

LAIRG MAGAZINE



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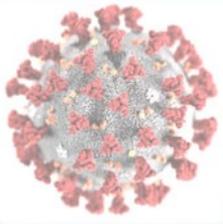
Welcome to Issue 20 of the Lairg Magazine! We are looking for stories, recipes, film/book reviews and craft/activity ideas to put in to our magazine. Please email Jodie at : projectofficer@lairginitiative.co.uk or call Chair of LDCI Kaye: 07500453301 or Vice Chair Norman: 07742025719.

It is with a heavy heart that the board has made the decision not to hold Winterfest this year. We are all upset over having to cancel but with the uncertainty of what we will or won't be able to do safely. It is impossible to know what if any format would work. Normally by July we have booked the Reindeer and the fairground attractions, along with the children's entertainment. I have only had one crafter contact me, by now we are almost full. So we have had to make the decision now, we held off as long as we possibly could. We were hoping that Winterfest would have been the communities light at the end of a very long tunnel but unfortunately it is not to be. Hopefully we can plan a big party for the whole community next year to celebrate getting through this pandemic together. Of course, I will personally write to Santa and Mrs Claus to explain the situation to them but I am sure they will understand.



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 in 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.

The Lairg Helping Hand Fund is for people in the Lairg community who have been directly affected by Covid-19. If this applies to you, please get in touch.

Fish Pie

1kg white potatoes, peeled and cut into chunks
 1 large onion, chopped
 1 x 250g tub Garlic & Herbs Extra-Light Soft Cheese
 1 x 320g pack fish pie mix
 190g cold-water prawns
 handful fresh flat-leaf parsley, chopped
 milk (optional)
 1 tbsp olive oil
 100ml (3 1/2fl oz) fish or vegetable stock
 1 tbsp cornflour

Recipe of the Week!

Preheat the oven to Gas Mark 5, 190°C, fan 170°C. Put the potatoes in a large pan and cover with water. Bring to the boil and cook for 10-15 minutes until cooked through. Drain and mash, adding a little milk if you wish. Season with salt and pepper.

Meanwhile, heat the oil in a large saucepan and gently cook the onion for 5-10 minutes, until softened. Add the soft cheese and the stock and combine well.

Blend the cornflour with 2 teaspoons of cold water and stir into the sauce. Cook for a few more minutes until thickened. Add the fish pie mix and cook for 2 minutes before stirring in the prawns and parsley.

Pour into an oven dish and top with the mash. Cook for 25-30 minutes until piping hot.

1. How many stars are there on the flag of Singapore?
2. Who won an Oscar for her performance in *Driving Miss Daisy*?
3. The group Mungo Jerry's name was inspired by the work of which poet?
4. In which sport would you use the term "Love All"?
5. Given on the 33rd wedding anniversary, what type of quartz gets its purple colour from impurities of iron?
6. Name of the Warrior Princess played by Lucy Lawless in the TV series?
7. In which country was Frederick Chopin born?
8. The opera with the melody commonly known as 'Here comes the Bride' was written by who?
9. Debbie Magee danced in *Strictly Come Dancing*, but who was she married to?
10. Who had himself tied to his ship's mast and his crew's ears stuffed with wax to resist the song of the Sirens?
11. What phrase was printed in the titles of the TV series *The X files*?
12. What is the French word for 'home'?
13. Spiderman lives in what city?
14. Who was the Persian ruler from 485 – 465 BC known for his battle against 300 Spartans at Thermopylae?
15. In 1973 the Queen opened which iconic building on Bennelong Point after 14 years of construction?
16. Who wrote the music to the song "Can you feel the love tonight" with lyricist Tim Rice?
17. How many points would you gain in scrabble for the word LOVE on a single letter score?
18. Who wrote "To err is human, to forgive divine"?
19. On 17th Oct 1888, who filed a patent for the optical phonograph?
20. Which chemicals are transferred on respiration?

A Visit To China – Meeting The Students

When I visited China in 2006, Lily, Fiona and Ye Chen looked after me like royalty when in Shanghai, meeting me off the coach at 10.00 pm with a lovely bouquet of red roses.



Left to Right - Lily, Annette, Fiona and Ye Chen

Our first morning in Shanghai, Ye Chen came to our hotel at 7.30 am to collect me and my friend Gerry (we had hoped for a late breakfast!), as he was going to pick up Lily. He had collected us early to avoid the worst of the morning rush-hour, and we were weaving in and out of the traffic when at a junction a Policeman held up his hand, and Ye Chen had to stop. He got out of the car and disappeared in the direction of the Policeman, and there we were sitting in the back of the car wondering if he would be "banged up" in jail. Fortunately he returned, and told us he was quite used to being fined – this time for repeatedly changing lanes! Apparently you can gauge the severity of the fine by the number of fingers the Policeman shows on the hand he holds up!



After this hiccup we met up with Lily, and drove in to ZHOUSHUANG, a fascinating old historical and cultural township, about an hour's drive from the city, full of little canals and very old buildings from the YUAN, MING and QING dynasties.

The old Apothecary's shop was still in use, with it's rows of small drawers full of different herbs and old fashioned scales to weigh out the right amount of ingredients for the potion, and you could wander in and out of houses where famous doctors, philosophers, explorers and various dignitaries had lived.

We also went in a Gondola, and were serenaded by a lovely 63 years old woman in her blue and white print dress and "coolie" hat, as she guided the boat along. Ye Chen said the songs reminded him of his childhood.

Back safely in Shanghai we were taken to a special restaurant in an old train – net luggage racks and lovely old lamps. The fresh water prawns in a very light vinegar dressing were superb! There we met up with Ye Chen's mother and Rhiannon – Ye Chen and Fiona's little daughter, then aged 18 months. Most of the time she was looked after by Ye Chen's mother and a nanny, which apparently is quite the "norm" in China. Ye Chen worked as a Business Consultant and Fiona with Mothercare.

It was so interesting to see where they lived and to be taken round Shanghai and it's environs. Both families had very modern flats with parquet floors, and all mod cons. I shall never forget the evening we stood on The BUND looking across the YANGTZE to all the modern, magnificent floodlit buildings, and the beautiful ones behind us too glowing a rich and lavish gold, with Dragon Boats all decorated with coloured lights cruising up and down the river.



Looking across the Yangste

Lily took over the following day, and collected us at a more civil hour in her 4x4, and also drove much slower! She worked at the German Centre on the outskirts of the city – a large modern building with a hair salon, travel agency and restaurant amongst other facilities. Some of the office space was let out, E-bay occupying two floors! There was also a Kindergarten, which we were able to visit. Everything "state of the art" and immaculate! Even a little hair salon, and an amazing bathroom with rows of individual basins! The children were mixed nationalities, but a good number of them Chinese, and all happy and attentive. Discipline in Chinese schools doesn't seem to be a problem as it is in this country!

Back in the centre of Shanghai, we went to buy silk scarves for the Red Cross stall at the Lairg Charities Christmas Sale. Lily had the bargaining down to a fine art, marching me out of the shop when the assistant mentioned the price, telling me we would get a better deal elsewhere. Needless to say the assistant ran after us, and Lily got the price she had in mind!

Finally we wandered beside the river on the opposite side to the Bund, and found a tea room for a rest, before re-joining our tour group for the final dinner, and excursion to the top of the highest building (4th highest in the world). Lily had a reception to attend with the Lord Mayor of London!!

So you can see that hosting students can lead to all sorts of exciting adventures and they still often enquire about all their friends in Lairg.

Written by Annette Parrott

LDCI Quiz Answers

- | | | |
|--------------------------|----------------------------|-------------------------------|
| 1. 5 | from Lohengrin) | 16. Elton John |
| 2. Jessica Tandy | 9. Paul Daniels | 17. 7 |
| 3. T S Eliot | 10. Odysseus | 18. John Pope |
| 4. Tennis | 11. The truth is out there | 19. Thomas Edison |
| 5. Amethyst | 12. Maison | 20. Oxygen and Carbon Dioxide |
| 6. Xena | 13. New York | |
| 7. Poland | 14. Xerxes | |
| 8. Wagner (Bridal Chorus | 15. Sydney Opera House | |

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





A crash course in film making, with a little help from Morricone.

It's Monday July 6th. and another day in the office which in these times of 'lockdown', is my kitchen table. It's early, before 8am, the hens are fed, the dog walked and the cats settled. The house is quiet, everyone else fast asleep, time to work.

The Friday before I spent the day with Sanaa McLeod, Lairg and District Learning Centre's rising star of cookery. We spent five hours filming her cooking meals for the Learning Centre's online video series, "Staycation Cookery". It was a marathon; juggling cooking times, ingredients, scripts, running orders, edits, retakes, children and husbands. The food was delicious though, a summer picnic, enjoyed indoors as rain fell most of the day. Scones, turkey meat balls, sausage rolls and frittata followed by scones with fresh strawberries and cream.

Whilst the food was wonderful, uploading the footage and learning how to edit and add a soundtrack was not. I have to admit that there were a few tears, mostly of frustration at the utter incompatibility of iPhones and laptops and just wanting to produce a great little film, showcasing Sanaa's cookery skills.

"Movavi", the programme I used to put the films together, was quite straightforward but required patience, time and concentration, which I was beginning to lack.

Taking a break to clear my head I switched on the news to learn that Ennio Morricone, the Italian born Oscar winning composer had died. Simply known as 'Maestro' in his home town of Rome he was best known for the haunting melodies he wrote for Sergio Leones' 1960s westerns, which starred a then little-known Clint Eastwood, "A Fistful of Dollars", "For a Few Dollars More and The Good, the Bad and the Ugly. He went on to write the music for hundreds of films; some of my favourites are the scores for Cinema Paradiso, The Mission, and Quentin Tarantino's "The Hateful Eight".

Listening to his music, which seemed to be playing back to back on the radio, gave me new focus. Suddenly everything fell into place. The footage was uploaded, cross cut, faded, sound boosted, a soundtrack added and uploaded to YouTube as well as to The Learning Centre's Facebook page. Job done, with a little help and inspiration from an Italian maestro!

There are more videos to come over the next few months with recipes from "Staycation Cookery" and a new series "Cooking with Seasonal Food". These will be on our Facebook page, which you can find under @lairgLC, and on our YouTube channel which can find through our social media or website www.lairglearning.org.uk.

If you'd like to suggest recipe ideas for Sanaa please get in touch by emailing sarah@lairglearningcentre.org.uk.

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY



Clean Up Day

Please note that next cemetery day this Saturday
8th August 10am - 1pm

Thank you for reading issue 19 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