

LAIRG MAGAZINE



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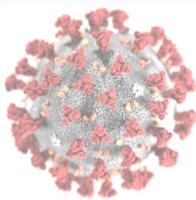
Page 8— Activities

Welcome to Issue 11 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.

Lairg &
District
Community
Initiatives



Lairg Helping Hand Fund



⇒ Have you been affected financially by covid-19?

⇒ Are you worrying about heating your home?

The Helping Hand Fund provides a one-off financial assistance per household, for residents within the Lairg Community Council area who are living in financial worry due to Covid-19. Grant awards of up to £250 will be awarded to households who require support with heating costs due to Covid 19. Lairg and District Community Initiatives will be working in partnership with the East and Central Sutherland Citizens Advice Bureau.

For more information, please call Jodie on [07961372427](tel:07961372427) or email projectofficer@lairginitiative.co.uk.

Lairg Helping Hand Fund

LDCI are delighted to announce the launch of the Lairg Helping Hand Fund. If you have been affected by Covid-19 financially and need help with heating your home, please call Jodie on [07961372427](tel:07961372427) or email projectofficer@lairginitiative.co.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.

Sweetcorn and Potato Pie

Serves 2-3

Here is a recipe taken from the "The Stork (margarine) Wartime Cookery Book". I find it very tasty but substitute butter for margarine.

1 lb potatoes
 1 small can sweetcorn
 1 large onion
 ½ cupful milk
 2-3 tablespoons breadcrumbs
 ½/oz/ 14g butter
 Flour
 Salt and pepper

- Butter a pie dish (2 pint)
- Slice potatoes thinly
- Slice onions thinly
- Lay ½ the potatoes in the dish
- Add sweetcorn (drained)
- Cover with onions
- Add the rest of the potatoes
- Add salt and pepper
- Dredge with flour
- Pour in the milk
- Add breadcrumbs and dot with butter
- Bake for 2 hours gas mark 4 / 350°F / 180°C

Serve with white sauce, or better still, cheese sauce

(original recipe was Spanish onion which I've not seen for years)

I can remember Mum exchanging our ration of sugar on occasions for a friend's cheese (miners had more allowance of cheese). Dad used to have Golden Syrup in his tea so that mum could have the sugar.

**Recipe of the
Week!**

Sent in by Brenda Lunn

1. What disease causing excessive bleeding was common in European Royal families?
2. Who is known as the father of the computer?
3. What puppet duck appeared on children's television with Andy Peters?
4. Which Oscar winning film ended dancing to the hit 'Jai Ho'?
5. Which Shakespearian play has the line "If music be the food of love, play on"?
6. Which Scottish Poet who wrote songs and lyrics was born in Alloway on the 25th Jan 1779, and died in Dumfries at the age of 37?
7. Who composed the opera "Orpheus in the Underworld"?
8. In Montgomery, Alabama, Rosa Parks defies a city segregation ordinance by refusing to do what?
9. What colour costume is Ringo wearing on the cover of The Beatles album Sgt Pepper's Lonely Hearts Club Band?
10. British Police drama "The Sweeney" had actors John Thaw and Dennis Waterman playing which detectives?
11. Which singer became Mayor of Palm Springs in 1988?
12. What was the USA's first satellite called?
13. Who wrote the book "The spy who came in from the cold"?
14. Which country left the British Commonwealth in 1961?
15. Who won his fifth US Masters in 1975?
16. What is the name of the first child to be born via IVF?
17. What board game, claimed to be invented by Charles Darrow was launched by Parker brothers in 1935?
18. In which English town was astronaut Tim Peake born?
19. In 1959, which two states were admitted to bring the total to 50 in the USA?
20. Which musician composed of the Bond theme "Diamonds are forever"?

Moon Dust

In search of the men who fell to earth

The book is written by American born British author Andrew Smith

I first read this book 2005. I dug it out again to read in July 2019 when it was the anniversary of the first moon landing by Apollo 11. It tells of Smith's meetings with the nine surviving, of the twelve astronauts that have stepped on to the moon's surface.

The book shares a fascinating insight into the astronauts' lives since returning from the Apollo missions.

Each of the men has said they have been affected by stepping on to the moon's surface in different ways but all say it was a life changing moment for each of them.

Some found religion, some found hidden talents such as art, others found fame, and some found it hard to cope with the fame and notoriety of being in such an elite group.

But all say the hardest thing to deal with were people's doubts.

There is a passage in one of the chapters where Andrew Smith meets with Buzz Aldrin, who told him of the time back in 2002 when he was set up by a conspiracy theorist who tried to goad him into swearing on a bible to say he had been to the moon and accused Buzz Aldrin of being a party to a big Hollywood hoax. Buzz Aldrin had been pushed too far and landed a punch on the guy.

Speaking afterwards he said how difficult he found it dealing with these people, when having done something so incredibly amazing, have them call him a liar.

The book really gets to know these men and the incredible journey not only them, but their families went on during the many years that the Apollo missions took.

One astronaut tells Smith "we knew the moon was grey but it's not until you have walked on it do you realise how many shades of grey there are".

Neil Armstrong told him, that he really did just think of that very famous line " One small step for man, one giant leap for man kind" on the spot.

But what I took from the book was how incredible these men were, so clever in their own fields of expertise, and their bravery of stepping in to a tiny capsule in spacesuits that they didn't know if they would truly work, and sitting on 10 tonnes of highly explosive fuel.

There should have been two more astronauts to walk on the moon surface, but unfortunately due to a faulty heat shield Apollo 13 crew never got to land on the Moon " Houston we have a problem".

After the 2019 anniversary Smith has added another chapter to this book, and I shall be reading that with interest.

Can I also recommend for anyone who listens to the BBC podcasts to try "13 minutes to the moon" this too give an amazing insight to all the Apollo missions and has a section on Apollo 13 the mission to the moon that never made it there.

Written by Kaye Hurrion

We would like to introduce Kids Corner! Look at the wonderful toilet roll creations the Primary 1-Primary 2 kids have made.



LDCI Quiz Answers

- | | | |
|---------------------------------|----------------------------------|-----------------------|
| 1. Haemophilia | a white man | 15. Jack Nicklaus |
| 2. Charles Babbage | 9. Pink | 16. Louise Brown |
| 3. Edd the duck | 10. Jack Regan and George Carter | 17. Monopoly |
| 4. Slumdog Millionaire | 11. Sony Bono | 18. Chichester |
| 5. Twelfth Night | 12. Explorer 1 | 19. Alaska and Hawaii |
| 6. Robert Burns | 13. John Le Carre | 20. John Barry |
| 7. Offenbach | 14. South Africa | |
| 8. Give up her seat on a bus to | | |

How did you do?

1-5/20

5-10/20

10-15/20

15-10/20

Poor

Okay

Good

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.





Fundraising in COVID times

As a community we are very lucky with all the local organisations and volunteers helping us through this difficult time. We have the Lairg Community Initiative, putting this newsletter out every week, to keep us engaged and abreast of what goes on in our corner of the world, the Bradbury centre delivering meals, local shops going the extra mile and delivering groceries, or even staying open for easy access to all of us, and lots and lots of volunteers making sure our lives are that little bit easier.

Showing our appreciation has never been easier either for anyone shopping online, by using either [Amazon Smile](#) or [Easy fundraising](#), (you can look both up online) you can ensure your chosen cause be it Lairg Community initiative, Bradbury Centre, or Lairg & District Learning Centre, or any other cause that has joined these sites, will receive a donation every time you shop, without it costing you a penny!
How does it work?

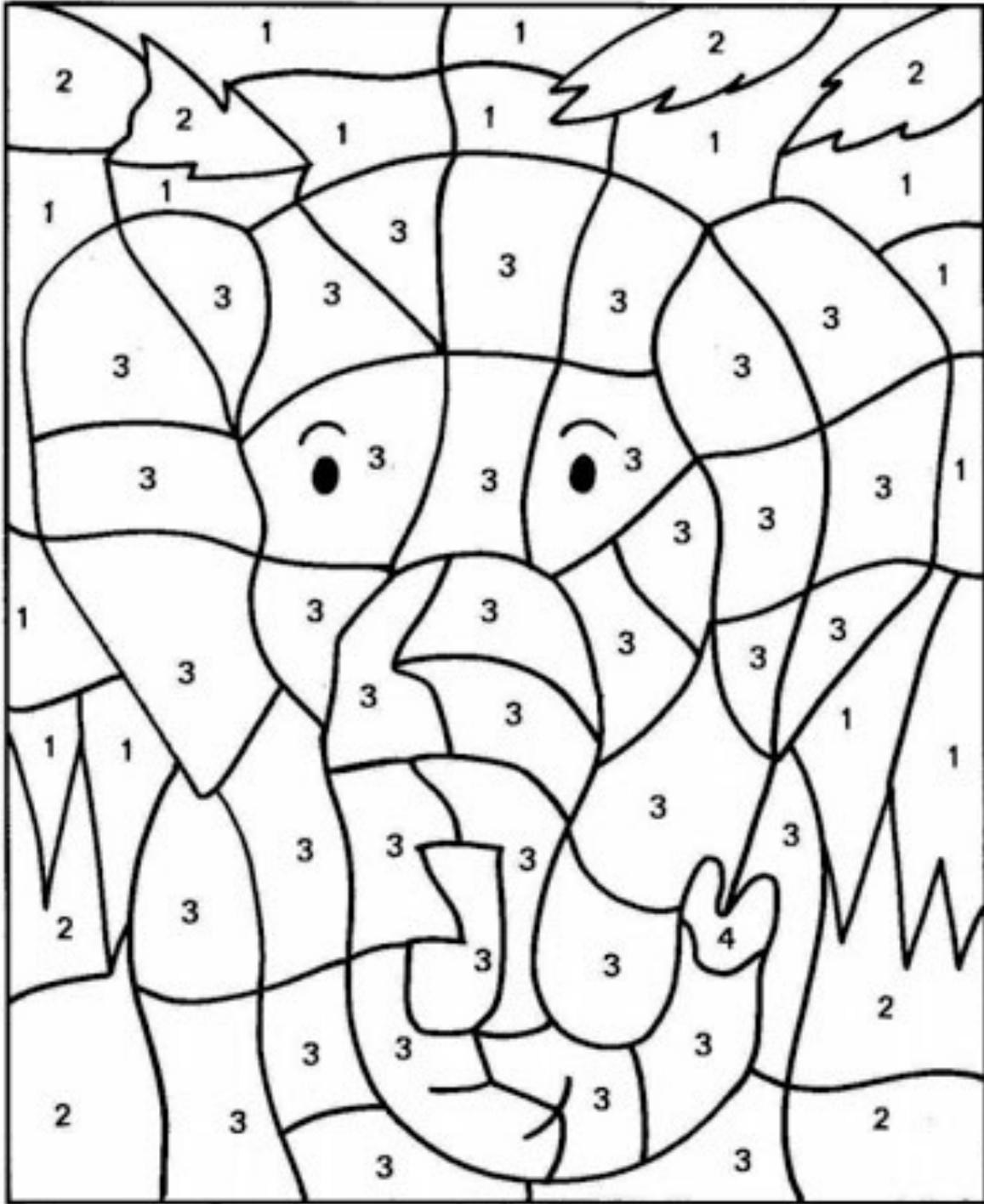
The online shops view it as advertising, so they are willing to pay for you to use their site. However anyone shopping online, will already be shopping with sites like Amazon, or any of the big retailers that are linked to Easy fundraising. So the only difference for you is, instead of going to the Amazon site, you go to the amazon smile site, everything else stays the same, and if you use a laptop, you can install a toolbar that will let you know when the site you are on is registered with Easy fundraising and will ask you if you would like to donate, again, without it costing you a penny.

Now we, the local charities are relying on you too. Because due to Corona, our usual activities have severely changed, for us at the Learning Centre, we are working as hard behind the scenes as always, but our income is very much reduced, as with all the local charities. So if you decide to support us by joining either or both of these sites, and using them for your normal shopping (we are not asking you to change where you shop or how much you shop online) then we would be very grateful.

If you are not sure how to set up your account with either of these sites, please get in touch, we would be very happy to help you set it up, contact admin@lairglearningcentre.org.uk or finance@lairglearningcentre.org.uk , in the meantime 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



African Elephant

1-blue

2-green

3-grey

4-pink

Thank you for reading issue 11 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