

LAIRG MAGAZINE



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Welcome to Issue 9 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.

Do you require any help?

Please contact us at the details above if LDCI can help you with anything!



Face Masks

As from later this week Face Masks will be available to buy from Shin Stores and Costcutters. They are £5.00 for a pack of two. This project has been made possible by the Community Council Covid-19 Emergency Fund, and the masks have been made here in Lairg by two local Seamstresses.



Thank You!

So many people in our community have been working really hard throughout this Covid-19 Pandemic.

We would like to say a massive thank you to all:

Our wonderful shops

Donald, Angus and the whole team at Shin Stores

Jackie, Joan and the whole team at Costcutters

All the team at the Pharmacy

Julie, Vicky at Pet Pals

The Lairg Medical Centre

All the Doctors, Nurses and District nurses and all the Staff that have served the community tirelessly through this awful time

The Macmillan Nurses who care for those who are very poorly

All the Emergency Services that service the community, some of which we are lucky to have stationed here in the village. The local Paramedics along with our retained fire crew, we are so grateful for all your hard work

The Carers who have continued to do their do job brilliantly at such a difficult time

The Posties and all those at the sorting office - what would we do without you all?!

And to all the wonderful people who have been volunteering by delivering to those who can not get out at this time

If we have missed anyone we do apologise, drop us a Line and we will make sure we mention in next week's magazine.





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@lairinitiative.co.uk or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

Creamy Chicken Soup

Serves 4

2 tablespoons butter
 2 onions, diced—£0.20
 2 potatoes, diced £0.25
 1 large carrot, diced- £0.05
 1 celery stick, diced—£0.30
 750ml chicken stock—£0.10
 175g cooked chicken—£2.50
 2 tablespoons plain flour
 150ml milk
 single cream, to taste
 Salt and ground black pepper, to taste

Total = £3.40

**Recipe of the
Week!**

- Melt the butter in a large pan and cook the onions, potatoes, carrots and celery gently for about 5-10 minutes or until softened. Do not allow the vegetables to brown.
- Sprinkle over the flour, and cook over low heat for a few minutes, stirring all the time. Gradually pour in the stock and the milk, stirring every few minutes and allow to come to the boil.
- Turn down the heat; add the cooked chicken and simmer for 5-10 minutes.
- Pour the soup into a food processor or blender in batches and puree until smooth.
- Transfer back into the soup pot, add as much cream as you like and season with salt and pepper.

1. Aquavit is a Scandinavian spirit distilled from what?
2. The Brooklyn Bridge in New York connects Brooklyn to what other New York borough?
3. Who is the American film director of films 'Close Encounters of the Third Kind', 'Jaws' and 'Schindler's list'?
4. Albert II was the first what in space?
5. The piccolo belongs in what section of the orchestra?
6. Name the Shakespearean play in which these characters appear. Oberon, Titania, Puck.
7. Which king founded the public school Eton?
8. What single word means your brother or your sister?
9. Which northern village was branded the most dismal town in Scotland, winning the Carbuncle Award in 2010?
10. What name is William Bonney better known as?
11. What is the name of the marks above the letter U in the German language?
12. Who played Frank Spencer in 'Some Mother's Do 'Ave 'Em'?
13. Who had a hit with 'The Last Waltz'?
14. What is the name for a group of islands?
15. Jamaican born, who is the first man to hold both the 100 and 200 metres world records?
16. Which organ of the body is affected by Bright's Disease?
17. What is the fear of all things foreign?
18. Who wrote the poem 'The Female of the Species'?
19. The Jay belongs to which bird family? (Common name)
20. In which country is the wine-growing Barossa Valley?

From Lead Hills to the Sea

I was born by the river where men dare to dream
Of great distant oceans so far from this stream,
Of ships that we built the wild seas to roam
To place unknown so far from their home

We built them up steel we iron men
With order books full, well that was back then
We still have the yards, just one or two
But the men are still here well, just a few

The chalkers, the platers, the riveting boys
Most are now deaf from that hellish noise
There's some still around but they'll no be here lang
As ages takes its toll on the ship building gang

Now the ships that we built were the finest there's been
Every port every ocean these boats could be seen
Plying their trade the whole wide world over
From New York to Sydney from Hong Kong to Dover

I signed on a ship for seaman's careers
Not thinking I'd be off for thirty-two year
I sailed the canals panama and Suez
Where they sell dirty postcards no thank you Luis

To steer through the tempest, storm winds and the rain
The wheel kicking wild gritting teeth through the pain
Then crawl into my bunk when my own trick is through
And to dream I was home god I wish it were true

Now running for home on great ocean wide
And soon we'll be making our way up the Clyde
To return to the river to the land of my birth
To the men I built ships the salt of the earth.

Written by John Quinn

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

A Message from the LDCI Board

When the lockdown started the board looked at different things as a group we could do to help the community at this difficult time.

We wanted to make sure it was something achievable and that it was done well, so a magazine was something we knew we could do.

We are in to the ninth addition and would like to thank all those people that have contributed.

The magazine has proved very popular and as well as it being available online, we are printing over 130 copies a week. A massive thank you to Costcutters and Shin Stores for their help with deliveries, also the various board members that are delivering it.

If there is anything you would like to put in the magazine please let us know, we are always looking for new articles, recipes, book or film reviews.

Our Project Officer Jodie is working hard on researching other projects that are specifically related to the Covid -19 pandemic and how we as the development group for Lairg can offer support to our community.

Do you need help, or know of anyone who does?

Please get in touch either email projectofficer@lairginitiative.co.uk

Or write to us at The LDCI, School House, Main Street, Lairg, IV27 4DD

Or ring Kaye (Chairperson) 07500453301 or Norman (Vicechair) 07742025719

As from this week the magazine will have help line numbers for those finically affected as well as numbers for those suffering emotionally.

Best wishes to you all and see you on the other side of this pandemic.

From

The LDCI Board

Kaye, Norman, Robert, Rosie, Annette, Alison, Chris, Aline, Catrina, Jodie (Project Officer)

Useful Numbers

Mind

0300 123 3393

www.mind.org.uk

NHS The Health Centre, Lairg

01549 402007

COVID-19 NHS Advice Helpline

0800 028 2816

Citizens Advice

1408 633 000

Samaritans

116 123

Highland Council Covid19 Helpline

0300 30301362

Are you missing having your food cooked for you? Please see the details below to order delicious food from The Pier and the Shin Fry!



Drive-thru takeaway Fri 22nd / Sat 23rd / Sun 24th

Fish chowder & bread £4.50

Cheese & bacon beef burger, chips & coleslaw £8.50

Cajun spiced chicken burger, ranch mayo, chips & coleslaw £8.50

Hotdog- beef sausage, haggis, cheddar, mustard mayo, chillis, chips & coleslaw £8.50

Lamb burger, feta, spiced onions, minted mayo, chips & coleslaw £8.50

Vegetable tagine, preserved lemon, couscous, minted yoghurt (v) £8.50

Breaded haddock, chips, mushy peas & tartare sauce £9.50

Braised feather blade of beef, creamy mashed potato, roasted root vegetables £11

Sunday roast (Sunday only) - Rump of beef with all the trimmings (served pink) £11

Something sweet

Biscoff brownies £2.50

S'mores brownies £2.50

Mint aero cheesecake £3.50

Caramel & crunchie cheesecake £3.50

Lemon & strawberry cheesecake £3.50

Chocolate & salted caramel tart £3.50

SHIN FRY OPENING TIMES

	MON	TUES	WED	THURS	FRI	SAT	CLOSED
		12.30-2.00	12.30-2.00	12.30-2.00	12.30-2.00	12.30-2.00	5-7
							5-7
							5-8
							5-8
							5-8

SUNDAY CLOSED

The Pier is doing a takeaway service on Fridays/ Saturdays from 5-8pm and Sunday 2-6pm. You will need to pre-order by Thursday 3pm for those days. Payment will be via BACS and you will be given a timeslot to pick up your order! Also available will be cakes and coffee to takeaway on Saturday afternoons from 12-3pm. Order on Facebook, Instagram or message on 07970767361.

Call 01549 402262 to place your order at the Shin Fry! Please note that they only allow three people maximum in the take away at any one time.

Thank you to Coriolis Energy on behalf of Garvary Wind Farm Ltd for the funding they have given towards producing the magazine. More information on Garvary can be found by visiting www.garvarywindfarm.co.uk

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



Ryan's Tech tips

Here are a few handy tips and tricks you can do with your tech at home

How To Take a Screenshot

iPhone/iPad –

Press the home button and power buttons simultaneously to take a snap of your screen. This will save as a photo which will automatically be saved to your photos library. Tip: For models of iPads and iPhones that don't have a home button, simply press the power and volume up button for the same result!



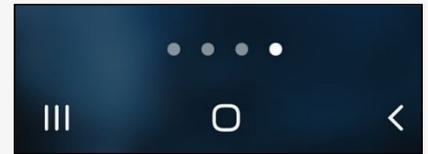
Android Tablet/Phone

Press and hold both your volume down and power buttons at the same time for one second. Your screen should flash or make a click sound to let you know your screenshot has been saved!

Windows 10 PC/Laptop

Press the "PrtScn" button on your keyboard (This key is usually near the top right of your keyboard) This will take your screenshot and add it to the clipboard which can be pasted – e.g in an email, or another document. If you would like to save your screenshot as a photo, after you have pressed your "PrtScn" button - Left click the "Search Windows" box on your taskbar. Type in the word "Paint". Move your mouse up to the paint icon and left click to open. Once open, look for the clipboard icon near the top and click to paste your screenshot. You will now be able to save by clicking file, then save as. On some laptops you print screen button may be assigned to more than one function. If so simply press both your "Fn + PrtScr" at the same time!

Bonus: If you have an application on your iPad or tablet but can't find it, it may have moved to a different page. On most devices you should be able to see how many pages of apps you have represented by the number of dots on screen, with the white dot being your current page Simply swipe left or right to switch pages



How to change your background photo/wallpaper



iPhone/iPad - Tap the Settings icon. Select Wallpaper from the drop-down list on the left-hand side. Press "Choose New Wallpaper". You can choose from a list of pre-set wallpapers built in or downloaded, but if you would like to use one of your own photos tap on an album and select the picture you want to use. You can now set it as either your home screen, lock screen or both!

iPad/iPhone pic

Android Tablet/Phone – This method works on most Android devices. On you home screen hold your finger down for 1 second on the background. Select "Wallpapers". You can choose one from the default list or choose your own from your photo gallery. Some devices may say "My Photo's" if you can't see your gallery. Select the photo you want to use then select "Set as Wallpaper". Now choose if you want to use this as your home, lock screen or both.

Windows 10 PC/Laptop – On your desktop, right-click the background then left click on "Personalize". Have your Background option set to "Picture", and then underneath where it says choose your picture left click "Browse". Now navigate to where your photo or wallpaper is saved on your computer, select it, then left click on the "Choose Picture" button.

If your picture doesn't quite fit your screen, you can change the "Choose a fit" option to stretch, fill and more!

Mindfulness

B C C O G N I E B L L E W R W S W
 B B F E E L I N G S F D H N S E A
 V K M I N D F U L N E S S O N L C
 P I L K Q X B M O E Y M R I O Y C
 R N D I U X R I D B R I G S N T E
 F D K Y F J T U P D W C C S J S P
 S S S B G C T A P S Z W Y A U E T
 R S S O E I D U E U L A V P D F I
 E E D L T J J L R I L O L M G I N
 I N F T R K F D S U S O P O M L G
 R E A L H C C T O X E N M C E K V
 R R E P A R D N N V N Z V W N B I
 A A H R B R Z E A H S U M U T B L
 B W E A K R Z S L G E W E H A T T
 K A F Q F V J E O U S E V O L Q U
 F O C U S E D R P S L M L W S U B
 I S X L L W L P C P Z B I X Z N V

accepting	attitude	awareness	barriers
compassion	feelings	focused	kind
lifestyle	love	mindfulness	nonjudgmental
personal	present	reflection	selfcare
senses	value	wellbeing	

Thank you for reading issue 9 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

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LDCI Quiz Answers

- | | | |
|-----------------------------|---------------------------|---------------------|
| 1. Potatoes | 8. Sibling | 15. Usain Bolt |
| 2. Manhattan | 9. John O'Groats | 16. Kidney |
| 3. Steven Spielberg | 10. Billy the kid | 17. Xenophobia |
| 4. Monkey | 11. Umlaut | 18. Rudyard Kipling |
| 5. Woodwind | 12. Michael Crawford | 19. Crow |
| 6. A midsummer nights dream | 13. Englebert Humpledinck | 20. Australia |
| 7. Henry 6 | 14. Archipelago | |

How did you do?

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