

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photo by Jan Blackwell

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A chilly start to March!

Welcome to the March issue of the Lairg Magazine! When the snow and arctic weather returned during the last couple of weeks, Lairg looked like a magical winter wonderland so it was difficult to choose which photo should go on the front page, but now that the Spring Equinox has passed let's hope that this will be the last front cover that will feature snow for a while! It's been a long winter... and it's taking its toll on many of our energy bills. So if you are worried about paying your bills - see page 6 for more info about the Lairg Helping Hand Fund.

Also inside this month's magazine - we have lots of news about events and activities that are going on in the community just now and later on the year. So get your diary out so you can save the dates!

Lairg Health Walks

The next Health walk will take place next Thursday - on the 30th March 2023. We will meet at the Ferrycroft Visitor Centre Carpark at 10.30am, go for a walk and then have refreshments afterwards. You can just turn up on the day but if you wish to let us know that you are coming you can email: projectofficer@lairginitiative.co.uk or call 07961 372427.



Recipe for under a Fiver



Quick Green Pasta

Ingredients:

6 spring onions £0.50
 1 leek £0.63
 1 large handful of Tenderstem broccoli spears £1.60
 olive oil
 2 cloves of garlic £0.04
 100 g frozen spinach £0.17
 2 large handfuls of frozen peas £0.12
 450 g dried pasta - £0.82
 50 g Parmesan cheese , plus extra to serve £0.87
 Total cost-£4.75

Method:

Trim and slice the onions. Trim the leek then finely slice. Slice the broccoli stalks, reserving the tips. Put a large casserole pan on a medium heat. Put 1 tablespoon of olive oil into the pan, with the onions, leeks and broccoli stalks. Chop the garlic and add to the pan. Add the spinach and peas, then a pinch of salt and pepper. Cook for 10 to 15 minutes. Cook the pasta in a pan of boiling salted water, adding the broccoli florets for the last 2 minutes. Finely grate the Parmesan. Pour out 200ml of cooking water from the pasta into your veg pan. Drain the pasta and broccoli, and tip it into the sauce with the parmesan.

Lairg Wellbeing Houses

A huge thanks to those of you from our community who came along to listen to our update on this project from our Project Consultant Susan Clark at our AGM on Thursday 16th March. It was great to see you all there. We will continue to keep you updated in the Lairg Magazine as the project progresses, I will also be giving updates at the Lairg Community Council meetings. At the moment we are arranging a community engagement day with the company who will be building the houses.

We will let the community know as soon as we have a date for the community engagement event so please keep an eye out for updates on the notice boards around the village or follow the Lairg Sutherland page on Facebook, (members of the LDCI will also receive an email with the date in due course).

I would like to thank the Lairg & District Community Initiatives board and all the members of our community that have supported me with this project, and hopefully we will see this project moving forward very soon.

By Kaye Hurrion, Chair of Lairg & District Community Initiatives.



QUIZ TIME!

1. Who was the first female Speaker of the House of Commons, who recently died at the age of 93?
2. In 2001, Robert L Tools had an implant. Was it the first self-contained artificial heart, lung or kidney?
3. What is the longest running Broadway show, with over 13000 performances?
4. Which of Northern Ireland's 5 cities comes first alphabetically?
5. The legal minimum age of marriage in England and Wales has been changed from 16 to what?
6. In which American state is Area 51?
7. Who is the present European Commission President?
8. The infectious disease "Varicella" is better known by what name?
9. Which country has the currency of 100 Xu to the Dong?
10. Used in football, what does the acronym VAR stand for?

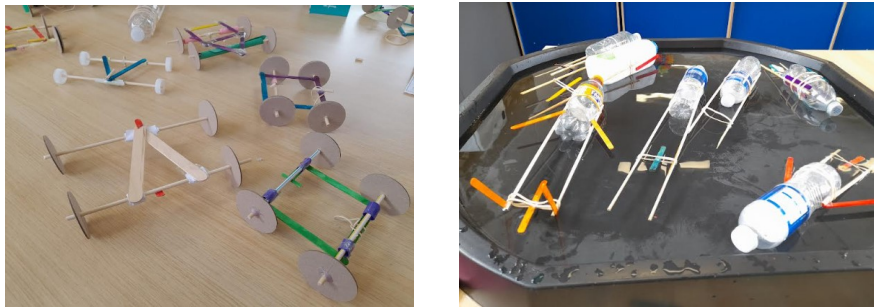


Highland Journal - Artwork of the month... 'The Whin and the Wren' by Jan Blackwell

This term in P4/5 we have been learning all about forces. We have learnt about gravity, air resistance and friction and have been exploring where we see these forces in action in our everyday life. Here are some photos of us carrying out a range of experiments that involve forces:



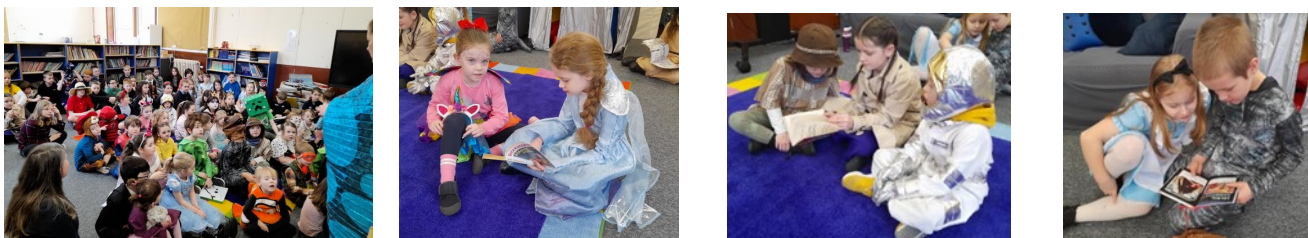
To finish off our topic on forces, we have been creating elastic band powered vehicles. We learnt about elastic potential energy and then designed boats and cars that are moved by elastic bands. We had lots of fun testing our designs out!



We have been learning about different types of measurements in our maths lessons. This included length, weight and capacity as well as learning how to tell the time and how to read timetables. We have been doing lots of practical activities to help us get better at measuring accurately and have been practicing converting between standard measurements.



On the 3rd March, the whole school celebrated World Book Day. We all came into school dressed as our favourite book characters (or dressed ready to read in our pyjamas!) and enjoyed a range of activities that celebrated books. These are some of the things we enjoyed: writing our own stories, creating 3D scenes, outdoor storytelling and designing our own book front covers.



Sutherland Sessions present: 'We Have Won The Land'
Saturday 8th April at 7.30pm in
Lairg Community Centre

'We Have Won The Land' is the new collaborative project between Glasgow based folk musicians Rory Matheson and Graham Rorie. This suite of new music has been inspired by Rory's local area of Assynt in the North-West Highlands of Scotland and the community buy-out of the North Lochinver Estate by the Assynt Crofter's Trust in 1993.

'We Have Won The Land' celebrates the unprecedented success of the Assynt Crofter's Trust in buying back the 21,300 acre North Lochinver Estate from a Swedish land speculator. Their efforts went on to inspire many other communities to pursue similar projects and eventually own the land they live and work on. The album was released in Spring 2022 and went on to be nominated for 'Album of The Year' at the MG Alba Scots Trad Music Awards the same year.



For this unique and exclusive tour Rory and Graham will be joined by two very special guests in Anna Massie (Blazin' Fiddles/ Rant) on Guitar and Kristan Harvey (Blazin' Fiddles/Fara) on Fiddle to present the music and story of 'We Have Won The Land' as well as a selection of tunes from Graham's 'Orcadians of Hudson Bay' project.

Tickets are available on the night or from Eventbrite: <https://www.eventbrite.co.uk/e/we-have-won-the-land-tickets-556185264097?aff=ebdssbdestsearch>

Lairg Gala Week - Save the dates!



The Singing Kettle is coming to Lairg Gala Week on the 13th July 2023 at 2.30pm, you can book now via the link below:

<https://www.ticketsource.co.uk/whats-on/lairg/lairg-community-centre/artie-s-singing-kettle-silly-songs//e-ggadjl>

Calling All Crafters and stall holders to join us:

Saturday 8th July - Marquee Tent, Main street Lairg 1-5pm

Saturday 15th July - Ferrycroft, Lairg 1- 5pm

£10 per table. DM on Facebook or call 07511334080 to book.

Stall holders must provide their own tables.



Lairg Crofters' Show - Save the Dates!

*Join Lairg crofters show
for the coronation of our
own local queen!*



In Celebration of
*The Kings
Coronation*

Save the date, 6th of
May! Details to
come soon!

Show Queen

2023

Do you know anyone in the
crofters show catchment area of
Lairg, Rogart, Roshall and
Altnaharra who is ages between
18-25 who would like to have the
opportunity of being this years
Queen?

Your duties will cover
Lairg Gala Week 8th-15th
of July and Show day
Saturday the 26th of
August.

If so please TAG or PM the
Lairg Crofters Show with a
name and age!



Closing date for nominations
is Sunday the 16th of April.

Cost of Living Crisis - Lairg Helping Hand Fund

If the cost of living crisis is affecting your household and you are finding it difficult to choose between heating or eating - LDCI still has some funds available in our Helping Hand Fund that supports people living in Lairg Community Council area who are struggling financially. The fund will support households who don't have savings of more than £2500 with a grant towards your energy bill. To find out if you might be eligible please see our website at: <http://www.lairginitiative.co.uk/helping-hand-fund.html> or call 07961 372 427. Even if you are not eligible for a grant - there may be other ways that we can support you so please get in touch.

LDCI Quiz Answers

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|-------------------------|-------------------------|-----------------------------|
| 1. Betty Boothroyd | 5. 18 | 9. Vietnam |
| 2. Heart | 6. Nevada | 10. Video Assistant Referee |
| 3. Phantom of the Opera | 7. Ursula von der Leyen | |
| 4. Armagh | 8. Chicken Pox | |

During our most recent AGM, Lairg Community Centre welcomed Shazza Smith to the LCA Board of Directors. We look forward to working alongside, and welcoming her to the team. Wonderful to have you with us!

Our first Lairg Community Market of 2023 took place 20th March with a whole hall full of stalls including: Made At The Manse, These Fragile Ideas, Highland Home Cook, Jean (Jam Lady), Auld Scotia Cottage Crafts, Spellbound Caithness, Clyth Charcuterie, Donna and her marvellous mice, Fodderty Woodturning, Rose Cottage Crafts, Sylvie - Painted Slates for Parkinsons, Lighthouse Crafts, John - Wood Turner, Geoff - Wood Turner, Highland Wood Turning, Fabric Fairy, Highland Wildlife (Hedgehog Stall), Lairg District Learning Centre, Unique Skin Clinic, Photography By Jem, Sharon - Quality Pre-Loved Items, Highland Prime - Quality Meat Products, Fruit and Vegetables Stall.

Our refreshments stall also took donations which will go to our funds to support the people of Ukraine at this most difficult time!

A massive thankyou to all those who yet again turned out to make Market Day a fabulous one! Stall holders, Volunteers, Board Members, and of course customers and visitors to our village and market, you are all very much appreciated.

Our next Market will take place 17th April 2023 1.30pm till 4.00pm. We do look forward to seeing everyone again in April.

If you or someone you know would like to chat about holding their own stall, or would simply be interested in more information, please contact Ros our administrator on 01549 402 843 or send an email to lairgcommunitycentre@gmail.com, we look forward to hearing from you.

Lairg Community Centre hosts a wide range of sessions every week with options available for equipment and room hire. We would love to hear from anyone who is thinking about holding or creating new sessions for the people of Lairg and surrounding areas and support you in your venture as necessary. An idea of the sessions we currently support within the Centre includes: Pilates, Dance Class, Mindfulness. Whist, Lairg Art Group, Quiz Night, Tai Chi, Badminton, The Haven, Jui Jitsu. Be sure to also keep an eye out for updates on our brand-new notice board for our weekly sessions schedule and new sessions available to our Community Centre!



What's On This Spring?

25th March: Lairg Litter Pick 11am – 1pm Church Hill Wood

Litter Pick equipment and Lunch provided.

27th March: iPads and Tablets for Beginners 11.30am – 12.30pm LDLC

Do you have an iPad or Tablet but not sure how to use it? These classes cover the basics of how to use your device.

27th March: Felted Soaps 6.30pm – 9pm Pittentrail Hall, Rogart

Felted soap is an effective way to wash your hands and body. The wool has a gentle exfoliating action and is naturally anti-bacterial and anti-microbial so it stays clean and hygienic.

28th March: Peanut Bird Feeder 10am – 2pm LDLC

Using recycled & reclaimed wood, our tutor will walk you through the steps to crafting the bird feeder.

29th March: Through The Lens: Smartphone Filmmaking

3pm – 5pm or 6.30pm – 8.30pm LDLC

This session includes a full set of instructions on how to get the best out of your mobile phone camera as a filmmaking tool. You will be guided by Sutherland born filmmaker, Robert Aitken (director of The Dreaming Bog). You don't need any specific equipment or technical skills to attend. You can bring your mobile phone with you. All sessions are open to all levels of user.

30th March: Peanut Bird Feeder 10am – 2pm LDLC

1st April: Emergency First Aid at Work 9am – 3pm Golspie

4th April: Cook Together 4pm – 5.30pm Lairg Community Centre

Free fun cooking sessions for families. An opportunity to learn new skills, recipes and how to cook on a budget. Each session you'll take away your tasty creation to enjoy at home.

17th April: Social Media for Beginners 1pm – 3pm LDLC

24th April : Eventbrite for Business 1pm – 3pm LDLC

Join the Lairg & District Learning Centre as we teach you how to make an Eventbrite Profile and Event. This will include how to make an Event completely from scratch, from the initial set-up right through to publishing and marketing your event. You can be from all sorts of organisations i.e. charitable or voluntary.

27th & 28th April : Outdoor Emergency First Aid 9am – 5pm Dornoch

Online

17th April: Gaelic – Post Beginners level 3 6.30pm – 7.30pm 8 week course

18th April : Introduction to Meditation 6.30pm – 7pm 8 week course

19th April : Gaelic – Post Beginners level 2 6.30pm – 7.30pm 8 weeks course

If you would like to participate in one of our online classes but require support to get online or a device and internet access to attend please get in touch.

Our programme of classes is updated on a regular basis via Eventbrite which you can find by searching **Lairg & District Learning Centre** or scanning this QR code or contact us on 01549 402050 or admin@lairglearningcentre.org.uk.



Alexander Fleming born at Lochfield in Ayrshire, Scotland on the 6th August 1881, died on the 11th March 1955.

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In 1928, at St. Mary's Hospital, London, **Alexander Fleming** discovered penicillin.

Nobel Prize motivation:

“For the discovery of penicillin and its curative effect in various infectious diseases”



Sir Alexander Fleming

“Among microorganisms, life is a constant battle for survival.”

Alexander Fleming became interested in the natural bacterial action of the blood and in antiseptics. He used to leave bowls with bacteria cultures standing by his worktable. In 1928 he saw that in addition to bacteria, a mould fungus had begun to grow in a bowl and that the bacteria's growth had been impeded in the vicinity of the mould. He concluded that the mould contained a substance that was effective against bacteria. The substance was given the name penicillin and became the basis for medication to treat bacterial infections.

The mould was described as the single greatest victory ever achieved over disease. For this discovery, he shared the Nobel Prize in Physiology or Medicine in 1945 with Howard Florey and Ernst Boris Chain who developed active Penicillin to a substance that could be used to fight infection to wounds suffered during WWII. Penicillin saved many thousands of lives.

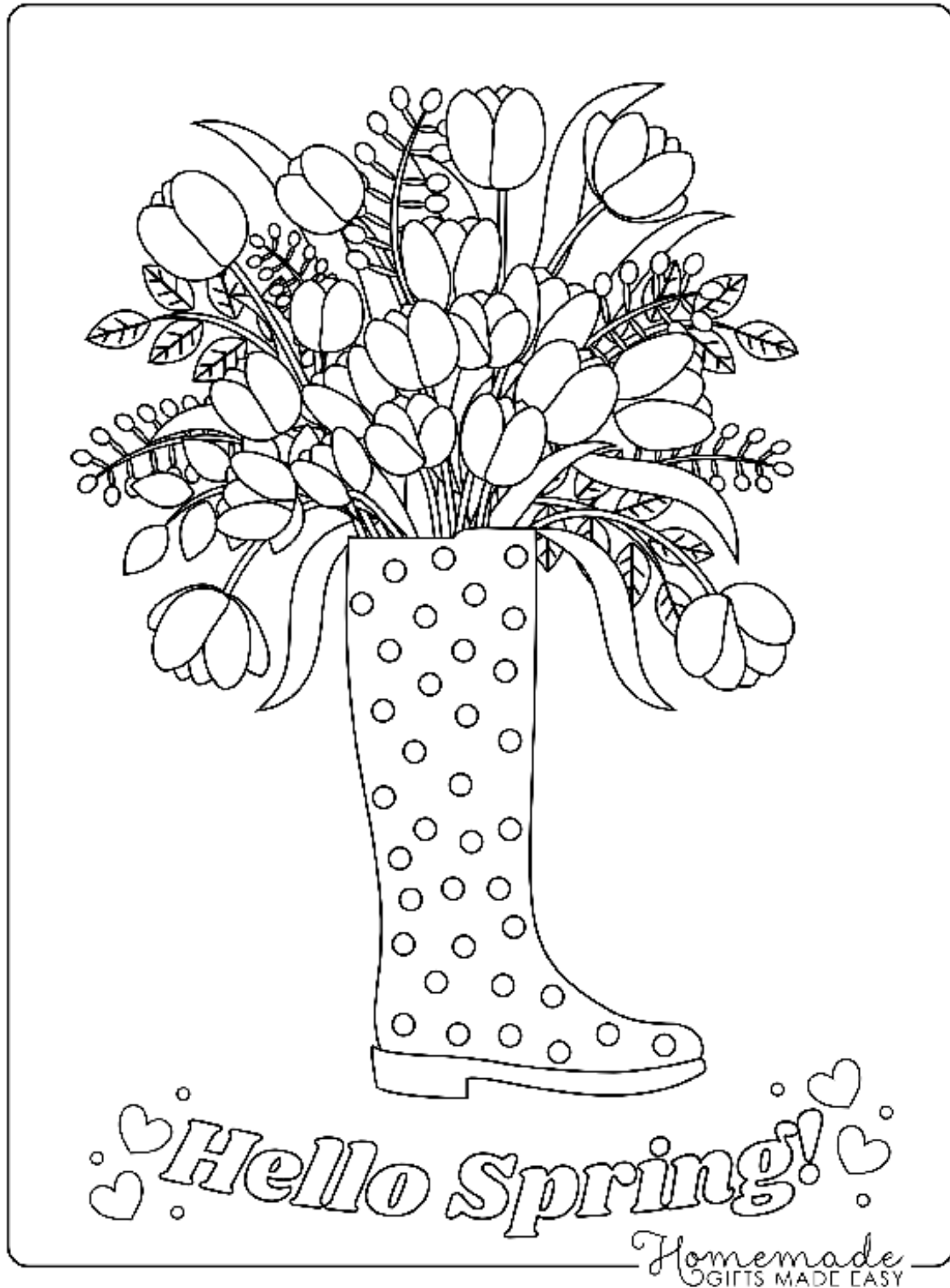
Fleming decided not to patent Penicillin in order that it could be produced in large doses by Pharmaceutical Laboratories. Fleming was knighted for his scientific achievements in 1944. He was also awarded doctorate *honoris causa* degrees of almost 80 world-wide Universities.

He was laid to rest in St. Paul's Cathedral, London.

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Sir Howard Florey: Florey knew that he wanted to study medicine, perhaps because an older sister was already a medical student. She teased him about wanting to become “another Pasteur” thus forecasting his interest in medical research. In 1922 he graduated with degrees in science and medicine from the University of Adelaide. He was awarded a prestigious Rhodes Scholarship to study at Oxford University in England.

Ernst Boris Chain: Chain chose a scientific course of studies, graduating in chemistry and physiology from Friedrich Wilhelm University in Berlin in 1930. After completing his degree he worked at premier German research institutes—briefly at the Kaiser Wilhelm Institute for Physical Chemistry and Electrochemistry and then in the chemical department of the Pathology Institute at Charité Hospital in Berlin, where he obtained his doctorate. Chain left his native Berlin for England in 1933.



Thank you for reading issue 58 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: projectofficer@lairginitiative.co.uk.

Phone: 07961 372 427 or write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD