

Opening Hours

Mon - Sat 10am - 6pm
Sunday 10.30am - 5pm

GALE Garden Group; Tuesdays 10am

The Tuesday GALE Garden Group at Good for Ewe has got busy! We've got some new volunteers; four mothers and toddlers have been helping Jenni and Peter, (Peter is one of our regular volunteers) dig, mulch, weed, water and pick lettuces, followed by delicious home-baked cake, cuppas and chat. Thanks to Emily for the cake and Peter for the posh coffee! All welcome to this group. 10am (or earlier) Tuesday mornings at Good for Ewe, Inverasdale.

Christmas Eve with GALE

Christmas Eve in the Centre has a lovely happy atmosphere which people can add to greatly by having a table of produce or craft to sell last minute gifts! Would you like to sell your produce and crafts? You can book a table for £10, we only have 4 tables available so it's first come, first served. For more information, please contact us by messenger, email, phone or pop in and have a chat :) enquiries@galeteam.co.uk

Christmas Stock now in!



Come in and have a look at our Christmas stock! We have a great selection of unique handmade items that could be the perfect gift for your loved one.



Our supported volunteers have also been busy creating wonderful cards and prezzies!

We've also got Tearfund cards available for sale - a huge selection for you to choose from! Tearfund is a Christian relief and development agency that works with the

poorest communities to tackle poverty. For more information: www.tearfund.org



Winter Show and Christmas Tree Festival

Thank you to everyone who came to the winter show for the big light switch on! It was fantastic to see so many faces!

We've had a record number of votes for our Community Christmas Tree Festival and with under 3 weeks to go until the winner is



announced there's still plenty of time to vote for your favourite tree. So why not stop by and take a closer look and maybe sample our homemade edibles, try a warming hot chocolate and browse our range of lovely gift ideas!

Open House Evenings

Thank you to everyone who came to our Open House evening on Tuesday, it was fantastic to see so many people! We served Coq au Vin and Tart Tatin for our French



cuisine night and it went down a treat! We'd like to say a huge thanks to Clare, who is a valued member of our community cafe team and volunteered her time for this event to rustle up this feast! We'll be doing more open house meals on Tuesday evenings throughout January, February and March so keep your eyes peeled for posters in the new year!

GALE AGM - Thanks!

Thank you to everyone who came to our Annual General Meeting on the 4th Dec. It was great to chat to you all and thank you for staying and participating in our Democracy Matters discussion!

The theme of the evening was to look at Community Empowerment and Local Democracy and what it means to our community. By community empowerment we mean enabling local people of all abilities to have more control over the things that



matter to them. We see this as the core function of GALE - enabling local people to make a difference to their own lives, the lives of others around them and to the wellbeing and enhancement of our wider community. We currently do this in practical ways - through community ownership and control of assets and services and by creating opportunities for more local people to get involved.

The GALE Centre has taken up much of our resource and focus for the last 10 years. It's a big project with lots of challenges and it's taken this time to get it on an even keel. We feel it's now relatively stable, although there are still some significant challenges on the horizon. We've been able to employ a Centre manager and have a good team of loyal staff who make it all happen. This operational support has freed up our time to look outward again, looking at challenges and opportunities facing our community and looking for partner organisations we can work with to achieve shared goals.

We're awash with ideas and opportunities to develop and 2019 looks to be an exciting year!

Would you like to be a Member?

Membership gives you the chance to contribute and shape the future of our community. The GALE Centre is the hub for our community Development Trust - the Gairloch and Loch Ewe Action Forum. It is owned and managed by its members and anyone can join! To become a Member pop in and pick up a membership form to get started! It only costs £5 a year. We currently have over 130 members and we would love to get even more people involved!

GALE is a membership organisation open to all. It is a Scottish Registered Charity and works on social, economic and environmental projects that help to build strong, resilient communities in the Gairloch and Loch Ewe area. Become a member to support our work or contact us to find out more about any of our projects.

The GALE Centre, Achtercairn, Gairloch, IV21 2BH
www.galeactionforum.co.uk

enquiries@galeactionforum.co.uk
01445 712071

What's On at The GALE Centre in December?

Opening Hours

Mon - Sat 10am - 6pm
Sunday 10.30am - 5pm

GALE Garden Group; Tuesdays 10am

The Tuesday GALE Garden Group at Good for Ewe has got busy! We've got some new volunteers; four mothers and toddlers have been helping Jenni and Peter, (Peter is one of our regular volunteers) dig, mulch, weed, water and pick lettuces, followed by delicious home-baked cake, cuppas and chat. Thanks to Emily for the cake and Peter for the posh coffee! All welcome to this group. 10am (or earlier) Tuesday mornings at Good for Ewe, Inverasdale.

GALE Annual General Meeting;

4 Dec, 7pm for 7.30pm

GALE will be holding its 16th Annual General Meeting in The GALE Centre on the 4 December at 7.30pm. All of our members are warmly invited to attend the meeting. We hope to see you there!

Our AGM is a great way for members to learn more about the work of GALE, chat to fellow members over a cuppa and meet the team of staff and volunteers who make it all happen. As well as the formal business of the evening we hope you will enjoy a sociable get together too. With this in mind we will be serving complimentary drinks and cakes from 7pm.

After we have gone through the business side of things, we would like to invite you to stay for an informal discussion about Democracy Matters.



The Scottish Government is currently carrying out a Local Governance Review. As

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part of this they are keen to hear our views on these sort of questions and they will use our feedback to inform new legislation. At GALE we want to get the conversation started locally and share our local ideas with Scottish Government, making sure our voices are heard and the specific issues facing our community are understood. For more information about Democracy matters: <https://www.gov.scot/publications/democracy-matters-community-ideas-future/>

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Some of the lovely cards and gifts that have been made by our Supported Volunteers.



We've also got Tearfund cards available for sale – a huge selection for you to choose from! **Tearfund** is a Christian relief and development agency that works with the poorest communities to tackle poverty. For more information: www.tearfund.org

MAKE CHRISTMAS MEANINGFUL

Job Opportunity

As a Development Trust one of our objectives is to strengthen our local economy by creating paid employment and income generating opportunities for local people. Over the past 12 months we achieved this in a variety of ways. **42 local people sold their products in our GALE Centre shop, over 20 local people sold their cakes and soup in our GALE Centre café and we directly employed 24 local people in our community. We also paid over £128,000 in wages to people living in the Gairloch and Loch Ewe area over the past year.** This is all contributing towards making our community a better place to live, work and thrive. With all this in mind we are therefore delighted to be creating another paid position in our community – check out our recruitment ad on page???



What's On at The GALE Centre in November?

Opening Hours

Mon - Sat 10am - 6pm
Sunday 10.30am - 5pm

Exhibition - Shona Barr; 29 Oct

Don't miss Shona Barr's exhibition that's on now! Pop in and have a look at her coastline inspired work!

GALE Garden Group; Tuesdays 10am The Tuesday GALE Garden Group at Good for Ewe



Ewe has got busy! We've got some new volunteers; four mothers and toddlers have been helping

Jenni and Peter, (Peter is one of our regular volunteers) dig, mulch, weed, water and pick lettuces, followed by delicious home-baked cake, cuppas and chat. Thanks to Emily for the cake and Peter for the posh coffee! All welcome to this group. 10am (or earlier) Tuesday mornings at Good for Ewe, Inverasdale.

Open House Evenings; Tuesdays in November, 6.30 - 8.30pm

The GALE Centre will be open until 8.30pm every Tuesday throughout November, we'll have the fire on, space to sit and relax and a homemade evening meal available.

What's Cooking?

20 Nov - Curry and Winter Walking Talk with Mountain Rescue

Join Torridon Mountain Rescue team members Charlie Burrow and Duncan MacLennan for a presentation about how to be prepared when out walking this winter and we'll be serving delicious curry prepared lovingly by our community café team! The GALE Centre will be open until 8.30pm. Food will be served between 6.30 - 7.30pm and the talk will run from 7.30pm.

Meal - £8.75 per person
Talk - Free (donation to Torridon Mountain Rescue would be greatly appreciated.)

27 Nov - French night: Coq au Vin
£8.75 pp

Feel free to bring your own dinner or get a takeaway if you don't fancy what's on the menu. If you plan to eat from our menu we just ask that you book in advance. For more information or to make a booking please contact Louise: cafe@galeteam.co.uk or give us a call.

Talk and Discussion about Climate Change; 22 Nov, 7pm; Free of charge

In this talk we will explore the latest climate science on where our planet is heading, discuss some of the current psychology around climate change denial, and offer solutions through the study of social movements. We hope to build a local group of committed, active citizens as part of a worldwide network of action in response to these challenging times. All welcome.

The Christmas Tree Festival; 24 Nov



The Christmas Tree Festival offers a fun way to raise awareness of local projects and activities

throughout the festive season and it's open to groups and charities throughout the community.

8 groups are chosen to decorate a tree that best describes their group. Christmas Tree Festival registration forms are available for collection from The GALE Centre or by emailing sam@galeteam.co.uk Closing date for entries is 15 November with the Christmas Tree Festival beginning with the big 'light switch on' by Santa on the afternoon of Saturday 24 November. Voting will be open for a month and the three trees with most votes will receive cash prize for their group / charity.

The GALE Winter Show; 24 Nov

The GALE Winter Show is now in its third year! There are 8 Classes open to adults and children. It will be held at The GALE Centre and entries must be submitted by Friday 23 November. The judging is to take place the morning of Saturday 24 November. Winner announced during the Christmas Tree

Festival the same afternoon. Pop into The GALE Centre for more information and pick up a schedule!

GALE Annual General Meeting; The GALE Centre, 4 Dec, 7pm for 7.30pm

All GALE members are warmly invited to our AGM at The GALE Centre on 4 December. Come along and meet your fellow members, GALE Board, staff and volunteers and learn more about what we do at GALE.

The GALE Board is made up of local people all living in the Gairloch and Loch Ewe area and who want to make it a better place for everyone, of all abilities and backgrounds to live, work and thrive. They are all members of GALE and give of their time voluntarily. Their role is non-executive with responsibility for GALE's governance and strategic direction, they are supported by an executive staff team who deliver the day to day operations of the organisation. Our community is indebted to these committed individuals who have given us their time and talents freely and willingly taken on the responsibility of managing what is now a significant community owned company.

Over the past 20 years more than 30 local people have served on our Board at some point. Current Directors are; Marie Macrae - Chair, Roy Macintyre, John Wood, Paul Wright, Angela Urquhart, Janet Miles and Stuart Smith.

We are always keen to welcome new Directors. If you'd like to get involved in this way or find out more about the role then get in touch with janet@galeteam.co.uk

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Innovative Community Enterprise

What's On at The GALE Centre in October?

Opening Hours

Mon - Sat 9.30am - 6pm
Sunday 10.30am - 5pm

Exhibitions

Joanne Simpson; 1 Oct – 29 Oct

If you haven't been in to see Joanne's work you have until the 29th October so do come along and have a look! There's lots of cards and prints for sale as well as canvas' and original framed pieces!

Shona Barr; Opening 29 Oct



We're very happy to welcome Shona Barr back to The GALE Centre to show her

work. Her paintings are inspired by her time spent in Gairloch and the surrounding area over the last 28 years. She uses oils, watercolour and mixed media collage to portray the ruggedness of the coastline and mountains plus the effects of the ever-changing light. Shona also uses upcycled fabrics and free motion machine embroidery to produce vibrant textile pieces which explore similar themes. www.shonaebarr.com

Gardening Sessions; Good for Ewe, Tuesdays from 10am

Would you like some advice about growing your own veg? Why not join Jenni at Good for Ewe and pick up some tips! Tea and cake is always provided!

Harvest Halloween; 31 October, 6 – 8.30pm

Join us for our first Open House event of the winter and celebrate our Community Growing Project!

Over the course of the season Jenni, our outdoor learning facilitator, has been working hard in our allotments at 'Good for Ewe' in Inverasdale and outside The GALE Centre to grow lots of delicious vegetables for the Community Café!



At this event Jenni will bring us even MORE veg so we can prepare a Halloween

feast to promote the growing project!

Grow it, cook it, eat it!

The GALE Centre will be open from 6 – 8.30pm for this event. Food will be served between 6.30 – 7.30pm and it will be a buffet style dinner, suggested donations only and all the proceeds will go towards the Growing Project. Please book in advance by giving us a call, popping into The GALE Centre or email Louise, cafe@galeteam.co.uk



Have your say!

Do you ever wonder who makes all the decisions? Who decides what services are delivered locally and by whom? Are you happy with the decisions that are made? Would you like more say in these decisions? Can you imagine a new or better approach that would give more people a say over the issues that matter to them?

The Scottish Government is currently carrying out a Local Governance Review. As part of this they are keen to hear our views on these sort of questions and they will use our feedback to inform new legislation. At GALE we want to get the conversation started locally and share our local ideas with the Scottish Government, making sure our voices are heard and the specific issues facing our community are understood. You can get involved by dropping us an email with your thoughts, joining the conversation at local events – there is one planned for 6

November in Poolewe – drop in to The GALE Centre anytime and discuss your views with other local people or contact the Scottish Government direct.

For more information visit www.gov.scot/democracymatters

The Christmas Tree Festival; 24 Nov

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8 groups are chosen to decorate a tree that best describes their group. In the past we've had some novel ideas, including a tree made entirely from traffic cones by the Gairloch Community Car Scheme, a Subbuteo tree by the Wester Ross Youth Football Team and a drum tree by the Gairloch & District Pipe Band!

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What's On at The GALE

Centre in October? opening

Hours

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Exhibition

Joanne Simpson; 1 Oct - 29 Oct



We're delighted to welcome Joanne back this year with another exhibition of her work, it will run until the 29th October so do come along and have a look! The exhibition will focus on her current work; Beach comb drawings, painted local scenes, animals and folk art style paintings.

Fruit Swap

It's been a great year for fresh local produce and our fruit swap is helping to spread the glut around.

Please call into GALE and help yourself to this lovely fresh local produce.

If you wish you can leave a donation of cash or your own spare produce. Any funds raised will go towards our community growing activities.

Seed Swap

There are still some packets of seeds left in our local produce stand so don't

forget to have a look next time you're passing and pick some up! We will be holding another Seed Swap Event in the Winter, we'll keep you posted! Thank you to everyone who has donated and a special thanks to Kelvin from Macdonalds Hardware in Dingwall who donated 100 packets of Growing Magic last year and a further 72 packets of seeds this year - worth a couple hundred pounds! Great to get us all started off!

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GALE Winter Show - Schedule of Classes

1. Festive table arrangement - *Provide a festive table decoration of your own design. Measuring maximum 20 cm in diameter.*
2. Festive wreath - *Provide a festive wreath to your own design, measuring maximum 40cm in diameter.*
3. Christmas Card - *Provide a Christmas card decorated to your own design.*
4. Decorated Christmas Cake - *Provide a Christmas cake to your own recipe and design. Cake to be judged on decoration so will not cut.*
5. Christmas Tree Decoration - *Tree decoration made from recycled materials*
6. Mince Pies - *Provide a plate of 4 mince pies to your own recipe*
7. Festive decorated biscuits - *Provide a plate of 4 biscuits baked to your own recipe and decorated to your own design.*
8. Bowl of hyacinths - 3 blooms same.

All classes are open to both adults and children

Community Bakers

We want to say a huge thank you to all of our community bakers for keeping the café stocked up throughout the busy Summer season. We are delighted to have an increase in our junior bakers too, all of whom are producing very good quality cakes and bakes! We also have some lovely children volunteering in the Centre which is a great opportunity to gain work experience. Do you know anyone would be interested in volunteering? Get in touch!

Come in for coffee and cake, support our local young people! We're open 7 days a week all year round (apart from a few days over Christmas and New Year 🍷)

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Winter Show; 24th November

This year our winter show will be on the 24th November. Keep your eyes peeled for the schedule, which will be announced shortly.

I can tell you that there will be cake decoration category again but this year we won't be cutting your masterpieces - it's all about the aesthetics!

Presentation and slide show Developmental trekking in the hidden Himalayan valleys of Nepal; Thursday 4th October at 7pm in The GALE Centre



Come to The GALE Centre on the 7th October and learn about exploring the culture, landscape and opportunities for ethical and developmental tourism in the hidden and little visited valleys of the Dolpo region of North West Nepal. We're delighted to be hosting this talk that will be presented by the founder of Nomadic Skies, a new Wester Ross based developmental travel company working exclusively in Nepal.

Fruit Swap

Due to the growing season being so successful we have decided to do a fruit swap! If you've got any fruit that you're looking to exchange bring it to the GALE Centre. There is a potting bench outside next to the allotments where you can take and leave your harvest. Please leave it covered though as there are still sparrows roosting above!

Open House Evenings

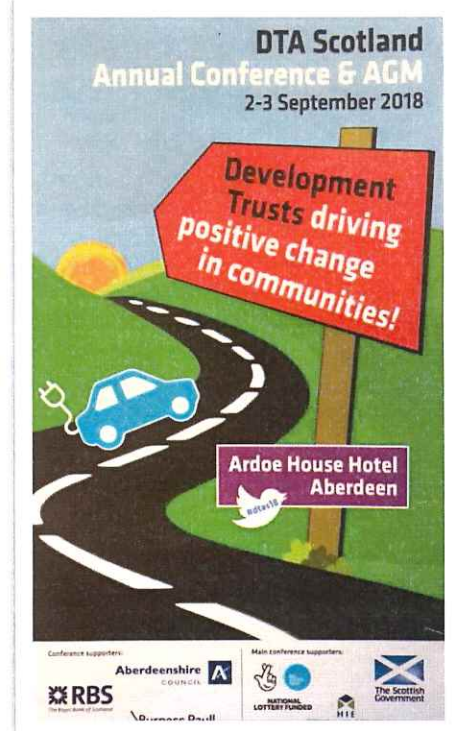
Last year we held Open House evenings where we provided a 'family style' meal once a week in order to reach one of our objectives which is to tackle isolation and loneliness. In the Winter a number of places close to have a well earned break and take the time to do necessary maintenance in preparation of the following Summer. However, we understand that the community need places to meet and socialise in the evenings all year round. Meeting up like this helps to build a sense of community, makes it a better place for people to live and thrive and helps combat loneliness and isolation. Communal eating is especially beneficial to building relationships. It proved to be popular last year with some evenings hosting 10 - 18 people! The Centre is a nice place to be on a winter evening - it's cosy with the fire on! It is a community resource and we're keen that people use and enjoy it. **We are in the middle of planning our next series of Open House evenings, commencing in November. Keep your eyes peeled for posters and updates!**

DTAS: Development Trust Association Scotland

GALE go off to the metropolis of Aberdeen to learn more about the value of Development Trusts in Scotland and how they benefit Communities.

A few of the GALE team went to the Development Trusts Association Scotland conference in Aberdeen this weekend - '*Development Trusts driving positive change in communities*' There are a lot of amazing organisations bringing hope and changing lives in their communities and we're all feeling very inspired having met so many interesting and like minded people. With our fresh enthusiasm we're looking forward to applying what we learned to make the Gairloch and Loch Ewe area an even better place for people to live, work and thrive. If you would like more information about our projects please get in touch, join with us and be a part of positive change in our community!

"GALE was one of Scotland's first



Development Trusts and continues to offer support to new groups aiming to start Community led projects in their own areas. The conference enabled us to meet and chat with Members from across Scotland - such support is invaluable."

Marie Macrae - Chair

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What's On at The GALE Centre in August/Sept?

Opening Hours

Mon - Sat 9.30am - 6pm
Sunday 10.30am - 5pm

Gardening Sessions

Good for Ewe: Tuesday mornings from 10am

Come along to one of our gardening sessions this month! We will be learning how to grow food in small spaces, with ideas to take home and try in your own gardens! And if that's not enough to entice you we will also be throwing in some free cake to replenish your appetites after some light gardening.

We have plots at Good for Ewe and raised beds behind the GALE Centre so please come along, we'd love to see you there! All are welcome (locals and visitors!) and refreshments will be provided.

Grow Cook Eat

GALE Centre: 3rd Wednesday of each month

Jenni will also be starting a new group where you will have the chance to learn how to grow, prepare and cook the fruits of your labour!

Look at all of our tasty salad and fruits from our plots at Good for Ewe and our raised beds from outside The GALE Centre. We use it all in our Community Café! We also have tasty Rhubarb Chutney and Blackcurrant Jam to serve up with thanks to Jenni and

her volunteers!

For more information about this group and how you can get involved you can contact Jenni on jenni@galeteam.co.uk or pop into The GALE Centre.



A selection of fruit and veg harvested from our allotments and dropped off at the café by one of our fantastic volunteers, Peter.



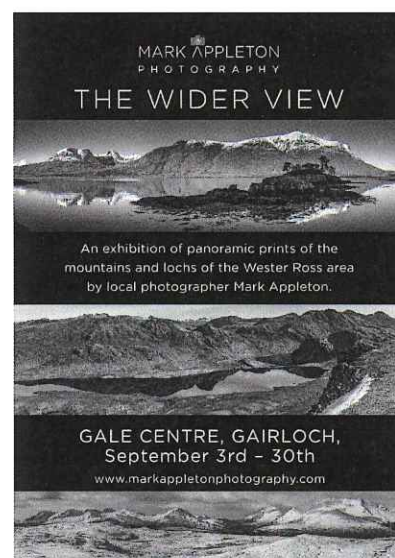
Fresh salad now all prepared and ready to plate up with our sandwiches and Panini's!

Exhibition

Mark Appleton – Wider View

3 Sept – 30 Sept

Resident photographer Mark Appleton's 'Wider View' exhibition will be showcasing a range of panoramic prints encompassing the diverse landscape of Wester Ross. From the rugged peaks of the mountains towering over the many lochs to the ever changing coastline, with its constant ebb and flow



throughout the seasons. Come and see Mark's work throughout September and learn more about the processes he uses to create the images he sets out to get.

Gairloch & District Show

August 25th 2018

Photography: Classes 105 – 106

A reminder to any budding photographers that this year's theme is 'Highland Flora and Fauna' so get your cameras out and send us in a picture!

105. Photograph in colour or black and white under 15's 'Highland Flora and Fauna'

106. Photograph in colour or black and white Adult 'Highland Flora and Fauna'

Don't forget that if you enter our photography category you will be invited to a free photography talk by Mark Appleton!

Entries can be submitted by email to galecompetition@gmail.com

For full terms and conditions pop along to the GALE Centre for a show schedule or check it out on our Facebook page!

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Opening Hours

Mon - Sat 9.30am - 6pm
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Gardening Sessions

Good for Ewe: Tues morns from 10am

GALE Centre: Wed morns from 10am

Come along to one of our gardening sessions this month! We will be learning how to grow food in small spaces, with ideas to take home and try in your own gardens! And if that's not enough to entice you we will also be throwing in some free cake to replenish your appetites after some light gardening.

We have plots at Good for Ewe and raised beds behind the GALE Centre so please come along, we'd love to see you there! All are welcome (locals and visitors!) and refreshments will be provided.

For the rest of the Summer holiday's families are welcome to join Jenni and the Gaelic Toddlers Group on Wednesday from 12.30-2.30 in the GALE Centre and garden for some fun activities outdoors (weather permitting.) We've had a great turnout so far and the children have been having a great time learning about growing!

Grow Cook Eat

Jenni will also be starting a new group on the **15th August** learning how to grow, prepare and cook the fruits of your labour!

Look at all of our tasty salad and fruits from our plots at Good for Ewe and our raised beds from outside The GALE Centre. We use it all in our Community Café! We also have tasty Rhubarb Chutney and Blackcurrant Jam to serve up with thanks to Jenni and her volunteers!

For more information about this group



and how you can get involved you can contact Jenni on jenni@galeteam.co.uk or pop into The GALE Centre.

Seed Swap Project – call for surplus seeds

Do you have any surplus seeds lying around that you'd like to donate to our Seed Swap project? If so you can drop them off at the GALE Centre anytime or post them to us on the address below. Any contributions would be greatly appreciated!

Gairloch & District Show

August 25th 2018

Class 65: Baking to a set recipe

Lemon & Poppy Seed Cake

Do you enjoy baking? Are you up for a challenge? Why not enter our set recipe class yet? Get yer aprons on!

Ingredients:

- Juice of large lemon
- 40g poppy seeds
- 175g self-raising flour
- 1 teaspoon baking powder
- 175g spreadable butter
- 175g golden caster sugar
- 3 large eggs
- Grated zest of 3 large lemons
- Juice of 3 large lemons

For the syrup:

- Juice of 3 large lemons
- Grated zest of 1 large lemon
- 50g icing sugar, sifted
- 100g golden granulated sugar

To finish:

- 1 rounded teaspoon golden granulated sugar
- 1 rounded teaspoon poppy seeds

Method:

1. Pre-heat oven to 170°C, gas mark 3
2. Line and grease a 20cm loose-based cake tin
3. Sift flour and baking powder
4. Add butter, sugar, eggs, lemon zest and poppy seeds
5. Mix to a smooth creamy consistency
6. Spoon mixture into tin
7. Bake in centre of oven for 40 mins or until centre feels springy
8. Remove from oven onto wire rack
9. Mix together syrup ingredients
10. Stab cake all over with skewer and spoon syrup over the warm cake
11. Mix rounded teaspoon of golden caster sugar and poppy seeds and sprinkle on top of cake



Baking not for you? Pick up the schedule of classes for this year's show from the information desk – there's bound to be a class for you! For more information feel free to ask us ☺

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What's On at The GALE Centre in July/August?

Opening Hours

Mon - Sat 9.30am - 6pm
Sunday 10.30am - 5pm

Gardening Sessions

Good for Ewe: Tues morning's from 10am
GALE Centre: Wed morning's from 10am

With all this lovely weather our plots are producing a bountiful supply of salads, vegetables and fruits for the café! (More than we know what to do with! ☺)

Throughout July, learn how to grow your own food in small spaces with very little cost! The GALE Gardening Groups will meet On Tuesday mornings at Good for Ewe and Wednesday mornings at GALE, from 10.00 for a spot of light growing.

For 7 weeks over the course of the school holidays families are welcome to join Jenni and the Gaelic Toddlers Group on Wednesdays from 12.30-2.30 in GALE centre and garden for some fun activities outdoors (weather permitting). We've had a great turnout so far and the children have been having a great time learning about growing!

Bring your own snacks or buy from the café. A small donation of 50p is requested, to go towards seeds and plants. Older children welcome too!

If you would like more information, please contact Jenni, our outdoor learning facilitator. The more the merrier! jenni@galeteam.co.uk



Some of the children having fun planting strawberries on our raised beds outside The GALE Centre



A photograph from the first gardening session outside the GALE Centre

Song writing Workshop

July 29th; 10 - 4pm

Tom Houston is coming to Gairloch to hold a song writing workshop on the 29th July at the GALE Centre. There are only 6 spaces so please contact us ASAP to book your place!

Whether you're new to song writing or you want to develop your existing skills, this workshop will be great for you.

Tom will tailor the class around the skill level of all the participants. If you're interested you can book your place by popping into The GALE Centre, giving us a call or email rose@galeteam.co.uk.

£45 pp

Gairloch & District Show

August 25th 2018

Enter the Photography Class!

Do you enjoy taking photographs? Are you inspired by nature? Why not enter our photography class this year!

The theme is 'Flora and Fauna' and let's face it, we're in the perfect location to capture some wonderful wildlife and scenery!

Furthermore, everyone that enters this



category will be invited to a photography talk by Mark Appleton!


MARK APPLETON
PHOTOGRAPHY

For more information and rules of entry about this year's Gairloch & District show pop into The GALE Centre and pick

up a schedule or have a chat with us! There are LOADS of classes to enter so get involved!

Volunteering Opportunities

Would you like to volunteer at the show? We are looking for people to help us in the following areas: setting up and closing down the hall, manning the door, photographing the event, selling raffle tickets, selling produce at the end of the day, stewarding.

If you think you could help out it would be greatly appreciated! Please get in touch with us for more information

Public Toilet Vandalism

We are very saddened to say that yet again there has been vandalism in the public toilets, this time with spray paint in Aultbea. You may have heard that there are a lot of people working hard to find a solution to keep these toilets open for tourists and the local community beyond April 2020 but the setback of ongoing vandalism makes this job a lot harder. If you have any ideas on how we can continue to keep the toilets going please get it touch, all ideas are appreciated!

Membership: Would you like to access our range of services and support our local community?

The GALE Centre is the hub for our community Development Trust – the Gairloch and Loch Ewe Action Forum. It is owned and managed by its members and anyone can join!

Everything we do as an organisation is for the benefit of our community, local economy and environment. Our aim is to help our fragile community become a great place for people of all abilities to live work and thrive, empowering even the most vulnerable to work together to tackle local issues in practical ways.

Membership gives you the chance to contribute and shape the future of our community.

Without our members GALE would cease to exist, so join us today, share in our successes and help us achieve even greater things!

To become a Member pop in and pick up a membership form to get started! It only costs £5 a year! We currently have over 150 members and we would love to get even more people involved! If you're not sure if it's for you, please don't hesitate to get in touch for more information. We would love to hear from you.

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The GALE Centre, Achtercairn, Gairloch, IV21 2BH
www.galeactionforum.co.uk

enquiries@galeactionforum.co.uk
01445 712071

What's On at The GALE Centre in June? 2018

Opening Hours

Mon - Sat	9.30am - 6pm
Sunday	10.30am - 5pm

Exhibition: Kate Flood, Trevor Edwards and Channy Awbi

11 June - 8th July

This is a collaborative show between 3 family members, who each have their own distinctive style. They will be showcasing varied works and it is a pleasure to welcome them to the GALE Centre for the first time.

Gardening Sessions with Jenni Fulton

Good for Ewe: Tuesday Mornings from 10am

GALE Centre: Wednesday mornings from 10am

The plots at GfE now have a range of vegetables growing indoors and out, with rhubarb already harvested, blackcurrants and blueberries due to ripen soon. We need help to weed and water, specially inside the polytunnel, and now have space ready for new sowing and planting. At GALE, the raised beds have mint and other teas, salads, herbs and a range of other vegetables busy growing - these too need a



wee bit regular weeding, feeding and watering.

Going forward...

For 7 weeks over the course of the school holidays families are welcome to join Jenni and the **Gaelic Toddlers Group** on **Wednesdays from 12.30-2.30** in GALE

centre and garden for some fun activities outdoors (weather permitting). Bring your own snacks or buy from the lovely café. A small donation of 50p is requested, to go towards seeds and plants. Older children welcome too and there will be some activities for them too! Contact Jenni if you need more information.

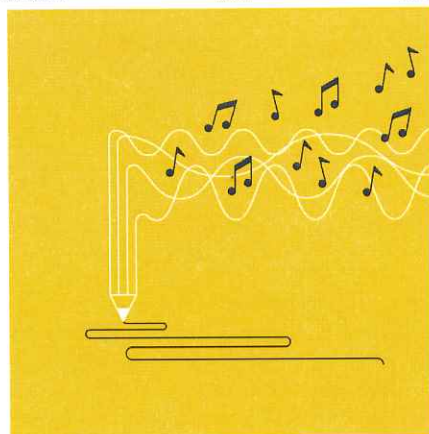
Throughout July, learn how to grow your own food in small spaces with very little cost! **The GALE Gardening Groups will meet On Tuesday mornings at Good for Ewe and Wednesday mornings at GALE, from 10.00 for a spot of light growing** (unless you like digging or composting, in which case you are specially welcome!). Followed by a cuppa and cake. No previous experience needed and as we produce our crops we will be exploring how to cook and eat them. So far we have had Lovage and Potato Soup, Caramelised Rhubarb buns, fennel and mixed leaves in salads, mint teas and Rhubarb Chutney.

Songwriting Workshop with Tom Houston

29 July; 10 - 4pm

Tom Houston is coming to Gairloch to hold an intimate creative songwriting workshop on the 29th July at the GALE Centre. There are only 6 spaces so please contact us ASAP to book your place!

Tom is a very successful singer songwriter and musician who is just about to release his third album. His music has been played on BBC Radio 6 Music and he



was songwriter of the week on BBC Radio Scotland last April!

Whether you're new to songwriting or you want to develop your existing skills, this workshop will be great for you.

Tom will tailor the class around the skill level of all the participants. If you're interested you can book your place by popping into the GALE Centre, giving us a call or email rose@galeteam.co.uk.

£45 pp

Gairloch & District Show

ARTS & CRAFTS: Classes 93 - 104



Feel like getting creative? Why not enter one of our arts and craft classes this year!

93. Any item of knitting or crochet
94. Needlework Item, to include embroidery
95. Tapestry needlework - any subject - stamped design
96. Tapestry needlework - any item
97. Patchwork - any item
98. A bag made from any material
99. A scarf made from any material
100. Hand made toy, including wooden toys
101. Hand made greetings card - any medium
102. Painting in watercolour - any subject
103. Painting in any other medium - any subject
104. Drawing in pen, pencil or charcoal - any subject

For more information and rules of entry about this years Gairloch & District show pop into the GALE centre and pick up a schedule or have a chat with us! There are LOADS of classes to enter so get involved!

Community Cafe: Call for Suppliers

Now that the season is going we'd like to give our cafe suppliers a big thank you for all their delicious home baking they've produced so far to feed our hungry community of tourists!

From January - June we've paid out **£1848.99** to our local bakers for their wonderful soup and bakes!

We currently have 16 local people contributing to our cafe, would you like to be a supplier? If so we'd love to hear from you! Everything we do as an organisation is for the benefit of our community, local economy and environment. Our aim is to improve our area, empower local people and create opportunities so that local people can live, work and thrive.

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What's On at The GALE Centre in May?

Opening Hours

Mon - Sat 10am-6pm
Sunday 10.30am - 5pm

Exhibition

Graham Cooper
14th May - 10th June



Don't forget to pop in and see Graham Cooper's exhibition! After a life-long desire to paint, Graham, former engineer, hotelier and retired crofter, began painting in 2013. Totally self-taught he has developed an unmistakable and distinctive style, focusing on movement and colour within sweeping abstract forms. Graham lives in Laide and finds stimulation in the colours of the changing seasons, the light and natural beauty of his surroundings.

Cindie Reiter Painting Workshop success!

On the 12th May we held a 'paint along workshop for beginners' with Cindie Reiter from Lochcarron Gallery. It was a great class and they produced some lovely work! The weather was lovely in the afternoon so they took their brushes outside onto the decking and enjoyed the sunshine!



Gairloch & District Show 2018
25th August

We are delighted to announce the date of this year's Gairloch & District Show which will be

Saturday 25th August 2018!

Also, anyone wanting to participate in the photography class that this year's theme will be 'Highland Flora & Fauna' Entries will be accepted by email between **1 June to 17 August**. So get snapping! Further details including full schedule of classes to follow on our facebook page and in the GDT.

Photo from last year's successful show!

Book Donations - Success!

We have been overwhelmed by the generosity of your book donations. We are officially overflowing with books! Please come and have a look at our selection - grab a book and a cuppa and relax on our sofas, if you like it make a small donation and take it home! All of the donations will go towards buying materials for our Supported Volunteers' craft activities. :)

Easy Fundraising

We need your help! If you shop online, please could you sign up to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) to support GALE?

It's a really easy way to raise money for us - you just use the easyfundraising site to shop online with more than 3,300 well known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and when you make a purchase, the retailer sends us a free donation, at no extra cost to you.

We're just about to increase our outdoor activities, specifically our production of fruit and vegetables at our plot at Good for Ewe and the raised beds behind The GALE Centre. We've secured funding from The Scottish Government to employ an Outdoor Learning Facilitator who will lead the project and help make more use of these and other growing sites. However we need to raise funds to buy tools, compost, protective clothing and other materials for our volunteers. We want to raise as much as possible, so please visit our new [easyfundraising page](https://www.easyfundraising.org.uk/causes/gale/) at <https://www.easyfundraising.org.uk/causes/gale/> and click 'join us'. Thank you!



Our lovely raised beds behind the GALE Centre



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What's On at The GALE Centre in June?

Opening Hours

Mon - Sat	9.30am - 6pm
Sunday	10.30am - 5pm

Exhibition

Kate Flood, Trevor Edwards and Channy Awbi

11 June - 8th July

This is a collaborative show between 3 family members, who each have their own distinctive style. They will be showcasing varied works and it is a pleasure to welcome them to the GALE Centre for the first time.

Gardening Sessions with Jenni Fulton

Come along to one (or all!) of our gardening sessions this month! We will be learning how to grow food in small spaces, with ideas to take home and try in your own gardens! And if that's not enough to entice you we will also be throwing in some free cake to replenish your appetites after some light gardening.



We have plots at Good for Ewe and raised beds behind the GALE Centre so please come along, we'd love to see you there! All are welcome (locals and visitors!) and refreshments will be provided.

Good for Ewe Gardening
19 June and 2 June
From 10am



GALE 'Garden Party'
at our raised beds
behind the GALE Centre
20 June and 27 June
1 - 3pm

Gairloch & District Show - Set Recipe

Class 65: Baking to a set recipe
Lemon & Poppy Seed Cake
Try your hand at baking this year!

Ingredients:

- Juice of large lemon
- 40g poppy seeds
- 175g self-raising flour
- 1 teaspoon baking powder
- 175g spreadable butter
- 175g golden caster sugar
- 3 large eggs
- Grated zest of 3 large lemons
- Juice of 3 large lemons

For the syrup:

- Juice of 3 large lemons
- Grated zest of 1 large lemon
- 50g icing sugar, sifted
- 100g golden granulated sugar

To finish:

- 1 rounded teaspoon golden granulated sugar
- 1 rounded teaspoon poppy seeds

Method:

1. Pre-heat oven to 170°C, gas mark 3
2. Line and grease a 20cm loose-based cake tin
3. Sift flour and baking powder
4. Add butter, sugar, eggs, lemon zest and poppy seeds
5. Mix to a smooth creamy consistency
6. Spoon mixture into tin
7. Bake in centre of oven for 40 mins or until centre feels springy
8. Remove from oven onto wire rack
9. Mix together syrup ingredients

10. Stab cake all over with skewer and spoon syrup over the warm cake
11. Mix rounded teaspoon of golden caster sugar and poppy seeds and sprinkle on top of cake

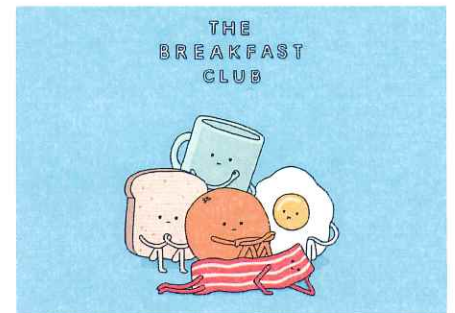
For more information about this years Gairloch & District show pop into the GALE centre and pick up a schedule or have a chat with us! There are LOADS of classes to enter so get involved!



Community Cafe

Breakfast Rolls!

We will be serving bacon and/or egg rolls every morning from 9.30 - 11am throughout the Summer! So pop in for your morning fix! We also serve great coffee made with Ethyco Fairtrade coffee beans. We chose this company because their mission is to bring communities together while being ethically and environmentally considerate and they are doing amazing work!



Fresh Tea's from the Garden!

We've been harvesting our fresh mint and fennel from the raised beds behind the GALE Centre to make delicious cups of tea! Come in and have a taste!

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