

LAIRG MAGAZINE



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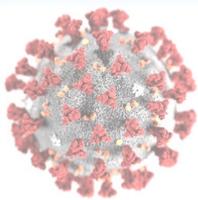
Page 8— Activities

Welcome to Issue 12 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

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.

Pizza Baked Potato

Serves 4

4 baking potatoes £0.49

½ red onion, finely chopped £0.10

60g pack sliced pepperoni, torn £0.50

400g can chopped tomato £0.28

½ small pack basil leaves, shredded £0.25

100g grated mozzarella £0.80

1 tbsp olive oil

1 garlic clove, crushed

Total = £2.42

**Recipe of the
Week!**

- Heat oven to 200C/180C fan/gas 6. Scrub the potatoes and dry well, then prick several times with a fork. Bake directly on the oven shelf for 1-1½ hrs, until they feel soft. If you are short of time, prick each potato with a fork, wrap in a sheet of kitchen paper and microwave on High for 8-10 mins until soft inside.
- While the potatoes cook, heat the oil in a small pan and sauté the onion for 5 mins to soften. Stir in the garlic and pepperoni, and cook for 1-2 mins, then add the chopped tomatoes. Bring to the boil, then simmer for 5 mins. Season and stir in half the basil. Spoon over the split potatoes and top each one with a good handful of cheese and the rest of the basil.

1. What is sternutation?
2. With which invention is the Scot Sir David Brewster associated?
3. In which year did Adolf Hitler become Chancellor of Germany?
4. Who is the English singer songwriter, blues/rock guitarist born in 1945? As a member of The Yardbirds and Cream, he is the only person to have been enrolled in the Rock and Roll Hall of Fame three times.
5. What are the two things distinguishing a snake from a legless lizard?
6. Who is the writer of the first four Poldark books?
7. In 1928 the voting age for women was lowered to 21 from what?
8. UNESCO was founded in 1946. What do the letters stand for?
9. Dwight D Eisenhower was elected president but which future disgraced president was his vice-president?
10. Who wrote the play "Waiting for Godot"?
11. Golda Meir was the first woman prime minister of Israel but in which country was she born?
12. Who won seven swimming medals at the 1972 Olympics?
13. In 1978 Karol Wojtila became very well known. Why?
14. What was the name of the Space Shuttle that disintegrated during take-off on Jan 28th 1986?
15. Which British actress won an Oscar for Best Supporting Actress in the film "Shakespeare in love"?
16. What is the speed limit in the Channel Tunnel?
17. What is Saturn's largest moon called?
18. Glenn Miller received the first "golden disc" from the RCA Victor recording company, for which song?
19. The 'Six day war' was in which year?
20. Why might Trevor Rees-Jones be considered to be lucky in August 1997?

Living With Bats

Since childhood wildlife has been a great passion for John and I. We were involved with many organisations in Derbyshire and amongst these was the Bat group which we were founder members of.

When we moved to Gruids in 1995 you can imagine how delighted we were to find that we shared our home with a colony of pipistrelle bats. The bats live in the roof of our house during the summer, where they come to have their babies. It gives us great pleasure to watch them come out from under the slates at dusk. We have counted well over 100, but as they leave the roof in three areas at the front and two at the back of the house the exact number isn't known – we can't be in two places at once.

The bats cause no problems, apart from a few droppings which land on the window, which is minor, it brushes off easily, and at least we know that they are here. Where they go to in the winter we don't know, maybe in a hollow tree trunk, under a bridge or a cave, somewhere with a constant temperature of just above freezing point.

We love our bats and feel privileged to have them, we don't mind when occasionally, one will come into the bedroom, we just open the bedroom window and away it flies.

We were christened Batwoman and Robin by the Bettyhill Beaver Scouts when we took along a "pet" bat which we had had a few years – he had a torn wing and couldn't fly – we called him Batty. Batty was a joy to have and he travelled from Derbyshire to the caravan site at Altnaharra with us each year. We miss him now, the house felt empty when he died.

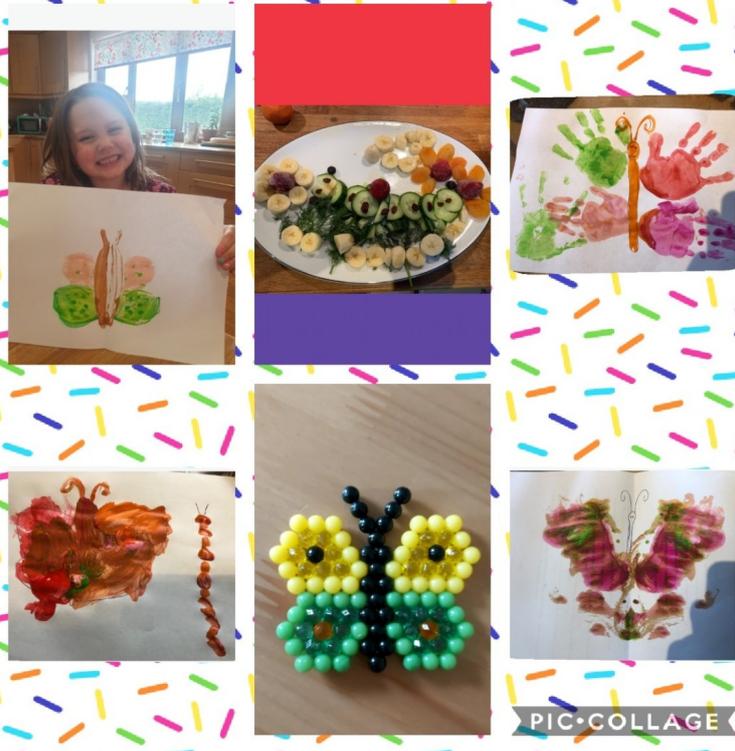
We were both licenced bat workers (voluntary) by the Nature Conservancy Council in England. If you have bats in your property please let Scottish Natural Heritage at Golspie know, they would be very interested.

Footnote – Pipistrelle bats eat over 3,000 midges a night – must be good news. The more bats the better.

Written by Brenda Lunn

The Nursery children have been busy making beautiful butterfly pictures, clay models and even using fruit!

The primary 3-5 children have been creating animals and people out of natural items—aren't they fantastic?



LDCI Quiz Answers

- | | | |
|--------------------------------------|---|--|
| 1. Sneezing | 8. United Nations Educational, Scientific and Cultural Organization | 15. Judi Dench |
| 2. The Kaleidoscope | 9. Richard M Nixon | 16. 160 kph / 99 mph |
| 3. 1933 | 10. Samuel Beckett | 17. Titan |
| 4. Eric Clapton | 11. Russia | 18. Chattanooga Choo Choo |
| 5. Lack of Eyelids and External Ears | 12. Mark Spitz | 19. 1967 |
| 6. Winston Graham | 13. Pope John Paul II | 20. He survived the crash that killed Princess Diana |
| 7. 30 | 14. Challenger | |

How did you do?

1-5/20	5-10/20	10-15/20	15-10/20
Poor	Okay	Good	Excellent

Names of the faces from Issue 11 of the magazine.



Photograph of Lairg Crofters Show

Back Row (left to right) – Stuart Mackay, Brian Martin, John Macdonald, Kevin Sutherland, Donnie ____, Willie Sutherland, Archie MacLeod, Bert Wallace, Gracie Mackay, ____, Doreen Mackay, David ____, Aileen Mackay (show queen)

Middle Row (left to right) – Lorraine Mackay (daughter Lauri in arms), Kathleen Ramsay, ____, ____, Heather Macleay, Sheila Ross, ____, Ramsay, Bob Sutherland (kneeling)

Front Row (left to right) – 7 x tbc, Shelley Macleay, Rietta Corbett (partially hidden)



Photograph of Bothy Ballads competition as broadcast on Grampian TV.

Left to right – Fraser Wilson, Helen Wilson, John “The Prof” Mathieson, Elaine Wilson, Margaret Calder, Willie Mackay, Anne MacDonald, James Moffat, John Gordon, Billy Manson.



Developing Your Online Presence

The coronavirus outbreak has presented businesses with unprecedented challenges. For some small businesses, establishing an online presence wasn't a top priority, but recent shifts have forced business owners to make quick changes to their operations and strategies.

To help businesses make this transition using existing tools and resources in new ways, I have picked out four tips to help small businesses create an internet presence and stay engaged with customers during the COVID-19 pandemic.

- **Create a social media account**

Social media provides businesses with a powerful tool which can allow you to establish a digital presence and proactively share important information with your customers. Facebook, Instagram and YouTube are just a couple of examples that could be used. Help and support to set up your social media account is available through the Lairg and District Learning Centre.

- **Stay in touch with your customers**

Proactively share important information with your customers using email, your website, Facebook Page, Instagram business profile or however you typically connect. This might include information about the measures you're taking to make your premises or products safe, or how you will handle customer enquiries if there are expected delivery delays.

- **Update online content**

Keep your online content up to date, to help prevent confusion. This could mean updating your opening hours, or providing information on changes in services for example from a sit in café to a takeaway service.

- **Change your in-person event to an online event**

At a time when events are being cancelled, many businesses are looking to run events, meetings training, music lesson etc. online. There are lots of platforms that can help your business to delivery your event such as Zoom, Google Meets, and Facebook offers users the option to go Live, which allows you to connect and interact directly with your customers in real time.

If any business requires help with developing their online presence, please contact Anna at the Lairg and District Learning Centre on mentor@lairgearningcentre.org.uk

Written by Anna Renouf

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



Thank you for reading issue 12 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