

LAIRG MAGAZINE



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Welcome to Issue 15 of the Lairg Magazine! We are looking for stories, recipes, film/book reviews and craft/activity ideas to put in to our magazine. Please email Jodie at : projectofficer@lairginitiative.co.uk or call Chair of LDCI Kaye: 07500453301 or Vice Chair Norman: 07742025719.

Thank you!

A huge thank you to Alan Mackay, who very kindly strimmed the over grown grass in Churchhill Wood!

Vandalism in Lairg

We are sad to report the increase in vandalism that has occurred in the village since the lockdown. Please could we remind all parents that teenagers should not be socialising with each other closer than 2 meters apart.

Thunder and Lightning Storms

Please be aware that during thunder and lightening, unplugging at the power point is the only way to ensure electrical appliances won't be damaged during an electrical storm. The common reasoning holds that a lightning strike could send a surge of electricity through household wiring, destroying electric devices and circuits. Please don't turn off fridges and freezers though! Stay safe.

Lairg Cemetery Clean Up

VOLUNTEERS REQUIRED!

- Saturday 11th July
- Meet at the cemetery gate at 10am
- Please bring your own gardening equipment/gloves

PLEASE ADHERE TO THE SCOTTISH GOVERNMENT RULES REGARDING SOCIALISING OUTDOORS DURING THE COVID-19 PANDEMIC.



For more information, please get in touch at projectofficer@lairginitiative.co.uk
Thank you to Costcutters for supplying refuse bags!



Please be cautious if driving along the Glen road. A small number of red squirrels frequent the area and have a habit of jumping out onto the road in front of vehicles. A few have died this way. You may be lucky enough to see a red squirrel on one of our nut feeders which are put out for the birds, close to our back door, front door and on the clothes line. We don't mind if you stop for a peek, but they are easily disturbed and may run away into the trees if you stop the car.

Written by Brenda Lunn

Elderflower Champagne

2 or 3 Elderflower heads in full bloom (remove the thick green stem)
1 1/2lb Sugar
1 Lemon—juice and rind cut into 4
2 tablespoons of white vinegar
1 gallon of cold water

- Put everything into a large bowl or clean bucket
- Stir to dissolve sugar—cover
- Leave for two days
- Strain into bottles with screw tops
- Leave for two weeks before drinking

**Recipe of the
Week!**

The recipe is cheap and delicious, very refreshing on a hot day.
Elderflowers freeze well.

Recipe sent in by Brenda Lunn

1. How many pips are there in the Greenwich Time Signal, broadcast by the BBC?
2. Which James Bond actor was born 14th October 1927?
3. What colour is the background of Ferrari's black horse logo?
4. What ingredient is added to milk to make condensed milk?
5. What Tchaikovsky ballet features 'The waltz of the snowflakes'?
6. Who wrote and directed the film "Avatar"?
7. Where is Sir Isaac Newton buried?
8. Who became President of Russia for the first time in 2000?
9. What word is described by all these definitions? A long thin flat piece of wood, the provision of regular meals in return for payment and to get on or into a vehicle?
10. Which legendary knight was the adulterous lover of Guinevere?
11. Which footballer captained England at the 2006 World cup?
12. In 1930, Constantinople changed its name to what modern day country?
13. What restaurant chain was started by Sly Stallone and Bruce Willis?
14. Mola Ram is the villain in which Indiana Jones film?
15. The Tiranian Sea is part of which larger sea?
16. What is your star sign if you were born on Burn's night?
17. The Elephant House, coffee shop in Edinburgh is famous because of which author?
18. Which Coronation Street character was played by Jean Alexander?
19. On March 18th 1944, the USAAF 340th Bombardment Group lost an estimated 78 -88 aircraft at their base in Terzigno, Italy. Why?
20. Which city in the UK has the shortest name?

Hosting Overseas Students

It all started in 1999 with a pleading article for hosts in the Northern Times, so I took the plunge and before I knew it had been allocated three Chinese students studying at Herford University and the number increased to four when one of them brought a friend too – something they were not supposed to do! There were two boys and two girls.

They were terrified of dogs, and my little Jack Russell, as a licence to keep a dog in China was costly, so few people had them. A visit to The Crask and their collies was quite an experience. None of them had seen snow, so our drive there was rather slow as they kept wanting to stop and throw snowballs!



The road to the Crask, Left to Right – Ye Chen, Lily, Jackie and Fiona.

They also used an amazing amount of hot water. I had forgotten to tell them not to fill the bath to the brim. They were the only students, in the eleven years I hosted, to play cards well into the night, and when one evening I told them we were going to finish eating the turkey, they all looked very “sheepish” and said “Annette, there isn't any turkey”. Luckily I had a back-up so we didn't starve!

There was also the unforgettable time when a friend invited us all to dinner, after which Lily asked if she could say something, and announced “that was bloody delicious”. She had overheard a woman in a shop say a dress was “bloody pretty” and thought it was the right word to use. We still all laugh about it. Thankfully this statement was not made while at the Church Manse with Leslie and Myra Goskirk!!



The “bloody delicious” dinner party

Left to Right - Fiona, Lily, Rae Morrison, Jackie, Rhona Morrison, Twin Morrison, Annette Parrott and Sylvia Rhodes.

Lily started up The Sunrise Library for children with HIV, getting the idea from some of the things we raise money for up here. The proceeds from one of our Flower Festivals were sent to China for this project. Lily is now married with two lovely little daughters. A few years later the other girl, Fiona, married one of the boys, Ye Chen, so romance blossomed at West Shinness. They have a daughter Rhiannon. All three have kept in touch, and have come back to stay, and have very fond memories of their friends in Lairg.



More war medals and pictures from the kids in Primary 3-5!



LDCI Quiz Answers

- | | | |
|----------------------|----------------------|----------------------|
| 1. 6 | 9. Board | 17. JK Rowling |
| 2. Roger Moore | 10. Sir Lancelot | 18. Hilda Ogden |
| 3. Yellow | 11. David Beckham | 19. Vesuvius erupted |
| 4. Sugar | 12. Istanbul | 20. Ely |
| 5. The Nutcracker | 13. Planet Hollywood | |
| 6. James Cameron | 14. Temple of doom | |
| 7. Westminster Abbey | 15. Mediterranean | |
| 8. Vladimir Putin | 16. Aquarius | |

How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent

We would like your help with naming the people in the photos and possibly tell us what year they were taken. Please email

projectofficer@lairinitiative.co.uk or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD





The Power of Habits

Lots of people have taken up new hobbies or have decided to learn something new during the lockdown period. Previously many people would say they didn't have time to start learning a language or to undertake that course online. We all have the same number of hours in a day we just prioritise how we spend our time differently. Some people will have family and children at home, others may be working from home and for most people their daily routine has been thrown completely into chaos to be replaced with something very different. With a few small changes you can find the time to fit learning into your week and you can take this habit forward when your routine changes again.

What is a habit?

Habits are what we do, sometimes without even realising it. From what you eat to where you shop, your daily routine is the result of lots of small habits that have become part of your life. You may be in the habit of getting a takeaway every Friday night, of getting up 30 minutes earlier to do some yoga or of sitting down to watch the TV for an hour at 6pm.

How to create new habits

Make it part of your day. If you want to do some learning put it into your calendar and stick to it. Put a reminder in your phone calendar, write it on your paper calendar. The same can apply to most new habits.

Tell your friends and family. Ask them to support you with working on your new habit. If you need space and time for learning your family may be able to help with this, if you want to start eating healthier then support from your partner will mean you'll be more likely to implement this habit.

Make it easy. If you've never done any running before don't start by trying to run 5k. Start by running for a few minutes and then build this up each day or week. You can apply this to most new habits; don't try to read a book in 2 days, finish a course in three sittings or replace all of your chocolate snacks with carrots. A little bit at a time is much easier.

Don't give up. If you miss one day make sure you get back to it the next day. If you miss a few days don't give up. Remember why you started and just get back to where you were.

Stack your habit. Think about tying your habit in with something else. For example, if you want to start listening to podcasts then why not do it on your daily walk or when you are cooking the dinner? That's two good habits for the time cost of one.

Think about your priorities. If you want to lose weight, learn a new language or write a book but you don't have time, think about how much time you might spend on doing other things such as scrolling on your phone or watching TV. Both are valid pastimes but are they habits that are helping you reach your new goal?

Small changes add up

If you committed to using the Duolingo language app for 10 minutes per day you'd have spent 3650 minutes, or nearly 61 hours per year learning a new language. If you want to get more active doing an extra 1000 steps per day, which only takes around 10 minutes, you'd walk an extra 365,000 steps or roughly 162 miles each year. If you wanted to commit to an extra 10,000 steps daily that's an incredible 1620 miles each year! If you want to save money then putting aside £1 a day doesn't seem like very much but over a year it equates to £365 a year.

Don't be overwhelmed by your goal. Take small steps every day and over the course of weeks, months and years your small habits and actions will add up to big changes and hopefully lots of learning.

If you are interested in reading more about habits I'd highly recommend the books 'Atomic Habits' by James Clear and 'The Power of Habit: Why We Do What We Do' by Charles Duhigg and the website www.jamesclear.com/habits.

Rhionna Mackay

Manager at Lairg & District Learning Centre

Thank you to Coriolis Energy on behalf of Garvary Wind Farm Ltd for the funding they have given towards producing the Newsletter. More information on Garvary can be found by



Thank you for reading issue 15 of the Lairg Magazine! If you would like to put something in the magazine, please send it to the details below. We are very much open to ideas and suggestions, so please get in touch by emailing projectofficer@lairginitiative.co.uk. Phone for Chair Kaye: 07500453301, Vice Chair Norman: 07742025719 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD