

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



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Visitor Management Signs

You may have noticed two new Lairg Map signs that have popped up at the Ferrycroft Visitor Centre and in the Sutherland Transport car park below Church Hill Woods. These signs were developed as part of a Sutherland (and Caithness) wide project that was organised and subsidised by the North Highland Initiative to help signpost tourists to services in the local area. The visitor management maps all have the same design in the different communities across the north Highlands – so touring visitors will recognise them. The maps are intended to be simple, to direct people to public toilets and bins etc, and will hopefully encourage people to dispose of their waste and litter responsibly. Thank you to The Lairg Windfarm Fund for helping to fund these signs.

Recipe of the week

Smoked Mackerel Risotto



Ingredients

1 tbsp butter
1 onion , finely chopped
250g risotto rice
100ml white wine
1l vegetable/ chicken or fish stock
1 x 240 pack smoked mackerel
2 spring onions , sliced
100g bag fresh spinach
Dash of cream (optional)

Method

STEP 1

Heat the butter in a large frying pan. Tip in the onion, then fry gently for 5 mins until softened. Stir in the rice and mix until coated in the butter, then pour in the wine and let it bubble until it's almost all disappeared.

STEP 2

Pour in half the stock, give it a good stir, then leave to gently cook for 10 mins. Add half of the remaining stock, stir again and cook for 5 mins more. Keep adding stock and cooking until the rice is tender.

STEP 3

Peel the skin off the mackerel, scrape away any dark brown flesh, then flake. Stir into the rice with the spring onions and spinach, then cook just until the spinach has wilted slightly. If you like a creamier texture add a splash of cream. Serve straight away.

Tip—Don't break the fish up too much to begin with – this will ensure it keeps its flaky texture after being stirred.

If you want to make this a really luxurious meal— try adding a poached egg on top.
Delicious!

Lairg Rovers Juniors FC - training restarts

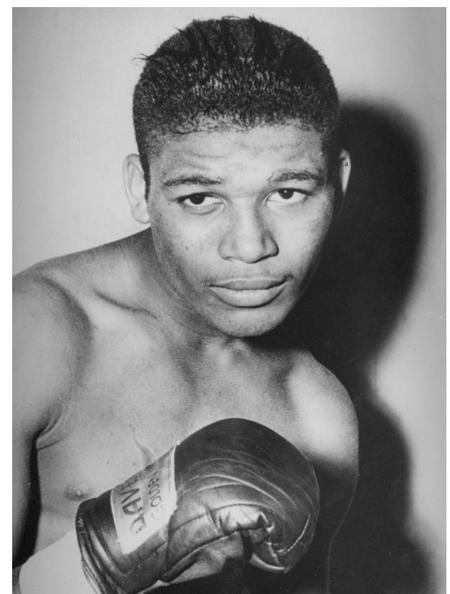
Lairg Rovers Juniors FC are back meeting every Tuesday night (weather permitting!) for all primary aged kids, at the school football pitch. Dean Munro is coaching them.

At the moment the slots are: P1/4 from 6.30 till 7pm, and P5/7 from 7 till 8pm. Tracey Sutherland said, " We are delighted with the amount of kids we are getting coming along and the support from parents has been great. We are hoping we will be able to use the school gym again during the winter months . There is a suggested donation of a £1 a child per session.



(Answers on page 6)

1. What is the national flower of India?
2. 'Songs from District 12 and Beyond' was the official soundtrack album of the first film in what franchise?
3. What was the name of Donald Trump's vice president?
4. The Cat in the Hat usually wears what colour of bow tie?
5. If you were seeking peace, what type of branch would you hold out?
6. Which flavour of liqueur is combined with vodka and cream to make a White Russian Cocktail?
7. Led by Charles Xavier, who are the Marvel Comic characters, created by Stan Lee?
8. Chrysoperia Carnea, an insect that feeds on aphids and other small insects, is also known as the 'Common Green' what?
9. Boxer Sugar Ray Robinson was five time world champion in which weight division?
10. Which late Victorian writer famously sported a green carnation?
11. How many internal angles does an octagon have?
12. Windermere is the largest lake in the Lake District - what is the second largest?
13. The novel 'Crime and Punishment' is set in which country?
14. Who had hits with 'Rock On', 'Lamplight' and 'All the fun of the fair' in the 1970's?
15. Which supermarket chain was founded by Sir Jack Cohen?
16. Who famously flew a single seat, single engine monoplane, registration N-X-211, in May 1927, on the first non-stop transatlantic flight?
17. How many bones are in a human little finger?
18. What is the capital city of Romania?
19. Who introduced his famous Thinker pose when he hosted The Generation Game?
20. Spencer Percival, British Prime Minister from 1809-1812, is noted as being the only PM to what?

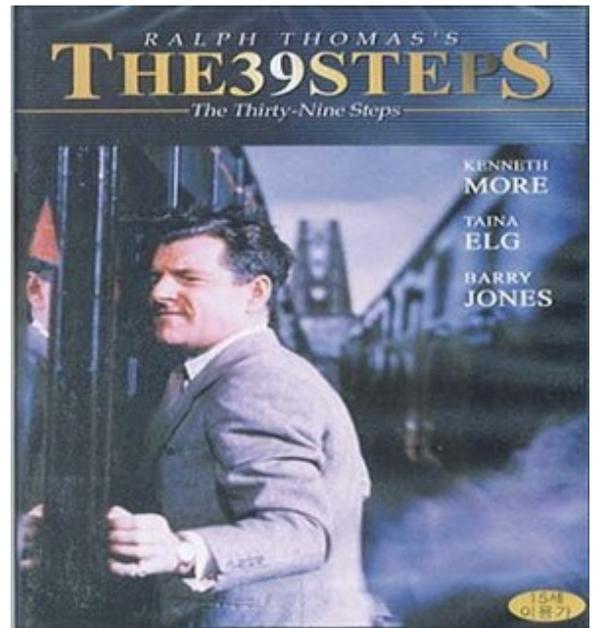


Sugar Ray Robinson

The Thirty Nine Steps

This is an adventure story by the Scottish author John Buchan. It first appeared as a serial in Blackwood magazine in August and September of 1915. It was then published in book form in October of that year. It is the first of the five novels featuring Richard Hannay, an all-action hero with a stiff upper lip and a miraculous knack for getting himself out of tricky situations.

The book was a very popular read by soldiers fighting in WWI. One soldier wrote to Buchan, "The story is greatly appreciated in the midst of mud and rain and shells, and all that could make trench life depressing." The plot follows Hannay, who unwittingly gets involved espionage, when a neighbour called Scudder gives him a code book to keep safe. The book shows not only a plot to destabilize Europe, beginning with a plan to assassinate the Greek Premier, but also contains secrets that if they fell in to enemy hands could alter the course of WWI. The German spies kill Scudder when they realise he has passed the code book on to Hannay, they then set Hannay up for the killing. He manages to escape the clutches of both the spies and the Police who are now pursuing him for the murder. Hannay then embarks on a cat and mouse chase from London up to the Highlands to avoid the enemy agents getting hold of the code book. Unfortunately for Hannay, despite his best efforts he fails to stop the assassination of the Greek President. He makes his way back to London where he hands the code book to the Foreign Office; they believe his story and work together to crack Scudders code.



They work out that the phrase "the thirty-nine steps," along with the date and tidal information must indicate the location of the escape point for the conspirators. With the help of a coast guardsman, they set off for a quiet middle-class location by the sea. They find an area with several sets of steps, one of them having 39, and an anchored yacht called "Ariadne." They approach the yacht posing as fishermen and discover the officer on board is German. The spies are arrested and the code book and all its secrets remain safe. The story ends with Great Britain entering in to WWI and Hannay being given a commission.

There have been a number of films made of the Buchan story - each depicting 'the 39 steps' in different ways.

In Alfred Hitchcock's version of 'The 39 Steps' they reflect the number of Germans spies involved in the plot. In a later film version, featuring Kenneth Moore the 39 steps are the steps down from a quayside in the London docks. In the film starring Robert Powell the 39 steps are the number of steps up to Big Ben.

Hedgehog Awareness Week ran from 2nd – 8th May this year . Did you know that hedgehogs are now classed as vulnerable to extinction! The Hedgehog Preservation Society is asking people create their very own hedgehog haven! Gardens are a stronghold for hedgehogs, and we can make their lives so much easier with very little effort! Make sure hedgehogs can access your garden with a 'Hedgehog Highway' a 5" x 5" (13 x 13cm) square gap in the bottom of fences or walls should do it! There are many more tips on how to save this endangered animal on:

www.britishhedgehogs.org.uk/hedgehog-awareness-week-2021/

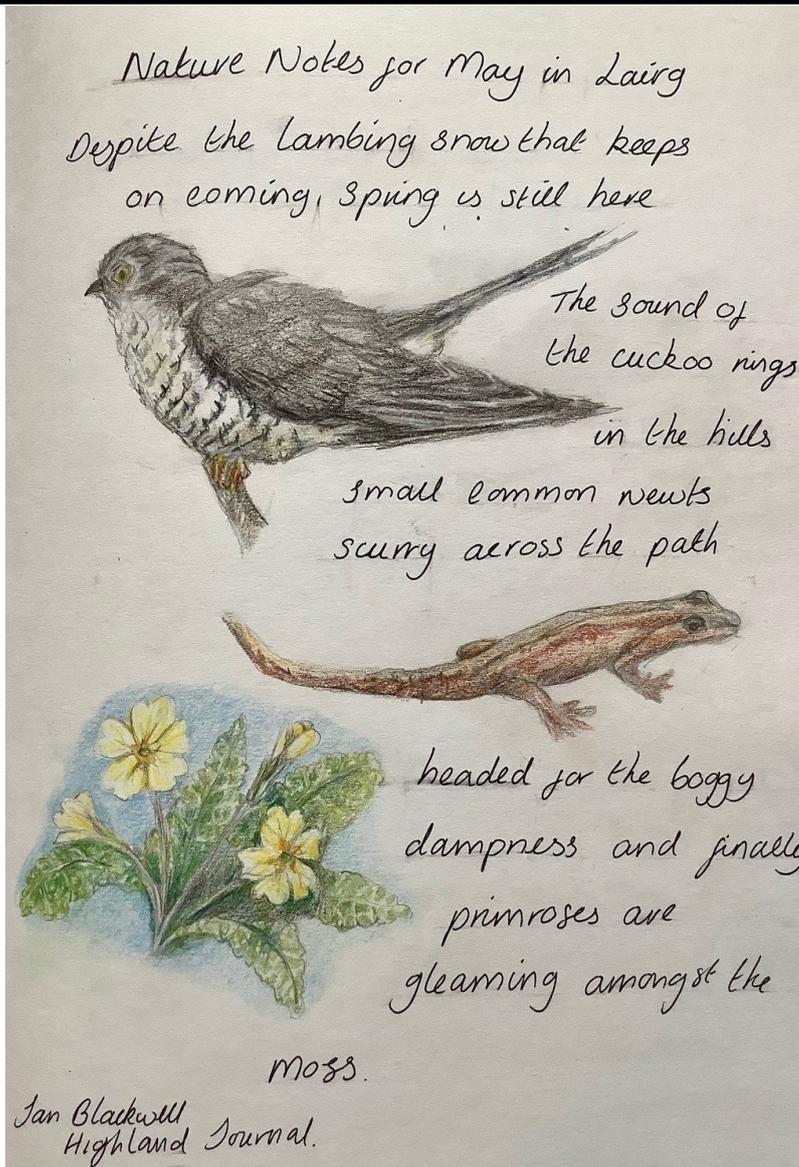




Thanks to Donnie Macdonald for sending us this photo taken 84 years ago yesterday! The photo shows his father William Macdonald and uncle John Donald Macdonald (JD) leading Lairg's schoolchildren in a procession from the school to the Golf course to celebrate the coronation of George VI as King on the 12th May 1937. They both served in the Scots Guard Pipe Band and John Donald Macdonald went on to be the King's Piper!



Can anyone tell us anything about the soldiers in this photo and who the children are?



Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her 'Highland Journal'. Here is May's diary entry.

Would you like to **lead the way?**

THINK NATURE HEALTH WALKS

Golspie Health Walks

Do you enjoy walking with others?

If so, you might be interested in joining our friendly walking group. We are looking for volunteer walk leaders to assist in leading regular walks around the Golspie area.

Full walk leader training and support will be given.

For more information please contact:
 Charlotte Mackenzie,
 Email: charlotte@highlandtsi.org.uk
 Or Amanda Wagstaffe,
 Email: amanda.wagstaffe@cyclingsuk.org

Logan Smarter Choices, Smarter Places Supporting Sustainable Travel
 Think NATURE HEALTH WALKS
 The Golspie Bothy
 Health Walks paths 2011

LDCI Quiz Answers

- | | | |
|---------------------|-----------------|--|
| 1. Lotus | 8. Lacewing | 15. Tesco |
| 2. The Hunger Games | 9. Middleweight | 16. Charles Lindbergh |
| 3. Mike Pence | 10. Oscar Wilde | 17. 3 |
| 4. Red | 11. 8 | 18. Bucharest |
| 5. Olive | 12. Ullswater | 19. Bruce Forsythe |
| 6. Coffee | 13. Russia | 20. Be assassinated whilst still in office |
| 7. X-men | 14. David Essex | |

How did you do?

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



Gosh, this feels like Deja vu! Who'd have thought that we'd have snow at the beginning of May! Well, apparently this coldest April since 1922 was predicted. There's an interesting link on our Facebook Group explaining the change in the Polar Vortex.

For our gardeners:

Last month, we held an event about Polytunnels. This interesting event discussed issues ranging from bad welding to skin tightening and Highland hole digging to awkward base boards. There was a request for a new Facebook Group, which we now have – Highlands and Islands Polytunnel Chat Group. If you have questions or knowledge to share, please do join us. We have been discussing everything from heating and watering options to best locations.

We also held an Introduction to Permaculture event . Our speaker was Ludwig Leodhas Appeltans of Earth Ways in Skye. He shared with us how powerful and useful regenerative design tools can be to make our lives easier, richer and more enjoyable on all levels, be it in our gardens, homes, work or communities - while at the same time improving the world around us.

For our Farmers & Crofters:

Do you have 50 acres? The Northwoods project from Scotland the Big Picture is seeking partners in our region. Rewilding is frequently misunderstood. But here, the project is about providing knowledge, funding and business help; to help us overcome the barriers that stop us moving some of our perhaps unused land over to help with carbon capture and increasing biodiversity. More info here - www.scotlandbigpicture.com/northwoods

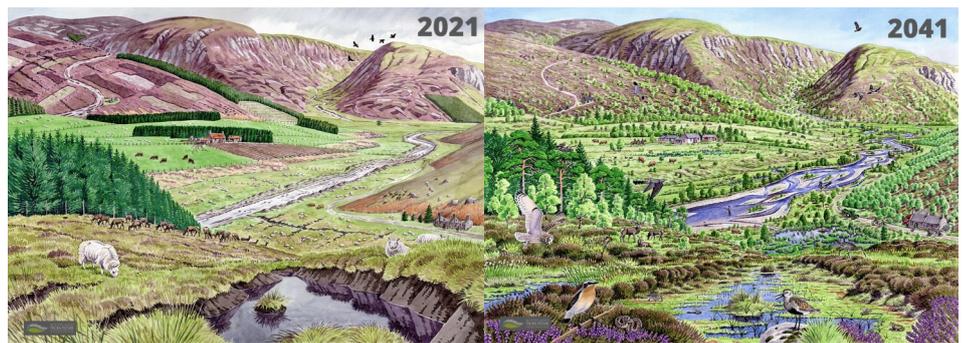


Image courtesy of: www.scotlandbigpicture.com/northwoods

For all of us:

Can you help us out please? We're seeking fun and crazy ideas to share to help us all reduce our carbon footprints. Ideas could include craziest left-over lunches: anyone tried curry and macaroni cheese stew? Yummy!! Or fab ways to reuse second-hand products or garden designs or similar to the #polutionispants campaign. A good conversation starter for our newly opened beer gardens, perhaps?

For our Artists:

Would anyone like to join us in creating an artistic project to imagine what our futures could look like if we changed some of our landscape, woods, streets, grass strips, local markets, shops etc to benefit the environment more? We've been hearing this week that being able to visualise a new picture of the future is a major steppingstone towards actually making those changes.

Upcoming Events:

We also have a talk and discussion on how we can reduce waste. This is on Wednesday 26th May at 6:30pm and will be presented by Helen & Miriam from Zero Waste Scotland. Please email for tickets or look out for info on the web site.

If any of these ideas grab you or you'd like to join us and work on projects small or large, please do get in touch by email to anna@planetsutherland.com or join us at PlanetSutherland.com.



think health think nature

Green Health Week

8-16 May 2021

POP IT ON A POSTCARD!

This Green Health Week we invite you to pick up, complete & share your postcard with us.

"How nature helps my mental wellbeing"

Time in nature has been shown to reduce stress and anxiety, improve sleep and help with the symptoms of depression.

Your reflections can be as few or as many words as you like.

EVERYONE across Highland, of all ages, is welcome to take part.

For further information, please pick up a postcard or visit our website:
www.thinkhealththinknature.scot
 #greenhealthweek
 #thinkhealththinknature

Green Health Week is co-ordinated locally by the Highland Green Health Partnership, which is part of the Our Natural Health Service a national initiative led by NatureScot.

This year Green Health Week coincides with Mental Health Awareness week. You will find mental wellbeing resources on our website together with advice on where to go for support.

NHS Highland, NatureScot, Cairngorms, highlife, HTSI, paths for all, The Highland Council Comhairle na Gàidhealtachd



Please tell us where in Highland you are completing this postcard:

Name:

Age:

'How nature has helped my mental wellbeing'

Use the space opposite to write your words, a poem, a quote or draw a picture.

Once completed:

Please scan or photograph this postcard and send to:
info@thinkhealththinknature.scot

Please don't litter. Keep me, compost me or recycle me!

Mental Health Awareness Week is taking place from 10th -16th May 2021. This year the theme is nature. To coincide with this, an NHS initiative—*Think Health Think Nature* is running a **Green Health Week** creative writing campaign to provide an opportunity for reflection as we ease out of the COVID19 pandemic.

Time in nature has been shown to reduce stress and anxiety, improve sleep and help with the symptoms of depression.

They are inviting you to photograph or scan your completed postcard and send it to:
info@thinkhealththinknature.scot

Include your name and age (if under 26) and you will be entered into a prize draw that takes place on the 18th May. Full terms and conditions are on the website.

PRIZES!

- Primary Age: £10 book voucher
- Secondary Age: £10 book voucher
- Young Adults: £25 book voucher
- Adult: £50 food voucher

Submissions will be added to an online gallery for others to read and realise that they have not been alone with their feelings during what has been a difficult past year.

For further info see:
www.thinkhealththinknature.scot/greenhealthweek/



Thank you for reading issue 35 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: projectofficer@lairginitiative.co.uk.

Phone for Chair Kaye: 07500453301, Vice Chair Norman: 07742025719 or write to us at:
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