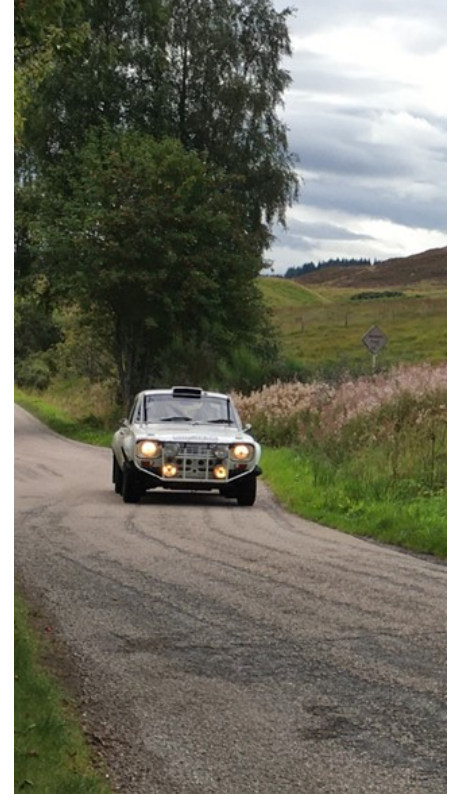


Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



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Highland Thistle Rally

On Monday 6th September we were treated to the Highland Thistle Rally coming through Lairg. They had a time stop at the Falls of Shin, and had lunch provided by Crofter's Kitchen; we watched as all the cars came past our house on the route up to Dornoch and the Little Ferry race track. It was lovely to see these old and vintage cars.

By Kaye Hurrion

Coach House For Sale

As reported in last month's magazine, the Coach House property is now on the market at offers over £49,000. Any funds raised will be ring fenced for the Care & Wellbeing Housing project.

The schedule can be viewed on the Mackenzie & Cormack Solicitors and Estate Agents website at: <https://www.mackenzieandcormack.co.uk/>

Recipe of the week

Chocolate Fudge Cake Pudding

Ingredients

Serves: 12

125g (4 1/4 oz) plain flour
2 teaspoons baking powder
1/4 teaspoon salt
150g (5oz) caster sugar
2 tablespoons cocoa powder
120ml (4 fl oz) milk
2 tablespoons butter, melted
225g (8oz) brown sugar
4 tablespoons cocoa powder
400ml (14 fl oz) hot water

Method

Prep: 5 min › Cook:45min › Ready in:50min
Preheat the oven to 180 degrees C (gas mark 4). Grease and flour a 23cm square tin.

In a medium bowl, mix together the flour, baking powder, salt, sugar and 2 tablespoons cocoa. Stir in the milk and melted butter. Spread evenly into the prepared tin. In a small bowl, combine the brown sugar and 4 tablespoons cocoa. Spread over the top of the mixture in the tin. Pour the hot water over the entire mixture in the tin. Bake for 45 minutes in the preheated oven. The cake is done when the cake part is on top and the bottom is a runny chocolate sauce.



Lairg Aire Project

In the last issue of the Lairg Magazine we published information regarding LDCI's proposed 'Aire project' to provide regulated facilities for overnight vehicles to dispose of chemical waste and litter. As many of you may have noted – there have regularly been motorhomes parking overnight in the Ferrycroft area over the summer, and this project aims to ensure that if people do park there – there will be infrastructure further back from the Loch to allow them to park responsibly.

We invited people for feedback on our proposal and we are pleased to say that there were over 100 responses to the online consultation. Thank you to everyone who responded.

The online survey has now closed, and all the comments have been submitted as part of the funding application to Visit Scotland's Rural Tourism Infrastructure fund. In addition, LDCI has applied for planning permission and for a Community Asset Transfer. We will update you in due course if the applications are successful.



SSE Renewables invests over £300k in the Lairg and Kyle of Sutherland communities in 2020/21

In 2020/21, over £300,000 has been invested across the Ardgay and District, Creich and Lairg communities from the Achany Wind Farm Community Fund - bringing the total value of projects supported to £1.4 million since the fund was established in 2010.

In addition, the fund delivers an apprenticeship scheme as part of its efforts to ensure wide ranging and long-lasting local impact. To date, the Kyle of Sutherland Apprenticeship Scheme has supported 26 apprentices in 18 businesses across the three communities.

SSE Renewables' proposed extension to the Achany wind farm will also include a community fund which would bring further benefits to the three local communities and through SSE Renewables' regional Highland Sustainable Development Fund. As a developer, constructor and operator of renewable energy assets, SSE Renewables works with communities for the long-term. Since the Achany Wind Farm Fund was established over 10 years ago, the communities have grown, and priorities have changed. The communities now have their own community and development trusts which are delivering and supporting initiatives locally.

Working with the Community Councils, Kyle of Sutherland Locality Group and local Lairg stakeholders, SSE Renewables intends to support their desire to create a development plan for the area. By carrying out a widespread community consultation across the Lairg and Kyle communities, every local resident will have the opportunity to have a say on what local issues are important. The result will be that Wind Farm money can be used in a targeted way to address the priorities that are important to local people. Although SSE Renewables will fund an independent consultant to carry out this work, the consultation will be driven and managed by local people through the Locality Group and a steering group made up of representatives from the Lairg and Kyle communities. This consultation will ensure a model is developed that will meet the communities' current and future needs and set out the priorities in an ambitious local development plan.

By Fiona Morrison
Community Fund Manager, SSE

Lairg Helping Hand Fund

The Lairg Helping Hand Fund is still open for eligible households who are struggling to pay an energy bill or to replace a broken white good. LDCI can provide a grant of up to £250. Please see: www.lairginitiative.co.uk/helping-hand-fund for more info.

Households who received an award last summer (in 2020) in our first round of funding will now be eligible to reapply, providing you fit the criteria of living within Lairg Community Council area, if you are in receipt of a benefit and if you have savings of less than £2000. Email: projectofficer@lairginitiative.co.uk to apply.

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:



(Answers on page 6)

1. The Macula Lutea is part of which sensory organ?
2. Which one word means a 5 card card game, a light sleep and the raised surface on a woolly cloth?
3. Who sang the theme tune to the TV programme Dad's Army?
4. In which decade was the first Wimbledon Lawn Tennis Championship held?
5. What animal has the scientific name *Canis Lupus*?
6. Who created the Star Wars franchise in 1977?
7. What is the world's oldest occupied castle?
8. Diana Prince is the real name of what superhero?
9. Who wrote "Journey to the centre of the Earth" in 1864?
10. Out of twenty possible opening moves in chess, how many do not involve pawns?
11. What did Jason and the Argonauts seek?
12. What European capital used to be called Christiania?
13. From online slang, what does GOAT stand for?
14. What are the 3 main constituents of the cocktail Pina Colada?
15. What do the letters of the US spy department the CIA stand for?
16. What substance is usually used to preserve caviar?
17. Which letter of the alphabet is used the most in the English language?
18. Where in Cornwall was the 2021 G7 summit held?
19. Vile Victorians is a book in what Terry Deary's series?
20. Which explorer is celebrated in the US on the second Monday of October?





Lairg Health Walks

As mentioned in the previous issue, LDCI is setting up a new social walking group in Lairg. The walks will be suitable for all ages, abilities and paces, and at the end of the walk there will be the opportunity to socialise with others and have a cup of tea or coffee!

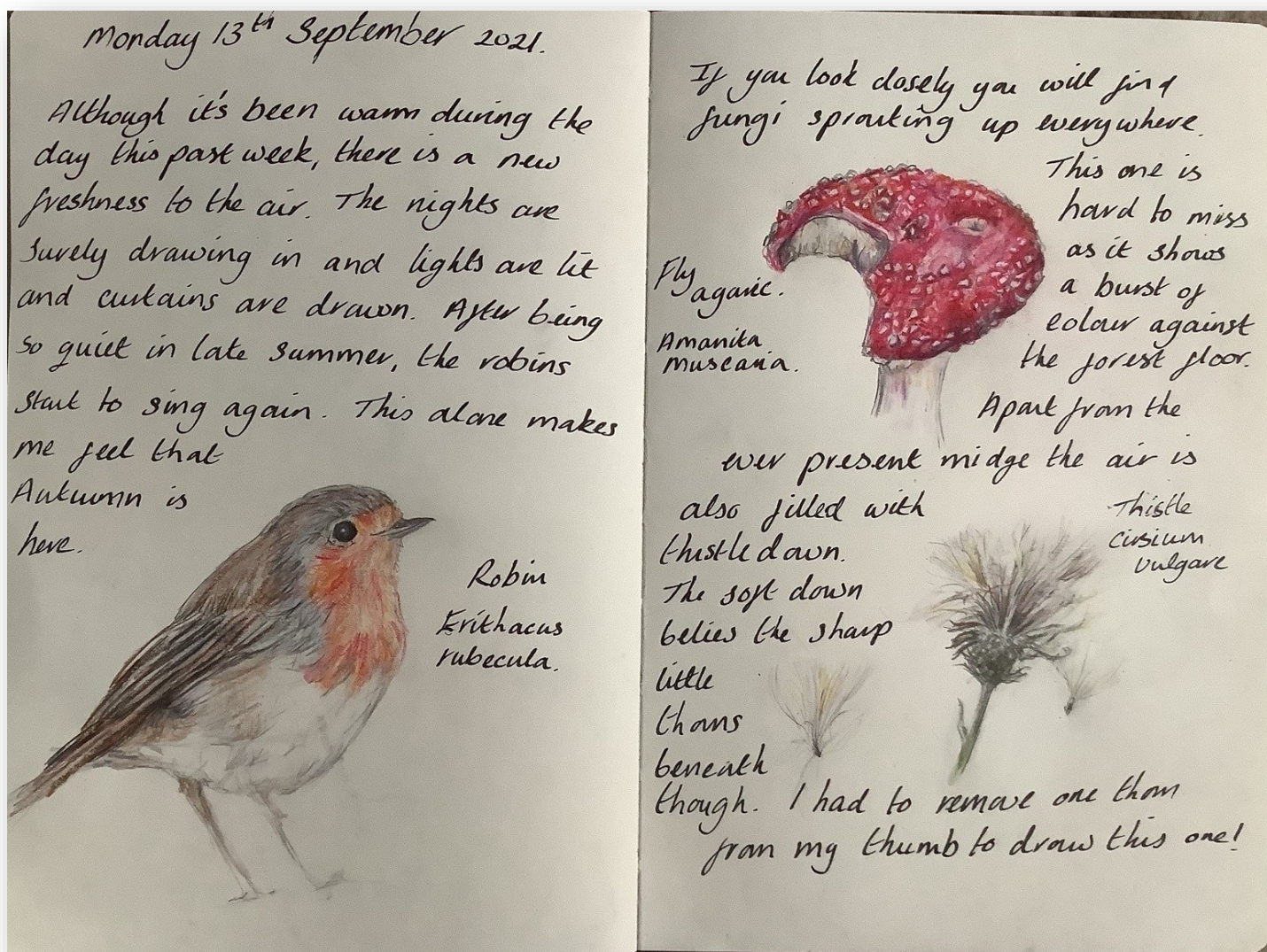
Walking regularly offers so many health benefits - it can help reduce the risk of heart disease and osteoporosis and there is lots of research to show that it can also improve your mental health...



We are holding our first Health walk next week - we will meet at the Ferrycroft Visitor Centre at 10.30am on 21st September. We will walk the trail in the Ferrycroft woods - keeping a look out for mushrooms and for other signs that Autumn is approaching... after that we'll pop into the Ferrycroft Centre for refreshments. (Or sit outside if the weather is good.) If you would like to join us - please get in touch (with your telephone number) so we can have an idea of numbers and so that we can contact you if we need to cancel due to adverse weather. The Health Walks are free but please wear sensible shoes and bring a jacket.

Please see the back page for the advert and contact details.

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



LDCI Quiz Answers

- | | | |
|-------------------|--------------------------------|---------------------------------|
| 1. Eye | 8. Wonder Woman | 15. Central Intelligence Agency |
| 2. Nap | 9. Jules Verne | 16. Salt |
| 3. Bud Flanigan | 10. 4 | 17. E |
| 4. 1870's (1877) | 11. The Golden Fleece | 18. Carbis Bay |
| 5. Wolf | 12. Oslo, Norway | 19. Horrible Histories |
| 6. George Lucas | 13. Greatest of all time | 20. Christopher Columbus |
| 7. Windsor Castle | 14. Rum, Pineapple and coconut | |

How did you do?

1-5/20

5-10/20

10-15/20

15-10/20

Poor

Okay

Good

Excellent



With **COP26** coming up, and with it now being “conference season” things are become really busy regarding climate and biodiversity action.

UHI Lecture: Last week I attended the UHI Annual Lecture with the keynote speech from Professor Jeffrey Sachs. He spoke frankly and honestly about where we are in the world regarding what we need to do to reverse, or stabilise, the impact that we’ve had on global warming. He hopes that COP26 will include improvements that

- ensures all regions of the world commit to the Paris Agreement
- involves world wide collaboration regarding technical innovations
- ensures that land use is incorporated fully into national plans
- address finance such that it deals with the issues between developed and undeveloped countries (developing countries are suffering the effects of the climate crises significantly more than developed countries)

The lecture was recorded and will be available on the UHI web site soon. [Join us or email us to get the link when it’s there].

Highland Council: This year’s Climate Conference is on 21/22nd October. It will be packed with inspirational speakers and also, new for this year, involve break out workshops. Read more here: https://www.highland.gov.uk/news/article/13957/council_announces_dates_of_two-day_highland_climate_change_conference_2021

Last week the **Highland Environmental Forum** held a seminar which looked at improving biodiversity in the Highlands. The 4 key speakers looked at: evidence of biodiversity changes, reflowering woodlands, farming for biodiversity, volunteering, improving records, and information about a wonderful “Sounds of Nature” project in Assynt. The full recording is available here: <https://www.youtube.com/watch?v=Ho85E24wnzk>

Future Communities Highlands & Islands: This recently formed network works together to share knowledge, inspiration and develops joint events. Our first was held on Wed 15th September on the topic of “Growing Food to Reduce Plastic”. The outcomes of the talk will be posted on the developing website (fchi.planetsutherland.com) and will include lots of inventive ways to reduce plastic in our kitchens.

Plastic Recycling Working Group: We are looking at developing some solution for manufacturing items from plastic recycling. Discussions are in place and we’re forming a working group to see whether and what could be done near here. Please email us for more information about our local project. Details on precious plastic can be found here - <https://preciousplastic.com/>

Joining Us

As always, we’re keen to work with community groups, businesses, food producers and individuals to help reduce Sutherland’s carbon foot print, involving everything from community food growing and tree planting to recycling and sustainable living. All are welcome to join our regular working group meetings which discuss and progress new projects and ideas. 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 with any questions, thoughts or ideas.



By Anna Patfield.



Craftivism for Climate Change

With the Lairg & District Learning Centre

This month, we are getting involved with Stitches for Survival, a “craftivism” movement. Combining activism and crafting, this is a climate change focused campaign by knitters, crafters, stitchers and crocheters across the UK.

This aims to influence the decisions made at COP26, a climate conference to be held in Glasgow this November by making a 1.5-mile-long scarf representing the target to keep the rise of global temperatures below 1.5°C as per the Paris Climate Agreement. Once the event has finished, the completed scarf will be made into blankets and donated to aid refugees.

There are two ways you can get involved in this campaign: either to make a scarf yourself to send to us or to come along to our stall at the Lairg Community Market to join our sewing tutor Jo.

If you are a crafter, please get involved in this campaign by creating your own scarf. This can be made by knitting, stitching, crafting, crocheting 100cm by 60cm scarfs in blue or green. Your pattern can be as basic or as intricate as you would like, and you are welcome to include endangered animals or plants. You can also create as many scarves as you would like.

Please send to or drop off all creations at the Lairg & District Learning Centre by the 30th of September. We will then send them to Stitches for Survival where they will be put together to contribute to the 1.5-mile-long scarf!

If you would like to make a scarf for Stitches for Survival, please email rebecca@lairglearningcentre.org.uk or call the office on 01549 402050.



You can also join in by coming to the Lairg Community Market where our sewing tutor Jo Henderson will be demonstrating how to make a scarf. We will also have kits for making your own scarf, as well as further information.

The Community Market is at the Lairg Community Centre in Lairg on the 20th of September. You are welcome to come along and ask any sewing or crafting related questions for making your own scarf, or ask anything about craftivism.

Snippet: September 21, is the Autumnal Equinox. Stone Circles may have marked this Equinox.

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Equinox, Summer & Winter Solstice

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Stone Circles

The Spring Equinox was on 20th March. It is known as the Vernal Equinox. Vernal means Sunshine. The Autumn Equinox will be on 21st September. It is known as the Autumnal Equinox. Equinox is Latin: Equi [equal] Nox [night].

Spring and Autumnal Equinox are only two days in the year when the Sun rises and sets overhead at the equator and stays overhead for the complete 12 hours. A person at the equator on these two equinox days will not have a shadow.

The Summer Solstice was on 22nd June giving the maximum amount of time between Sunrise and Sunset. In Lairg it was for 18 hours 11 minutes.

The Winter Solstice is on 21st December and is more important than the Summer Solstice because it marks the gradual increase of Sunlight.



Image by: Marta Gutowska

Callanish, Stone Circle, Isle of Lewis

These Stone Circles might be Neolithic and date before 6,000 BC. These Stones were erected long before the Viking invasions. Their reason is open to wide speculation. The Egyptian Pyramids were built 4,500 BC. These ancient monuments have one thing in common, total dark skies. A great deal of study has been done in Egypt and it is certain that they are astronomically aligned. Are the stones of Callanish astronomically aligned? Some Cave Paintings in Lascaux, France, date back to 12,000 BC, depict the phases of the Moon.

The melting of arctic ice raised the sea level to its present mark, and the land bridge across the Strait of Dover was submerged about 8,000 years ago. Neolithic Man [Middle Stone Age] could have migrated as far as Ireland.

Would you like to *Keep fit & Socialise?*

THINK NATURE HEALTH WALKS

Lairg Health Walks

*Walking can lift your mood
and make you feel happier*

It's also a great way to explore outdoors, get fresh air and into nature. You'll receive a warm welcome and a walk at a pace and length that suits you, whatever your ability.

**Date: Tues 21st Sept at
10.30am**
Meet at: Ferrycroft Car park



**LAIRG & DISTRICT
COMMUNITY INITIATIVES**

For more information please contact:

Kirstin Langlois
T: 07961372427
E: projectofficer@lairginitiative.co.uk



**Foundation
Scotland**

Thank you for reading issue 39 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:
Schoolhouse, Main Street, Lairg, IV27 4DD