

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photo by Jan Blackwell

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Lairg &
District
Community
Initiatives



Lairg Helping Hand Fund

Are you staying at home more because of Covid 19?

Are you having to switch the heating on for longer because of this?

Are you worrying about how to pay for your increased fuel bills?

If so - we may be able to help. Grants of up to £250 are available to assist eligible households in Lairg & District Community Council area. (This is a confidential service.)



Call Kirstin on: 079611372427 or email: projectofficer@lairginitiative.co.uk

Recipe of the week

Burns Night Cranachan

Cranachan is a delicious dessert to follow your haggis, neeps & tatties if you are having a Burns Supper this year.

Ingredients:

2 tbsp medium oatmeal
300g fresh raspberries
a little caster sugar
350ml double cream
2 tbsp heather honey
2-3 tbsp whisky, to taste

Method:

STEP 1

To toast the oatmeal, spread it out on a baking sheet and grill until it smells rich and nutty. It will not darken quickly, so use your sense of smell to tell you when it is nutty enough. Cool the oatmeal.

STEP 2

Make a raspberry purée by crushing half the fruit and sieving. Sweeten this to taste with a little caster sugar. Whisk the double cream until just set, and stir in the honey and whisky, trying not to over- whip the cream. Taste the mix and add more of either if you feel the need.

STEP 3

Stir in the oatmeal and whisk lightly until the mixture is just firm. Alternate layers of the cream with the remaining whole raspberries and purée in 4 serving dishes. Allow to chill slightly before eating.



Would you like to support the Lairg Magazine?

Happy New Year to all our readers and residents from the LDCI board!

We have been running the magazine now since last March. First, we published weekly, then fortnightly, and now in 2021 we are going monthly (publishing on the second Thursday of the month).

When we started the magazine it was meant to be a temporary project, with the aim of bringing the community together during the pandemic, but it has proved so popular that we would like to keep it going for another 12 issues. This will cost about £2,200. We are trying to source new funding to cover this but if anyone would like to make a donation of any size towards the costs of running the magazine, we would be very grateful.

Cheques made payable to the Lairg and District Community Initiatives can be sent to: The Chair, Lairg and District Community Initiatives, School House, Main Street, Lairg, Sutherland, IV27 4EE.

1. Which French singer was known as the Little Sparrow?
2. Denim is named after which French city?
3. What year was The Big Issue launched?
4. Which Welsh actor played characters in 'It ain't half hot mum' and 'Never the twain' ?
5. Which Irish poet wrote the lines "But I, being poor, have only my dreams; I have spread my dreams under your feet; Tread softly because you tread on my dreams"?
6. Nancy sings "It's a fine life" in which musical?
7. On 17th Oct 1956, the Queen opened the first commercial nuclear power station, what was it called?
8. Which planet did the invaders come from, in book and films "The War of the Worlds"?
9. What sea separates New Zealand and Australia?
10. A piece of fabric cut obliquely across its weave is said to be cut 'on the' what?
11. In 2009, who won the Nobel Peace Prize for his "extraordinary efforts to strengthen international diplomacy and cooperation between people"?
12. William Wallace fought against Edward I's forces in which century?
13. What colour headwear do the United Nations Peacekeepers wear?
14. What is the name of the temple built in Athens, best known for the peripatetic school of philosophy founded by Aristotle?
15. The fruit flavoured soft taffy candy called Starburst was previously known as what?
16. Who had hits with 123 O'leary, Careless Hands and I Pretend?
17. What do you call a contagious wart on the sole of the foot?
18. What is the pseudonym of novelist Mary Ann Evans?
19. Who became the first dart player to get a MBE?
20. Yuri Gagarin was the first human being to orbit the Earth in a craft called what?



(Answers on page 5)



We are delighted to advise that COVID vaccines are starting to roll out in the Highlands. We are hoping to start vaccinating next week. However please be aware that following Scottish Government guidelines this initial batch is for Priority Group 1 only - PATIENTS AGED 80 AND OVER.

We will be in touch to arrange appointments and would be grateful if patients do not contact the surgery to make enquiries unless we have contacted them.

- DO NOT attend your appointment if you have symptoms of coronavirus. Contact NHS Inform for further information on what to do and for help with your symptoms. Vaccination will be arranged at a later date.

- Attend your appointment on time. Please remain in your car if arriving early.

- Please make sure you have a short sleeved top (as a bottom layer) with easy access to your arm.

- Please do not take unnecessary items into the Health Centre and keep any belongings with you at all times.

- Wear a mask and follow hand hygiene rules using sanitiser when asked to do so. If you cannot wear a mask we may have to make alternative arrangements for you.

- Please observe the 2m distancing rule at all times.

If driving to your appointment please wait for fifteen minutes following vaccination, in your car.

This is a very important vaccination programme, offering a potential life saving vaccine, which will hopefully help to ease restrictions before too long. We would encourage all our patients to take up this offer when made. Alternative arrangements may need to be made for those who are housebound.

Bradbury Centre News

The Bradbury Centre in Bonar Bridge would like to let people who are shielding know that they are still doing deliveries so if you require any shopping or prescriptions please get in touch by calling 01863 766772. If you require any other assistance please let them know and they will do their best to help.

In other news the Bradbury Centre is getting a new bus and is planning to use the old one as a community bus if the need is there.

The Centre is looking for anyone who can help as a driver and commit for a period of time. All training would be provided, if required.

Also if any community groups would be interested in joining a sub committee to run the bus please contact Lorraine on: 01863766772

I guess we'll all be looking forwards and backwards just now. Looking forwards hoping that 2021 can see us all getting back to normality and looking back reviewing whether anything has actually been achieved.

Perhaps it is useful to provide a wee summary of what Planet Sutherland has been up to during Covid. You've perhaps seen the past articles in this publication regarding polytunnels, our film club, the orchard project and other growing projects. If you'd like to know more and see our full newsletters, please just look at the "Blog" section on the PlanetSutherland.com website.

Going forward, we're looking at projects involving reuse and recycling, green energy and also community growing. Indeed, there seems to be quite a lot of "growing" interest in Lairg and we've had discussions with some other community groups on this topic. Please get in touch if you'd like to develop some form of community growing venture in Lairg – whether that be woodland, community garden space or a community orchard. In our Sutherland Orchard survey, many of you thought that would be a good idea and offered your help. You should have received a wee email by now or will do soon.

Farm plastic recycling was another key issue in the Lairg area. There seems little option right now other than individual crofters and farmers taking their own plastic to Munros or Highland Waste Services. However you may be interested to hear that there are pilot projects happening in Skye and Orkney. We are working closely with them to ensure that we benefit from the outcomes of the pilots.

Much of 2020 focused on growing projects with many organisations involved in discussions and plans: Responses are being sought on the Highland Council Growing Our Future Draft Report, which looks at increasing community food growing; the deadline for responses is now in Feb.

The Sutherland Community Partnership is also working on a food security strategy, developing this beyond food poverty and Covid response.

I can also highly recommend the Highland Good Food Conversation podcasts and nearly 80 people made a start on the big food questions at day 1 of the conference.

And finally, what would you like to see happening in Lairg to help the Planet and the Climate Crisis? Improved recycling? More plants for the birds and the bees? More info on greener energy? More action from the council and government? If you have any ideas or thoughts and comments you'd like to share, please do get in touch by email to oneplanetsutherland@gmail.com.

LDCI Quiz Answers

- | | | |
|-------------------------|----------------------------|------------------|
| 1. Edith Piaf | 8. Mars | 15. Opal Fruits |
| 2. Nimes | 9. Tasmin | 16. Des O'Conner |
| 3. 1991 | 10. Bias | 17. Verruca |
| 4. Windsor Davies | 11. President Barack Obama | 18. George Eliot |
| 5. William Butler Yeats | 12. 13th Century | 19. Eric Bristow |
| 6. Oliver! | 13. Blue | 20. Vostok 1 |
| 7. Sellafield | 14. The Lyceum | |

How did you do?

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

On Sunday 28 March 2021, British Summer Time starts. This was first introduced in 1916, during World War 1. Germany was the first country in the world to introduce Daylight Saving Time nationwide, and the UK followed just weeks later. To save energy and help the war effort, the British Government introduced the Summer Time Act 1916, and advanced the clocks in the UK for 1 hour from 21 May until 1 October in the same year. Summer Time, or DST, was so popular that it was named British Summer Time (BST) and the seasonal practice was kept. Before then Greenwich Mean Time was recognised for the complete year in the United Kingdom.

Accurate time is very important and no more so than on the Railways.

In June 1841, Isambard Kingdom Brunel completed the Great Western Railway for London to Bridgewater, Somerset, 156 miles from East to West. On 1 December 1847, the London and North Western Railway, and the Caledonian Railway adopted "London Time" and by 1848 most railways agreed to the adoption.

In 1852, the timekeepers at Greenwich introduced equipment that transmitted accurate time signals throughout the country over the electric telegraph network. By 1855 nearly all public authorities, such as churches and town halls, set their clocks to railway time displayed on station clocks by station masters who adjusted them according to the signals from Greenwich.

Bristol was a city that did not agree to acknowledge railway time.

The Sun rises from East to West and it rises in Bristol 10 minutes after rising at Greenwich.

This clock on the Bristol Corn Exchange, 106 miles from London, still has three hands showing Bristol Mean Time, 10 minutes behind Greenwich Mean Time.



Before 1880 the clocks in Lairg would show a greater difference to London than Bristol.

Time in Lairg was 9.50. Time in Bristol was 9.56 a.m. Time in London 10.06 a.m..

In later issues of the Magazine I will explain how you can find Local Mean Time and also how to make a Sun Clock [Mass Dial].

By SOL

The Lairg & District Learning Centre remains closed with all staff working from home. All of the learning and development services we are currently able to offer are being delivered online or by telephone. Any enquiries should be sent to admin@lairglearningcentre.org.uk. When we are able to safely reopen for face to face learning, development and services we will announce this through the Lairg Newsletter, on our website and social media, in the Northern Times newspaper and locally using posters. We look forward to seeing you all safely later in the year and thank you all for your support and understanding.

If anybody doesn't have an email account and would like to get in touch with the Lairg Learning Centre, for example to put your name down for a digital device, please call the LDCI project officer on 07961 372 427 and we will contact them on your behalf.



LAIRG & DISTRICT
learning
centre

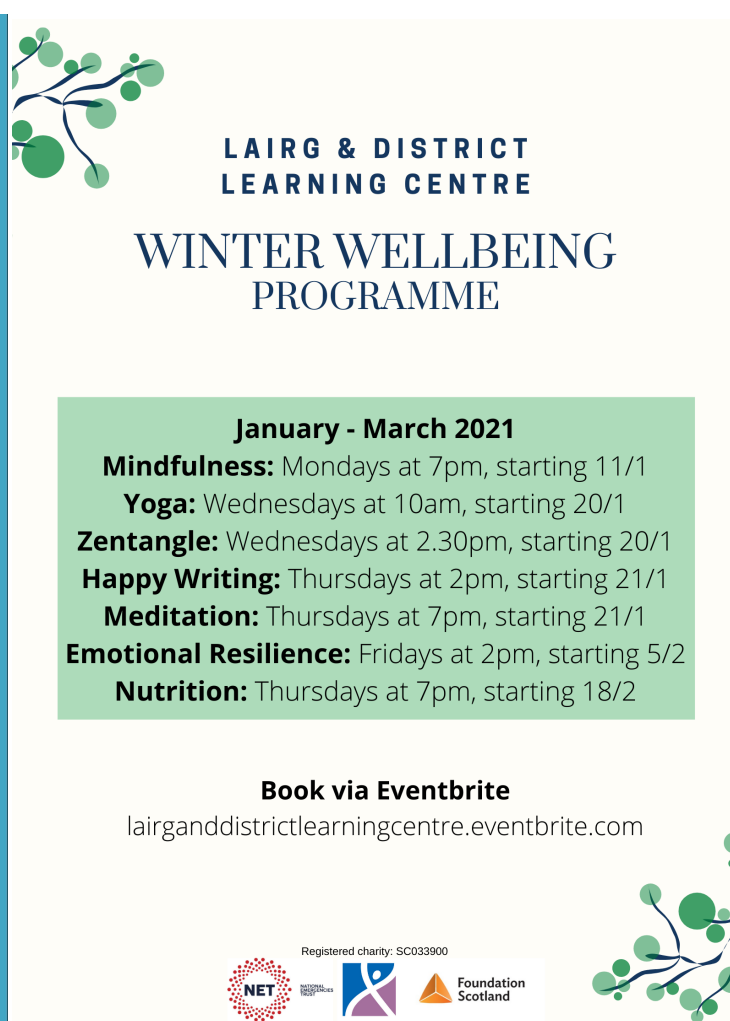
DIGITAL DEVICES PROJECT

WANT TO USE THE INTERNET BUT DON'T HAVE A DEVICE?

WE CAN HELP

For more details email manager@lairglearningcentre.org.uk or send a message to our Facebook page @LairgLC

Lairg & District Learning Centre is a registered charity SC033900



LAIRG & DISTRICT
LEARNING CENTRE

WINTER WELLBEING
PROGRAMME

January - March 2021

Mindfulness: Mondays at 7pm, starting 11/1

Yoga: Wednesdays at 10am, starting 20/1

Zentangle: Wednesdays at 2.30pm, starting 20/1

Happy Writing: Thursdays at 2pm, starting 21/1

Meditation: Thursdays at 7pm, starting 21/1

Emotional Resilience: Fridays at 2pm, starting 5/2

Nutrition: Thursdays at 7pm, starting 18/2

Book via Eventbrite
lairganddistrictlearningcentre.eventbrite.com

Registered charity: SC033900

NET
Foundation Scotland

Appeal for residents to clear up after their dogs!

LDCI has been contacted by some resident dog walkers who have raised concerns about the amount of dog poo that is being left lying around Lairg. They are concerned that all dog owners will be viewed in a bad light because of the small minority who don't clean up after their pets. Dog mess can lead to Parvo, a potentially fatal virus which is transferred between dogs, but the key health issue with dog faeces is that it can lead to toxocariasis in humans.

LDCI has previously contacted the Highland Council to ask why the dog Poo bins have been removed but hasn't received a reply yet. The grey bins at the recycling area by Church Hill wood have a sticker that says they can be used for the disposal of poo bags along with green bins at Ferrycroft.

Please clean up after your dog, how can we moan about the mess left by tourists if we don't clear up after our own dogs!

Will you be celebrating Burns Night this January?

Unfortunately like all events at the moment we can't get together to hold a Burns Night Supper to celebrate the life and poetry of Robert Burns so we thought we'd put together a little tribute to him ...

Robert Burns was born in Alloway, Ayrshire in 1759 and died in 1796 aged only 37 years old. Although it's unknown how exactly he died, the most common opinion is that he died of a blood infection following a tooth extraction.

Worldwide, there are more statues dedicated to Robert Burns than any other non-religious figure, after Queen Victoria and Christopher Columbus.

Burns fathered at least 13 children by four different women. His wife, Jean Armour, gave birth to nine of his children, but only three survived infancy. His oldest child, daughter Elizabeth was born after Burns had an affair with his mother's servant. His youngest child, son Maxwell, was born on the day of his funeral.

Legendary artist Bob Dylan revealed that 'A Red, Red Rose' by Burns is his source of greatest creative inspiration.

One of Burns' most famous works, *Auld Lang Syne*, has appeared in over 170 Hollywood films including *The Apartment*, *It's A Wonderful Life* and *When Harry Met Sally*.

His piece, *Is there for Honest Poverty* was sung at the opening of the new Scottish Parliament in 1999.

The suppers are normally held on, or close to his birthday on the 25 January, known as Rabbie Burns Day but more commonly known as Burns Night or Burns Nicht (Scots).

The tradition of the supper dates back to just after the poet had died, a group of his friends got together in his home to celebrate his life and works. The first club was then formed in Greenock in 1801 and is believed to have been started by merchants who were friends of the poet.

The supper is usually three courses, starting with perhaps Scotch Broth or Cock-a-leekie Soup. The supper might end with a dessert like Cranachan - see the Recipe of the week on page 2 for inspiration! However, the star of the show is the main course which is of course Haggis, neeps and tatties, with the haggis being piped in to the table.

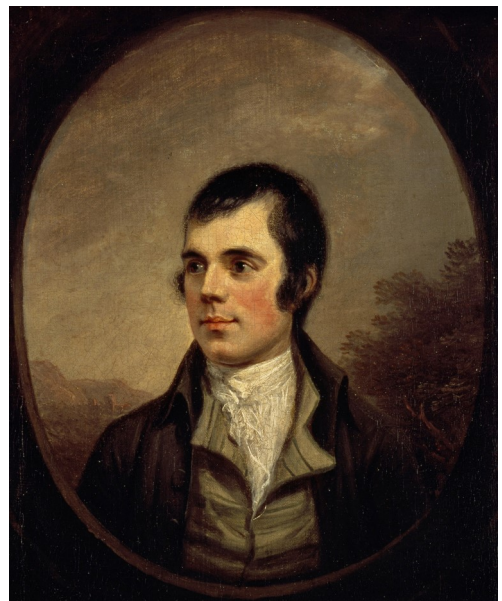
The host then addresses the Haggis before the theatrical cutting of the haggis with the ceremonial knife. Here is the first verse of the poem....

The Address:

Fair fa' your honest, sonsie face,
Great chieftain o' the puddin'-race!
Aboon them a' ye tak your place,
Painch, tripe, or thairm:
Weel are ye wordy o' a grace
As lang's my airm.

This poem was written by Burns to celebrate his appreciation of the Haggis. As a result Burns and Haggis have been forever linked...

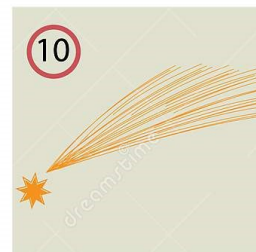
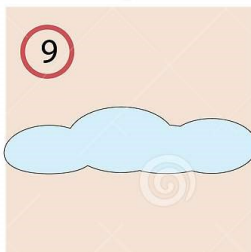
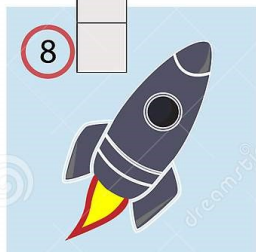
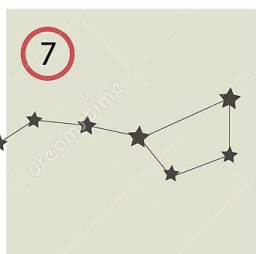
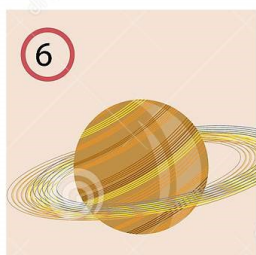
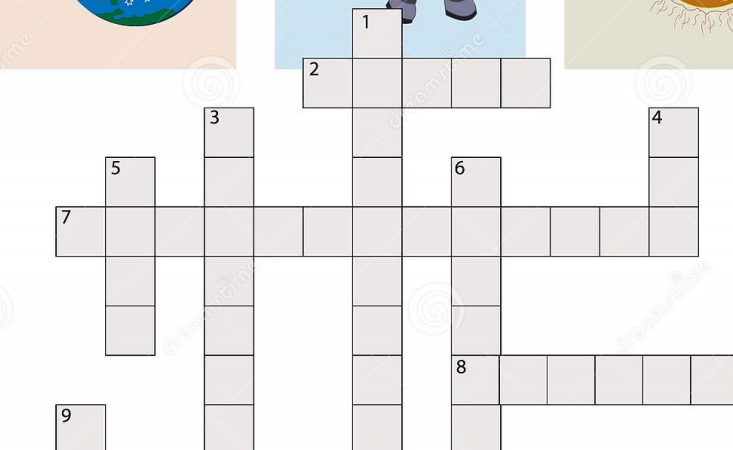
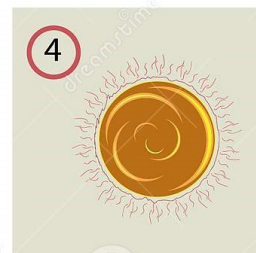
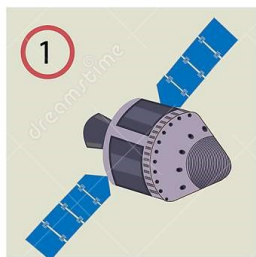
In 2009, STV ran a television series and public vote on who was "The Greatest Scot" of all time. Robert Burns won, narrowly beating William Wallace.





Have a look at the pictures and see if you can fill in the blanks without looking at the answers!

Crossword



COSMOS

Answer

1 satellite 2 Earth 3 cosmonaut 4 sun 5 moon 6 Saturn 7 constellation 8 rocket 9 cloud 10 comet

This magazine is funded by:



Thank you for reading issue 31 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