

LAIRG MAGAZINE



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Welcome to Issue 5 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.

For the Love of Scrubs!

Heather from Rusty Coo needs you! If anyone can donate any bedding- cotton or polycotton, for Heather to continue sewing for the NHS, it would be much appreciated! No colour preference! If you want to help, For The Love Of Scrubs - Our NHS Needs You has patterns etc for you to join in the nationwide effort. Contact Heather via the Rusty Coo Facebook page for more information.





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.

If you have any recipes you'd like to share, please email Jodie at projectofficer@lairginitiative.co.uk. or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

Hot Cross Buns

'Comfort food for difficult times and unseasonal weather'

Serves 3-4

**Butter to line dish
4 Hot cross buns
50g Sultanas mixed/dried fruit
2 Tablespoons Demerara or plain white sugar
1 Tablespoon of Marmalade
1 Egg
300ml Milk
Nutmeg**

**Recipe of the
Week!**

- **Butter a pie dish of approx. 1 litre capacity**
- **Cut buns in half through the middle and butter**
- **Place half the buns in a pie dish butter side up, sprinkle the fruit and half the sugar. Coat with marmalade. Cover with remaining buns.**
- **Beat the egg and milk, pour over the buns and leave for 30 minutes to soak.**
- **Sprinkle top with remaining sugar and grate on a little nutmeg.**
- **Bake in a moderate oven, gas 4, 180 degrees, for 30 to 35 mins. Be careful not to burn!**
- **Serve with cream or custard to taste.**

1. Beginning with A, what was the name for a person who prepared and sold medicines?
2. Which hurricane devastated Louisiana in August 2005?
3. What was the second name of Beatle, John Lennon?
4. Who succeeded Edward Heath as the leader of the Conservatives?
5. Complete the singing/songwriter duet Simon and
6. Who was the Soviet leader until he died in 1953?
7. Who played Professor Flitwick in the Harry Potter films?
8. What is a shape with 4 equal sides but no right angles?
9. What does a toxophilite like to practice?
10. What bone covers the front of the knee joint?
11. Who wrote the songs "I get a kick out of you" and "Just one of those things"?
12. The first British tram system was built in 1860 in which town?
13. What was the name of the Greenpeace boat sunk in Auckland harbour in July 1985?
14. Lettuce is a member of which flower family?
15. The Devanagari alphabet is used to write what language?
16. The Ebro is the longest river in what European country?
17. Which male action movie star has children called Rumur, Scout and Tallulah?
18. Which precious metal is called Argent in French?
19. Sheena Easton sang the title song to which Bond movie?
20. Initially opened in June 2000, what had a wobble until it was reopened in 2002?

In reply to a suggestion that I write a few words for this magazine about the books I have published – here they are!

Between 2016-18 I wrote three nonfiction books themed on anecdotes and entertaining exploits – walking, biking and climbing in the Scottish Highlands, the alps and Scandinavia in the 1960s, 70s and 80s. After 25 years as Lairg correspondent for the northern times, I finally felt it was time to write a book, which had been a long-held ambition. Three self-published books were eventually produced with graphic design and layout help from Eilidh Price, a Lairg resident at the time.

Always an avid diary and logbook writer I had plenty of information at my fingertips, but the biggest task was what to put in and what to leave out! My first publication was 'Spellbound in the Cairngorms', covering 56 years of camping, bothying and climbing episodes including what brought us to the far north in 1970 and surviving for 3 weeks in a basic hill bothy in Culrain with no electrics or running water, until we found a house to rent. Descriptions include Perthshire school days, boyfriends, hiking, narrow escapes, calamities adventures at Glenmore Lodge etc. (5 copies left – price negotiable).

Meanwhile my second book 'Scraps and Scrambles' was written about the 1960s from Glencoe to Torridon and out to the isle of Skye – including forays to the Italian dolomites, the swiss and French Alps. (now currently out of print).

My third book entitled 'Ice, Fire and Water' is probably the most relevant to Sutherland. Starting in 1971, the day we arrived in Lairg, it covers mostly entertaining experiences achieved from life in the far north, the community spirit, local events and characters, weather, employment, the Sutherland hills etc – including some embarrassing experiences like the day I sat my driving test and ended up in a front garden in Ord Place! Moving along to me enthusiasm for Gaelic and folk music this leads to exploration of the western isles, travelling on the old Suilven ferry from Ullapool in the seventies. There are experiences at local and national mods before in the eighties, venturing further afield to Iceland, Norway and the Faroe Islands also by sea, with an ancient Volvo and even more ancient 'series one' land rover, renovated for the occasion. Iceland was remote in 1983 and 84' and we had some disastrous vehicle breakdowns due to the untarred roads in the outback – including a holed radiator and various exhaust detachment calamities. Our young family stoically put up with all the inconveniences – from being hauled to the top of Norway's highest mountain in 1985 and marched up the west highland way from Milngavie to fort William in wind and rain in 1986.

There are 45 copies of "Ice, Fire and Water" left for sale – originally at £10.99 per copy but now offering for £8 – hopefully a good, well-illustrated read during the present 'lockdown'. Telephone Liz Quinn on 01549402187 to secure a copy. Can be delivered or picked up from a local collection point.

Sent in by Liz Quinn

If you would like to send in a book/film review/general story please get in touch at projectofficer@lairginitiative.co.uk or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

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|--------------------|---------------------|---------------------------------------|
| 1. Apothecary | 8. Rhombus | 15. Hindi |
| 2. Katrina | 9. Archery | 16. Spain |
| 3. Winston | 10. Patella | 17. Bruce Willis |
| 4. Maggie Thatcher | 11. Cole Porter | 18. Silver |
| 5. Garfunkel | 12. Birkenhead | 19. For your eyes only |
| 6. Joseph Stalin | 13. Rainbow Warrior | 20. London Millennium Foot-
bridge |
| 7. Warwick Davis | 14. Daisy | |

How did you do?

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

Words of the week

How reassuring and comforting it is, that in the midst of this storm of coronavirus, which is raging all around us, that we have only to cry out to God in our trouble, and He will hear us. Psalm 107 tells of four different 'life-storms' in which people found themselves. It is a wonderful psalm which tells us that God will give help to people who ask Him for help.

Then they cried to the LORD in their trouble, and he delivered them from their distress.

Psalm 107 verses 6, 13, 19 and 28

If you haven't already, why not TRY PRAYING!

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





Do you sew, knit, patchwork, crochet, cross stitch or enjoy other crafts? Do you want to learn a new skill or share your skills with others? Now is a great time to learn something new and you can do it at home.

We are setting up a weekly digital session for crafters who want to chat to each other and share ideas and tips on what to make, how they've made it and what they could make next. The sessions will be led by our tutor Jo Henderson who delivers our weekly social enterprise upcycling sessions in the centre. If you've always fancied learning to knit then it's likely someone in the group will know how and could talk you through it, then once you've got the hang of it you can share your beautiful new creation with the group. It will be an opportunity to chat to people, share your creations and gain inspiration for your next project as well as sharing a cup of tea, the only difference is you'll have to make your own tea!

If you would like to join but aren't sure about joining a digital video call we can help you. If you don't have a tablet, laptop or smart phone then this isn't a problem; we are working to get some that can be loaned to people who want to take part. We can talk you through everything by telephone until you are able to join a video session and then we can help build your confidence by working one to one until you are confident in joining the group sessions.

Get in touch with Rhionna Mackay by emailing manager@lairglearningcentre.org.uk to find out more or register your interest.

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	9			8			3	
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8			6	9		3	5	
	2	6					9	

Thank you for reading issue 5 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 and Vice Chair Kaye: 07500453301. Norman: 07742025719 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

Useful Numbers

NHS 24 111

NHS The Health Centre, Lairg

Police Scotland 101

01549 402007

COVID-19 NHS advice helpline

Electricity Power Cuts 105

0800 028 2816

Highland Council Covid19 Helpline

Citizens Advice Bureau

0300 30301362

01408 635218