



The Craic Monthly

June 2018

Just some of the fantastic volunteers at this years Duathlon

FREE

Fun in the Sun

by Jim McAuley



They say it's good to do something that scares you every once in a while, and pushes you way, way beyond your comfort zone. That's what volunteering to put on the REACH DIGITAL TELECOM GLEN AFFRIC DUATHLON feels like to Matt Jones and Jim McAuley.

Asking 200 people to come and run 8 miles up and over Am Meallan, cycle 18 hilly miles around Loch Benevean and follow it with a 3 mile run as a sting in the tail, all within the beauty of Affric seems all well and good on a sunny day.

But at the tail end of a long cold winter with event costs mounting to over £9000 and snow flurries threatening a few days beforehand, our heads were well and truly above the parapet. Our remote tented village with bike racking, café and toilets was all built in the 3 days beforehand, but with the wind threatening to destroy it all throughout Thursday and Friday, relaxation and early nights weren't an option.

Still, Jim doesn't lose sleep for nothing, and so it was that Saturday 12th of May was an absolute windless scorcher.....in the words of Brad..."You Beauty". And so the competitors had the chance to do what matters to them most – have a great, hot, sweaty, dusty old time.....and they did!

However, when all said and done, we're not sure the weather really mattered that much....well yes it did! But what mattered MORE, was the backup we had from 55 marshals from Cannich, Tomich, Balnain, Shenval, Struy, Drumnadrochit, Ullapool and Glasgow, Kintail Mountain Rescue, Outfit Moray first aiders, a comms network, kit loan from Run-4-it and Ace Surfacing, 3 Glens internet, and Cannich Stores, as well as vital support from Reach Digital Telecom, William Gray Builders, Affric Estates and Forestry Commission Scotland....also good to see YearOne HQ customised flip flops there, the Red Bull minis, Ali Velzian photography, Madmacwolf Media, as well as BBC radio Scotland.

If you helped, or have ever helped, at this event, then you will be the type of person that helps (or organises) at many things, and your presence within this community means Matt doesn't have to join Jim in his sleepless nights!

THANK YOU ever so much for volunteering your time!as summed up by one competitor: "Thanks for a brilliant event. Everyone was amazing especially your wonderful smiley cheery marshals."

What's on June

- 5 – Pilates: Cannich Hall 945am – 1145am
- 6 – Craft Club: Cannich Hall 7pm – 9pm
- 12 – Pilates: Cannich Hall 945am – 1145am
- 13 – Whist Club: Cannich Hall 130pm – 430pm
- 19 – Pilates: Cannich Hall 945am – 1145am
- 19 – SACC Meeting: Cannich Hall 7pm – 9pm
- 20 – Community Council Meeting: Cannich Hall 7pm – 9pm
- 20 – Craft Club: Cannich Hall 7pm – 9pm
- 26 – Pilates: Cannich Hall 945am – 1145am
- 27 – Whist Club: Cannich Hall 130pm – 430pm

July

- 4 – Craft Club: Cannich Hall 7pm – 9pm
- 11 – Whist Club: Cannich Hall 130pm – 430pm
- 18 – Craft Club: Cannich Hall 7pm – 9pm
- 19 – Whist Club: Cannich Hall 130pm – 430pm

£5

SAVE £1

WINE OF THE WEEK



*Only while stocks lasts

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Regular Events:

Black Dragon Hapkido: Cannich Hall 6:30pm – 8pm every Wednesday

Junior Youth Club: Cannich Hall 6:30pm – 8:00 every Friday**

Senior Youth Club: Cannich Hall 8:00pm – 9:30pm every Friday**

GP Surgery: Cannich Hall 11:00am – 1:00pm every Thursday

GP Surgery: Cannich Hall 9:30am – 11:30am every Tuesday

Indoor Bowling: Cannich Hall 1:30pm – 4:30pm every Monday

* All Shinty fixtures/throw ups are subject to change due to weather, unforeseen circumstances etc. For further information see www.strathglassshintyclub.co.uk

** Youth Club is not held during the school holidays

Strathglass Shinty Club

100 Club Winners

1. Jane MacLennan - £70
2. Eilidh MacKenzie - £25
3. Ali Rothe - £10

Thanks to Charlotte Graham, Isla Strachan and Cerwynn Mackay who drew this months prize winners at the Cannich Sports & Recreation Park



If you have an event coming up let us know at the shop or email the details to shop@cannichstores.co.uk to get your event listed in our community diary.

More and more people are reading our newsletter and it's a great way to promote your event to the community.

Whisky of the Month

The Whisky of the month for June is a new one for the shop and one from the lowlands for a change.

This subtly sophisticated Lowland Single Malt Scotch Whisky is a superb pre-dinner drink; try it with a few drops of water.

Fragrant, light and even creamy, Glenkinchie works magic when paired with cheese cake or even Cullen Skink.

This bright gold, yet light & smooth expressions is the undisputed champion of the light Lowland style.

Tasting Notes:

Nose: Aromatic, vanilla, cut flowers and beneath, a clean, toasty note. Increasingly sweet and creamy, with fresh citrus, lemon cheesecake.

Palate: Crisp mid-palate then butter icing, lemon cheesecake and freesias.

Finish: Herbal and drying, a little like potpourri.



Bus to Affric is no more

Bill Ross has decided to call it a day with regards to the bus service operating to and from Glen Affric during the summer months. For several years there has been no subsidy and the service is now uneconomic. He will still be willing to take private hires and group bookings and can be contacted on 01463 761250



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The Craic

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