

LAIRG MAGAZINE

Gala Week Edition

Issue 18 23/07/20



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Welcome to Issue 18 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: projectofficer@lairginitiative.co.uk or call Chair of LDCI Kaye: 07500453301 or Vice Chair Norman: 07742025719.



Lairg Gala Week

As there will be no Lairg Gala Week this year, LDCI thought it would be a nice idea to dedicate this weeks magazine to it. There are a mixture of photos from all of the floats throughout the years.

Kids Quiz! Please take part in answering the questions in order to win a prize. Please get your parent/guardian to send your answers to projectofficer@lairinitiative.co.uk. We will publish the answers and the winner in next weeks issue.

1. What's the orange bit in the middle of the egg called?
2. What is the 10th letter of the alphabet?
3. Who is the nation's PE teacher?
4. Who wrote the Harry Potter books?
5. Who is the Prime Minister of Britain?
6. What's the name of Anna and Elsa's kingdom in Frozen?
7. What's the name of the cowboy in Toy Story?
8. What type of fish is Nemo?
9. Who was behind the Gunpowder Plot on the Houses of Parliament in 1605 - remembered every year on Bonfire Night?
10. What colours are present in the American flag?

Coconut Ice



250g sweetened condensed milk
250g icing sugar, sifted, plus extra for dusting
200g desiccated coconut
pink edible food colouring, optional

**Recipe of the
Week!**

- Using a wooden spoon, mix together the condensed milk and icing sugar in a large bowl. It will get very stiff. Work the coconut into the mix until it's well combined – use your hands, if you like.
- Split the mix into two and knead a very small amount of food colouring into one half. Dust a board with icing sugar, then shape each half into a smooth rectangle and place one on top of the other. Roll with a rolling pin, re-shaping with your hands every couple of rolls, until you have a rectangle of two-tone coconut ice about 3cm thick.
- Transfer to a plate or board and leave uncovered for at least 3 hrs or ideally overnight to set. Cut into squares with a sharp knife and pack into bags or boxes. These will keep for up to a month at least, if stored in an airtight container.

1. What is the ninth letter of the Greek alphabet and means an extremely small amount?
2. Who sang the theme to the Bond film 'Licence to Kill'?
3. Who reportedly unsealed Tutankhamun's burial chamber in 1923?
4. What type of fluid surrounds a foetus in the womb?
5. 100 degrees Celsius is equivalent to what temperature on the Fahrenheit scale?
6. The New York Times is nicknamed the? Lady?
7. A black and black drink is made by adding a splash of what to a glass of stout?
8. Which football manager was sacked after England failed to qualify for Euro 2008?
9. Columbo used to work for which cities police department?
10. If you were using a rod called a pontil what would be your job?
11. Fuse, Slick, Bubbles, Zee, Pogo, Jeff, and Newt are all characters in which children's TV programme?
12. What fruit used to be called love apples?
13. In 1979, what came crashing to Earth, hitting parts of Western Australia?
14. Which pop star was the first male to have over 50 million twitter followers?
15. Which author broke her engagement with Harris Bigg-Wither the day after she accepted his marriage proposal?
16. When Francis Chichester made his solo voyage around the world, what was the name of his boat?
17. Which American state is the smallest state by size?
18. First published in 1949, name the magazine that was the first to include a 'Singles Chart'?
19. Who said "Sometimes a cigar, is just a cigar"?
20. If someone was playing in the WSOP, what game would they be playing?

The Lairg Gala Week Committee who organise the annual Lairg Gala Week, Bonfire & Fireworks, Primary Pantomime Trip, Over 60's Christmas Party and other occasional events are disappointed that these events were not able to go ahead this year however will be back bigger and stronger in 2021 with having a year's rest. Here are some old Fancy Dress Float Entries from previous years which will hopefully help you all get your thinking caps on for Gala 2021.

The History of a Gala Week

Scotland has been handing down its many traditions to close to a thousand years and Gala week is up there with one of the most popular and important events for a lot of rural communities. The Gala Weeks have evolved year after year and each generation adds its own thumbprint of its own customs and culture to their own.

Lairg's Gala week annually host many and varied activities for Young and Old, The crowning of the Queen, the pipe band, floats, fancy dress and bunting and a traditional pipe band, to name just a few of the events that normally take place, last years relay raft race across Little Loch Shin was most amusing and enjoyed by both participants and spectators, and who could forget the Duck race, with the sack full of ducks(not real) being tipped off the bridge and the crowd shouting encouragement to the little ducks as they race (float) to towards the wee Dam, all annual traditions that are loved by the whole community.

Its a chance to bring the whole community together and is steeped in history and tradition, it is an social event where young people take centre stage and feature in many of the week long events.





LDCI Quiz Answers

- | | | |
|-------------------|----------------------|-----------------------------------|
| 1. Iota | 9. Los Angeles | 17. Rhode Island |
| 2. Gladys Knight | 10. Glass Blowing | 18. NME (New Musical Express) |
| 3. Howard Carter | 11. The Oddbods Show | 19. Sigmund Freud |
| 4. Amniotic | 12. Tomatoes | 20. Poker (world series of poker) |
| 5. 212 | 13. Skylab | |
| 6. Grey | 14. Justin Bieber | |
| 7. Blackcurrant | 15. Jane Austen | |
| 8. Steve McClaren | 16. Gypsy Moth IV | |

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



12 Tips for a More Balanced Diet

How often have you heard that we should follow a 'balanced' diet in order to optimise our health, but do we know what a balanced diet actually is? To understand what a balanced diet is we need to look at the different components that make up food and drink.

ENERGY: This is our calories and they fuel our body and our brain (our brain uses around 20% of our daily calories!) Energy comes from protein, carbohydrates, fat and alcohol. To reduce your body fat you need to reduce your energy intake so that you are burning more energy than you are consuming, also known as a calorie deficit.

PROTEIN: This repairs our body and muscles and strengthens our hair, nails, muscles and skin. Meat and eggs are excellent high protein sources but if you are vegetarian or vegan plant based high protein sources include tofu, beans, pulse, lentils and nuts.

FATS: They keep cells healthy and transport fat soluble vitamins (vitamins A, D, E and K) from food around the body. They are essential for a healthy body.

CARBOHYDRATES: They provide energy. Some carbohydrates are more nutritionally dense than others – for example donuts are carbohydrates but so are apples.

VITAMINS: A balanced diet should provide us with most of the vitamins we need unless you have certain health conditions. In the UK it is advised to supplement vitamin D, which is made in when our skin is exposed to ultra violet rays, in the winter due to poor sun exposure.

MINERALS: Calcium, iron, zinc and other minerals are found in certain foods and all minerals contribute to a healthy balance for our body.

FIBRE: Required to keep our bowels healthy and also helps us to feel fuller for longer.

FLUIDS: Essential to keep the systems of the body in good working order.

Tips for a More Balanced Diet

- Consider swapping one snack per day for fruit.
- Add berries to your porridge or yoghurts.
- Add vegetables to lunches and dinners – for example a side salad, extra vegetables in your pasta, stir fried vegetables with your chicken
- Think about how you cook your food – could you grill or bake some of your foods instead of frying?
- Cook more from scratch. Ready meals and processed foods tend to have higher sugar and salt contents, if you make your meals from scratch you can control the sugar and salt content.
- Eat less high sugar, starchy carbohydrates such as cakes and pastries (but that doesn't mean don't eat them ever! Everything in moderation).
- Reduce the amount of sugary drinks you consume and consider substituting some for low/no sugar alternatives or water.
- Try to eat more wholegrain foods – consider swapping white bread for brown.
- Look at your portion sizes, don't feel you need to eat everything you've cooked and consider saving leftovers for lunch the next day.
- Don't restrict any particular food group – we need all food groups to maximise our vitamin and mineral intake.
- Look at the NHS Eatwell guide online for more information on what food falls into which group and use it to plan your meals.
- Don't force yourself to eat certain foods because you've heard they are a 'superfood'. Eat what tastes good to you and don't force kale into your diet just because you've heard it's good. There are lots of other leafy greens and vegetables you could be eating that might taste nicer to you.



There is a huge amount of nutrition advice out there and some of it is dangerous. If you are reviewing advice think about if the advice is based on scientific evidence as there's so much conflicting information and advice out there – does it link back to a study? Is it unbiased? Who is giving the advice? Are they advocating for a specific diet rather than a holistic, balanced approach to your overall diet? Are they demonising any particular food groups? Have they referenced where they have got the information from?

Aiming to have a more balanced diet can help with your physical and mental health but don't start by changing everything, aim for one or two changes per week and over time these will build up and result in a healthier, more balanced diet.

Rhionna Mackay – July 2020

Rhionna Mackay is the Manager at Lairg and District Learning Centre and is undertaking a Nutrition and Weight Management qualification approved by the Association for Nutrition.

References for this article are available on request, email manager@lairglearningcentre.org.uk



Thank you for reading issue 18 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