rhona 07880 878906. Available for Slimming World phone support and guidance.



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Detailed recipes available at:  
[slimmingworld.co.uk](http://slimmingworld.co.uk)



# OPEN FOR BUSINESS

We realise that many more businesses would love to be open, serving locals and visitors alike – our deepest empathy goes out to these businesses and we look forward to seeing their doors wide open when this is all over. Please feel free to get in touch with us if you would like to feature your business, or know a business that should be included. Email [nmurphy@obantimes.co.uk](mailto:nmurphy@obantimes.co.uk) or get in touch via our Facebook page on messenger. Let's spread the word as much as we can!

We are publishing this information in association with Lochaber Chamber of Commerce. Featuring the businesses in Lochaber that are open and able to offer vital products and services to our community during the current Covid-19 pandemic. Many of these businesses are working under extreme pressure to bring quality products and services to the people of Lochaber and beyond. Please remember to exercise caution when shopping and only shop for essential supplies. Along with our wonderful NHS staff and carers, our local food, fuel, news platforms and home supply businesses are our community champions!

## SUPERMARKETS AND FOODHALLS

### MARKS & SPENCER FOODHALL

Open 8am-8pm Mon-Sat, until 6pm Sun  
Mon and Thurs 8am-9am elderly customer priority  
Tues and Fri 8am-9am NHS staff only  
Social distancing measures in place  
Tel: 01397 600208

### MORRISONS

Open Mon-Sat 7am-8pm  
7am-8pm Sunday  
Weekdays 7am-8am for NHS workers priority and 7am-8am Sunday

All colleagues with an NHS badge will be able to get into the store to stock up on the products they need.

Please note all our cafes are now closed.  
Tel: 01397 700333  
Tel: 0345 6116111 option 5 for doorstop deliveries for elderly and vulnerable

### LIDL

Open Mon-Fri 8am-10pm  
Sun 8am-8pm  
Tel: 0800 977 7766

### ALDI

Open Mon-Sat 8am-8pm  
Sun 9am-8pm  
8am-9am for example plus key worker priority at tills  
Tel: 0800 042 0800

### FARMFOODS

Open: 8am-8pm Mon-Fri  
Sat: 8am-7pm  
Sun: 9am-6pm  
Tel: 0121 700 7160

### CO-OP STORES

CAOL, CORPACH, MALLAIG  
Mon-Sun: 7am-8pm  
Key worker priority shopping: 8am-9am (Sun 10am-11am)  
Tel: 01397 703302

### TESCO EXPRESS

Open: 7am-9pm Mon-Sat. Sun: 10am-5pm  
NHS/Key Worker Priority Hour: Tuesday/ Thursday 9am-10am Sunday 9am-10am.  
Vulnerable customers Monday 9am-10am, Wednesday 9am-10am, Friday 9-10am

## TAKEAWAY FOOD

### THE GEOGRAPHER

Open for orders Fri-Sun, from 4.30pm  
Order from 2.30pm  
See FB page for full menu  
Delivery service  
Tel: 01397 705011

### SPICE TANDOORI

Open daily from 4pm  
Phone orders only  
Payment preferred over telephone by card  
Deliveries from 5pm  
Tel: 01397 705192

### MACARI'S FISH & CHIPS

Order via JustEat  
Order from 3.30pm for collection from 4pm.  
Social distancing rules apply for queuing customers  
Tel: 01397 703333

## BEN NEVIS TAKEAWAY

Inverlochy  
Pizza!  
Place your order via JustEat or  
Tel: 01397 706171

## THE STABLES RESTAURANT

Extensive takeaway available with weekend specials.  
Tel: 01397 700730, Wed-Sat, 5pm-9pm  
Contactless collection service.

## LOCAL FRESH FOOD SUPPLIERS

### LOCHABER LARDER

Blar Mhor Ind. Estate  
Collection or delivery  
Shop open: 9am-1pm, Tues to Sat for collection

In conjunction with Iain Stewart Fishmonger, JM Breckenridge and Glen Spean Brewery  
Great selection of meats, fish, vegetables, eggs, milk, butter and flour  
Check out FB for list of details  
Order by 1pm for next day delivery  
Fort William and surrounding area, Mon-Sat  
Mallaig Tues & Thurs  
Strontian & Acharacle Wed  
Kinlochleven & Ballachulish Thurs  
Spean Bridge & Roy Bridge Sat  
Telephone orders: 01397 703070

### IAIN STEWART FISHMONGER

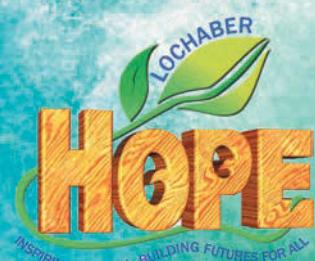
Collection or delivery – Blar Mhor Ind. Estate  
Open 9am-1pm Tues to Sat  
lobster, langoustine, kings scallops, mussels, also fresh in from Peterhead fish Market  
wild halibut, monkfish, Haddock, lemon sole, hake, cod  
Deliveries available outside these hours  
Check out Facebook for updates  
Tel orders: 07795 232324

### THE WILDCAT

Fort William  
Open 11am-4pm  
Tues, Thurs, Sat  
Doors closed but we will assist at the door  
Usual selection of delicious vegan food  
Ordering in advance helps.  
Wildcat.groceries@gmail.com

### FOOD LOCHABER

We're back soon!  
Orders for locally grown fresh produce open on Thursday 23rd April, and we'll deliver safely to your doorstep on the 30th. There's never been a more important time to shop locally and support small scale growers in the community.  
Visit: [www.foodlochaber.org](http://www.foodlochaber.org) for more info.



## VOLUNTEER AT LOCHABER HOPE! - THE COMMUNITY NEEDS YOU -

At Lochaber Hope we are hosting groups on Zoom for people to stay connected during this difficult time. Great news! We need more awesome volunteers to host these groups to meet the need in the community!

**Do you want to help your community?  
Contact us on  
[reception@lochaberhope.org.uk](mailto:reception@lochaberhope.org.uk),  
call 01397 704836 or message us on  
Facebook!**

[facebook.com/LochaberHopeFortWilliam](https://facebook.com/LochaberHopeFortWilliam)

Lochaber Hope offers hope - we provide a service that supports people in Lochaber to cope with a wide range of sensitive and personal issues.  
[www.lochaberhope.org.uk](http://www.lochaberhope.org.uk)

#### WILDCAT

Vegetables!  
Deliveries can be arranged locally  
please pre-order fruit and vegetables. Check  
FB for catalogue. Please place orders by 2pm  
Sundays for delivery to us the following  
Thursday. If you can't collect, have a delivery  
from us on the Thursday, we can keep fruit  
and veg for you for the Saturday or following  
Tuesday.

#### ARDSHEALACH SMOKEHOUSE & FINE FOODS

Glenug  
Order online: [www.smokedproduce.com](http://www.smokedproduce.com)  
Tel: 01687 470266

#### NEVIS BAKERY

Fort William shop closed to the public but  
products available from Road to the Isles  
filling station, Spar Claggan, Grange Stores,  
Co-op stores in Caol, Corpach and Mallaig  
Tel: 01397 772087

#### BUILDING, PLUMBING, DIY SUPPLIES

**LBS**  
the shop floor is closed to non-staff. emailed  
orders/ enquiries preferred.  
alternatively by phone  
[sales@lochaberdiy.co.uk](mailto:sales@lochaberdiy.co.uk) or 01397 700350  
orders will be left out the back of our yard at a  
pre-arranged time.  
deliveries may be possible but please enquire  
first. we will try our best to accommodate.

#### H.I.S

Call/email to order then collect  
Open 8am-5pm Mon-Fri for collections  
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Visit: [www.hislt.co.uk](http://www.hislt.co.uk)

#### GARAGES

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freight organisations  
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Sat 8.30am-12.30pm  
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Tel: 01397 702346 ahead of travelling for  
opening hours

**MORRISONS SERVICE STATION**  
Open 6.30am-10.30pm,  
Tel: 01397 700333

#### GLENCOE FILLING STATION

Open 7 days 8am-6.30pm (from 10am Sun)  
Tel: 01855 811308

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#### STRONTIAN FILLING STATION

Open Mon-Sat 8am-7pm. Sun 10.30am-6pm  
Tel: 01967 402135

#### TAXIS

For essential travel only:

#### A&A TAXIS

Available 24/7  
Tel: 01397 701702

#### SPEEDERS CABS

Available 24/7  
Tel: 01397 704000

#### CHEMIST & HEALTHCARE

#### BOOTS THE CHEMIST

Open Mon-Fri 9am-6pm, Sat 9am-5.30pm  
Please call ahead to ensure repeat prescriptions  
are ready  
Tel: 01397 705143

#### CONVENIENCE STORES/ NEWSAGENTS

#### STRONTIAN STORES

Free delivery for those unable to leave their homes  
Telephone orders to 01967 402268  
Email [strontiashop@gmail.com](mailto:strontiashop@gmail.com)

#### SPAR

Claggan and Grange Road  
Open 8am-9pm, 7 days  
Fruit, veg, meat, lottery, wines, beers and spirits  
Tel: 01397 702558 – Claggan  
Tel: 01397 705562 – Grange Road

#### PET SUPPLIES

**DIRECT PET SUPPLIES/PETSTOP**  
Open Tuesday - 9:00am until 5:30pm  
Thursday - 9:00am until 5:30pm  
Saturday - 10:00am until 5:00 pm  
Social distancing measures in place  
Tel: 01397 700715

#### ONLINE SHOPPING

#### GLEN SPEAN BREWERY

Message via Facebook page for delivery to  
your door all around Lochaber  
See FB for full menu and pricelist  
[www.glenspeanbrewing.com](http://www.glenspeanbrewing.com)

#### GREAT GLEN CHARCUTERIE

Delivered to your door  
Check FB for recipe ideas and updates  
[www.greatglencharcuterie.com](http://www.greatglencharcuterie.com)  
Use code FREEDELIVERY for orders over £20  
Tel: 01397 712121

#### SKIRR SKINCARE

Skirr is the sustainable solution for adventure and endurance athletes who love nature and the outdoors.  
[www.skirrskin.co.uk](http://www.skirrskin.co.uk)  
Tel: 07709014479

#### EMPORIUM OF WORLDLY GOODS

We are delivering to the local area for free (minimum order £10, Fort William to Corpach to Torlundy) or you can collect food, soaps, disinfectant, essential oils, or anything else you might need, from the shopfront by appointment  
Visit FB page for details on how to order online

#### THE HIGHLAND SOAP COMPANY

Beautiful selection of handmade soaps, candles, bath, body and skincare products  
[www.highlandsoaps.com](http://www.highlandsoaps.com)

#### OTHER INFO FOR ESSENTIAL SERVICES

##### FOODBANK BALLACHULISH

Visit FB page for more information FB:  
Covid-19: Ballachulish Community Support  
New foodbank at the Ballachulish Village Hall on Fridays 12PM-2pm

##### FOODBANK LOCHABER

Tel: 01397 700212/077785 03276  
[www.lochaberfoodbank.org](http://www.lochaberfoodbank.org)  
FB: [lochaberfoodbank](https://www.facebook.com/lochaberfoodbank)

##### OFF BEAT BIKES

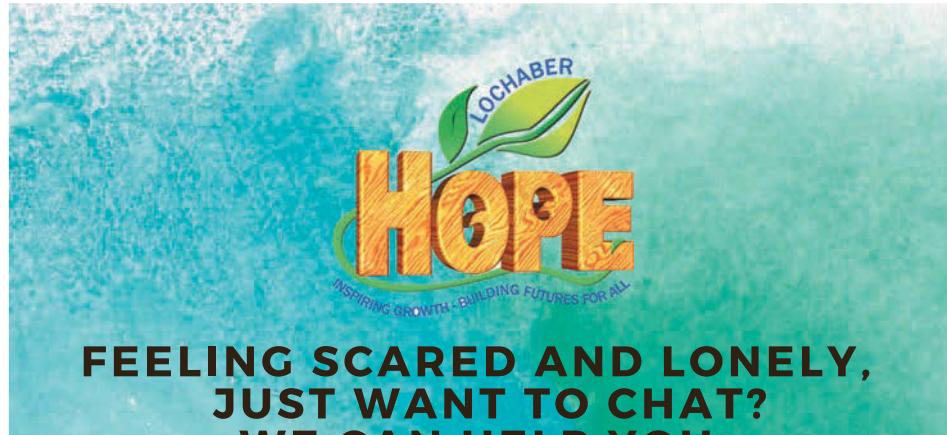
Bike Hire & Shop  
Open Mon, Wed, Fri 12pm-4pm  
or by appointment only

#### TRAVEL & TRANSPORT

##### SHIEL BUSES AND CITYLINK

Both companies continue to run reduced timetable for essential journeys  
[www.shielbuses.co.uk](http://www.shielbuses.co.uk)  
[www.citylink.co.uk](http://www.citylink.co.uk)

*Information correct at time of going to press. Check [www.obantimes.co.uk/openforbusiness](http://www.obantimes.co.uk/openforbusiness) for updated information. This page will run in the Lochaber Times every week for as long as necessary - printed information will be updated weekly.*



**FEELING SCARED AND LONELY,  
JUST WANT TO CHAT?  
- WE CAN HELP YOU -**

These are really weird times and you probably feel scared and lonely at times, like most of us! At Lochaber Hope we have lots of virtual groups that connect you to other like-minded people who experiencing the same difficulties. If you would like someone to call you privately, just ask.

**You are welcome to join us! Check out our new virtual groups daily on our facebook page or website.**

[facebook.com/LochaberHopeFortWilliam](http://facebook.com/LochaberHopeFortWilliam)

We host our groups in Zoom. A platform that is really easy to use with your laptop, phone or tablet. Do you have technical issues or questions? Let us know by sending us an email, message on Facebook or phone 01397 704836, our volunteers are happy to help you!

[www.lochaberhope.org.uk](http://www.lochaberhope.org.uk)

# OPEN FOR BUSINESS



## Support is here for local businesses

At Lochaber Chamber of Commerce we're working hard to support our member businesses find access to the assistance and advice they need to help them adapt to drastically changed circumstances and cope with the challenges of keeping business going in a lockdown.

No matter what size and type of business, we know that access to the right help at the right time is crucial. Time is of the essence – some of the assistance available to business is not yet open for applications but small business grants and business interruption loans are now available for applications.

If you're in business, make sure you know what help is available by getting in touch with Lochaber Chamber of Commerce and checking our daily updated 'Covid 19 business info' at [www.lochaber-chamber.co.uk](http://www.lochaber-chamber.co.uk).

### Small business grants

To apply go to [www.highland.gov.uk/coronavirus/businessgrant](http://www.highland.gov.uk/coronavirus/businessgrant) and be sure to include all the relevant information to make sure there are no delays to your application. These grants are now available to those who run self-catering accommodation, provided receipts represent a primary source (a third or more) of earnings for the ratepayer and the accommodation was let for 140 or more days in the financial

year 2019-2020. Highland Council aims to make payment within 10 working days of receipt of a fully completed application.

### Coronavirus business interruption loans

The Coronavirus Business Interruption Loan Scheme (CBILS) is open for applications. It supports term loans, overdrafts, invoice finance and more. It can provide facilities of up to £5 million for smaller businesses across the UK who are experiencing lost or deferred revenues, leading to disruptions to their cashflow. The government will pay the interest and fees on the loan for the first 12 months. There is also a Coronavirus Large Business Interruption Loan Scheme available for larger businesses.

### Help with paying employees

The Government's COVID-19 Job Retention Scheme will pay 80% of furloughed employee wages, up to a maximum of £2,500 pcm. Employees must be furloughed (put on temporary leave of absence) for a minimum of three weeks. This scheme is not yet live but is expected to be open for applications by the end of April.

### Help for the self-employed

A taxable grant of 80% of average earnings over the last three years (up to a maximum of £2,500 pcm), and available for businesses with a trading profit of up to £50,000

per year). Businesses can carry on doing business when in receipt of the grant. This will not be available until June – you don't have to do anything. HMRC will contact eligible businesses directly. The self-employed are encouraged to apply for universal credit as soon as possible for assistance until the grants are available.

### Helpful numbers

- Scottish Government Business Support Helpline: 0300 303 0660 (Monday to Friday, 8.30am to 5.30pm)

- The Highland Council Advice Helpline: 0300 303 1362 (Monday to Friday 8am-6pm)

- HMRC Tax Helpline: 0800 015 9559 (Monday to Friday, 8am to 8pm; Saturday, 8am to 4pm)

Meanwhile, Highland Council is ramping up the team responsible for processing small business grants to respond even more quickly and to as many applicants as possible.

On Friday almost 4,000 applications had been received by Highland Council and 1,000 of those have already been processed, to the value of over £12.8million.

The team had previously been scaled up to more than 40 people, but since Friday officials have further increased capacity with a further 15 members of staff being trained. When the new staff are up to speed the council is hoping to

process 350 applications a day.

Head of Development and Regeneration at Highland Council, Allan Maguire said: 'An additional 15 team members have volunteered to help clear the backlog of applications we have received.'

'Training is being provided and the staff involved have been granted essential worker status to work from Council HQ so that stable network access is guaranteed.'

'All necessary health and safety and social distancing guidelines will be in place. Given the number of applications this will allow further significant progress to be made over the coming week.'

An appeals process will be put in place today to address concerns from businesses that have had their applications turned down. Highland Council appreciates these are distressing times for businesses, however, it is important the local authority undertakes the due diligence necessary.

Mr Maguire added: 'All the above measures will lead to an acceleration and we are also continually reviewing the processes to ensure they are as lean as possible.'

Highland Council's ICT team has been working tirelessly to improve connectivity for as many members of staff as possible. After some initial issues with connectivity for staff working from home, the network was rapidly expanded

to more than eight times the previous capacity. Mr Maguire added:

'We cannot thank the dedicated team, including economy and finance staff, other volunteers and IT staff enough for the amount of work they have been doing in the background to ensure as many of business grants are processed and paid as quickly as possible.'

Reflecting the financial crisis generated by COVID-19, it is not surprising that within days of the grant scheme being launched on March 24, thousands of applications were received. This then increased again when the Scottish Government opened the scheme to self-catering businesses, creating a significant backlog of applications.

The applications are being processed in date order received and hence not all the applications will be processed within the 10 working days target. Over the coming week the council will be focusing on dealing with the backlog and ensuring all applications are complete with the evidence required. We will then get back in touch and let business know their application has been received and is being processed.

Details on the Small Business Grant and application forms can be found by visiting [Coronavirus Business Grants](http://Coronavirus Business Grants)

Visit [www.highland.gov.uk/coronavirus](http://www.highland.gov.uk/coronavirus)

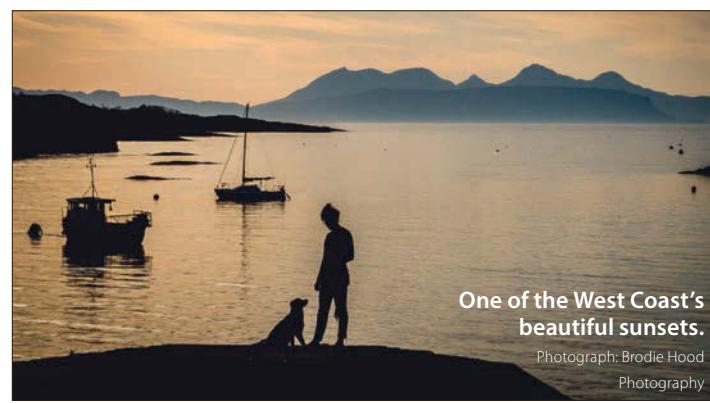
## VIEW FROM THE CHAMBER



There's never been a better time to appreciate where we live.

Everyone's worlds have contracted in size over the last month. Our activity is focused in a much smaller circle around where we live – walks and bike rides from our homes, a trip to the shops and a lot more time in the garden.

With all other options out of bounds for now, we are appreciating what's on offer in our back



gardens – literally and figuratively.

We are lucky to live in one of the UK's most stunning areas, with easy access to wild places, forests,

rivers, coasts and lochs.

The beauty around us is the basis for our normally thriving tourism business. We are renowned as one

of the top places in the UK for those wishing to get away from it all, take in famous Highland sights or take part in the huge range of activities on offer in our glorious countryside.

We don't yet know when or how we'll come out of lockdown, but when we do, domestic visitors will be our key audience.

When was the last time you holidayed at home? You don't have to go far to find a completely different landscape and feel miles away from it all.

Lochaber has a huge variety on offer – small isles, secluded beaches, wilderness, lochs, glens, mountains and forests. We've got

accommodation to suit every style and budget, from campsites and hostels to pods, yurts, apartments, B&Bs and luxury hotels.

Then there's walking, biking, boat trips, kayaking, rafting, wildlife safaris, cruises, Segway tours, paddle-boarding, high-ropes courses, climbing, sightseeing, exploring, coffee-and-caking. You can do it all here. There's a reason we're called 'The Outdoor Capital of the UK'.

As we plan for a return to a new normal way of life, one of the best things we can do is support local businesses and invest time and resources in our community. Please holiday at home this year.

# Ladies help youngsters keep skills up to speed

Two ladies from Lochaber are helping to improve young people's skills online whilst the COVID-19 lockdown continues.

Kirsty Delaney, 25, and Natalie Macdonald, 20, are producing daily football and shinty skills drills.

Kirsty and Natalie, who both play football for South Lochaber Thistle women's team and shinty for Lochaber Camanachd Club, have been taking it in turns to produce a video each day, alternating

the sports. They have been encouraging youngsters to upload their attempts at the drills and offering feedback and encouragement.

So far, drills, which can be found on the two clubs' Facebook pages, have included football dribbling courses, shooting challenges, shinty stopping exercises and a fun challenge to flick a tea bag into a cup with a shinty stick.

Kirsty told the Lochaber Times: 'I saw some sports clubs offering challenges so

thought it would be good to get involved. It started with the toilet roll stay at home challenge then carried on from there. I've received lots of messages with videos of youngsters performing their skills. It's great to see as we normally see the children weekly.'

'We're going to keep doing videos for as long as we still have ideas.'

'It's good for us to use both sports as we are missing playing just as much as the youngsters.'



Above: Natalie Macdonald and, right, Kirsty Delaney.



## Coach laments early end to season but looks to future

In common with sports across the country, rugby players and fans had their season cut prematurely short due to the coronavirus pandemic.

For Lochaber RFC it was especially disappointing, with the Banavie club's 50th anniversary season seeing the team playing well and in contention for honours.

Head coach Gary Hendrie told the Lochaber Times: 'We have now had to have our season ended due to the COVID-19 virus. Although disappointing, it is totally understandable to keep everyone safe. Like all sports clubs around the country, we are thankful for the work and support of our NHS, not just with this pandemic but with the care taken for injuries throughout the season.'

'In our anniversary season,

things were shaping up nicely on and off the pitch. We had a successful 50th anniversary dinner dance with friends attending from all over the country, the icing on the cake being the Calcutta Cup in attendance.'

'On the playing side, we were in contention in the league with a possible play off place up for grabs. We were also having a great run in the Bowl competition winning the West Regional Bowl and with a home draw we would have been disappointed not to make the final of the National Bowl Final at Murrayfield - although I'm sure Kinross would have had other ideas! We have a good young squad that should be around for many years to come, so we are looking forward to getting back to playing rugby when safe to do so.'



The Lochaber RFC team of 1969.

Gary sent the Lochaber Times a selection of photographs from the club's 50 years

and we will publish these over the next few weeks.

First up is a team shot from

1969. Does anyone recognise any of the faces from the earliest days of Lochaber RFC?

Lochaber athletes tackle 'Stay at Home Olympics'

Lochaber Athletic Club (LAC) young athletes are running their own 'Stay at Home Olympics' with impressive performances in their backyards.

These are not virtual competitions but standing long jumps and other challenges at home. Juniors take the best of three standing jumps. These are measured by parents with the final figures sent to the LAC juniors Facebook page. First out the blocks was the youngest athlete, Kai Tresidder with 134.5cms in the under 7 age group. Rocco MacMillan, the jumper, leapt an impressive 152.5cms to take gold in the under 9s.

Not to be outdone and spurred on, Maddison MacMillan had three great jumps, with the best - 170cms - top in the under 11s.

Euan Servant is under 13 champion with a jump of 154cms. A merit award was given to Aaron Tresidder for jumping 150cms.

Age group jumpers received an Easter chocolate treat and award certificate delivered at distance. Meanwhile, entries in the LAC juniors mascot and T-shirt logo drawing competition have been impressive and are being judged with awards made soon.

These are the first online competitions, quizzes and 'Stay at Home Olympics' being run weekly for LAC juniors.

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# LOCHABER TIMES

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