



# EMBO NEWS

Established – December 1997

Issue no: 106 SEPTEMBER 2007 **50p**

## Embo W.R.I.



We were delighted to receive this photo, taken around 50 years ago, of the Embo W.R.I. With some, much appreciated, help from one or two in the village, we have managed to put names to the faces – names which they were perhaps better known by and will be more remembered, some with maiden names, so hopefully no-one will take offence.

### **FROM LEFT TO RIGHT - BACK ROW**

Mrs MacLaughlan (Skelbo), Maggie Barbara Mackay (Terrace Street), Jessie Joan Grant (now Sutherland), Jenny Cumming (now Mackay), Fia Davey

### **2<sup>nd</sup> ROW**

Teenie, Jessie Bell, Bella Paul, Maggie Mois, Jean Gatt (West), Catherine Jeanna Ross, Jeanna White, Lena Broon

### **3<sup>rd</sup> ROW**

Jessie Ann Kirst, Bell Grant (or Katie Backhurst?), Jessie Shockan, Margaret Nanna (Fraser), Isabel Sutherland (now Hadden), Maggie Barren, Betty McQuaker, Margaret Mackay (Front Street), Reenie Button

### **4<sup>th</sup> ROW**

May Murray, Daisy Sutherland, Babbie Broon, Betsy (Post) Mackay, Jessie Kye

### **5<sup>th</sup> ROW**

Georgie Watt, Maggie Mair, Maggie Button, Flossie Fraser, Maggie Taylor, Mrs Macleod (School Street), Mrs Calder.

## SEPTEMBER BIRTHDAY SPOT



Michael Banks		1st
Andrew Calder		2nd
Ian Macdonald		2nd
Jade Timney	10	3rd
Marigold Cumming		5th
Alick Mackay		5th
Andrew McAtominey	11	5th
Colin Mackay		9th
Belle Grant		9th
Philip Butterfield		10th
Rebekah Chloe	1	11th
Iris Fraser		12th
Dolly Gay (Canada)		14th
Lewis Bonthron	2	15th
Sheena Calder		17th
Sandy Gunn		17th
Iain Carlton		17th
Lindsey Clarke		17th
Mhairi Mackay		18th
Robyn Cameron	14	19th
Nicola Burton		21st
Ryan Coulson	13	21st
Irene Ward		21st
Darren Macrae	16	23rd
Wilma (Davey) Macleod		23rd
John Shaw		23rd
Allan Campbell		24th
Duncan Robertson	75	25th
Derek Brown		25th
Tina Cameron		25th
Lyndsey McNicol		28th
Robbie Banks		30th

Happy 19th Birthday Lisa Richards.  
Sorry your granny didn't give us the  
date of your birthday but we know it is  
in September.

We would like to send belated  
wishes to two ladies in the village  
who celebrated special birthdays  
last month – the same age but a  
few days apart - Jackie Mackay &  
Helen Hercher.  
Hope you enjoyed your parties.

## SEPTEMBER

### Anniversary Wishes

Elaine & Colin Mackay  
6 years married on 8th  
\*\*\*

Elaine & Mark Howmans  
8 years married on 9th  
\*\*\*

Lindsey & Glyn Clarke  
8 years married on 11th  
\*\*\*

Robbie & Michael Banks  
36 years married on 11th  
\*\*\*

Lynn & Gerry Buchannan  
17 years married on 14th  
\*\*\*

Marion & Ross Shand  
14th September  
\*\*\*

Jacqueline & Alick Mackay  
26 years married on 19th  
\*\*\*

Carol & Archie Macdonald  
11 years married on 20th  
\*\*\*

Fiona & Gordon Sutherland  
23 years married on 22nd  
\*\*\*

Marion & John MacDonald  
24 years married on 24th  
\*\*\*

Rowan & Iain Craik  
2 years married on 24th  
\*\*\*

Glynis & Willie Mackay  
7 years married on 30th  
\*\*\*

CONGRATUATIONS TO YOU ALL

Wishing a speedy full recovery to Sandy  
Baikie who recently underwent a hip  
replacement. Glad to see you're getting  
out and about again.

## EMBO SENIOR CITIZEN FUND BONUS BALL - WEEKLY DRAW

A big thank you to all who so readily contribute to the Embo Senior Citizen's fund, by buying a bonus ball each and every week at Mackay's Shop in Embo.

**WINNER FOR JUNE 30TH No. 48 Edward Moffat**

### **JULY WINNERS**

Saturday 7th	no. 37	Elizabeth Whitham
Saturday 14th	no. 11	Alexander McDoanld
Saturday 21st	no. 20	Margaret Mackay
Saturday 28th	no. 33	Margaret Mackay

### **AUGUST WINNERS**

Saturday 4th	no. 4	Elaine Lindsey
Saturday 11th	no. 40	Isobel Hadden
Saturday 18th	no. 22	Jenny Mackay
Saturday 25th	no.	

*The decision has been made that all bonus ball draw numbers must be paid for before the draw date. If a number comes up before it has been paid for, this will automatically be considered a rollover.*

### **Embo Sweepstake**

The winner on 27TH June was Sarah Sutherland who won £243, then on the 21st July her dad 'Red' Geordie Fraser won £323.50 and the most up to date winners are - Shona Carlton, Gayle Mackay, Shona (Margaret Mackay's sister), Sarah Sutherland, Isobel Hadden, Julie (Nancy Weymouths daughter) and Laura Harkness, they all won £40.50 each.

#### **CONGRATULATIONS**

Keep up the good work Marie, you do a terrific job.

The next charity collection goes to Embo Youth Club, we will let you know the total next month.

Would you like to  
book the Back Page  
this year Contact us here :

Karen on 810996  
Marion on 810141

### **CONGRATULATIONS**

To everyone who did well in their exams recently, if you didn't get the results you needed please don't panic, there are many places to get advice and help these days,

Don't be afraid to ask for guidance.

**DUNCAN ROBERTSON  
LUNCARTY  
HAPPY 75TH BIRTHDAY  
ON 25TH SEPTEMBER  
LOTS OF LOVE  
HELEN & FAMILY**

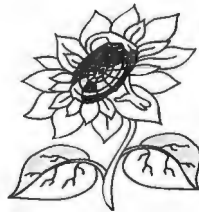
\*\*\*\*

**Happy 75th Birthday  
We All Love You.  
The Grandchildren  
in Perth & Fife**

**X X X X**

**SUNFLOWER  
COMPETITION**

If you are a regular reader of the Embo News you will know that we run a competition for the tallest Sunflower each year.



We trust our reader complicity and get them to measure their sunflowers themselves and send us the measurements. Sometimes we receive photographs along with the size too, and because we now are able to show the photographs off at their best we would be delighted to receive as many as possible.

Last years winner was Eleanor Howmans from Newcastle whose flower reached a staggering 7ft 2". Can YOU do better?

**DROP US A LINE**

**BELATED AGAIN SORRY**

Sorry we missed you out again Margaret & Margaret Mackay. We received a note of your special birthdays in August last year.

Hope you will forgive us as we did a double issue for July and August and overlooked the dates in the rush.

Hope you both had wonderful birthdays

**This newsletter  
is produced by  
'Embo Youth Club'**

as a way of raising funds for activities and supplies.

We achieved this with volunteers.

Thank you for purchasing this copy of the 'Embo News'

Would you like to become an annual subscriber for only £15.

Many of our villagers have done this for family members who no longer live in the area or for someone who enjoys visiting the area on holiday, as a gift, we have had lots of positive feedback from folk who receive a copy each month.

This price covers all P&P for a full 12 months.

If any of our readers are interested in this please contact us with your name address plus a cheque made payable to:

**'Embo Youth Club'**

Old School House, School Street, Embo, Sutherland, IV25 3PZ

**THANK YOU**

**WE LOOK FORWARD**

**TO WELCOMING YOU**

**TO OUR EVER INCREASING FOLD.**

Due to being laid up with my broken foot for 6 of the 6weeks holiday from school, I often found myself at a loose end. So this was an ideal opportunity to go through many back issues of the newsletter to detect the birthdays we lost a few years ago from our database.

Although this was a long and laborious job I think I have come up with the goods.

You should notice from now on, if your birthday was missing, that they have been replaced.

I was astonished at the amount we had lost to tell you the truth.

However, I would like to thank the folk who sent in their dates when prompted to do so, your cooperation has been brilliant.



## July and August Competition Entries

Thank you for the entries into both the July and August wordsearch competitions from..... Connor Mackay age 8, Embo - Kiera Holmes age 12, Embo - Pat Mackay, Embo - Kim Carlton age 7, Embo - Billie Corder, Dornoch - Emma Calder age 12, Dornoch - Helen Dingwall, Dornoch - Catherine Irving, Dornoch - Joey Mackay, Dornoch - Andrew Mackay age 10, Bona Bridge - Kirsty Mackay age 12, Bonar Bridge - Liam Clark age 9, Muir of Ord - Karalyn Gordon age 8, Inverness - Karalyn Gordon senior, Inverness - Rachael McLaren age 8, Edinburgh - Georgie Moore, Livingston - Miss E Kennedy age 10, West Lothian - John Pryde age 11, West Lothian - Helen Robertson, Perthshire - Alexander Munro age 8, Grantown on Spey - Alexandra Christie age 7, Perth - Bill Baird, Scottish Borders - Gillian Ogilvie, Cumbria.

Thank you very much for the renewed interest in our competitions, as it costs nothing to enter please enter each month as you are in with a good chance of winning a free gift !

Thank you to Helen Robertson for her kind comments on the improved quality of the newsletter and her joy at the return of the competitions. Helen was one of the few who regularly entered in the past along with Joey Mackay and Margaret Mackay. Helen also sent us some family birth-dates for inclusion in the pages of this newsletter. Thank you for your participation Helen, it is much appreciated.

The September competition is ready and waiting for you all to enter..... Give it a go it could be you who wins something absolutely free... well only for the cost of a stamp!

After popping all the above names into a hat the winners pulled out are..... Catherine Irving - Miss E Kennedy - Kim Carlton - Liam Clark - Karalyn Gordon - John Pryde - Kirsty Mackay - Rachael McLaren & Alexandra Christie



## ARE YOU ABLE TO HELP ?

Irene Davidson, now living in Dornoch but has very strong family connections to Embo, would like some help identifying the men in the picture if at all possible. The inscription on the back of the photograph says ...

“From George To Leona and family”

Can anyone who knows Irene's family help in her quest to find out who the two gentlemen are? Contact us here at 'Embo News, School House, School Street, Embo Sutherland, IV25 3PZ.

Thank You in advance.

# **STEERING GROUP COMMITTEE MEETING**

## **TUESDAY 26 FEBRUARY 07**

**PRESENT:** SANDY GUNN - ACTING CHAIRMAN, LIZ ROBERTSON, KAREN HOLMES, NANCY WEYMOUTH, DONALD HADDEN, KATHRYN DAVIDSON, SHIRLEY MACDONALD.

**ABSENT:** GEORGE MACDONALD - CHAIRMAN, JEANETTE CUMMING - SECRETARY, RHONA GRIGG, FRASER BONTHRONE, GAYLE MACKAY, JAMES MACKAY, JOYCE COLLETT, MICHELLE RAFFERTY, NANCY COLLETT, STAN COLLETT.

### **The Annual Report & Accounts**

These were presented at the A.G.M., which was then followed by the Committee meeting.

### **The minutes of the last meeting (29 January 2007)**

The minutes of the last meeting were duly read and agreed as correct.

Proposed by: Nancy Weymouth - Seconded by: Shirley MacDonald.

### **NEW BUILD**

Liz Robertson reported that herself and Jeanette Cumming would be meeting with Helen Houston on 28/02/07 to look at funding to take this forward.

### **Ltd STATUS**

Another meeting to be arranged to progress this to public meeting stage.

### **WEB SITE**

- (1) Link ECC website to Canada/USA sites - Deferred (waiting Rhona Grigg's Findings)
- (2) Donald Hadden to contact Jeanette Cumming for bank details to subscribe to "Just Giving"

### **FUNDRAISING**

Kathryn Davidson and Michelle Rafferty are looking into various fund raising ideas. Once these are finalised they will contact Grannies Heilan Hame for permission to run events there.

Nancy Weymouth suggested selling signed bricks for a computer "Brick Wall" and Liz Robertson suggested selling roof slates which could also be signed and dated ready for fixing in place.

### **AOB**

Mrs Bromage asked if the Committee had heard about the proposal to save energy by switching off unnecessary power, ie street lighting. Vague recollections were recalled, however, it was decided to wait for official notification from the Council before commenting further on this.

**Meeting ended at 7.20 p.m. Next meeting to be arranged.**

The next committee meeting will be arranged once Douglas Graham has got in touch regarding the progress of our Ltd Status.

EMBO COMMUNITY CENTRE  
COMMITTEE UPDATE  
JULY 2007

- 1) Liz Robertson and Jeanette Cumming met with Helen Houston on 28/02/07 to complete a BLF Application (Investing in Ideas) to enable the project to be taken to Stage 1 of the Lottery Fund.

- 2) Investing in Ideas awarded the Community Centre £9820 to cover the following fees:-

Architect  
Planning  
Project/Funding Adviser  
Business Plan Revision  
Surveyor's Report & Valuation

On completion, these updated reports will be submitted to BLF who will assess them to see if the project can go forward to the next stage.

- 3) Following the Investing in Ideas offer, Liz Robertson, Jeanette Cumming and Nancy Waymouth met with Helen Houston to discuss the requirements of this award.
- 4) OSCR required three named Trustees and Liz Robertson, Jeanette Cumming and Nancy Waymouth put their names forward.

However, the above named Trustees can either be changed or finalised at the next committee meeting.

- 5) In readiness for future funding applications, a meeting has been arranged for Tuesday 28 August 2007 with Highland Council to discuss the school building and grounds.
- 6) Helen Houston is to prepare another funding application with regards to the village hall. Hopefully, the outcome of this will be known in time for the next committee meeting.
- 7) Councillor Jim McGillivray has agreed to be a referee for further funding applications and will attend committee meetings if his diary permits.

# EDEN COURT SUPPORT FROM EMBO YOUTH CLUB

Last month Embo Youth Club donated another £50 towards the Eden Court Refurbishment. Although this is a small amount towards the eventual figure they need at least we feel we have contributed along with the small donation we sent at the very beginning of the task. We received a lovely letter acknowledging our donation from Ian Morrison, Chairman of the Eden Court Appeal and would like to share that with you here: -

Dear Embo Youth Club,

I was delighted to get your letter dated 25th June 07 with cheque enclosed which is very much appreciated.

Your support means a great deal to us, and I would be grateful if you would pass on to your members our appreciation. Donna Chisholm and I enjoyed our visit when you gave us the first cheque back in 2004. I recollect several folk saying then how much they enjoyed the Eden Court Pantos, and I am glad to say we will be back on stream this year with "Peter Pan" which starts on 6th December. I hope we will see some of you then.

Kind Regards

## Thank You So Much Lauren Anderson

We want to thank Lauren Anderson very much for her help with the newsletter these past couple of months. If it wasn't for her we wouldn't have had any photographs included in these pages.

As you may remember our all in one printer/scanner gave up the ghost some time ago, Lauren has come to our rescue on a number of occasions now and is always happy to help when we ring her.

Keep up the good work Lauren.



# THE SHELL HOUSE - EMBO



WE WERE LENT THESE PICTURES SOME YEARS AGO BUT HAVE JUST RECENTLY COME ACROSS THEM IN OUR OLD FILES. THANK YOU TO IRIS BONTRHONE FOR ALLOWING US TO USE THEM.

PICTURED HERE AT THE BACK DOOR OF THE HOUSE IS

**IRIS'S MUM & DAD, ELSIE & WILLIE (SURL) FRASER.**

**THEY SHOW THE LOVELY DECORATED SHELL HOUSE AT 11 TERRACE STREET, EMBO. EVERY SHELL CAME FROM EMBO BEACH AND IRIS HAS FOND MEMORIES OF GOING FOR WALKS WITH HER FATHER TO THE CRAIG LEAH (GREY ROCK) NEAR THE 9TH HOLE OF DORNOCH GOLF COURSE EVERY SUNDAY TO COLLECT THEM. MANY OF THE SHELLS ARE NOW LONG GONE BECAUSE OF WEAR AND TEAR PLUS REDECORATION THROUGH THE YEARS.**



**WE ARE OF THE UNDERSTANDING THAT THE TALLEST OF THE LITTLE GIRLS IN THIS PICTURE ON THE LEFT IS MARGO (CALDER) ANDERSON. UNLESS YOU KNOW ANY DIFFERENT?**

# Dornoch Primary News

I hope you have all had a good summer holiday. Unfortunately we have not had too much summer weather, however I'm sure the children found plenty to do.

We especially welcome our new pupils to P1, Nursery and other classes throughout the school. I am sure they will all settle quickly into their new routines.

If any parent has any queries regarding their child at school please do not hesitate to contact me.

**HOMEWORK** The pupils have been issued with homework guidelines this week. Please use them to support your child in our home-school partnership.

**PRIMARY 1** There will be a workshop for parents of P1 pupils on the afternoon of Friday 7<sup>th</sup> September (further details will be issued to P1 parents), prior to their commencement of full day education on Monday 10<sup>th</sup> September (9.00 a.m. – 2.45 p.m.).

**CHEERLEADING** Cheerleading classes will commence on Friday 17<sup>th</sup> August for pupils who attended last session. This will be a rehearsal for a performance at the continental market on Friday 24<sup>th</sup> August. After this performance there will be an opportunity for other pupils to join in the cheerleading session.

**SCHOOL MEALS** As of August 2007 the traditional 2 course school lunch will be £1.55 for primary pupils.

**SCHOOL DEVELOPMENT PLAN** The School Development Plan for 2007-08 is available at the school office for parents to view.

**SCHOOL COUNCIL** The AGM of Dornoch Primary's School Forum to form a School Council will take place on Wednesday 12<sup>th</sup> September at 7.00 p.m. Further details will follow.

**SCHOOL CALENDAR** Dates for holidays and some of our school events are included with this newsletter.

Please display or keep in a safe place to remind you of these dates. Please take note of holiday dates as holidays taken out with these periods is strongly discouraged by Highland Council.

## DATE

## EVENT

13 <sup>th</sup> August 2007	Staff In-service
14 <sup>th</sup> August 2007	Pupils return to school
7 <sup>th</sup> September 2007	P1 Parents Workshop
10 <sup>th</sup> September 2007	P1 Pupils in full time
12 <sup>th</sup> September 2007	Nursery Meetings
5 <sup>th</sup> October -	October Vacation
22 <sup>nd</sup> October 2007	Return to school
14 <sup>th</sup> /15 <sup>th</sup> November 2007	Parents' Evenings
19 <sup>th</sup> /20 <sup>th</sup> November 2007	Staff In-service/Pupils' holiday
20 <sup>th</sup> December 2007 -	Break up Christmas Vacation
7 <sup>th</sup> January 2008	Return to school
7 <sup>th</sup> February 2008	Staff In-service/Pupils' holiday
8 <sup>th</sup> - 11 <sup>th</sup> February 2008	Long Weekend
4 <sup>th</sup> /5 <sup>th</sup> March 2008	Parents' Evenings
20 <sup>th</sup> March 2008 -	Easter Vacation
7 <sup>th</sup> April 2008	Staff In-service/Pupils' holiday
8 <sup>th</sup> April 2008	Return after Easter break
5 <sup>th</sup> May 2008	May Day Holiday
13 <sup>th</sup> June 2008	End of Year Reports issued
24 <sup>th</sup> June 2008	End of term Assembly
27 <sup>th</sup> June 2008	School closes - Summer Vacation

**ACCESS TO SCHOOL BEFORE 9.00 A.M.** Pupils will be allowed access to the toilet and cloakroom areas only from 8.30 – 9.00 a.m. In good weather pupils will be encouraged to play outside until the bell at 9.00 a.m. Access to the school from 8.30 a.m. to 9.00 a.m. is unsupervised; the car park area is supervised by the janitor at this time. Parents should use common sense in not sending pupils to school too early when possible especially in inclement weather.

**ATTENDANCE** Parents are requested that in the event of absence by their child, a note should be forwarded to the school to explain such absence. Parents should telephone the school from 8.00 a.m. regarding their child's absence. If the school is not informed of a child's absence the school will contact parents to ascertain reason for absence. Similarly an excuse note is required to miss certain subjects, e.g. swimming, games or PE. Clearly, advance note of any medical appointment, etc., where the child will be absent would be greatly appreciated. Parents are asked to note that should a child regularly be absent from school without such notification, the school is required to forward relevant details to the Area Education Manager once parents have been notified that such action is deemed necessary.

**RULES** Money or valuables must NOT be left in classrooms or cloakrooms, but should be held by the class teacher for safekeeping.

Pupils with pierced ears should wear only studs (not hoop type sleepers). This rule is made with the safety of the child in mind - particularly when playing games in the playground and gym.

Items of jewellery/makeup should not be worn by children in school. Apart from the risk of loss of these items, they often prove to be a distraction when children are working.

Wellington boots should not be worn indoors during the winter. / A change of shoes should be brought to school.

Parents are asked to ensure that all articles of clothing are clearly marked with the child's name.

Water: Water only should be drunk in class.

The wearing of football strips/logo t-shirts is strongly discouraged.

# SEPTEMBER COMPETITION

U	G	M	A	R	L	E	N	E	D	I	E	T	R	I	C	H
N	G	T	R	A	G	O	B	Y	E	R	H	P	M	U	H	Y
X	R	F	D	Q	B	Z	N	D	N	C	T	O	W	I	S	W
A	E	O	T	R	A	W	E	T	S	Y	M	M	I	J	D	J
U	T	W	M	D	R	O	F	W	A	R	C	N	A	O	J	U
D	A	Y	C	A	R	T	R	E	C	N	E	P	S	G	N	D
R	G	K	B	U	R	T	L	A	N	C	A	S	T	E	R	Y
E	A	T	D	O	Q	L	C	Y	G	B	Y	W	E	J	Y	G
Y	R	O	M	V	X	B	E	T	T	E	D	A	V	I	S	A
H	B	C	U	T	O	N	Y	C	U	R	T	I	S	O	G	R
E	O	R	M	I	S	A	L	G	U	O	D	K	R	I	K	L
P	M	B	L	I	G	R	C	A	R	Y	G	R	A	N	T	A
B	S	R	E	G	O	R	R	E	G	N	I	G	Q	J	Z	N
U	C	R	Z	S	J	A	M	E	S	D	E	A	N	N	A	D
R	H	T	R	O	W	Y	A	H	A	T	I	R	A	Z	J	X
N	V	E	S	G	K	Q	Q	A	J	A	D	M	T	Z	F	K
L	R	U	M	A	R	I	L	Y	N	M	O	N	R	O	E	Y

Can you find the listed film stars names in this wordsearch, there is one missing. Fill in the entry form at the bottom of the page, you could win a prize.

Audrey Hepburn, Greta Garbo, Kirk Douglas, Bette Davis, Humphrey Bogart, Marilyn Monroe, Burt Lancaster, James Dean, Marlene Dietrich, Cary Grant, Jimmy Stewart, Rita Hayworth, Ginger Rogers, Joan Crawford, Spencer Tracy, Fred Astaire, Judy Garland, Tony Curtis.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

ANSWER \_\_\_\_\_

Send your completed wordsearch, name and address to us here at :-

Embo News - September Competition -

Old School House, School Street, Embo, Sutherland, IV25 3PZ.

# **WILLIAM'S 10K RUN**

## **A GENTLE REMINDER.....**

William Hamilton can currently be seen in training for the Moray 10k run he which he is taking part in this September. He wanted to ask our readers through the pages of the newsletter if they would be interested in sponsoring his effort?

Sponsor forms can be found at 'Mackay's Shop and Post Office' in Embo also 'The Wee Spar' on Castle Street Dornoch.

The following is a letter which William received from the Beatson Oncology Centre in Glasgow, where William received his treatment for cancer some two years ago now...

The reason we are typing this letter is because we are now having trouble with our scanner.

Dear Mr Hamilton

**BEATSON ONCOLOGY CENTRE FUND - REGISTERED CHARITY CR40740**

On behalf of the Beatson Oncology Centre I am very pleased to learn that you intend to run the Moray 10k in September and raise money for our unit. It is most kind of you to assist us in this way and I wish you every success. I have pleasure in enclosing sponsor forms and T-shirts.

I am the Treasurer of the Beatson Oncology Centre Fund which is a registered charity. As you are no doubt aware the Beatson Centre is the Cancer Treatment Centre for the West of Scotland. It is the second largest Cancer Treatment Unit in the United Kingdom. The Unit is involved not just in treating patients but also in carrying out research, clinical and laboratory research which allows us to investigate possible new treatments for cancer and to look into causes of cancer as well. The research, which is carried out there is obviously costly and depends upon grants from large cancer organisations and also money raised locally which is given to our Fund and which is used to finance projects being carried out. Our Fund also helps provide extras for the care and comfort of patients coming for treatment. We endeavour to keep the Unit as attractive as possible and to see that the most up to date useful pieces of nursing equipment are available. It is only through the generous support of people such as yourself that we are able to fulfil these two aims of our Fund.

Yours sincerely

Gerry Robertson

Consultant in Clinical Oncology and Treasurer

Please give generously if you are able as none of us know when or if we will need to use these premises in the future.

We know there are many cancer charities looking for help out there but why not lets all locally get behind this effort William is making.

**GOOD LUCK WILLIAM FROM ALL OF US AT THE  
EMBO NEWS AND EMBO YOUTH CLUB**

# On The Coast

For the last two issues I was not able to get the report to press for the deadline, such is the pace of life.

## Tide. What is a Tide

To date there has been an increase in the number of callouts in the Dornoch Coastguard Area. Thankfully most have been false alarms with good intent, except for the one when the Uncle, two kids and a dog got caught on the Gizzen Brigs recently, due to an incoming tide. Dornoch Coastguard was called out along with the Dornoch Lifeboat and Helicopter from RAF Lossiemouth.

The Dornoch Lifeboat rescued the two kids from the sand dune, which by this time was cut off from the shore where they were in danger of drowning. The Uncle and dog were rescued by the RAF Helicopter. The Uncle had actually gone to the rescue of the kids and also got stranded. Luckily he managed to raise the Coastguard on his mobile phone. This was the second incident this year on the Gizzen Briggs. Only seals should be on a sandbank, as shown in picture.



Usual story, In that it looked safe to walk out on the sand and not aware of the dangers, sorry to say, but this is relatively common for those that have no experience of the coast. I would advise that if you are having a holiday beside the sea, please ensure you are aware of the dangers you may encounter, such as:

Have you an airbed and intend floating on the sea. If so you may find that when you wake up you are two miles off the coast and you cannot raise an alarm. What then???

Best thing with airbeds is anything but the sea., Wind and currents can strike and place you in extreme danger. I do not even advise having the airbed tethered. It was 24 years ago when someone thought the same. Problem was that the tether broke and they had to be rescued by Helicopter as there was no Lifeboat then. In fact it was this incident that started the movement to get a Lifeboat at Dornoch, plus a Coastguard Team. Over the years they have attended many incidents, mainly Holidaymakers.

## Some of the common incidents are:

Do not go swimming if there are swells, which are heaps of breaking water washing up on the beach. They look inviting, It was not to far in the past when they nearly cost the lives of two other swimmers at Embo. They were caught in the undertow and nearly carried out to sea. This incident involved putting one of my team in danger in having to enter the sea to ensure of a rescue.

## Cut Off By Tide.

This has happened on a number of occasions. Main areas are:

**Loch Fleet.** Going out on the sandbanks at low tide.

**Gizzen Briggs. Sand Banks at Dornoch Point.** See above. Just keep off.

**Bonar Bridge.** Going out on the small island at low tide. This is by the car park beside the river.

**Balintore .** Walking along the beach below the cliffs, at low tide.

**At all the above places rescues have been carried out, so please be WARNED.**

**Do NOT let it happen to you.**

**Bryan Jones  
HM Coastguard**

## THE GUYS HIT BACK AGAIN

### 9 WORDS WOMEN USE

- 1. Fine:** This is the word women use to end an argument when they are right and you need to shut up.
- 2. Five Minutes:** If she is getting dressed, this means a half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.
- 3. Nothing:** This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with nothing usually end in fine.
- 4. Go Ahead:** This is a dare, not permission. Don't Do It!
- 5. Loud Sigh:** This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to number 3 for the meaning of nothing.)
- 6. That's Okay:** This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.
- 7. Thanks:** A woman is thanking you, do not question, or Faint. Just say you're welcome.
- 8. Whatever:** Is a woman's way of saying **GET LOST! And SHUT UP!**
- 9. Don't worry about it, I've got it:** Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking "What's wrong?--AND SO ON-AND SO ON:...

### God & The Biker:

A biker was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, the Lord said, "Because you have TRIED to be faithful to me in all ways, I will grant you one wish."

The biker pulled over and said,

"Build a bridge to Hawaii so I can ride over anytime I want."

The Lord said,

"Your request is materialistic. Think of the enormous challenges for that kind of undertaking. The supports required to reach the bottom of the Pacific! The concrete and steel it would take!

It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that would honour and glorify me."

The biker thought about it for a long time. Finally he said, "Lord, I wish that I could understand my wife. I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, and how I can make my wife truly happy."

The Lord replied, "Do you want two lanes or four on that bridge?"



## NEWS FROM OVERSEAS

One of our subscribers from overseas, who has many ties with Embo often lets us know what her family are getting up to.

The following is an email Colleen Ellis (Australia) received from her son Rob in Taiwan, we thought you would like to see what he gets up to with his job out there.

Subject: taiwan again

I'm back Taiwan again (for those who don't know already)

Not much different to last year, still love it. Just lost table tennis to Albania.

So many countries here.

I'm at the Yilan Internation Childrens Folklore and Folkgame Festival, for the record.

Last time i was doing Circus skills juggling etc.

This time doing roving Character work as a lifesaver. Pretty much like I did at old Sydney town (ad lib), but am in the water all day.

Do little impromptu shows on a stage every now and then. But my partner and i have to plan it well because the stage turns into jets of water most of the day.

Am almost 1/4 of the way through 52 days straight of work. 4 shows a day.

That's 208 performances hmmm

Anyway stay in touch. Give me news. Stay cool

Rob

## A NEW FACE!

A married couple was in a terrible accident where the man's face was severely burned. The doctor told the husband that they couldn't graft any skin from his body because he was too skinny.

So the wife offered to donate some of her own skin.

However, the only skin on her body that the doctor felt was suitable would have to come from her buttocks.

The husband and wife agreed that they would tell no one about where the Skin came from, and they requested that the doctor also honour their secret. After all, this was a very delicate matter.

After the surgery was completed, everyone was astounded at the man's new face.

He looked more handsome than he ever had before! All his friends and relatives just went on and on about his youthful beauty!

One day, he was alone with his wife, and he was overcome with emotion at her sacrifice.

He said, "Dear, I just want to thank you for everything you did for me. How can I possibly repay you?"

"My darling," she replied, "I get all the thanks I need every time I see your mother kiss you on the cheek."

## Kye's Krack !

The children sitting their exams in June reminded me of a tale I once heard. There was this lad from Embo sitting his exams in Dornoch Academy. The final paper was a 'yes' 'no' type questions. He takes his seat in the classroom and stares at the examination paper for 10 minutes. Suddenly he removes a coin from his pocket and starts tossing it in the air marking the sheets 'yes' for heads and 'no' for tails. 20 minutes later he's finished and all the rest are still sweating it out. During the next few minutes he is desperately throwing the coin in the air muttering to himself. The teacher, alarmed, comes over and asks what is going on. The Embo lad say 'I've finished the exam in 20 minutes but now I'm rechecking my answers!

There was this woman from Embo speeding down the road to Inverness one morning when a policeman noticed to his astonishment that she was knitting behind the wheel while driving. He raced after her, blue light flashing, siren going, and drew up along side her, screwed down his window and shouted 'PULLOVER' 'NO' says the Embo woman it's a scarf!

This Russian, and American and an Embo fellow was talking about space research one day at the Back Park. The Russian looked up to the sky and said 'by 'December 2007 we will have a man on Saturn'. The American then look up to the sky, and said 'look here, by September 2007, we will have a man on Mars'. Then it was the turn of the Embo lad, and he said 'look here you two, by July 2007 we will have a man on the sun'. They laughed and said 'never, you'll get burnt up long before you get there'. No, no said the Embo lad because we're going at night!

There was this wifie from Embo who was caught for speeding in Castle Street, Dornoch. The policeman called her over and said 'Can I see your licence'? She replied in a huff 'I wish you guys would get your act together. Just yesterday you took my licence away, and then today you expect me to show it to you'!

These 2 prawns were swimming around in the sea off Embo. One called Justin and one called Christian. The prawns were constantly being harassed by 2 sharks that patrolled the area. One day Justin said to Christian 'I'm bored and frustrated at being a prawn. I wish I was a shark then I wouldn't have any worries about being eaten'. Just then a giant cod appeared and said 'Your wish is granted', and lo and behold Justin turned into a shark. His mate was horrified, and swam away immediately. As time went on Justin became bored and lonely as a shark as his old mates just swam away when ever he came near them. So when he came across the giant cod he begged him to turn him back into a prawn. With tears of joy in his eyes, Justin swam back to his friends on the sandbank, and asked 'where is my old friend Christian?. His friends said he became very lonely after you went and turned yourself into a shark. Eager to put things right again and end the pain and torture he set off to Christians house. As he opened the coral gate the memories came flooding back. He banged on the door and shouted 'It's me Justin, your old friend, come out and see me again. Christian replied 'no way man' you'll eat me up you're a shark, and I'll not be tricked'. Justin shouted back 'no I'm not' that was the old me, I've changed (wait for it!) .....

**I'VE FOUND COD - I'M A PRAWN AGAIN CHRISTIAN!!**

## **BLUEBELL RELEASED FROM POLICE CUSTODY**

On 9th August 07 Bluebell the fibreglass calf was eventually released from 'Police Custody' and delivered safely and personally by Harry to Jamie Bonthrone, who now is the very proud owner of Bluebell.

His poor mum Michelle, has to transport 'Bluebell' to and from his grandmas home, along with Jamie, every morning and evening.

Each night Bluebell is taken up the stairs to Jamie's bedroom where he goes to sleep with him!! According to Jamie ' Bluebell can watch television with him and even asks for biscuits and a drink!

Jamie is over the moon with the gift of Bluebell and would like to thank both Harry and Babs very very much for making him so happy.

**(PICTURE WILL BE PUBLISHED IN NEXT MONTHS ISSUE)**

**Those were the days.....**

**Just for a minute, forget everything stressful and read this.....**

Close your eyes and go back in time...Before the Internet...

Before Political Correctness...Before semi-automatics, joyriders and crack....

Before SEGA or Super Nintendo or X-Box... Way back.....

I'm talking about Hide and Seek in the park.

The corner shop. Hopscotch. Butterscotch. Skipping. Handstands. Football with an old can. Fingerbob. Beano, Dandy, Buster, Twinkle and Dennis the Menace. Roly Poly. Hula Hoops. Jumping the stream. Building dams. The smell of the sun and fresh cut grass. Bazooka Joe bubble gum. Black Jack Chews.

Watching Saturday morning cartoons, with really short commercials. The Double Deckers, Red Hand Gang, Tiswas or Swapshop?, and 'Why Don't You?' - or staying up for Doctor Who. When around the corner seemed far away and going into town seemed like going somewhere. Earwigs, wasps, stinging nettles and bee stings. Sticky fingers. Playing Marbles. Ball bearings. Big 'uns and Little 'uns. Cops and Robbers, Cowboys and Indians, and Zorro. Climbing trees. Making igloos out of snow banks. Walking to school, no matter what the weather. Running till you were out of breath, laughing so hard that your stomach hurt. Jumping on the bed. Pillow fights. Spinning around on roundabouts, getting dizzy and falling down was cause for giggles. Being tired from playing....remember that?

The worst embarrassment was being picked last for a team. Water balloons were the ultimate weapon. Football cards or lolly sticks in the spokes transformed any bike into a motorcycle. Choppers. Eating raw jelly. Orange squash ice pops.

Remember when...There were three types of trainers - girls and boys, and Dunlop Green Flash.

The only time you wore them at School was for P.E. And they were called gym shoes or if you are older - plimsoles. You knew everyone in your street - and so did your parents. It wasn't odd to have two or three 'best' friends. You didn't sleep a wink on Christmas Eve. When nobody owned a pure-bred dog. When 25p was decent pocket money. Curly Whirllys. Space Dust. Toffo's. Top Trumps. When you'd reach into a muddy gutter for a penny. When any parent could discipline any kid, or feed him or use him to carry groceries and nobody, not even the kid, thought a thing of it. When being sent to the head's office was nothing compared to the fate that awaited a misbehaving pupil at home. Basically, we were in fear for our lives but it wasn't because of drive-by shootings, drugs, gangs etc.

Remember when.... Decisions were made by going "Ip, Dip, Dog Sh1t" "Race issue" meant arguing about who ran the fastest. Money issues were handled by whoever was the banker in Monopoly. The worst thing you could catch from the opposite sex was germs. And the worst thing in your day was having to sit next to one. It was unbelievable that 'British Bulldog 123' wasn't an Olympic event. Having a weapon in school, meant being caught with a catapult. Nobody was prettier than Mum. Scrapes and bruises were kissed and made better. Taking drugs meant orange-flavoured chewable aspirin. Ice cream was considered a basic food group. Getting a foot of snow was a dream come true. Older siblings were the worst tormentors, but also the fiercest protectors. If you can remember most or all of these, then you have LIVED

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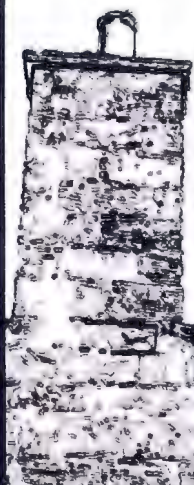
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