

LAIRG MAGAZINE

Issue 23 3/09/20



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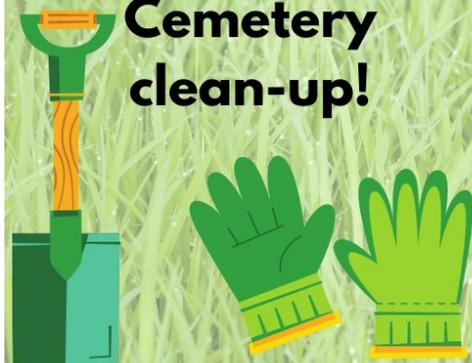
Welcome to Issue 23 of the Lairg Magazine!

We are always looking for stories, recipes, film/book reviews and craft/activity ideas to put in to our magazine. If you would like to contribute a piece please email: projectofficer@lairginitiative.co.uk or call Chair of LDCI Kaye: 07500453301 or Vice Chair Norman: 07742025719.

The Rusty Coo is reopening!



Join us for the
**Cemetery
clean-up!**



Cemetery Clean-Up!

Come and join us for another clean up on Saturday 12th September - strimming and edging will be the jobs of the day.

Meet at the Cemetery from 10am till 1pm.

Cheese Straws

Total Cost = £3.55

Ingredients:

Serves: 36

120g butter, softened = 75 p
 450g grated Cheddar cheese = £2.30
 250g plain flour = 50 p
 1 teaspoon salt
 1/4 teaspoon chilli powder (optional)

Method:

Prep: 15 mins
 Cook: 15 mins
 Ready in: 30 mins

Preheat the oven to 200 C / Gas mark 6.
 Grease a baking tray.

In a large bowl cream butter and cheese. Stir in flour and salt; mix well.
 On a lightly floured surface, roll the dough out to 1.25cm in thickness.

Cut into 5cm strips and sprinkle with chilli powder, if desired.



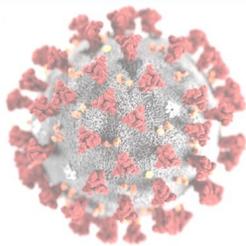
Place strips on prepared baking tray 3 to 4 cm apart.

Bake in the preheated oven for 10 to 15 minutes, or until crisp.

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 one-off financial assistance per household in the Lairg Community Council area for people 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 Kirstin on [07961372427](tel:07961372427) or email projectofficer@lairginitiative.co.uk.

Do you need a Helping Hand?

We are now officially in Autumn and the weather is beginning to get a bit cooler. It's the time of the year that we need to keep the heating on for a bit longer and the fuel bills can start to mount up. The impact of Covid-19 also means that people are having to spend more time in their houses...

LDCI still has some funding available to distribute from the Helping Hand Fund (supported by HIE).

The Fund provides one-off financial assistance to households in the Lairg Community Council area who are struggling to pay fuel bills. Grant payments are made of up to £250 and can be used to purchase oil, coal, wood or electricity. If you or if someone you know needs a helping hand – please do get in touch because we may be able to help. You will be referred to our colleagues at Citizens Advice Bureau for an assessment and if you are eligible we will then contact you to arrange things.

Arrangements are made in the strictest confidence following data protection regulations. Email: projectofficer@lairginitiative.co.uk or call [07961372427](tel:07961372427).

1. Which long running radio programme has the theme tune "Barwick Green"?
2. Which zodiac sign would you be, if your birthday was between 23rd July and 22nd August?
3. In what year was US President Kennedy assassinated?
4. Nose-riding is a term in what aquatic activity?
5. Jack Black is a character in what Dylan Thomas play?
6. Which US primary-children's TV programme first introduced Bert and Ernie?
7. Which of these is the tallest - the Eiffel Tower, the London Eye, or Sydney Opera House?
8. What war was fought between Russia and an alliance of Turkey/Sardinia/France and the UK, from October 1853 to February 1856?
9. What name is given to a ship's first voyage?
10. Queen Victoria was given what title at a ceremony in Delhi in 1877?
11. In the film "Cast Away", Tom Hanks works for which delivery company?
12. What are pitched and tossed, in the game pitch and toss?
13. In the song, what colour was Joni Mitchell's taxi?
14. In which country was Florence Nightingale born?
15. What number was the final Apollo mission spacecraft to the moon?
16. What world-watching event opened at 9pm on 27th July 2012?
17. "The Night they invented champagne" comes from which musical?
18. Born in 1843, what nationality was the composer Edvard Grieg?
19. In which sport might you see a "chickenwing over the shoulder crossface" performed?
20. The Elvis Presley mansion "Graceland" is in which US state?



Florence Nightingale



President Kennedy

Donald Campbell CBE, British Speed Record Breaker

Donald Malcolm Campbell, CBE (23 March 1921 – 4 January 1967) was a British speed record breaker who broke eight world speed records on water and on land in the 1950s and 1960s. He remains the only person to set both land and water speed records in the same year.

Campbell began his speed record attempts in the summer of 1949, using his father's old boat, *Bluebird K4*. His initial attempts were unsuccessful, although he did come close to beating his father's existing record. Campbell and his team used Coniston Water, Lancashire in the 1950s for the trials. Whilst there, they heard that an American, Stanley Sayers had beaten the record that Campbell's father set of 141mph and had set a new record of 160 mph.

Along with Campbell, Britain had another potential contender for the water speed record, John Cobb, who built the first jet-engine powered speedboat named the *Crusader* with a target speed of over 200 mph, and began trials on Loch Ness in autumn 1952. Sadly, Cobb was killed later that year, when *Crusader* broke up during an attempt on the record. Campbell was devastated at Cobb's loss, but he resolved to build a new *Bluebird* boat to bring the water speed record back to Britain.

In early 1953, Campbell began development of his own advanced, all metal, jet powered hydroplane *Bluebird K7* to challenge the record held by the American. Campbell set seven world water speed records in *K7* between July 1955 and December 1964. The first of these was set at Ullswater on 23 July 1955, where he achieved a speed of 202.32 mph. Campbell and *Bluebird* became an annual fixture on Coniston Waters in the latter half of the 1950s, enjoying significant sponsorship from the Mobil oil company and then subsequently BP.

Campbell was awarded the CBE in January 1957 for his water speed record breaking. Tragically, Campbell died during a water speed record attempt at Coniston Waters on 4th January 1967. The wreckage of Campbell's craft and his body lay at the bottom of the lake until May 2001 when both were recovered by a project called 'Bluebird' which was set up to find the wreckage.

The *Bluebird* underwent extensive restoration and in August 2018, was transported to Loch Fad on the Isle of Bute where she was refloated on 4th August 2018. Following initial engine trials *Bluebird* completed a series of test runs on the loch, reaching speeds of about 150 mph. For safety reasons, there are no plans to attempt to reach any higher speeds.



Donald Campbell

The Rusty Coo is Moving to a new location

Established in 2019 by Heather McRoberts, The Rusty Coo stocks unique items made by people from the Highland area, so you will always find that one-of-a kind gift or souvenir you've been looking for.

From photos and original artworks, cushions, candles, and jewellery to unique children's clothing, aromatic soaps and shampoo bars - you'll have lots to choose from in the new shop.



Not just a Gift Shop!

The Rusty Coo provides eco-friendly products, for those making small changes in their lives, to help reduce waste and create a sustainable future.

Heather currently has a range of items in stock: Fair-trade tea and coffee, reusable tea bags, Eco Egg laundry aid and refills, loofahs, wooden dish brushes with plant bristles, metal straws, toilet bombs, beeswax wraps, reusable make up pads and lens wipes, household dusters, biodegradable vegan dental floss, Bio-D zero waste refillables, bamboo toothbrushes (child and adult), and fluoride toothpaste tablets in a tin.

Pop along to the new shop next to the chemist in Main Street opening on the 3rd September 2020.

GOOD LUCK HEATHER!



LDCI Quiz Answers

- | | | |
|--------------------|----------------------|--------------------------|
| 1. The Archers | 8. Crimean | 15. 17 |
| 2. Leo | 9. Maiden | 16. London Olympic Games |
| 3. 1963 | 10. Empress of India | 17. Gigi |
| 4. Surfing | 11. Fedex | 18. Norwegian |
| 5. Under Milk Wood | 12. Coins | 19. Wrestling |
| 6. Sesame Street | 13. Yellow | 20. Tennessee |
| 7. Eiffel Tower | 14. Italy | |

How did you do?

1-5/20
Poor

5-10/20
Okay

10-15/20
Good

15-20/20
Excellent

So you think you know Lairg...

Here is a little Picture Quiz to test your powers of perception, local knowledge and memory. Try not to look at the answers first which are at the bottom of this page. Thanks to Alex Dickson for submitting this quiz.

Over the years many people have used the image of a bird to add interest to their property, garden or grounds. Here are a few in the Lairg area. Can you say where they can be found?



The Answers

1. Brian McLeay's house at Achnairn
2. "Kestrel Lodge" Saval Road
3. Churchill Wood
4. Lochside
5. Ferrycroft Visitors Centre
6. Shin Falls park.

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

By Sarah Forrest

It's Monday 6th July and another day in the office which in these times of 'lockdown', is my kitchen table. It's early, before 8 am, 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 you can find through our social media or website www.lairglearning.org.uk.

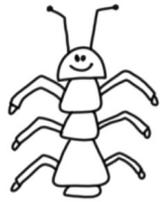
If you'd like to suggest recipe ideas for Sanaa please get in touch by emailing sarah@lairglearningcentre.org.uk.



Minibeast Safari - Colouring Activity

After colouring in these minibeasts - why not take this page into your garden or to the woods to see how many of each of the minibeasts you can find!

How many of each minibeast can you find? Write the number next to each minibeast.



Ant



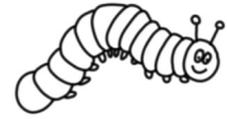
Bee



Beetle



Butterfly



Caterpillar



Spider



Snail



Fly



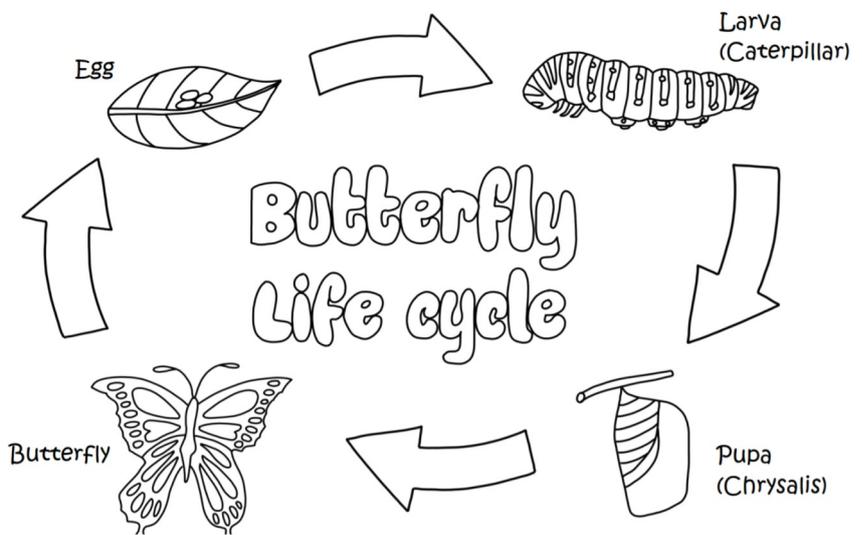
Worm



Ladybird

Butterfly Life Cycle

One of the most interesting things about the butterfly is how it changes from an egg into a butterfly. This process is called **metamorphosis**.



This magazine is funded by:



Thank you for reading issue 23 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