



January 2023

2023. How many of us ever wondered if we'd make it this far? Well it's here and so are we; another year, another chance for fresh beginnings. Commiserations to all those who have been struck down with the nasty 'flu virus currently doing the rounds - one of the reasons this newsletter is coming to you later than intended. Very best wishes to all for healthier times ahead. Here's some updates to help you through the coming weeks...

Cromarty Historian Wins Book of the Year - Twice

Congratulations to Dr David Alston and his book '*Slaves and Highlanders: Silenced Histories Of Scotland And The Caribbean*'. At an event held in Edinburgh at the beginning of December it not only won the Saltire Society **Scottish History Book of the Year**, it was also named **Scottish Book of the Year**.

It was described by the judges as “the best book to date on Scottish involvement in chattel slavery and the impact of the gains from this on Highland Scotland”. They added: “From his local Cromarty base, the author engages forcefully with major historiographical debates relating to Scottish participation in the slave economy and challenges presentations of this in tourist literature and major heritage institutions. An informative book based solidly in research but immensely accessible.”

As reported last month one outcome from the publication of the book has been our increased understanding of the direct links between Cromarty and communities in Guyana. Cromarty Peace Group is currently promoting

events to raise money to help fund structural work on the Development Centre of All Saints Presbyterian Church in New Amsterdam, Guyana . Coming up are:

Friday/Saturday 6/7th. January: Two House Concerts at Barkly House, Cromarty.

Saturday 14th. January: Quiz Night in the Fishertown Inn, Cromarty.

You can also simply make a donation on the fundraiser page [here](#).

Cromarty Harbour

From Colin Dickie:

I am pleased to say that the trustees have released their annual report to 31 March 2022 and this can be viewed at cromartyharbour.org. As in previous years, the summer season proved very busy and the harbour was again full; we expect this to be the same next year and there is no doubting that there is demand for leisure space in our harbour. We are also in the process of addressing a difficult health and safety issue which became apparent during the summer. At this time, the harbour became a very dangerous place when frankly it became overwhelmed by visiting fishing people, not always on a casual basis. The overcrowding and, I have to say, leftover and embedded tackle and waste, put visitors, users, volunteers and property at risk. Following a review, we have decided it necessary to add a gate at the entrance to the bridge to limit access on the occasions that we believe there to be an excessive risk to users. Whilst we have yet to work through the operational detail this could also include restricting access should weather conditions dictate, especially as the Outer Admiralty Pier continues to deteriorate. Our public liability risk is such that it is only prudent for us to take this action. It is not our intention to prevent enjoyment of the harbour, far from it, our intention is to manage our risk appropriately whilst maintaining the safety and enjoyment for all users.

Lastly, the harbour has been successful in two grants applications to the Community Regeneration Fund. One will allow us to look at what can be done to mitigate flows

in and around the bridge which could improve the safety of boats in the harbour, potentially increase capacity and protect the stonework in the inner basin more widely. The second grant will allow us to assess stonework and pointing issues on the East Pier. This is good news and shows the confidence that outside agencies have in our ability to make progress in helping deliver longevity to our harbour. These grants only take us so far but with a similar exercise having been done on the Outer Admiralty Pier earlier in the year, we will soon have line of sight on our main and pressing challenges.

Friends of Cromarty Harbour

Supporting the renovation of Cromarty Harbour to preserve its strong architectural heritage and place in history



The Friends of Cromarty Harbour - the charity that seeks to financially assist the harbour in their efforts to repair and restore our harbour - also expresses its thanks to those that have supported its Winter Print (Online) Exhibition. The campaign continues to run and can be seen at cromartyharbour.org, although there is a snapshot above. We are grateful to David Kent in continuing to offer his quality work for show and purchase. Every print sale buys a brick...sort of, but equally helps to demonstrate local support to grant agencies.

Have a good New Year.

Colin Dickie

Chair, Cromarty Harbour Trust

James Support Group

Struggling over the holidays?

James Support Group's 24/7 helpline is active every day all of the time - so if you are struggling with thoughts of suicide please call us on **07563 572471**. This is a free service, and if you cannot call us then send a text and we will call you.

Here are some top tips to help yourself through difficult times, anxious times and when you may be feeling depressed:

1 Talk about how you are feeling - with someone that you know will be understanding and sympathetic OR someone you don't know because sometimes it's easier to open up if you don't know them, i.e. our helpline 07563 572471, or The Samaritans 116123 also a 24/7 helpline. There are many other organisations listed on our webpage www.jamessupportgroup.com

2 Get some fresh air & daylight, doing this twice a day can really break the monotony of being stuck in all day! If you can't go outside because of health or mobility issues (or the snow & ice!) then sit by a window for a spell and open a crack for fresh air for five minutes. That'll do the trick.

3 Regulate your breathing if anxious. This one is called 345 - breath in for the count of 4, hold for the count of 3 and exhale for the count of 5 then breath normally, repeat until your anxiety subsides.

4 Volunteer - an act of kindness makes you feel good, and makes the person feel wanted or not alone. For instance, if you have a neighbour with a dog who isn't able to walk the dog very often, offer to walk it for them. They will be delighted that you've taken the pressure off of them, you will feel good having helped someone AND you get a little fresh air, plus of course the dog will be well.....relieved!

5 This is my new favourite. Wendy showed me a short video of a baby laughing and it was infectious. You really can't help but smile watching this & I definitely recommend it to brighten your mood.

Please do not suffer alone, we are here for you.

Happy New Year everybody.

Patrick & Wendy Mullery

Community Council

New Community Events Sub-committee

Following its last meeting the C&DCC has created its new Community Events Sub-Committee, to oversee all such events in Cromarty. This includes all those events that wish to be included under the C&DCC's Public Liability Insurance Cover.

Members of the community who have been involved in these past events will be invited to participate, but the C&DCC also welcomes and wants to hear from anyone, who hasn't previously, but would like to be involved.

Apart from needing to formalise the insurance cover, it is hoped that those involved in the sub-committee will be able to supply a depth of resource available to all future events rather good ideas struggling to get enough people to commit time and effort to an individual event. In this world of risk assessments, and such like, local talented folk are often discouraged from getting involved.

More details will follow on Cromarty Live, but if you are interested, or just want to learn more, please contact Alan on cromartydistrictcc@gmail.com.

Business Updates

Early in December industry leaders in the Hospitality Sector (Bars and Restaurants) were predicting a 30% drop in turnover over the festive season compared to 2021. The Cheese House can confirm that in the 10 days up to Christmas, (it's busiest period of the year), this season's takings were indeed almost exactly 30% down on the previous year. If this 'trend' is reflected across the board that is alarming for a local economy such as Cromarty's. Long-term it could translate as 3 or 4 of our local businesses 'going under' in the next 12 months; at least 3-4 household incomes being lost; other household incomes being adversely affected by loss of wages etc. Undoubtedly some folk are struggling to literally 'make ends meet', but for others, one assumes, it is more about being cautious and 'holding back'. But holding back won't help us out of this mess. Now more than ever, if at all possible, please

support your local businesses where you can. Without you, without them, a community the size of Cromarty can quickly slide into a hole that is very hard to get out of.

Cromarty Post Office

Well that was a strange year - what on earth will 2023 bring? Apart from anything else, slightly changed opening hours for the post office. Don't forget that from now on we are closing at 5pm instead of 5.30pm on Monday, Tuesday, Thursday and Friday. Other times are unchanged.

We're having a sale during the week beginning January 9th. There'll be up to 50% off some Christmas and other stock so please do come along for a look.

The Royal Mail situation is still uncertain. More strikes are likely but we don't have any definite information yet. I hope most of your Christmas parcels and cards made it through in time, but there's no doubt some people will still be enjoying receiving their presents this month. Although enjoying might not be the right word if the parcel contained Jon & Emmy's cheese! Seriously though, we have the details you need for making any complaints to Royal Mail, just come in and ask.

Wishing you all a happy and healthy 2023. Estelle

The Cheese House

Contrary to Estelle's concerns, as far as we know all our parcels (bar one) arrived in time for folk to indulge over the festive weekend. With her wonderful help our cheeses were enjoyed by folk across the British Isles as far south as Devon and as far north as Lewis. We would also like to thank everyone closer to home who supported us in December. We will now be taking a break until the third weekend of January. The shop will be open again from Friday 20th (also at Culbokie market on 21st). Normal openings (Wed-Sun) from then on.

Fishertown Inn

Thank you to everyone who made it along on Christmas Day, it was a wonderful atmosphere and great to see so many of you.

We also had a very successful first Hogmanay.

Our Wednesday Games night will continue through January, from 7 pm every week, with an increasing array of challenges from Dutch shuffle board to Connect Four. You can, of course bring something yourself and hook a few new enthusiasts.

Book group will next be meeting on the 10th of January from 7pm in the snug, no need to prepare anything, just bring along a book you've enjoyed.

Traditional music folk sessions on the 12th and 26th from 7:30pm.

1st pub quiz of the year on Saturday the 14th, to book a table call **600988**.

Ingrid's House

We will be having a stock clearance sale from the 28th of December in order to make room for Spring, lots of bargains to be had. We are off to Stockholm for a few days for our first trip in a few years. We hope to find lots of new and exciting things for the shop.

We will be open every day 11-4 throughout January.

Sutor Creek

We will be closed from January 1st while we reconfigure the space to accommodate indoor seating. Hoping for the work to be completed by mid January but will confirm on FaceBook and with a notice at the post office. Thanks to all our customers for their support over this last year and we look forward to welcoming you in 2023!

Calluna

Our sale is now on with up to 50% off a selection of clothing up to size 20 and a range of accessories. We will be closed from the 1st and reopening on January 4th with lots of bargains on offer!

The Royal Hotel

Happy New Year Everyone from all at the Royal! Thanks so much for your support in 2022 and we look forward to

welcoming you in 2023.

We will be open throughout January and have lots on to banish the winter blues!

Our opening hours: Wed-Sun 11am – late (please note we currently close at 5pm on Sundays)

Late Breakfast 11am-12noon. Lunch 12noon-2.30pm.
Dinner 5.30-8pm

Coffee and homemade cake are available all day, to sit-in or takeaway. Our coffee is from the Inverness Coffee Roasting Co and our hot chocolate comes from another local business, The Chocolate Place and it is gluten-free & dairy-free.

Fish & Fizz Fridays...

Times are hard for everyone so to try and help, we're offering a great deal for a wee weekend treat: Two haddock & chips and two glasses of fizz for £30 on Fridays throughout January.

(Soft drink option available. The haddock & your choice of handcut chips or skinny fries, are also served with peas, tartare sauce & a wedge of lemon. (Available for lunch and dinner).

Scottish Tapas Night on Saturday 28 January...

As an alternative to a traditional Burn's Night, we're having a Scottish Tapas night to celebrate the best of Scottish produce. Wearing a 'touch of tartan' is encouraged! Space is limited so booking is recommended.

Stay with us for less...

We're offering a 10% discount for B&B on stays of 2 or more consecutive nights until the end of March. Reservations must be made via our website. Offer applies to our Superior rooms as well as our Standard rooms, and is not limited to particular nights – so you can stay at the weekend too! The rate includes our famous full Scottish breakfast. www.royalhotel-cromarty.co.uk

Dog-friendly...

We've always welcomed dogs into our conservatory and public bar, but it's chilly in the conservatory at this time of year, so we now allow small, well-behaved dogs into our lounge bar restaurant during the winter months. Please be respectful of other diners and make sure your doggie is on a lead, quiet and clean. Dogs are always welcome in our public bar.

Celebrate at the Royal...

Our dining room is available for private parties to celebrate birthdays, anniversaries or just for a get-together with family and friends. Menus can be tailored to your requirements.

This bright room with a view over the Cromarty Firth is also available for meetings with half-day and full-day rates. Please contact us for details.

Coming up...

Our popular Tasting Menu returns on Saturday 25 February! A perfect excuse to spoil the one you love or catch up with friends and celebrate the fact that spring is just around the corner... Reservations required so please get in touch to book!

Follow us on facebook and Instagram to keep up with what's happening at the Royal. And if you are organising an event in Cromarty, please let us know so we can share on our social media to help promote it.

Cromarty History Society

CROMARTY HISTORY SOCIETY
& Friends of Cromarty Courthouse

James BRAIDWOOD
father of the modern fire service
A TRUE SCOTTISH HERO



Speaker:
Diana Hamilton-Jones

7.30pm Tuesday
17th Jan 2023

Victoria Hall
Cromarty

ALL WELCOME NON-MEMBERS £3.00

www.cromartyhistory.scot

New Year - 2023

New Day - Tuesday, 17th January, 7.30pm

New Venue - Victoria Hall

The Cromarty History Society opens 2023 with a talk by Diana Hamilton-Jones, who writes, "James Braidwood (1800-1861) was born in Edinburgh and grew to be a serious young man, diligent, thoughtful, brave, patiently persistent, kind, a devout Christian, a great family man and a fair and considerate leader who inspired love and respect. Above all, he was a man of vision. At the age of only 24 he was appointed as Superintendent and Master of Engines of the world's first municipal fire service which was established in Edinburgh in 1824. Before this time there was no official fire-fighting service. By 1833 he was installed as the first Superintendent of the newly formed London Fire Engine Establishment and was always

making improvements, keeping his men well trained and well cared for, constantly having to battle against authorities with deep pockets, tight purse strings and not a little arrogance. He was the first to introduce many different pieces of equipment and methods. Nowadays so much is taken for granted, but it is time to stop, think and pay homage to a man who is the rock on which is built today's modern fire service and ensure that his name is properly recorded in the history books. It is my hope that this talk will raise James Braidwood's profile and his legacy in the public conscience".

Diana spent the first 8 years of her life in Wales, the Far East and then Germany before attending an English boarding school until the age of 18. Her aptitude for languages found her employed in Frankfurt where she started in banking but quickly moved to Sotheby's and later transferred to New York, where she remained until the mid 1990s, organising several international travelling exhibitions. After a spell with the Asia Society, she moved to Amsterdam in 1996 working with the UN, first with the OPCW (Organisation for the Prohibition of Chemical Weapons) and then with the CFC (Common Fund for Commodities). She and her husband retired to the Highlands in 2017.

The CHS Committee extends a warm welcome to all.

www.cromartyhistory.scot

Courthouse Museum

2023 is the year we celebrate the 250th anniversary of our amazing building. We plan to run some special events during the year and hope that you will come along and support us.

As a voluntary run charity, we look after a collection of artefacts that represent the history of the parishes of Cromarty and Resolis – preserving this for future generations. Our aim is to enrich the appreciation of the history of the town and the surrounding area, telling stories with these objects and also using the building to play its own role. We provide an educational resource and have an important part in the tourism economy of the area. Our website takes our story to a wider audience.

This year we are starting a project with the many photographs that the collection holds. We will systematically be going through this collection and turning it into a meaningful archive, which can then be digitised and made more widely available. We are looking for some willing volunteers to join us in this task – if you are interested, please send an email to courthousecromarty@gmail.com

Wishing everyone a happy, healthy and peaceful New Year.



Cinema

Happy New Year from all of us at Cromarty Cinema! To kick off 2023 with a bang, we have an exciting new schedule for you all. Lovers of drama will no doubt enjoy fierce and modern period film *Corsage*, as well as *Tár*, a masterpiece with Cate Blanchett in the leading role, exploring the world of classical music, fame and power. Tom Hanks shines in comedy drama *A Man Called Otto* as

a grumpy widower whose life gets turned upside-down as a young family moves in next door.

Looking for something a bit different? We've got you. Neptune Frost provides a soaring vision of a transformative future, with mesmerising scenes of music and dance. Alcarràs is a moving tribute to the life of peach farmers in Spain, while No Bears is a bold portrayal of two parallel love stories in the context of a cruel Iranian regime. Peter Von Kant is an entertaining, witty and lacerating look at the film industry and at its core, a melodrama about gay male obsession.

January sees the beginning of our new special season on Jacques Tati. Dave Newman will introduce the classic 1949 film *Jour de Fête*. Look out for more Tati in February!

We also have a new monthly feature where our volunteers choose a solid classic for all to enjoy. And we're starting off with a true gem, fantasy adventure *The Princess Bride*. Here's your chance to see it on the big screen!

And finally, we are absolutely delighted to be able to bring you *Avatar: The Way of Water*. With two screenings taking place at the end of January, we can guarantee it's been worth the wait.

We'd like to thank you, our wonderful cinema community, for spending 2022 with us and we look forward to seeing even more of you in 2023.



CROMARTY CINEMA

January 2023



	Adults £8.50	Under 26 £5	Friends £7
Fri 6 Jan	7pm	Corsage (15) 1hr 54m Drama starring Vicky Krieps. An angry, misunderstood Empress of Austria in 1877, costumes, corsets and attitude.	
Sat 7 Jan	7pm	Neptune Frost (15) 1hr 45m Sci-fi, lo-fi Afrofuturism. Set in near future Burundi, an intersex hacker and miner get together. Stunning costumes and soundtrack.	
Sun 8 Jan	3pm	Corsage (15) 1hr 54m – with Descriptive Subtitles Drama starring Vicky Krieps. An angry, misunderstood Empress of Austria in 1877, costumes, corsets and attitude.	
Fri 13 Jan	7pm	A Man Called Otto (15) 2hr Tom Hanks and Rachel Keller star. A grumpy widower has his world changed by an unexpected friendship.	
Sat 14 Jan	7pm	The Princess Bride (PG) 1 hr 38m New Feature – Our Volunteers' Choice. Each month the cinema volunteers vote on an all-time favourite.	
Sun 15 Jan	3pm	A Man Called Otto (15) 2hr – with Descriptive Subtitles Tom Hanks and Rachel Keller star. A grumpy widower has his world changed by an unexpected friendship.	
Fri 20 Jan	7pm	Alcarràs (15) 2hr Spanish drama, a family of peach farmers find their way of life threatened at the whim of a landowner.	
Sat 21 Jan	7pm	Peter Von Kant (15) 1hr 25m Cutting French comedy drama set in the film world. Starring Denis Ménochet.	
Sun 22 Jan	3pm	No Bears (12A) 1hr 47m Iranian drama, a film director becomes embroiled in a village dispute.	
Wed 25 Jan	7pm	Jour de Fête (The Big Day) - Jacques Tati Season. (PG) 1 hr 37m First of a series of classic films from iconic French director. Introduction with Dave Newman.	
Fri 27 Jan	7pm	Tár (15) 2hr 38m Cate Blanchett stars as brilliant conductor whose life is spiralling, hotly tipped for Oscar wins.	
Sat 28 Jan	7pm	Avatar: The Way of Water (12A) 3hr 10m New fantasy adventure sequel. A big screen must.	
Sun 29 Jan	3pm	Avatar: The Way of Water (12A) 3hr 10m – with Descriptive Subtitles New fantasy adventure sequel. A big screen must.	

- More film info and book online at: cromartycinema.com or at eden-court.co.uk or in person at Cromarty Cinema on Thursdays 12 – 2pm.
- Cromarty Cinema is available for private hire, bring your own DVD or Blue Ray. A great way to celebrate a special occasion.
- The cinema always needs more volunteers. If you want to learn about projection, show people where the fire exits are and see lots of great films, just email the cinema.
 - Become a Friend of Cromarty Cinema, show your support and reduce your ticket price. Visit cromartycinema.com or email admin@cromartycinema.com

The Cromarty Cinema, Cromarty, IV11 8XZ

Cromarty Arts Trust

A big thank you from Cromarty Arts Trust to all our friends and supporters for a successful and busy 2022 and we wish you all the very best for 2023.

We were so pleased to welcome back the Crime & Thrillers after a two year break. It was a hugely successful and varied weekend and plans are already in place for an exciting programme in 2023, save the date in your dairies for 21 - 23 April!

Winter Wednesdays Social Hub. We are delighted to be opening the Old Brewery on most Wednesday afternoons over the winter. The café space will serve free tea, coffee, biscuits and cakes and Studio 1 will be open as a quiet room for reading or working. Poet Caroline Burrows will be joining us for a residency and will be running some free

workshops in the café too. All ages welcome, so come along for a warm afternoon, bring a book, game to share or your current craft project and have a coffee and a chat. No need to book, just turn up.

18 Jan	Winter Wednesdays	Old Brewery	2 -
4pm	Free		
25 Jan	Winter Wednesdays	Old Brewery	2
- 4pm	Free		
1 Feb	Winter Wednesdays	Old Brewery	2
- 4pm	Free		
8 Feb	Winter Wednesdays	Old Brewery	2
- 4pm	Free		
15 Feb	Winter Wednesdays	Old Brewery	2
- 4pm	Free		
1 March	Winter Wednesdays	Old Brewery	2
- 4pm	Free		

There is lots more to come later this year, and here are some dates for your diary:

17 February	Trio Orfeo	Stables
7.30pm	£14/£12	
4 March	Lizabett Russo	Stables
7.30pm	£12/£10	
6 - 12 March	Art Exhibition - Land, Sea & Sky	Stables
11 - 4pm	Free	
17 - 19 March	Ukuleles Weekend	Stables

To book tickets or to find out more please email us at info@cromartyartstrust.org.uk or call the office on 01381 600354.

And finally...

We are delighted to say that the funding of the newsletter is secure for another year as the kind folk who supported it last year wish to continue for another 12 months! So with that good news, we look forward to seeing you again in a month's time!

- The Editorial Team

We hope you've found this an interesting and informative read. Please let us know what you think, or send suggestions and ideas for articles via editor@cromartylive.co.uk

The Cromarty Live Newsletter team is Briony Moses, Jon Palmer, Jeremy Price and Laura Shepherd.

The Newsletter is currently sponsored by a private benefactor.

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