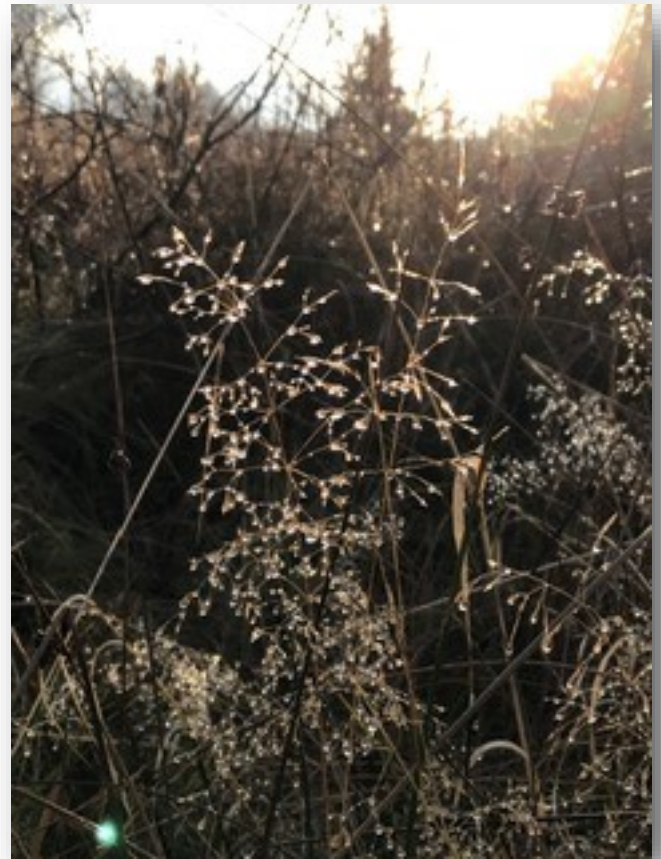


# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photos by Jan Blackwell



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## Light Up Lairg

Don't forget Santa's postbox will be located from 1st -20th December at Lockhart's.

Save the date for a big surprise on the 19th December!

## Light up Lairg 2020

Best Decorated House Competition

Judging From 1<sup>st</sup> Dec – 20<sup>th</sup> Dec

Prizes – 1<sup>st</sup> £100, 2<sup>nd</sup> £50



Sponsored by Lewis Mackay Electrical and ABS Builders Lairg

# Recipe of the week

## Satay Sweet Potato Curry

Fancy trying to get some more of your 'five-a-day' in your diet? Why not try this warming vegetarian curry? If you have a peanut allergy you could substitute that for cashew butter...



### Method:

#### STEP 1

Melt 1 tbsp oil in a saucepan over a medium heat and soften one chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.

#### STEP 2

Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

#### STEP 3

Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

#### STEP 4

Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

### Ingredients:

1 tbsp oil  
1 onion, chopped  
2 garlic cloves, grated  
thumb-sized piece ginger, grated

3 tbsp Thai red curry paste  
1 tbsp smooth peanut butter

500g sweet potato, peeled and cut into chunks

400ml can coconut milk

200g bag spinach

1 lime, juiced

cooked rice, to serve (optional)

dry roasted peanuts, to serve (optional)

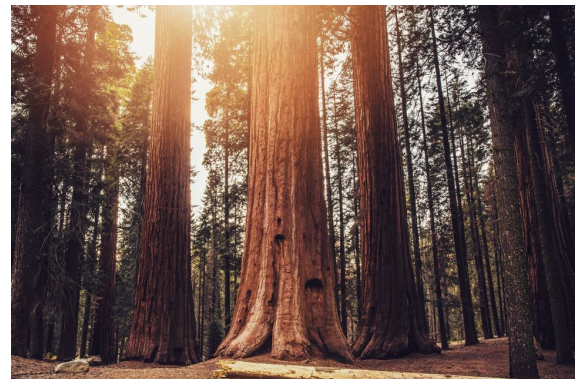


## (Answers on page 5)

1. In the True Blood series of books what type of supernatural creature is Alcide?
2. Virgo and what other star sign cover the month of September?
3. Who created the fictional character Pussy Galore?
4. Muscat is the capital of which country?
5. According to Frank Sinatra what city never sleeps?
6. The artist Raphael was born in what present day country?
7. The name of what Shakespeare play is associated with bad luck in theatres?
8. The group Boyzone was formed in which country?
9. What was the real name of 'The crocodile hunter' who died from a stingray barb to the heart while filming a TV programme in 2006?
10. On 17th Oct 1662, which King sold Dunkirk to France for £40000?
11. Rosalind and Ophelia are moons of what planet?
12. In what city was Dick Turpin hanged?
13. What National Park in California's Sierra Nevada mountains is famous for its giant, ancient sequoia trees?
14. In what sport would I be involved with if I was in a scrum?
15. What is the highest rank in the British Navy?
16. Who directed the movie Natural Born Killers?
17. Who famously rode a horse called Bucephalus?
18. What is the national language of Pakistan?
19. In what year was the battle of Culloden?
20. Whose final tweet was "A life is like a garden. Perfect moments can be had, but not preserved, except in memory. LLAP"



Frank Sinatra



## Lairg Whist Club

The Lairg Whist Club generously donated all of the money they made this year, £900 in total, to Lairg Community Hall to help towards heating the building throughout the winter months. Lairg Whist Club would like to thank Bonar Bridge and Ardgay Whist Clubs for their support as well.

**By Amanda Wagstaffe - Golspie Bothy Project Co-ordinator, Cycling UK**

An electric bike (or e-bike) is more or less a regular bike with the addition of a motor to assist your progress.

When I first started my love of cycling 10 years ago, e-bikes were a rare sight, they usually belonged to the avid retired touring cyclist who was getting on a bit and needed that extra help. E-bikes come in many styles now, from the two-wheel varieties to trikes and specially adapted bikes. They are becoming increasingly more popular and can adapt to everybody's needs.

There are many myths surrounding e-bikes, and you sometimes hear people who don't know much about them saying: *"That's cheating... they make you lazy. They are for older folk. I am too young to have one. You don't need to put any effort in. You need a licence. How do they make you fitter? I'd feel embarrassed having an e-bike."*

I used to have similar thoughts myself, but my view has totally changed. Through my work with Cycling UK as a Development Officer I've seen how they have opened up the enjoyment of cycling to everyone, and as well as being a cheaper mode of transport – they bring about health benefits too. My job involves working with local communities and with individuals to tackle the barriers to cycling - such as road safety, infrastructure and lack of bike skills or confidence, which prevent people from cycling on short journeys instead of getting in their cars to go less than a mile to the local shop or to visit a friend.

E-bikes are not cheating. They offer the chance to start cycling and improve your health - or can give current cyclists an added boost to help them cycle further, carry a heavy load or keep a faster pace.

E-bikes are becoming increasingly popular to aid fitness and as a mode of transport. Some batteries and designs are so discreet it can be hard to tell if it's an e-bike or not.

E-bikes are heavier than normal bikes, but the assistance off the motor more than makes up for that so you won't notice the difference whilst cycling with the battery on. The battery needs charging when the bike is stationary and plugged into a normal power point. The average kWh of electricity costs around 14p meaning it costs around 7p to fully charge an e-bike. E-bikes come with different sized motors and battery life. Most modern e-bikes offer a range between 30 to 130 miles, depending on assistance modes, battery capacity and terrain.

Part of the power comes from the rider, you still have to put some effort in, how much is up to you. The motor will not work any faster than 15.5mph. (UK law). So if you do happen to go faster than that, it's under your own efforts as the motor won't assist you anymore until your speed starts to slow down again. There are also different levels of assistance in the battery, meaning you don't have to have it on at all if you are feeling quite happy with your own effort, but as soon as it starts to get a bit tougher such as an incline or you're cycling into a head wind, you can just press the button to the next mode which will help your pedalling feel easier.

Cycling is a low impact form of activity, so it can aid recovery from an injury or illness. An e-bike would help you start assisting that recovery.

It used to be that due to health related problems you may have had to give up your bike for good. The knock on effect of that can soon spiral out of control. You gain weight, become less fit, your mental health declining, reducing your time spent with friends, being outside and benefiting from fresh air. E-bikes can allow you to still get out and cycle, keep up your fitness levels but not put any more strain on your joints.

There are opportunities to try out e-bikes before you buy. Cycling UK Scotland are developing local cycling and walking "Bothies" in areas providing access to free loans of e-bikes and training, as well as led rides for all to get involved. The newest of these Bothies is being developed in Golspie.

For more information on e-bikes, Please visit:

[www.cyclinguk.org/scotland](http://www.cyclinguk.org/scotland) .



Did you know that discarded old electrical items are one of the fastest growing waste streams in the UK (and in the world!)? Last year over 50 million tonnes were thrown away globally. The good news is that the Alness based social enterprise/charity ILM Highland have installed a new pink 'small electricals' recycling bank at the Bonar Bridge Industrial Estate.

So what electrical items can you recycle at these new collection points?

A vast amount and too many to mention individually – but here are the headline acts.

#### Personal & Professional IT devices

- Laptops, desktops, phones, tablets
- Cables, mouses, keyboards,
- Printers, scanners,
- Smartwatches & smart speakers

#### Household Appliances

- Appliances: kettle, slow-cooker, blenders, toasters,
- Household: Irons, vacuum-cleaners

#### Entertainment

Speakers, DVD players, remote controls

- Game Consoles, electric toys, MP3 players, microphones, digital cameras, digital instruments, portable stereos, turntables

#### Personal Grooming

- Hairdryer, curling irons, straighteners
- Electric toothbrushes, thermometers
- Electric shavers and epilators

#### Miscellaneous

- Electric saws, power drills, sanders
- Sewing machines
- Extension cords



If in doubt about what you can donate, or want advice on how to clear data off of your personal devices – contact 01349 884774 or email: [ilm@ilmhighland.co.uk](mailto:ilm@ilmhighland.co.uk).

Stop binning your old electricals and reuse or recycle them instead.

For more information visit: [www.ilmhighland.co.uk/](http://www.ilmhighland.co.uk/)

### LDCI Quiz Answers

- |                |                |                          |
|----------------|----------------|--------------------------|
| 1. Werewolf    | 8. Ireland     | 15. Admiral of the Fleet |
| 2. Libra       | 9. Steve Irwin | 16. Oliver Stone         |
| 3. Ian Fleming | 10. Charles II | 17. Alexander the Great  |
| 4. Oman        | 11. Uranus     | 18. Urdu                 |
| 5. New York    | 12. York       | 19. 1746                 |
| 6. Italy       | 13. Yosemite   | 20. Leonard Nimoy        |
| 7. Macbeth     | 14. Rugby      |                          |

### How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent







We have a Christmas treat for you. Horatio Clare, award-winning author, nature writer, broadcaster and journalist will be interviewed via zoom for the Learning Centre by BBC Radio's Alison Finch, a producer on Open Book, Front Row, Woman's Hour and Start the Week. For this interview Horatio will discuss his journal "Light in the Dark" which chronicles his battle with winter blues. As they creep up on him he turns to nature to find solace and raises a torch against darkness.

Horatio was born in London in 1973, but grew up on a sheep farm in the depths of South Wales. In his memoir, "Running for the Hills", he describes his parents first encounter.

*"They met at the House of Tongue, at the tip of Scotland, near the furthest point north. As she walked into the room he was the only man to stand up. They exchanged bright smiles, the kind that come from shyness: neither was comfortable in the grand drawing room, under the glassy stare of shot stags and the crossed swords of long-conquered Scots."*

They were both living and working in London but in the mid-1970s, with two young boys they hatched their romantic plan, to leave the city for a remote farmhouse in the Black Mountains. For them the dream ended in divorce but for Horatio and his brother, growing up on a sheep farm in the Welsh countryside never loses its magic and instilled in them both a deep connection with and love of the natural world.

Horatio is a witness to climate change, although being a travel writer in the age of the climate crises has its challenges. He's travelled on an ice breaking ship to the Arctic, where he saw at first hand the melting ice of our fragile planet, and was writer in residence for the international shipping company Maersk. He followed the trail of a swallow from South Africa to his childhood home in Wales, visited the Galapagos Islands for Conde Naste, and retraced the steps taken by Johann Sebastian Bach in 1705 on his journey across northern Germany. Throughout his work Horatio records moments in the unfolding of climate change.

This interview is part of our "Seasons of Change" project, which is funded by Scottish Government's Climate Challenge Fund.

To register for tickets please go to the Lairg & District Learning Centre's Eventbrite page: <https://lairganddistrictlearningcentre.eventbrite.co.uk/>. The first fifteen people to apply for tickets will be sent a copy of "The Light in The Dark". If you would like an e-Book go to <https://highland.rbdigitalglobal.com/>. Sign in or create an account if you don't already have one. If you'd like more help with accessing digital books then please contact Sanaa McLeod by emailing [lairg.library@highlifehighland.com](mailto:lairg.library@highlifehighland.com)

For more information on "Seasons of Change" please contact Sarah Forrest at [sarah@lairglearningcentre.org.uk](mailto:sarah@lairglearningcentre.org.uk)

## Colouring In Advent Calendar—Count the days to Christmas!



This magazine is funded by:



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Thank you for reading issue 29 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](mailto:projectofficer@lairginitiative.co.uk). Phone for Chair Kaye: 07500453301, Vice Chair Norman: 07742025719 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD