

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



LAIRG MEDICAL PRACTICE ANNUAL FLU EVENT PATIENT NOTICE

REGARDING WEDNESDAY 7th OCTOBER 2020

We are looking forward to seeing many of you at your pre booked flu vaccination appointments next Wednesday, the 7th October at the Community hall.

All attending **MUST** adhere to social distancing guidelines. **DO NOT** attend if you have any symptoms of COVID 19.

Please ensure you arrive at your allotted time and remember to wear a face covering and have your arm ready for vaccination. Entrance will be via the Main door.

IMPORTANT INFORMATION

The Practice will be closed to routine appointments. Should you have a medical emergency please call 999 and ask for an ambulance.

If you require **URGENT** medical advice which cannot wait until the following day please call the normal surgery number on 01549 402007.

If you have a repeat medication request we would respectfully ask that this is either ordered before or after the 7th October. Thank you.

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Have you seen this dog? More inside



Recipe of the week

Bread & Butter Pudding

Ingredients

Serves: 6
100g (4 oz) butter =80p
5 slices of white bread= 25p
40g (1 1/2 oz) sultanas or
currants =25p
(1 1/2 oz) caster sugar = 15p
2 eggs, beaten = 50p
600ml (1 pint) of milk = 50p
Grated nutmeg
Total: £2.45

Method

Prep:15min
Cook:45min
Ready in:1hr

1. Preheat oven to 190 C / Gas mark 5. Lightly grease a baking dish.
2. Butter one side of

every piece of bread, then cut slices into triangles. Place half of the bread buttered side up covering the base of the baking dish. Sprinkle sultanas and sugar onto bread, then place the remaining bread on top buttered side up.

3. In a saucepan over a medium heat, warm the milk until nearly boiling. Remove from heat and combine with eggs, stirring vigorously. Pour the mixture over the bread and allow to soak for ten minutes. Grate nutmeg over the top.

Bake in the middle of the oven for 45 minutes until set and lightly browned.



Meet the new owners of Dunroamin Caravan Park

Neil and Laura Morrison are delighted to have recently purchased Dunroamin Caravan Park in Lairg. Commenting on the purchase Neil said, "We are a father and daughter team and are looking forward to the first phase of upgrading works over the winter months to allow us to re-open in April 2021.

We are still fine tuning our plans for the site but we are probably looking to rent out Crofters Restaurant. It would be great to see that re-open too in the spring and if anyone local would be interested, please feel free to get in touch. We know these are challenging times but we do look forward to meeting everyone when the restrictions ease."



1. What is the next predicted decade the Earth will view Halley's comet?
2. Who sang the theme to the Bond film "Skyfall"?
3. The island of Burano is part of what Italian city?
4. Who wrote the novel Tarzan?
5. Roger Moore starred in "The Saint" but what was his character's name?
6. Which king abdicated in order to marry Wallace Simpson?
7. At what joint in the body does the Radial and Ulna Veins unite to form the Brachial Vein?
8. What name is given to the era 213 – 144 million years ago?
9. In mythology, who blinded Polyphemus the one-eyed giant?
10. Which Beatle never had a solo no 1?
11. Easy, Deck and Directors are types of what furniture?
12. Whilst in office, which Conservative Prime Minister conducted a performance by the London Symphony Orchestra?
13. Kirkwall is the administrative centre for what region in Scotland?
14. Who played Kathy Seldon in the film version of 'Singing in the Rain'?
15. The phrases bitter-sweet and living dead are examples of what figure of speech?
16. What sort of stick was banned from the 2015 Wimbledon Championship?
17. Which God is the symbol of the Greek Post Office?
18. What is the name of Dame Edna Everage's late husband, who died in 1988 after suffering from a "testicular murmur"?
19. What is the world's most populated country?
20. If the name of a medical condition ends with "itis", what does that indicate?



(Answers on page 5)

Missing Dog!

Last weekend this small black and tan dachshund dog went missing near Gruids on the opposite side of the loch near the Sallachy Estate. If you spot him please call his owner Arwel Thomas on 07446050465.



On this day - 1st October 1908, the first Model T Ford car was launched.

Hailed as “the car of the century,” the first Model T Ford rolled off the assembly line in Detroit, Michigan, bringing vehicle ownership to millions of people for the first time.

Inventor **Henry Ford** said of the vehicle: “I will build a car for the great multitude. It will be large enough for the family, but small enough for the individual to run and care for. It will be constructed of the best materials, by the best men to be hired, after the simplest designs that modern engineering can devise. But it will be so low in price that no man making a good salary will be unable to own one — and enjoy with his family the blessing of hours of pleasure in God’s great open spaces.”



Americans took up the offer with great enthusiasm and by 1918, half of all the cars in the US were Model Ts. Perhaps the only fly in the ointment was the lack of colour. In 1909 Ford famously told his management team that in the future “any customer can have a car painted any colour that he wants, so long as it is black.” This supposedly happened because Ford discovered that the black paint used was cheaper and more durable!

Extracts from an article by [Ray Setterfield](#) Published: July 21, 2017

Tragedy on Sutherland Road! By Kirstin Langlois (LDCI Project Officer)

Reading the article above made me think about how Henry Ford’s invention may have had an impact on my own family history. Although Ford wasn’t the first person to develop a car, it was his design that popularised them and made them more available to the wider population.

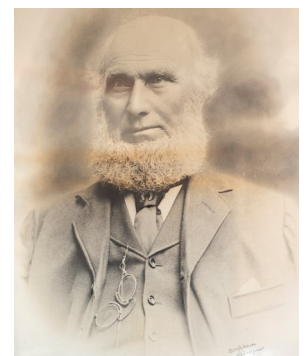
Although it would have taken much longer for people in Scotland to own cars - there would have been cars driving about the Highlands at that time. I know this because one of my family’s anecdotes is that my great-great grandfather has the unfortunate honour of being the first person in Sutherland to have been killed by a motor car! He died on 9th August 1912, a few years after the Model T Ford was rolled out. Here is an excerpt from his obituary in the local newspaper:

"DEATH OF MR. ALEXANDER BANNERMAN J. P.

It was with extreme regret we have to record the death under tragic circumstances of Mr. Alexander Bannerman J. P. Clyemilton, Brora. Mr. Bannerman was a native of Helmsdale and went to Langwell, Rogart in 1867. During his residence in Rogart the deceased took a very prominent part in the land agitation in that district and throughout the county. He was familiar and popular at all political meetings and he always attended the Highland Land League Conference as delegate for the Parish of Rogart.

Mr. Bannerman was out for his usual walk on Friday morning last and made several calls on his way home, and while on the highway at the foot of his own farm, and walking along, was overtaken and run over by the foremost of two cars from Clynelish on their way to John O’Groats. Mr. Bannerman was caught by the mudguard and knocked down, receiving fatal injuries, his hat was found on one side of the road and his staff on the other. When aid was rendered it was found that life was extinct, and it is presumed that death was instantaneous. The deceased had reached the patriarchal age of ninety two years.” (The obituary goes on...)

We do not know what brand of car it was that killed my ancestor - but it shows that road safety was an issue even back then! One of the projects that LDCI is working on at the moment is to try and source funding for a cycle/footpath to run from the railway station into Lairg in order to make the journey safer for foot passengers. We hope that Lairg residents will show your support for this when we hold our community engagement events in due course...

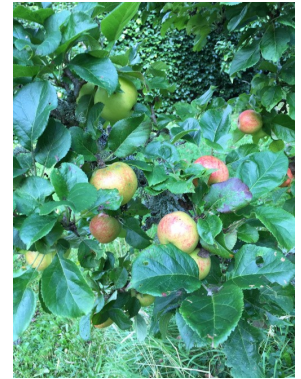


Alexander Bannerman

Perhaps you're wondering what Planet Sutherland is all about? It's very simple. It's about helping everyone do more to help the planet. So whether you're interested in recycling, or stopping using plastic, using green energy, growing food or shopping locally, we can help to get your projects and ideas off the ground (or indeed collaborate with your existing group). We'll happily discuss any questions or ideas that you have. Here's some news and info on what we're up to just now.

Grow Sutherland:

Following the success of our Community Supported Agriculture talk, we're continuing our series of events on How to Grow More Food in Sutherland. It's really all about improving our local food resilience and we are looking at everything from farm/croft produced food to community growing. The second talk on 29th Sep was from Emma Whitham who founded the very successful MOO Food community growing and she also introduced the fantastic new initiative: The Highland Good Food Conversation. At present, the events are every second Tuesday around 4.30pm.



Sutherland Orchard:

Continuing with the growing food theme, and the success of Orchard Ardgay last year, we're running a feasibility study into planting apple trees throughout Sutherland. We only announced this this week and already 34 folks have signed up. So if you'd like a free apple tree or want to get involved in a community orchard in your area then please pop onto the web site and fill in the survey form? Could Sutherland be self sufficient in apples? Why not!

Film & Discussion Events:

Our film & discussion evenings were always very popular and we were sad that they had to stop. However, we've finally managed a reboot and are now running this event on-line. Thanks to all who have signed up to this easy-going film & discussion event. How does it work? We pick a film, watch at our leisure, discuss on our forum and organize zoom chats as relevant. This month the film is a lecture from Dartmouth College from 1977 where Donella Meadows uses two examples of socio-ecological systems to discuss how populations can exceed their available resources. Please do have a look and join in, what's sure to be, a very interesting conversation. Our plans are to run a different film each month or so. See www.planetsutherland.com email oneplanetsutherland@gmail.com or call Anna on 0790617393 for more information.

LDCI Quiz Answers

- | | | |
|-------------------------|---------------------|------------------|
| 1. 2060's | 8. Jurassic | 15. Oxymoron |
| 2. Adele | 9. Odysseus | 16. Selfie |
| 3. Venice | 10. Ringo starr | 17. Hermes |
| 4. Edgar Rice Burroughs | 11. Chairs | 18. Norm |
| 5. Simon Templar | 12. Edward Heath | 19. China |
| 6. Edward VIII | 13. Orkney | 20. Inflammation |
| 7. Elbow | 14. Debbie Reynolds | |

How did you do?

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

Many thanks to Rhoda Sutherland for sending us this photo below - can you recognise anyone?



In which year was this photo taken?

By Paula White

“This summer I finally got around to having a garden. It’s small, only two beds and a few buckets, and heavily guarded to keep out the deer (fenced in by cattle gates, honestly if plants were sentient they’d think they were in jail !). Thinking about what to plant was more difficult than I thought, as I wanted plants that were easy to grow, edible and gave me a good harvest.

Having never really had much to do with plants (the ones in my house always tended to die, due to lack of watering, oops), I didn’t have a clue where to start, and to be honest, it was already quite late in the year, so I planted lettuce, carrots, potatoes (some seeded from the fridge, so thought might as well use them), peas, leeks and kale. I also got some lovely strawberry plants from a friend (homegrown strawberries taste waaaay better than the ones you get in Tesco, yum!). Now the leeks and kale I kept inside, planted them in cut-in-half toilet rolls in a tray, as I didn’t have any wee plant pots (worked really well actually) but they didn’t grow as quickly as I would like, having only just come to grow big enough to re-pot in slightly bigger pots, and nearly ready to put outside this month.

I have harvested all my peas, they were delicious as a snack midmorning or afternoon, unfortunately not enough to make a meal with, and I have been eating lettuce, carrot and cheese wraps for the last 2 weeks for my lunches. I had hoped to have some leeks to put in the freezer (it is so easy to add a handful to whatever dish your cooking if it’s chopped and ready to go), but they are nowhere near ready yet, so we’re now going to find out how well I can grow plants during the winter...

I really hope that my kale plants will grow - in my inexperience I may have planted too many - as I now have 35 plants (yikes)! Luckily, I do love kale, in particular curly kale, this reminds me of my youth in the Netherlands, when in winter we would boil potatoes and add finely chopped curly kale to the pan for the last five minutes of

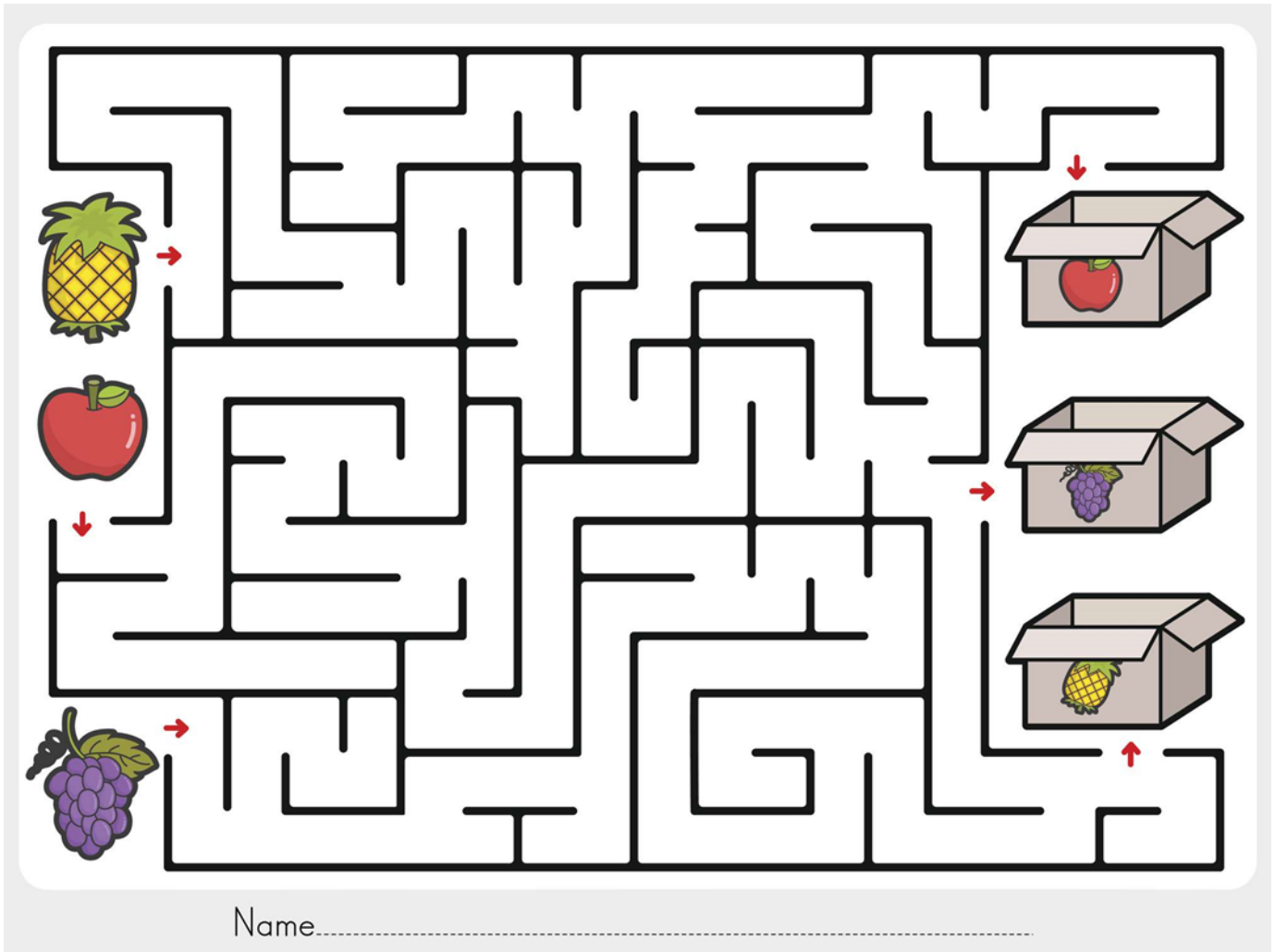


boiling. Then we would drain the pan, mash it all together, along with some diced fried bacon, sprinkle it with vinegar on the plate, and we would eat it along with half a smoked sausage. Depending on what taste you liked we added mustard, mayonnaise or applesauce (applesauce goes with everything over there, not just with pork) and had a lovely hearty meal. Good memories...

So, depending on how well kale grows here in the winter, my kids will be eating lots of it, maybe fried, maybe in a smoothie, but definitely as one of those Dutch one pot meals, getting hungry now, have to check on my garden, see you later!”

Lairg and District Learning Centre are offering autumn/winter ‘spring green’ growing plants, as well as onions, garlic and shallots. This is part of “Seasons of Change”, funded by Scottish Government’s Climate Challenge Fund. If you’d like more information and would like to apply to take part please email sarah@lairglearningcentre.org.uk for an application form.

Can you find your way through the maze to the correct box?



Fun Facts!

Bet you didn't know...

- It is impossible for most people to lick their own elbow. (try it!)
- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.



This magazine is funded by:



Thank you for reading issue 25 of the Lairg Magazine! If you would like to put something in the magazine, please send it to the contact 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