

LAIRG MAGAZINE



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Welcome to Issue 10 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.

If you need support/advice on accessing the various help and services available in the community, please do not hesitate to contact us at the details provided above- we will try our best to help you.

Sutherland Friends Call

This is a great new service provided by Voluntary Groups Sutherland, especially during this period of self-isolation. Please see the details to have a friendly chat with a volunteer!



VOLUNTARY GROUPS SUTHERLAND

Sutherland Friends Call

Are you or do you know someone who is feeling lonely, isolated or anxious due to COVID-19?

Our volunteers can provide you with friendly, social contact over the phone.

Please contact us and we will endeavour to match you with a suitable volunteer.

All our volunteers have had training and are PVG disclosure checked.

Give us a call on 01408 633001

(Mon – Fri from 10 am – 4 pm)

or email: contact@vges.org.uk





We understand that in times like these, feeding yourself or your family may become a worry. LDCI have decided to include an affordable recipe each week in the magazine to help you. Our aim is to include recipes where people are likely to have the ingredients at home - without having to go out and buy. The recipes will be super easy and we encourage you to get the kids involved. That way, they are learning how to cook and will enjoy doing it with you.

Vegetable Stir-Fry

Serves 4

4 spring onions, cut into 4cm lengths £0.55
1 garlic clove, crushed £0.02
piece fresh root ginger, about 1cm, peeled and grated £0.05
1 carrot, cut into matchsticks £0.08
1 red pepper, cut into thick matchsticks £0.50
100g baby sweetcorn, halved £0.80
1 courgette, cut into thick matchsticks £0.40
150g sugar-snap peas or mangetout, trimmed £0.90
1 packet of hoisin sauce £0.33
2 tbsp low-salt soy sauce
2 tbsp sunflower oil
Total = £3.63

**Recipe of the
Week!**

- Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
- Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients from the centre to the side of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.
- Add 1 tablespoon water, hoisin and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles or rice.

1. Which musical instrument comprises of wooden bars struck by small hard mallets?
2. What is the fifth letter of the Greek alphabet?
3. What is the title of the hit record spawned by the Eastenders theme tune?
4. In 1868, Japan change its capital city to Tokyo, but what was it before?
5. What was a mutchkin?
6. Bonnie and Clyde robbed banks but what were their surnames?
7. Who held the position of Mayor of London from 2000 until Boris Johnson took over in 2008?
8. What is the name of the bear in The Jungle Book?
9. In 2012, who won a Record of the year Grammy with “Rolling in the deep”?
10. Who starred and was the voice of "Z" in the film 'Antz'?
11. What is the name of the coat worn by a stoat in winter?
12. What were the Spice names of the five Spice Girls?
13. Bingo slang – If I added together Two fat ladies, Clickety click, Kelly’s eye and the top of the shop, what number would I get?
14. What is the Ishihara Test used to detect?
15. In 1929 what was installed in the White House for the first time?
16. What is the name of the coarse, heavy black bread originating in Westphalia?
17. The Van Gogh museum is in which city?
18. What substance used in perfumery as a fixative comes from the sperm whale?
19. Which James Bond theme was written and performed by Paul McCartney?
20. What colour is the Telly Tubby Dipsy?

Raising Funds for Light Up Lairg

June 2001

To help raise funds for Light Up Lairg, Maurena, Jean, Morag and Jackie set themselves a challenge to climb five Munros in 48 hours.

We set off after work on the Friday evening joined by a couple of friends from Dornoch and Golspie, piled the bikes into the minibus and drove to Corriemulzie Lodge. From there we cycled up the glen to climb Seana Bhragh. It was a wild and windy night and everyone got soaked, especially poor Anne Mackay who fell off her bike and into the burn at one point. However, we made it to the top and cycled back to the lodge like drowned rats where the bemused residents took one look at us and invited us to come in for a dram!

Saturday morning and Dr Alex Dickson kindly joined us for the next two days to provide moral (and possibly medical if needed!) support. Ben Hope was the first summit of the day followed by Ben Klibreck in the afternoon. We couldn't resist a well earned refreshment at the Crask afterwards.

Sunday morning we set off again to finish the challenge with the last two Munros, Ben More Assynt and Conival. There was great banter all day and we met a fellow walker on the hill who christened us 'The Doc and his angels'!

Several locals from Lairg, along with Euan Macdonald on bagpipes, welcomed the walkers back at the Altnacealgach Hotel. £700 was raised from the Munro challenge.

This money together with a grant from CASE, donations from all local businesses, donations from individuals and other fund raising events raised a total of £6000.

The new display of Christmas lights was the result of a year's hard work from the Light Up Lairg committee and on the 1st December, 2001 they were officially switched on with music from the children's choir and a Ardgay/Bonar Bridge Pipe Band.

It was a brilliant weekend, we had all four seasons in 48 hours but completed on time and raised lots of money for Light Up Lairg. The icing on the cake was having a lovely, relaxing meal all together at the Altnacealgach on Sunday evening, great company and great craic!

Written by the Fundraisers and Committee Members





Foundation
Scotland

LAIRG 2019

YOUR COMMUNITY WIND FARM FUNDS

What were your community wind farm funds doing for you throughout 2019?



Projects Awarded during 2019	
Eon Rosehall Community Fund	Lairg Football Club - £6,000 to buy a new ride on mower
	Lairg Community Association - £5,200 to employ a part time administrator
	Sutherland Care Forum (SCIO) - £6,142 free footcare and advice for 2 years
	Creich Croick and Kincardine District Day Care - £5,333 Bradbury Centre Expansion
Lairg and District Community Initiatives - £12,500 for Operational costs	
Lairg Community Fund	Light Up Lairg - £2,500 to buy new Christmas Lights
	Lairg Community Association - £2,500 to install cheaper internal LEDs
	Lairg Community Council - £1,250 to distribute as Microgrants
	Lairg and District Community Initiatives - £2,500 for Operational costs



New Christmas Lights



Bradbury Centre Expansion



Lairg In Blooms polytunnel before new shelving was installed

WIND FARM FUND FAQ'S (AS AT 1 st December 2019)		
Which Wind Farm Fund	EON ROSEHALL COMMUNITY FUND	LAIRG COMMUNITY FUND
Which Wind Farm?	Rosehall Wind Farm, 19 turbines 2.5km north east of Rosehall	Lairg Wind Farm, 3 turbines 3.5km south east of Lairg
Who donates the money?	EON Climate & Renewables	Lairg Wind Farm Limited
Approx. annual donation?	£24,000	£26,000
How long has this been going for?	Fund Year 7	Fund Year 9
Approx. how many grants have been awarded so far for Lairg?	22	80
What was the Fund balance at the last Fund Year end?	£1,809	£27,843

For information on Funds or Panels contact Eilidh@foundationscotland.org.uk / 07801 530218

LDCI Quiz Answers

1. Xylophone
2. Epsilon
3. Anyone can fall in love
4. Kyoto
5. A measure of alcohol (about a pint)
6. Barrow and Parker
7. Ken Livingstone
8. Baloo
9. Adele
10. Woody Allen
11. Ermine
12. Baby, Ginger, Posh, Scary and Sporty
13. 245 / 88+66+1+90
14. Colour blindness
15. Telephone
16. Pumpernickel
17. Amsterdam
18. Ambergris
19. Live And Let Die
20. Green

How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent

We have received great feedback about the 'Name These Faces' page in the magazine, however, we are not having much luck with finding out who the people in the pictures are. 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





I was asked to write a bit for Lairg weekly newsletter, (aren't they doing a great job keeping us all connected!) and have been thinking about what I should write. A thing on all our minds just now is how to stay in touch with friends, family, how to keep kids entertained, or maybe even how to stay busy from home. The answer to all of these questions (and more) can be found on the internet. I have been most impressed by all the organisations supporting online learning, and the multitude of classes and workshops available, mostly for free, on the internet. Not only that, but ask yourself a question and an answer (watch I am not saying THE answer) can be found on the worldwide web.

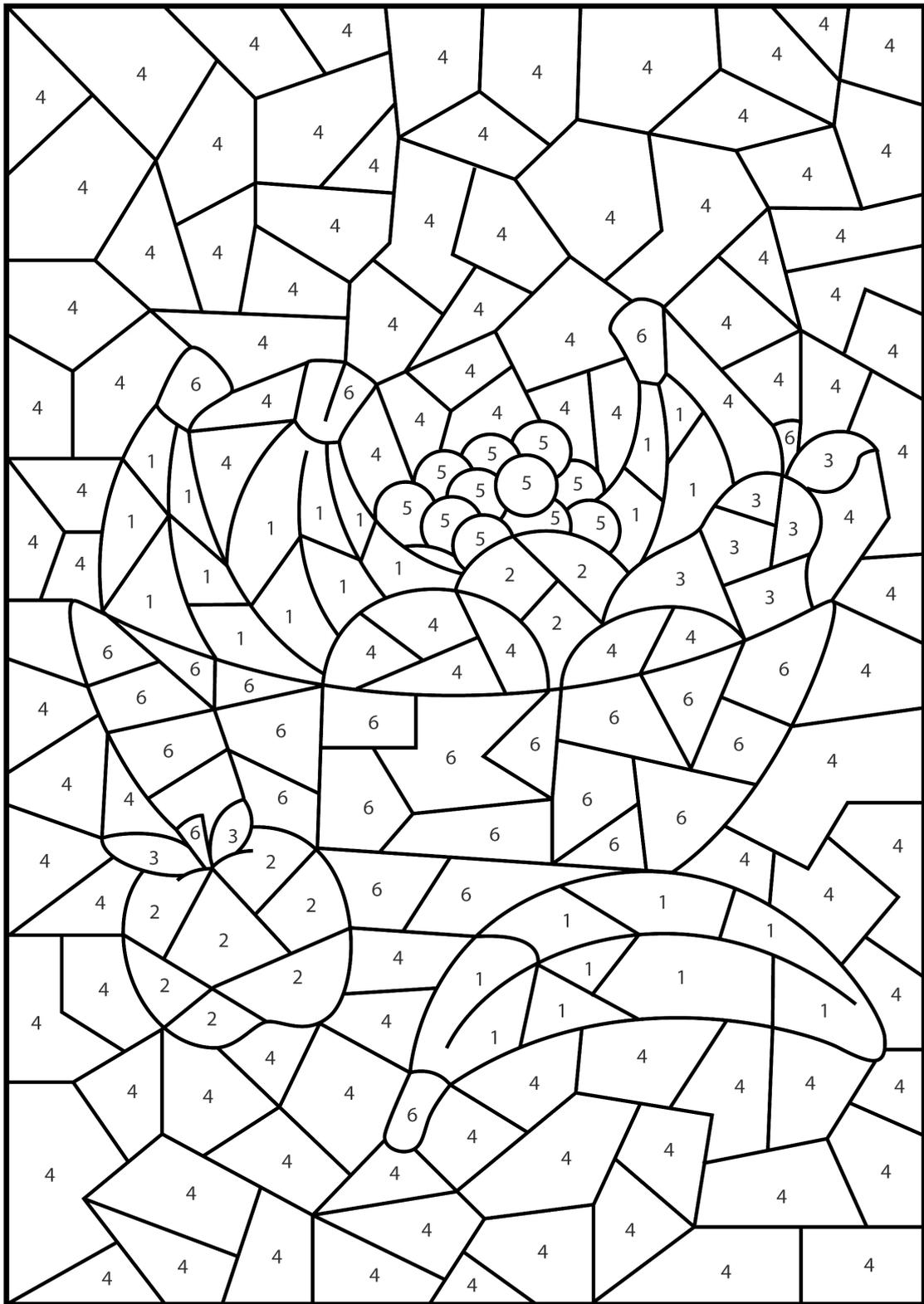
Now I am not suggesting we all plug in and start living a virtual life, but there is no harm in looking up some new recipes (I always put 'easy' before whichever recipe I am looking for), finding out how to do that long overdue job that needs doing around the house (or why the washing machine makes that rattling noise!) Looking for some new ideas for games for the kids to play, or how to take on that new hobby you've been looking at, but didn't quite know how to start. For example, I have taught myself how to crochet 2 years ago, because I fancied doing something different, had plenty wool at home, have known how to knit since the year dot, but never knew how easy it was to crochet...

Other options are, finding friends with the same kind of interests in one of a multitude of chatrooms (please beware and don't give out any personal details online, if you are not sure why someone is asking personal questions, don't answer and just click away), asking for opinions on your latest project, or learning how to stay in touch with friends and family using Facebook, messenger, chats or any of the other apps available online.

If you are not sure on how or where to start, please get in touch with our manager at manager@lairglearningcentre.org.uk who can help you to get started, from plugging in your machine to setting it up and your first ventures out onto the internet, or get you in touch with one of my colleagues or myself, we are all working from home, but are always happy to help, and remember there is no such thing as a dumb question, dumb people don't ask questions! (Yes I looked that one up online) Take Care and Stay Safe.

Written by Paula White

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 visiting www.garvarywindfarm.co.uk



1. Yellow 2. Red 3. Green 4. Orange 5. Purple 6. Brown

Thank you for reading issue 10 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