

# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



## Contents:

Page 2 - Recipe

Page 3 - Quiz

Page 4 - Reader's Entry

Page 5 - Name the Faces

Page 6 - Highland Journal/  
Quiz answers

Page 7 - Planet Sutherland

Page 8 - Lairg Learning  
Centre

Page 9 - Local news

Page 10 - Activity

## Lairg Cemetery clean-up day

Saturday 17th July

Meet at 10 am at the Cemetery gate

All welcome!

Please bring lawnmowers, strimmers,  
hoes for weeding, and your own gardening gloves.

Please continue to follow Scottish Government  
rules regarding outdoor socialising ...

See page 9 for more info



## Lairg Magazine - August issue

Please note that due to holidays - the next issue of the Magazine will be published a week later than usual.

# Recipe of the week

## Greek Salad

Make a fresh and colourful Greek salad in no time. It's a great summer dish to serve with grilled meats at a barbecue, or on its own as a veggie main.

### Ingredients

- 4 large vine tomatoes, cut into irregular wedges
- 1 cucumber, peeled, deseeded, then roughly chopped
- ½ a red onion thinly sliced
- 16 Kalamata olives
- 1 tsp dried oregano
- 85g feta cheese, cut into chunks (barrel matured feta is the best)
- 4 tbsp Greek extra virgin olive oil

### Method:

#### STEP 1

Place 4 large vine tomatoes, cut into wedges, 1 peeled, deseeded and chopped cucumber, ½ a thinly sliced red onion, 16 Kalamata olives, 1 tsp dried oregano, 85g feta cheese chunks and 4 tbsp Greek extra virgin olive oil in a large bowl.

#### STEP 2

Lightly season, then serve with crusty bread to mop up all of the juices.



## Lairg Community Market

Lairg Community Market was set up in 2018, in order to bring local produce and craft traders to the Lairg public.

On the 3rd Monday of each month (excluding January), we host a range of stalls from art & crafts, artisan soaps and beauty products, to plants and local meats, at Lairg Community Centre. 1.30pm - 4pm.

Currently we have Covid regulations in place, so please follow the signs/markers and wear a face covering to protect our stallholders.

Hope to see you there!

### School Holiday Activities

Follow East Sutherland Active Schools Facebook page to check out the activities that they are running in Lairg and in the nearby villages throughout the summer.

**LAIRG COMMUNITY MARKET**

**MARKET DATES 2021**  
**(3rd Monday - Monthly):**

- 21st June
- 19th July
- 16th August
- 20th September
- 18th October
- 15th November
- 20th December

Lairg Community Centre,  
Main Street, Lairg  
IV27 4DB

**1.30pm - 4.00pm**

For bookings/enquiries, contact  
Heather -  
bonnigbooks2018@gmail.com  
07546 164419, or at  
The Rusty Coo

More information at [www.lairgcommunitymarket.co.uk](http://www.lairgcommunitymarket.co.uk)  
Facebook/Insta: @LairgMarket

**(Answers on page 6)**

1. Jair Bolsonaro is the 38th President of which country?
2. Who wrote War and Peace?
3. In ten-pin bowling, how long is a lane from the foul line to the head pin?
4. What is Chiroptophobia the fear of?
5. Which company bought Debenhams in January 2021?
6. What does a haematologist study?
7. In the Charge of the Light Brigade, they rode 'half a league, half a league, half a league onward', but roughly, on land, how many miles are in 3 leagues?
8. Which group had a hit with the song 'Prince Charming' in 1981?
9. In the original TV cartoon, who was He Man's arch enemy?
10. Which word is used in the Nato call sign for the letter M?
11. What is the name of the Nuclear Physicist who made the famous quotation "I am become death, the destroyer of worlds"?
12. Who was disguised as Betty Burke and imprisoned in the Tower of London for conducting the Young Pretender, Charles Edward Stuart, to Skye?
13. What bird of prey gives its name to the highest rank attainable in the Boy Scouts of America?
14. Which book of the bible literally means second law?
15. Jane Austin and Charles Dickens were both born in which county?
16. Which planet in our Solar System has moons called Mimas and Rhea?
17. In what European City is Schiphol Airport?
18. Gillian Anderson played which FBI agent in the TV classic X Files?
19. What old Norse word means story or history?
20. Which wife of Henry the Eighth is believed to have had 11 fingers?



Image of the Tower of London by Nat11

**July Snippet: Sir Arthur Conan Doyle died on the 7th July 1930.**

----oOo----

### Sir Arthur Conan Doyle

Arthur Conan Doyle was born in Edinburgh, on the 22nd May, 1859. He was a British writer and physician. He created the character Sherlock Holmes in 1887 for *A Study in Scarlet*, the first of four novels.

Fifty-six short stories about Holmes and Dr Watson, and the Adventures of Sherlock Holmes were published in The Strand Magazine, from 1891 to 1893, giving him immediate fame. The Sherlock Holmes stories are considered milestones in the field of crime fiction.



### The Lost World

Sir Arthur Conan Doyle wrote the book *The Lost World* in 1912 when dinosaurs were not known by the general population. This book inspired a lot of novels and movies. Today, dinosaurs are very popular toys for young children.

In 1925, one of Doyle's friends, Percy Harrison Fawcett, who was an explorer, along with his eldest son Jack, disappeared during an expedition to find an ancient lost city which he believed existed in the jungles of Brazil.

In 1896 Doyle became a war correspondent in the Sudan. He also served as a doctor in the 1899-1902 Boer War in South Africa. He was knighted in 1902 for his service in that war. He wrote a history of the Boer War and as a war correspondent he later wrote an account of the British campaign in France and Flanders.

He volunteered as a surgeon on a whaling ship and it was this experience which inspired him to write one of his stories: *The Captain of the Polestar*.

Conan Doyle was also an enthusiastic investigator. One of his investigations which gained much popularity was when he successfully got Oscar Slater released from prison who was wrongly convicted of the murder of an 82-year-old woman In 1927.

The Sherlock Holmes stories were published as "The Case-Book of Sherlock Holmes."

Doyle was married twice and died in Crowborough, Sussex in 1930.



Memories from Summers' past...

Can anyone remember when these photos were taken?



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

Thursday 1<sup>st</sup> July 2021

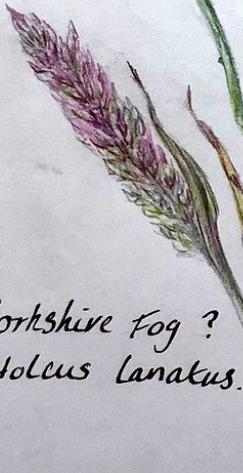
Adder  
*Vipera  
berus.*



A wee feather  
(scientific name!)



Hawkweed  
*Hieracium*



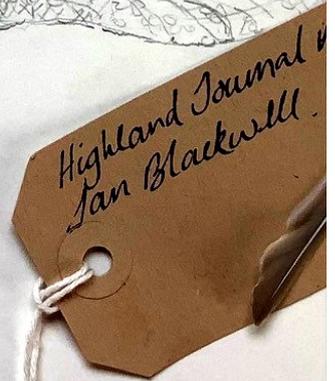
Yorkshire Fog?  
*Holcus lanatus.*



Marsh Orchid



Golden ringed  
Dragonfly  
(female?)



Highland Journal  
Jan Blackwell

**LDCI Quiz Answers**

- |                     |                        |                 |
|---------------------|------------------------|-----------------|
| 1. Brazil           | 8. Adam and the Ants   | 15. Hampshire   |
| 2. Leo Tolstoy      | 9. Skeletor            | 16. Saturn      |
| 3. 60 feet (18.29m) | 10. Mike               | 17. Amsterdam   |
| 4. Bats             | 11. Robert Oppenheimer | 18. Dana Scully |
| 5. Boohoo           | 12. Flora Macdonald    | 19. Saga        |
| 6. The blood        | 13. Eagle              | 20. Anne Boleyn |
| 7. 9                | 14. Deuteronomy        |                 |

**How did you do?**

1-5/20  
Poor

5-10/20  
Okay

10-15/20  
Good

15-20/20  
Excellent



This month we're focusing on plastic, carbon cafes and more and more polytunnels.

### Carbon Cafes and Chats

Join us on Monday 12<sup>th</sup> Jul at 7pm to learn about Climate Change and share your ideas and questions about what we can do to help the planet. Or come along for a chat with us at the Lairg Community Markets.

### Polytunnels

Hopefully by the time you read this, the Gledfield School tunnel will be up. If you have an interest in polytunnel building and management or would like to join the crew helping build each other's tunnels, please do join the Highlands & Islands Polyunnel Chat Group - <https://www.facebook.com/groups/highlandsislandspolyunnelchat> .

### Plastic Free July

This is a global promotion which helps everyone to focus on plastic use and reduce our reliance on, particularly, single use plastic. The last year has been truly difficult with all the Covid protection gear that we've needed. Supermarkets and shops have had to revert to using more packaging to keep food from being handled and breathed upon. And, sadly even our recycling opportunities, such as our crisp packet collections had to stop.

So, July is a time to re-focus and re-group. What can we all do to reduce our plastic use ? Please do share your ideas on our

Facebook Group (<https://www.facebook.com/groups/PlanetSutherland>). As a starting point, we've found that it's helpful to review different rooms and aspects of our lives:

**Kitchen fixes:** home baking, home growing and making or refilling cleaning products.

**Bathroom:** using shampoo bars, and making or refilling cleaning products, buying non plastic wrapped eco friendly toilet roll.

**Garden:** reuse compost bags to line walkways, make your own compost, pass on plant pots in the buy swap & sell groups or contact us for collection.

**Kids:** toy sharing and reviewing all the plastic in kid's lives, from fruity juices and sweeties to plastic toys, packaging and knick knacks.

**Tech:** make good use of all the small electrical recycling places in our recycling centre or pink bins or look at laptop reboot programmes.

But with so much potential, it's easy to get overwhelmed. So please do join us where we'll focus on one topic each week. These small changes have a big impact when we all work together.

### Join Us

As always, we're keen to work with any community groups, businesses and individuals to help reduce Sutherland's carbon foot print. You can join us or get in touch via the many options here – <https://planetsutherland.com/join-us/>. Or, please feel free to contact [anna@planetsutherland.com](mailto:anna@planetsutherland.com) with any questions, thoughts or ideas.



## A Very Hungry Caterpillar - Article by Sarah Forrest

During a recent clear out we came across one of our daughter's favourite childhood books, Eric Carle's "A Very Hungry Caterpillar". The story opens with a tiny egg alone on a leaf in the moonlight. Then a small caterpillar emerges and begins eating its way through every child's dream food. Finally, it is no longer ravenously hungry and no longer small. The big fat caterpillar builds a cocoon around himself and emerges as a beautiful butterfly. Why a cocoon and not a chrysalis? The scientific explanation is that there's a rare genus, a Parnassian, that pupates in a cocoon. I prefer Carle's reasoning, "*when I was a small boy, my father would say, Eric, come out of your cocoon. He meant I should open up and be receptive to the world around me. And so, poetry won over science!*"



Carle, who died in May this year aged 91, wrote and illustrated more than 40 children's books, writing about brown bears, quiet crickets, grouchy ladybirds, and very busy spiders. He was introduced to the natural world by his father who took him on long nature walks, "*When I was a small child, as far back as I can remember, he would take me by the hand and we would go out in nature. And he would show me worms and bugs and bees and ants and explain their lives to me.*" (New York Times)

Worms, bugs, bees, ants, caterpillars and butterflies. Our garden is teeming with them. Taking a leaf from Carle's love of nature and inspired by The Learning Centre's climate change project, "Seasons of Change", we have tried really hard to create a wonderful wildlife and insect friendly garden. Instead of buying decking for the side of our new pond, we lay down old birch logs, a perfect hotel for bugs. We've encouraged the foxgloves and clover, and planted comfrey and buddleia to encourage bees and other pollinators, providing them with the nectar and pollen they need to thrive.

We were rewarded by the first dragonfly visit this week, shimmering azure wings and fast flight. Pond skaters dart about all day and in the evening the swallows dive down catching midges and other insects as they gather above the pond, joined later by bats as dusk falls. We learnt how to create our garden with help from Sarah Whealing from Corry Croft Nursery in Rogart. Her wonderful short film, made during lockdown, is a visual treat and will give you a great insight into how to create a biodiverse garden. [https://www.youtube.com/watch?v=ypHdlg7H\\_bY&t=35s](https://www.youtube.com/watch?v=ypHdlg7H_bY&t=35s)



Over the summer we will be running a "Bug Hotel" workshop for children and a "Create Your Own Caterpillar" which will use collage techniques used by Eric Carle in his work. Venue: The Hub, Bonar

Bridge, Tuesday 20<sup>th</sup> July, morning and afternoon sessions.

To find out about register for this and upcoming workshops:

Follow us on Eventbrite <http://lairganddistrictlearningcentre.eventbrite.com>

Like our Facebook page here <https://www.facebook.com/LairgLC>

Follow us on Twitter here <https://twitter.com/lairglearning>

Join our mailing list here <http://eepurl.com/c5fpKv>



Crofters Kitchen, a high-quality catering van set up by local entrepreneur Iona Matthews, has been appointed to provide the catering service at the Falls of Shin over the summer season.

Iona produces home baking and freshly made food using local suppliers and produce from her family's croft in Shinness. Her Crofters Kitchen van is now up and running on site to ensure that there are refreshments available for anyone

visiting the Falls of Shin. Crofters Kitchen is currently open 10am - 4pm, Monday to Saturday. Iona said, "I'd like to say a personal thank you to everyone who has come over to support Crofters Kitchen."

On a separate note – if anybody is asked by motor home drivers where they can go to empty their waste – you can direct them to either the Falls of Shin which now has a waste disposal point, or to Woodend Caravan park which can also provide water and accept motorhome waste from tourers who are not staying on site.

## Lairg Health Walks

LDCI would like to set up a new social walking group in Lairg. The walks will be suitable for all abilities, and at the end of the walk there will be the opportunity to catch up over a cuppa. If this is something that you would be interested in coming along to please let us know, as we'd like to find out if there is an appetite for this. We are also looking for a couple of volunteers to be walk leaders (full training provided) - please see the advert below.

Would you like to *lead the way?*

THINK NATURE HEALTH WALKS

**Lairg Health Walks**

*Do you enjoy walking with others?*

If so, you might be interested in joining our new walking group. We are looking for volunteer walk leaders to assist in leading regular health walks in and around Lairg.

Full walk leader training and support will be given.

 Think NATURE HEALTH WALKS

 Health Walks

 Smarter Choices, Smarter Places

LAIRG & DISTRICT COMMUNITY INITIATIVES

For more information please contact:

Kirstin Langlois  
T: 07961372427  
E: [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk)



## Cemetery Clean up

Despite the restrictions last year we still had a great turn out of volunteers on our clear-up days. Everyone agreed that it made such a difference to the cemetery. If you would like to join us this year - meet at the gates at 10 am on the 17th July. Please bring lawnmowers, strimmers, edging tools, and secateurs etc. If anyone could offer to provide tea/coffees and cake it would be greatly appreciated!



# Summer Search

D R P S U N T A N I C E C R E A M  
 Z F C H U S U N B U R N F N J E N  
 Y I A H G H B O A T C O U S U G B  
 W R U E F F I S H I N G O I N L E  
 M K G U T I B I K I N I C W E O A  
 N Q U B E E W A T E R M E L O N C  
 A N S W I M M I N G J L W G B B P  
 Y Q T A C I P Q T O U Q N J D O H  
 V R N N G X S G T W L X X G R L Y  
 A L T F C M F Q D P Y S D A P C D  
 C O L O A O A X G C M A I T P C E  
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 T I O H P Q F X D F T E N T P X L  
 I O V O I U I W Q K R H O T B M C  
 O N J R N I M U F F H L K G L R W  
 N Z R T G T X J Z K L H A T X Z T  
 B K N S V O Q W J V X X R D W E B



August  
 beach  
 bikini  
 boat  
 camping  
 fan  
 fishing



hat  
 hot  
 ice cream  
 July  
 June  
 lotion  
 mosquito

shorts  
 sunburn  
 sunglasses  
 sun tan  
 swimming  
 tent  
 vacation



[www.bogglesworldesl.com](http://www.bogglesworldesl.com)



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Thank you for reading issue 37 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk).

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

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