



The Craic Monthly

October 2018

New weekly fitness classes

FREE

Weekly Fun & Exercise

by Brad Collins

Starting in September in the hall is a new fitness class where all are welcome and reports from those that have already joined up, its great fun. The course is being run by Rachel Simpson who is a fully qualified personal trainer and a someone who really knows how to make a fitness regime fun and enjoyable.

If you want to see what its all about there is no need to sign up or commit to anything, simply turn up at the Cannich Hall on any Monday night at 7pm and for just a fiver you too can have fun and stay fit at the same time.

Oldest Eagle is a Local

by Kevin Keane (BBC News)

The remains of the oldest ringed golden eagle in the world have been found on a hillside in Sutherland. The male bird was thought to have died in a territorial battle about six weeks before it was discovered near Inchnadamph.

It was ringed by ornithologist Roy Dennis in 1985, meaning it would have been about 33 years old when it died.



The previous record for a ringed golden eagle was 32 years in Sweden, while the Scottish record was 16 years.

Mr Dennis told BBC Scotland that he had found his diary entry for the day he ringed the eagle. "My diary tells me that on that day I had my older daughter with me, and Rona and I went up to the glen at Cannich and climbed up through the forest."

The diary entry, for 30 June, said there was "one young eagle found in the nest" and that it was "well grown." The bird, which was ringed on its right leg, has never been recorded in the wild during its lifetime.

"I suppose I've ringed 75 eagles in my life and when you put a ring on you rarely hear about them again," Mr Dennis added. "But to find that that bird is the oldest recorded ringed golden eagle anywhere in the world..."

"There will just be one or two percent that go on to be really aged eagles. That bird was very lucky. It moved north to the Inchnadamph area and took over a home range there that was particularly good because it had a lot of rabbits."

What's on October

- 2 – Pilates: Cannich Hall 10am-12pm
- 3 – Whist Club: Cannich Hall 130pm – 430pm
- 8 – Rosemarkie Man & Caves Project 730pm Marydale Church, Cannich
- 9 – Pilates: Cannich Hall 10am-12pm
- 15 – Guided Walk to Comar Dun 2pm
- 17 – Whist Club: Cannich Hall 130pm – 430pm
- 18 – Whist Club: Cannich Hall 630pm – 1030pm
- 23 – Pilates: Cannich Hall 10am-12pm
- 24 – Craft Club: Cannich Hall 7pm – 9pm
- 24 – Strathglass Community Council: Cannich Hall 730pm – 9pm
- 27 – Annual Halloween Party: Cannich Hall 7pm-midnight**
- 29 – Past Times in Glenurquhart with Duncan MacDonald 730pm Marydale Church, Cannich
- 30 – Pilates: Cannich Hall 10am-12pm
- 31 – Whist Club: Cannich Hall 130pm – 430pm

November

- 7 – Craft Club: Cannich Hall 7pm – 9pm
- 10 – Shinty Club Awards: Cannich Hall
- 14 – Whist Club: Cannich Hall 130pm – 430pm
- 15 – Whist Club: Cannich Hall 630pm – 1030pm
- 21 – Craft Club: Cannich Hall 7pm – 9pm
- 28 – Whist Club: Cannich Hall 130pm – 430pm

December

- 5 – Strathglass Community Council: Cannich Hall 730pm – 9pm
- 5 – Craft Club: Cannich Hall 7pm – 9pm
- 12 – Whist Club: Cannich Hall 130pm – 430pm
- 19 – Craft Club: Cannich Hall 7pm – 9pm
- 20 – Whist Club: Cannich Hall 630pm – 1030pm
- 31 – Annual Hogmanay Party: Cannich Hall 7pm-midnight**

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Do you want to make sure you don't miss out on your copy of 'The Craic'?

Do you want to be the first to get a copy as soon as its published?

If so send your email address to shop@cannichstores.co.uk to be added to our mailing list to make sure you don't miss out.

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.

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

Slainte Fitness Training: Cannich Hall 7pm 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

Whisky of the Month

In a slight change to our regular Whisky of the Month article, I thought it might be good to take a look at another important aspect of whisky, the glass.

In the long and illustrious history of whisky, there has never been a single definitive glass that the whisky world could call its own. Now, following in the tradition of Scottish innovation, The Glencairn Glass is here.

Combining the knowledge and expertise of some of the whisky worlds leading innovators, the roots of The Glencairn Glass lie in the the traditional nosing glass used by master blenders and connoisseurs around the world.



The unique and stylish shape has been crafted with eminent care to enhance the enjoyment if single malts and aged blends. The tapering mouth, which captures those all important aromas, allows an ease of drinking not associated with traditional nosing glasses.

The wide bowl allows the fullest appreciation of the whisky colour and the thistle style base is designed to be comfortable in the hand. The time and effort put into this development was rewarded in 2006 when The Glencairn Glass won The Queens Award for Innovation.

HOW TO USE

1. COLOUR
The wide crystal bowl allows for the fullest appreciation of the whisky's colour.

2. BODY
Its unique patented shape is the perfect form to admire the body of the whisky.

3. NOSE
The tapering mouth of the glass captures and focuses the aromas on the nose.

4. PALATE
Designed to fit comfortably in the hand & allow your whisky to develop in the glass over time.

5. ENJOY
Enjoy your whisky with and without water. Avoid using detergents when washing as they can leave lingering odours. Always store within easy reach of a bottle.

The Craic
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