

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photo by Jan Blackwell

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Happy Easter or is it Christmas?!

Just when we thought it was spring - the wind changed direction and we received a nice icy blast of Arctic air to remind us that Mother Nature is still in charge! If the cold weather has impacted your heating bills - please see page 6 for info on our Helping Hand Fund and to find out if you might be eligible. People who have received a grant from us previously may re-apply after one year. Please contact us to check if you are unsure. (Contact details are on the back page.)

In this issue—as well as our usual quiz, recipe, Name the Faces and regular contributors' columns; we've also inserted the annual Lairg Windfarm Community Newsletter so you can see how the grants are being allocated locally.

Recipe of the week

Roasted Veg & Feta Puff Pastry Tart

Serves 4

Ingredients:

- 1 onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 green chilli, seeds removed and chopped
- 1 clove garlic, chopped or minced
- Freshly ground black pepper to taste
- 1 tablespoon extra virgin olive oil
- 1 (400g) tin chopped tomatoes, drained
- 1 (200g) packet of feta cheese, broken up
- 1 (375g) package ready rolled puff pastry

Method

Prep:10min › Cook:30min › Ready in:40min

1. Preheat oven to 200 degrees C / gas mark 6.
2. Lightly oil a shallow baking dish. Place onion, peppers, and garlic in prepared pan. Season with freshly ground pepper, and sprinkle a little olive oil over them. Roast in preheated oven for about 10 minutes.
3. When the vegetables are tender, remove from oven. Spread tomatoes evenly over the vegetables, and sprinkle with feta cheese.
4. Roll out the puff pastry on a floured surface, and place over vegetables. Bake for 20 minutes, or until pastry is golden brown. Remove from oven, place a tray over the dish, and then flip it upside down so that you have a puff pastry base with the vegetables on top. Serve immediately while the puff pastry is still crisp.



Are you missing someone?
Is someone missing you?
*A bheil thu ag ionndrainn cuideigin?
A bheil cuideigin gad ionndrainn?*

**Dornoch Cathedral
Keeping-in-Touch Project**

Our Keep-in-Touch project can help you with equipment to enable your loved ones, friends or carers to contact you at any time.

Open to all, Dornoch Cathedral's project is funded by the Scottish Government's Community Recovery Fund and partnered with Dornoch Firth Group.

We can provide a tablet computer that has been specifically designed for people who struggle with modern technology. It helps to reduce anxiety and isolation and gives peace of mind, reassurance and confidence to your family and carers.

Our friendly volunteers can deliver a simple and specifically adapted tablet computer that doesn't need any interaction from you. All the features simply appear without having to touch or press anything, helping your family, friends or carers stay in touch with you. We can provide free internet access if you don't already have it.

To try this free service out and see if it's for you then contact Ros at ros@dfgcommunity.com or Charles by call or text on 07533 518399 or charles@dfgcommunity.com

Thank you!

Donnie McDonald would like to thank everyone who sent him a card and well wishes on his 90th birthday . He was overwhelmed and delighted to receive around 60 cards!



(Answers on page 6)

1. What did Islamabad replace as permanent capital of Pakistan?
2. The line "Cry Havoc, and let slip the dogs of war" comes from which of Shakespeare's plays?
3. Which cartoon hunter calls Bugs Bunny a "cwazie rabbit"?
4. What blocked tubes can cause popping noises in your ears?
5. In which London Borough is Waterloo station?
6. In what month does The Open Golf Championship take place?
7. Perseus gave which gorgon's head to Athena?
8. What word links a TV sleuth, an ice cream and a hand gun?
9. In the Bond film Goldfinger, what nationality is the manservant Oddjob?
10. The name of what astronomical event comes from the Latin for "equal night"?
11. Drambuie, Grand Marnier and Tia Maria are all types of what?
12. In which seaside resort was the first Butlins Holiday Camp opened?
13. 2 furlongs is a quarter of what imperial distance?
14. What is the trademark name of a fastener using tiny loops and hooks?
15. Steel is an alloy of carbon and what metallic element?
16. The original line up of which band included Axl Rose, Slash, Izzy Stradlin, Duff McKagan and Steven Adler?
17. What 5 letter term denotes an annular coral reef enclosing a central lagoon?
18. On what part of a horse's body would you find the hock?
19. Which race course was established by Queen Anne?
20. After changing hands with Scotland thirteen times which town was surrendered to England in 1482?



Sun Clock

In our previous issue we said that we would explain how to make a sun clock in our April issue. However, as it may be difficult to get hold of materials to make one at the moment due to the current restrictions on essential travel, we will run a competition to make a home-made sun clock in a later issue.

The phases of the moon are caused by the position of the moon in relation to, itself the Sun and Earth. Because the moon produces no visible light of its own, we can only see parts of it that are lit up by other celestial bodies, a small amount light comes from distant stars and some is from the reflection of the Earth this is called Earthshine, but main source is the sun. Over time, different cultures have named the full moon phases. Many of the names used in the Northern Hemisphere, we still recognise and use today come from Native American culture.

There are eight named phases of the Moon

New Moon
 Waxing Crescent Moon
 First Quarter Moon
 Waxing Gibbous Moon
 Full Moon
 Waning Gibbous Moon
 Last Quarter Moon
 Waning Crescent Moon



Here are the names of the Full Moons:

Northern Hemisphere Full Moon Names

January: Old Moon, Moon after Yule
February: Snow Moon, Hunger Moon, Wolf Moon
March: Sap Moon, Crow Moon, Lenten Moon
April: Grass Moon, Egg Moon
May: Planting Moon, Milk Moon
June: Rose Moon, Flower Moon, Strawberry Moon
July: Thunder Moon, Hay Moon
August: Green Corn Moon, Grain Moon
September: Fruit Moon, Harvest Moon
October: Harvest Moon, Hunter's Moon
November: Hunter's Moon, Frosty Moon, or Beaver Moon
December: Moon before Yule, or Long Night Moon



This is a Wolf Moon

Southern Hemisphere Full Moon Names

January: Hay Moon, Buck Moon, Thunder Moon, Mead Moon
February: Grain Moon, Red Moon, Corn Moon, Barley Moon
March: Harvest Moon, Corn Moon
April: Harvest Moon, Hunter's Moon, Blood Moon
May: Hunter's Moon, Beaver Moon, Frost Moon
June: Oak Moon, Cold Moon, Long Night's Moon
July: Wolf Moon, Old Moon, Ice Moon
August: Snow Moon, Storm Moon, Hunger Moon, Wolf Moon
September: Worm Moon, Crow Moon, Sugar Moon, Sap Moon
October: Egg Moon, Fish Moon, Seed Moon, Waking Moon
November: Corn Moon, Milk Moon, Flower Moon, Hare Moon
December: Strawberry Moon, Honey Moon, Rose Moon

(The Equinox is shown in bold to emphasize seasons)

How to Perform a Waste Audit! By: Rebecca Dunphy

It can seem a little daunting to think about how you can reduce the waste your household produces. Before you start thinking about cutting down it is good to have idea of what you typically throw away in a week. It's a really simple process that anyone can do and won't take up much of your time. All you'll need is a pen and paper!

Step 1: Recognise your Rubbish

Take a look through your bin or think about the items you know you usually throw away. Then grab your pen and paper to make a list. It's best to make two lists – one for your bathroom and one for the kitchen.

Step 2: Review your Rubbish

Over the course of a week add a tally mark every time you throw away an item. This will give you an idea of an average week in your household and what you're throwing out the most. If the numbers are higher than you thought they would be, don't be too hard on yourself. It's difficult to lower your waste production overnight – it takes time!

Step 3: Reduce your Rubbish

Now start thinking about zero waste options for the things you are throwing away the most. This will make the biggest impact on the waste you produce and will make a difference immediately since these are items you know you often use.

Food Scraps: Householders in Scotland throw away 630,000 tonnes of food and drink each year. When food is put into landfill sites it creates methane as it rots. Composting is a fantastic way to use your food scraps for good! There is a recording of our Beginner Home Composting Workshop on the Lairg & District Learning Centre YouTube Page and our Facebook Page.

Kitchen Roll: You'll likely find when you do your audit that kitchen roll is one of your biggest offenders. A simple solution is to use cloth dish towels to clean up spills, wipe down surfaces and dry dishes. If you're looking to get a bit more creative you can make reusable kitchen roll out of material scraps.

Plastic Bottles: It takes 3 litres of water to make a 0.5 litre plastic water bottle. Get in the habit of carrying a reusable water bottle with you at all times.

Clingfilm: It's easy to use clingfilm to keep your foods fresh. But there is an eco-friendly solution that is just as simple – beeswax wraps! You can pick up some locally made wraps at the Rusty Co!

Plastic Bags: The number of plastic bags used in Scotland has gone down significantly over the last few years and people have adapted to carrying reusable bags. The hardest is remembering to bring the bags with you! A good practice is to always keep a few reusable bags in your car at all times.

The Lairg & District Learning Centre's Seasons of Change project has a number of waste focused classes in the coming months. If you would like to learn more, contact Sarah – sarah@lairglearningcentre.org.uk



Lairg &
District
Community
Initiatives



Lairg Helping Hand Fund

Are you struggling to pay your fuel/ energy bills?

If you are facing financial hardship and live within Lairg Community Council Area we may be able to help.

Grants of up to £250 towards heating/energy costs are available to assist eligible* households in Lairg Community Council area.

(One grant per household per year.)

This is a confidential service provided in partnership with East & Central Sutherland Citizens Advice Bureau.



Call Lairg & District Community Initiatives
on: 07961372427 or email:
projectofficer@lairginitiative.co.uk
Charity No: SC033349 | Company No: SC230960

NEED A HELPING HAND?



Lairg Helping Hand Fund will consider applications to fix a faulty boiler or replace white goods to increase energy efficiency within your home, if this is more urgent for you than your energy bill. Please note that LDCI will pay for fuel / white goods on behalf the client up to a max of £250.

*Eligibility Criteria

Applicants must live within Lairg Community Council area.
Applicants with more than £2000 savings are not eligible.
Applicants should be in receipt of one or more of the following benefits:
Universal Credit, Income Support, Child Tax Credit, Pension Credit, Income based Job Seekers Allowance, Employment Support Allowance, Housing Benefit/Council Tax Reduction.
If you live outside the Lairg Community Council area we will pass your details on to the correct group for your own area.

The Helping Hands Fund is supported by:



LDCI Quiz Answers

- | | | |
|--------------------------------|--------------|------------------------|
| 1. Karachi | 8. Magnum | 15. Iron |
| 2. Julius Caesar (Mark Antony) | 9. Korean | 16. Guns and Roses |
| 3. Elmer J Fudd | 10. Equinox | 17. Atoll |
| 4. Eustachian | 11. Liqueur | 18. The leg |
| 5. Lambeth | 12. Skegness | 19. Ascot |
| 6. July | 13. Mile | 20. Berwick upon Tweed |
| 7. Medusa | 14. Velcro | |

How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent

Well, if this late lambing snow doesn't highlight the benefits of polytunnel growing, I don't know what does... and I know we'll all be feeling for our crofters and farmers struggling through this "usual" weather.



Personally, we were very lucky to manage to grab the two days of sunny-ish, dry-ish weather just before this snow to get the skin and doors on the tunnel. There's a long story behind managing to do this. Ironically, it just wouldn't have happened had it not been for Covid – but that's a story for another time.

It's been an interesting learning curve too – seeing the good and bad bits of the different design options, and also a deep dive into what the whole costs of polytunnel growing could be. All, truly highlighting the benefits of community growing – sharing costs, sharing experience, sharing work, not needing to worry about holiday watering etc. Please do join us if you're interested in looking at how best to develop community growing in the Lairg area.

Related to that, we have two events in planning just now:

Polytunnels – The Good, The Bad, and The ... Difficult
Permaculture – How to get started in The Highlands

We'd love to highlight an event from our friends at Skye Climate Action too. They are running a Scottish Parliament Election Hustings – regarding climate change on 22nd April at 7:30pm.

All this information and more can be found at www.planetsutherland.com or our facebook page, please do get in touch by email to anna@planetsutherland.com. By Anna Patfield.



Name the Faces



Newsletter



Lairg Wind Farm Community Fund
Year 10, 1 January 2020 to 31 December 2020



History of Awards

2020 was the Fund's 10th year of grantmaking.

The Fund has made 85 awards since it began in 2011, allocating over £142,000.

During 2020, five awards were made totalling £16,638.

This Fund supports charitable activities which benefit people living within the Lairg Community Council area.

Grant applications are considered at monthly meetings of Lairg Community Council. There are no deadlines – you can apply any time.

Following the Fund Review in March 2020 it was agreed to pilot welcoming applications for up to £5,000 (an uplift from £2,500) for a one year period. This will be reassessed at the 2021 annual review.

About the Fund

The Fund is provided by Lairg Wind Farm Ltd, the operator of the Lairg Wind Farm - the three-turbine wind farm at Cnoc Na Inghinnin. The Fund receives at least £22,000 annually (index linked) for the life of the Wind Farm, expected to be 25 years.

During this pilot, consideration will be given for applications requesting more than £5,000 for projects which would be transformational and bring significant community benefit to most / all Lairg residents.

How To Apply: Main Fund

Constituted groups can apply online for up to £5,000. Detail on how to apply is on Foundation Scotland's website. <https://www.foundationscotland.org.uk/apply-for-funding/funding-available/lairg>

How To Apply: Microgrants

Individuals or smaller groups can apply for up to £250 towards a community project. Apply by letter to Lairg Community Council.

Year 10 Awards

Lairg Community Council £2,500 to provide a microgrant fund for distribution to groups and individuals for general charitable purposes.

Lairg Crofters Show £5,000 To purchase equipment to support the show including a marquee, foldable tables and sheep hurdles.

Lairg and District Community Initiatives £2,888 to provide a community magazine which will tackle social isolation during the covid 19 lockdown period.

Lairg and District Learning Centre £2,500 to contribute toward the salary of an administrator for one year commencing June 2020.

Lairg and District Community Initiatives £5,000 to fund project management to get funding applications started and get planning to the next stage for the Community Housing project.

Year 10 Finances

Financial transactions (01/01/2020 - 31/12/2020)	
OPENING BALANCE	£27,843.99
FUND INCOME:	
Year 10 Lairg Wind Farm Ltd donation	£27,434.21
TOTAL INCOME	£27,434.21
FUND EXPENDITURE:	
Grants awarded	£16,638.00
Foundation Scotland fee	£2,743.42
Community Council Secretariat fee	£617.27
TOTAL EXPENDITURE	£19,998.69
CLOSING BALANCE	£35,279.51

Contact Details

Eilidh Coll

**Foundation Scotland
(based in Caithness)**

Tel: 07801 530218

E-mail:

eilidh@foundationscotland.org.uk



Colouring in Activity



Facts about the Moon—Did you know?

1. The Moon is very hot during the day but very cold at night. The average surface temperature of the Moon is 107 degrees Celsius during the day and -153 degrees Celsius at night.
2. The Earth's tides are largely caused by the gravitational pull of the Moon.
3. Mons Huygens is the tallest mountain on the Moon, it is 4700 metres tall, just over half the height of Mt Everest (8848m).



**Foundation
Scotland**

Thank you for reading issue 34 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