

Lairg Magazine - Issue 2

We would like to introduce the weekly magazine to help the community keep their spirits high during the difficult time that is Coronavirus. The magazine will include local stories, recipes, crafts for kids, a quiz, old photographs of local people and a Movie/Book review. 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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Useful Numbers

NHS 24 111

Police Scotland 101

COVID-19 helpline for Scottish businesses 0300 303 0660

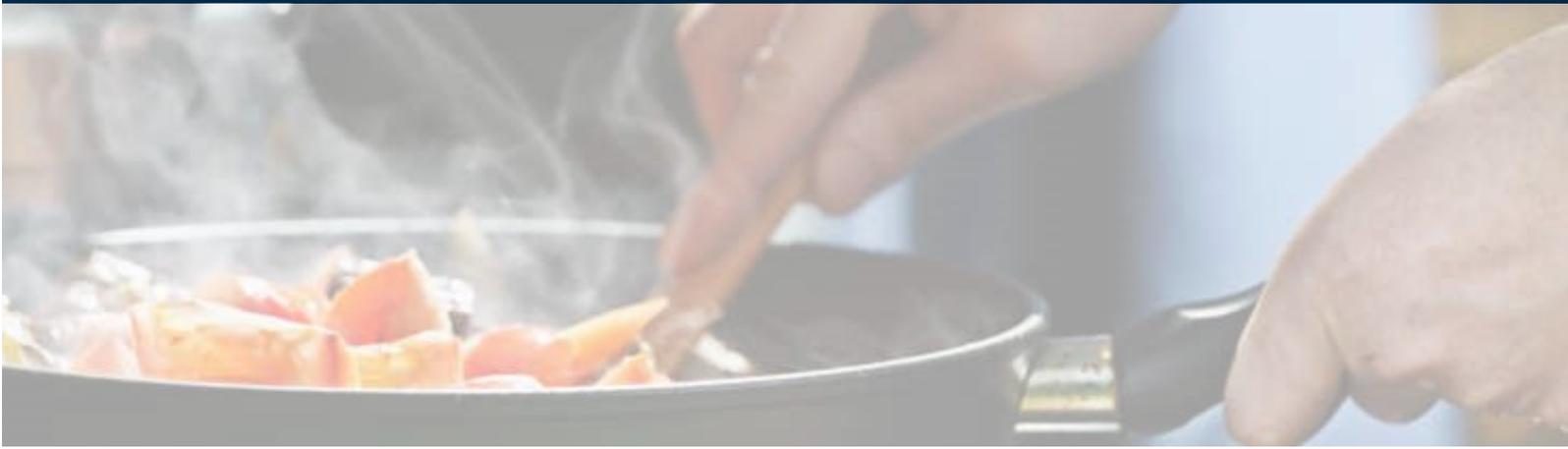
COVID-19 NHS advice helpline 0800 028 2816

Citizens Advice Bureau 01408 635218

NHS The Health Centre, Lairg 01549 402007

Electricity Power Cuts 105

Scottish Water 24Hr Emergency 0845 600 8855



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

Macaroni Cheese

Serves 4

1.25 litres of milk £0.50

455g macaroni £0.65

200g grated cheddar cheese £1.75

Salt and pepper to taste

Total cost: £2.90

- In a large pot, bring milk to the boil.
- Add the pasta and stir constantly until cooked—this should take about 10 minutes.
- Turn off the heat, add the cheese and stir until melted.

***Please note that the starch from the pasta thickens the milk to form a rich, creamy sauce—no need to add flour!**

**Affordable
Meal of the
Week!**

LDCI Quiz

1. Which Scots lass had a hit with 9 to 5?
2. What colour is pistachio flavoured ice cream?
3. In the original TV series WHO played Triston in All Creatures Great and Small?
4. The Binary System of numbers uses which 2 numerical digits?
5. Calvados is brandy made from what?
6. Which chef has children called Poppy, Daisy, Petal, River and Buddy?
7. The highest falls are Angel Falls but which country are they in?
8. Which Scot discovered the Victoria Falls?
9. On the 24th Oct 2012, Northern Island was the last in the UK to 'switch off' what?
10. How old was Joan of Arc when she went to war against the English. 14,16 or 18?
11. What colour is a panther?
12. Who painted the Mona Lisa?
13. What was Amelia Earhart trying to do when she disappeared in 1937?
14. Which cartoon character "lives in a pineapple under the sea"?
15. Polar Bears are found at the North Pole or the South Pole?
16. What does the name of the bird Capercaillie mean?
17. Which day of the week is called, by the French, after the God Mercury?
18. According to the song, if A is "you're adorable", what is B?
19. Inspector Rebus is the central character in several books by which crime writer?
20. Which English dramatist born Stratford upon Avon in 1564 wrote 36 plays, 154 sonnets and 2 narrative poems?

A BRIEF HISTORY OF WEATHER FORECASTING

Robert Fitzroy was a British naval officer, hydrographer and meteorologist who commanded the voyage of HMS Beagle, which sailed around the world with Charles Darwin aboard as naturalist. Fitzroy invented a type of Barometer, and also a Storm Glass.

Vice Admiral Fitzroy was troubled by the massive loss of life at sea around the coasts of Victorian Britain. Between 1855 and 1860, 7,402 ships were wrecked off the coasts with a total of 7,201 lost lives. He believed that with forewarning, many of these could have been saved.

After the disastrous sinking of the Royal Charter gold ship off Anglesey in 1859 he was given the authority to start issuing storm warnings. The Times newspaper published his first weather forecast for 1st, August 1861.

The temperature in London was to be 62F (16.7C), clear with a south-westerly wind. The temperature in Liverpool was to be 61F, very cloudy with a light south-westerly wind. It was to be overcast in Nairn, Portsmouth and Dover with the latter predicted to be 70F.

Vice Admiral Fitzroy has an area of sea off the coast of Spain named Fitzroy in the Shipping Forecast broadcast by the BBC at 00.45 on Radio 4. This area was originally called Finisterre but was renamed in his honor 2002

Fitzroy also understood the benefits of putting barometers into the hands of the people and perfected an easy-to-read design that would give a way of better anticipating the weather locally. He issued these new barometers to fishing communities while his friends at the RNLI supplied them to lifeboat stations. The fact that so many Fitzroy barometers are still working today is testament to their robust design. When Fitzroy published his Weather Book in 1863 it sealed his reputation as the leading meteorologist of his time.

Dover, a forecast area for the Shipping Forecast is the site of many wrecked ships. These are exposed at low tide on the Goodwin Sands. These sandbanks had a moored lighthouse ship. Until 2006 a cricket match was played on these Sands, it is now banned. In 2006 a BBC Camera crew filming a "Coast" programme ignored the advice of the boatman to leave. The incoming tide trapped the boat and thousands of pounds' worth of camera equipment was left in the bilges of the boat while the crew were rescued by helicopter.

Written by George Hurrion

**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**

- | | | |
|-------------------|---------------------------|--------------------------|
| 1. Sheena Easton | 8. David Livingston | 15. North |
| 2. Green | 9. Analogue TV | 16. Horse of the Woods |
| 3. Peter Davidson | 10. 14 | 17. Wednesday (Mercredi) |
| 4. 0 and 1 | 11. Black | 18. You're so beautiful |
| 5. Apples | 12. Leonardo Da Vinci | 19. Ian Rankin |
| 6. Jamie Oliver | 13. Fly around the world | 20. William Shakespeare |
| 7. Venezuela | 14. Spongebob Squarepants | |

How did you do?

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



© Christopher J Cogan

Aurora's From Lairg

The Aurora's are visible from Lairg when we have dark skies, as we have very little light pollution, try avoiding nights when the moon's up, as it takes away the Aurora's brightness. To the human eye they only appear as a brightness to the North, unless it's very active and putting up Rays like in the photo. I thought at first I was seeing a distant logging machines lights, no it was the rays. Mobile phones and digital cameras pick the colours up really well, but you'll need a long exposure to allow the light to come into the device. You must allow time to let your eye's adjust to the darkness for 10 mins. Around Lairg you need to be looking towards Ben Klibreck as that's where the Aurora always as it's due North. There's a very reliable app for letting you know the Aurora is active. aurora-alerts.uk from Skye, free and safe to use.

Written by Christopher Cogan

After being given a photo album containing a mixture of photographs of events in Lairg, we would like your help with naming the people in the photos and possibly being able to tell us what year they were taken. Please email

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



Rosehall trails and Cassley Falls

A much-loved walk



When I moved up to Lairg from Leeds in 2012, my daughter and family took me on two walks on consecutive Sundays. Both weekends were glorious sunshine and the trees in their very brightest autumn colours. Since then I have done both of those walks many times, sometimes on my own, sometimes with visitors and sometimes with my daughter.

Over the years I have added various parts of the Rosehall Trails to the river section of the falls. A week ago (before 'Lockdown') we set off to do what may well be our last walk together for a few months.

Parking at the Rosehall Trail car park we put on our walking boots and set off to follow "Deer Park & Wildwood trail" (yellow dots on guides) plus the top part of the Achness Burn trail (brown dots). The birds were singing and we even heard two wood peckers. There are always lots of things to see as well as the brilliant information boards about flora and fauna.

The last time I went up the Achness Burn trail to the viewpoint there were several huge trees across the path which I had to negotiate. This time the trees had been cut down and the many of the huge pieces of trunk were laying by the side of the now clear path. On these great logs we noticed circles of bumps going around the trunk and wondered what had caused them. We decided to cut the top off one of them and what we thought at first to be a lime green beastie was in fact a green jelly like substance with the most wonderful aroma of pine – pine resin? I just wished we could have bottled more of it and taken it home.

The view from the viewpoint was well worth the climb up. We couldn't quite agree on what was the snow-covered rocky ridge we could see in the distance. It made for a good discussion as we sat on the welcome bench seat to feel the scene around us.

From there it was mostly downhill round a big loop and then taking the Cassley trail down to the road and over to the falls. I have seen these falls in every imaginable state of flow and they are always awe inspiring. The path along the riverside took us down to Cassley Bridge where a path by the Millennium Cairn – where my grandsons once discovered bats- took us back to the car par and a welcome cup of coffee.

Written by Chris Powell

Thank you for reading the second issue of the Lairg Magazine, we hope you enjoyed it! If you have any suggestions, or would like to be involved—please get in contact with Jodie at projec-tofficer@lairginitiative.co.uk. or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD



Light up lairg

Easter competition

Lots of prizes

Upload all creations onto Light Up Lairg
Facebook page



Draw, paint or create

winners announced on easter sunday
open to all ages

Words of the Week

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebrews chapter 13 verse 16

For many of us, in the midst of the coronavirus crisis, 'to do good' means self-isolate and STAY AT HOME!

Today we want to thank and honour all the essential workers from Lairg who cannot stay at home but who are out there, serving the people. God bless you all.

Written by Angela Sutherland