

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Artwork by P5/6/7 Pupils from Lairg Primary School

Happy New Year!

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LDCI would like to wish all our readers a Happy New Year if it is not too late to do so!

We are delighted to brighten up our first front page of the Lairg Magazine this year with some wonderful artwork created by pupils from Lairg Primary School. We hope to be able to provide an update from one of the classes every month. See page 5 for more examples of their fantastic work.

Lairg Health Walks—have you set a new year's resolution to be more active? If so—why not join our monthly Health Walks? They are suitable for all abilities and the social aspect is just as important. We can supply walking poles and also have some different sizes of waterproof trousers if this would help.

Our next walk is being held on Tuesday 25th January at 10.30 am at Ferrycroft. Please contact Kirstin for more info: Tel: 07961 372427.

Please note the Health Walk may be cancelled at short notice if it is icy or if the weather conditions could be dangerous, but rain doesn't stop us!

Recipe of the week

Sausage & Mushroom Ragu

Ingredients:

2 tbsp olive oil
1 carrot, grated
3 spring onions, finely chopped
2 garlic cloves, grated
large handful of mushrooms, finely chopped or grated
1 tsp dried oregano
1 tsp fennel seeds
6 pork sausages, squeezed out of their skins
400g can chopped tomatoes
1 tbsp tomato ketchup

Method:

STEP 1

Heat the oil in a saucepan over a medium heat and tip in the carrot, spring onions, garlic, mushrooms, oregano and fennel, along with a pinch of salt. Cook for about 5 minutes

STEP 2

Add the sausagemeat and cook until browned all over, then add the chopped tomatoes and ketchup, along with a pinch of salt and 100ml water. Reduce the heat to low, cover and cook until the sauce is thick, about 20 mins, stirring now and again. Season to taste, then serve with buttery mashed potato or couscous.



Christmas Eve Gift Boxes

Working in partnership with Kyle of Sutherland Development Trust, in December LDCI was able to distribute Christmas Eve Boxes for several families with children in Lairg that we have supported through the Helping Hands Fund. The project, led by Aberdeen based charity AberNecessities and funded by the Westminster Foundation, provided gift boxes which included items such as pyjamas, slipper socks, shower gel or bubble bath, an activity, a storybook, a mug and a selection box.

In a separate project we were also able to refer some families with children (who are struggling financially) for MFR Cash for Kids funding. The fund was available to support food, heating, toiletries, basic essentials, clothing, school supplies or anything which met the individual needs of the families and children experiencing real hardship in these very difficult and challenging times.

Although this fund is now closed - if your household is struggling to pay bills and you don't have savings over £2000 then please get in contact with LDCI as we may be able to help you through our Helping Hands Fund (see advert on page 8). It will also allow us to contact you if funds like the MFR one do become available again in the future. Please note that this service is completely confidential.





Photo credit: [Benoît Derrier](#)

1. Who wrote the book *The Catcher in the Rye*?
2. In music, where would I find a time signature?
3. Manolo Blahnik and Jimmy Choo are famous designers of which fashion item?
4. Stockholm is the capital of which country?
5. The head of a Mallard is a dark shade of what colour?
6. Who was the first British Prime Minister in an election in which women voted?
7. Who is the only three-time winner of the title of BBC Sports Personality of the Year?
8. Name the actor who was crop dusted in the film *North by Northwest*?
9. What star sign would you be if you were born between Dec 22nd and Jan 19th?
10. What type of musical instrument is a Psaltery?
11. Which medical term literally means "against rotting"?
12. What were the first names of the brothers Wright, synonymous with the first flight of an aeroplane?
13. Which "Strictly" judge is known for saying Fab-U-Lous?
14. What is the name given to a nuns' clothing?
15. In employment taxation, what do the initials PAYE stand for?
16. What is the name of the first book in the Bible?
17. In January 1912, the British Antarctic expedition to the South Pole arrived 35 days too late to beat Amundsen. Who led the expedition?
18. In song, what body part did Tony Bennett leave in San Francisco?
19. Which long-running soap opera was created by Tony Warren?
20. The TV characters Fred Scuttle, Citizen Smith and Frank Spencer all wore what type of headgear?

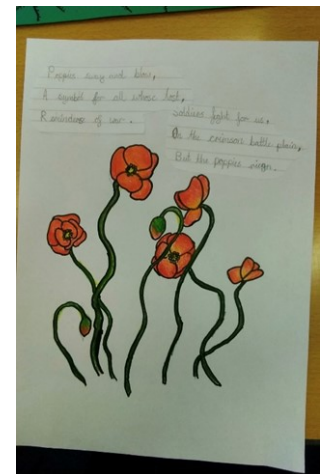
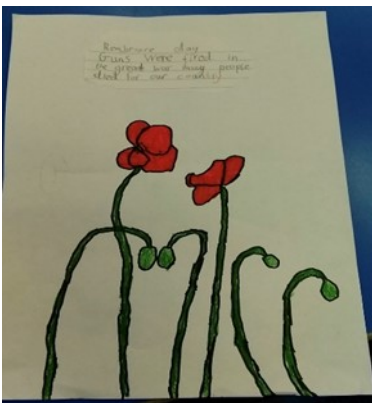
All of us at the school are delighted to be included in the Lairg Initiative monthly magazine. This month the 'Spotlight on Learning' goes to P5/6/7 with Teachers Ms Fraser and Mrs Gruber.

Literacy – Within literacy we have been looking at formal and informal letters. Newspaper articles and creating our own. Writing a diary entry, looking at poetry. Practicing our hand writing skills.

Numeracy – Within numeracy we have been looking at place value up to the millions. Addition/subtraction/multiplication/division as well as practicing our mental maths skills through playing maths games. Making maths fun.

Topic – World War

Our topic for Term two was World War 1 and 11. This tied in with it being 100 years of the Poppy. We read about the poem 'Flanders Fields' and how it came to be, looking at Earl Haig and the Lady Haig Poppy Factory. All the children wrote a Haiku Poem about Remembrance and made a poppy picture. We were invited by the Criech and Kincardine Royal British Legion to paint a stone and place it on the Lairg War Memorial. We took a walk to the memorial after Remembrance Sunday so the children could see the Poppy Wreaths and lay their stones whilst also looking at the names on the memorial and reflecting whilst looking over Little Loch Shin.



Photographs kindly supplied by Lairg Primary School



Expressive Arts

We are very lucky in P5/6/7 that we have Mrs Gruber with us on a Tuesday. The children have been doing Art projects that have included learning how to use toning and shading to change the feel of a picture to make it more 3D. Using nature in Autumn leaves and twigs to make animal pictures. The pictures we have chosen to include today are of 'mixed media animal collages'. All the children really enjoyed making these and their creativity shines.

Health and Wellbeing

Throughout the school session the children have been developing a sense of their own health and wellbeing. In school we use wellbeing indicators known as SHANARRI, these are used to assess each child in how they are feeling. The indicators stand for 'safe, healthy, achieving, nurtured, active, respected, responsible and included. After learning about what each indicator meant, the children created their own SHANARRI wellbeing poster.



Visiting Teachers

We are very fortunate that we have a visiting Violin teacher Mrs Douglas and Chanter teacher Mr Melville who left at the end of last term and Mr Murray. We have a total of 6 learning chanter and 4 learning Violin.

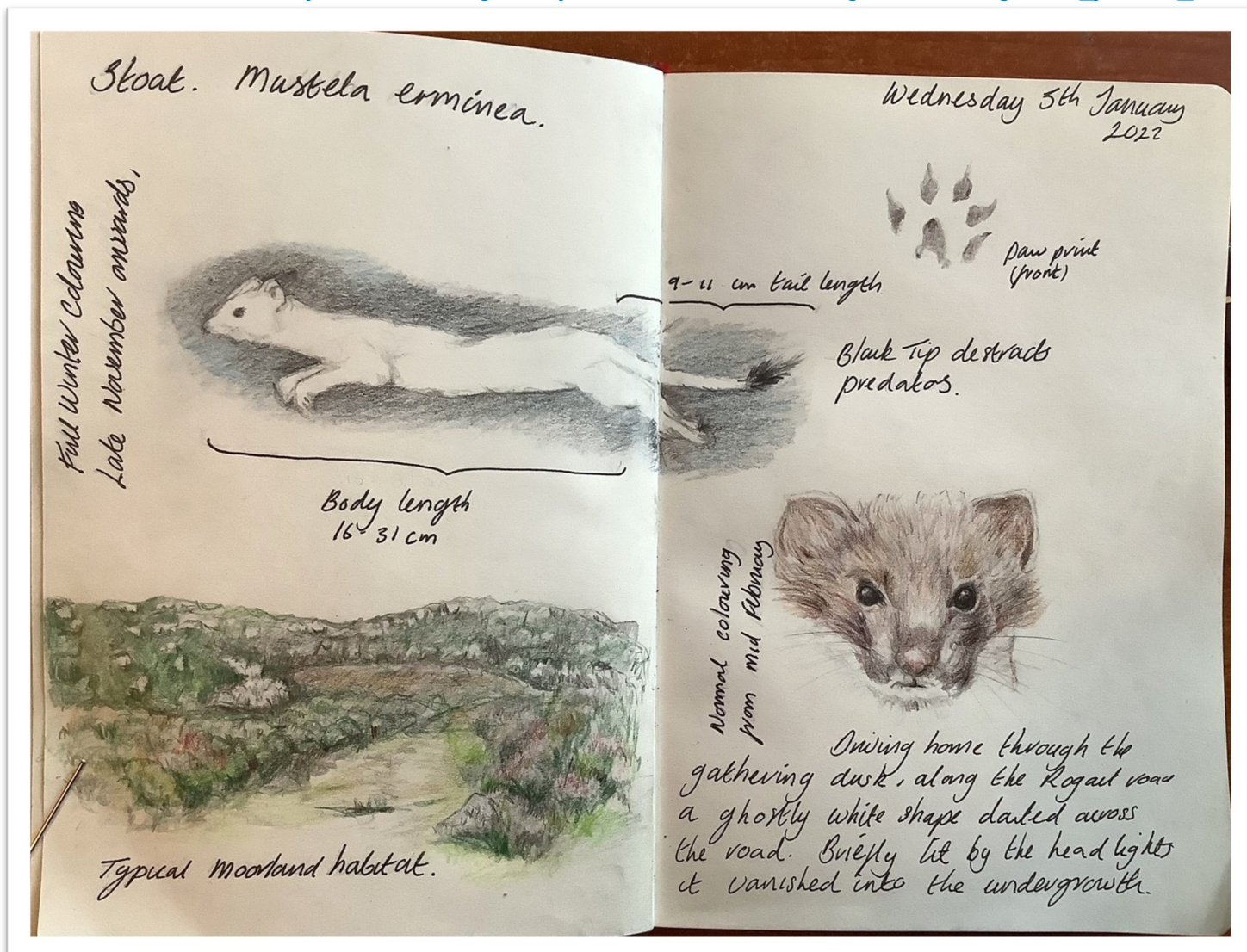
In September the P6/7's had Elissa Stevenson from Highlife Highland taking the children for Junior Leader sessions.

Andy from the Ross/Sutherland Rugby Club took the class for lessons in Rugby, all the children thoroughly enjoyed this.

As part of the P7 transition to Golspie High School, we are very lucky to have Mrs Allison working with the children on a Friday (2 on 1 off rota). They are doing numeracy, literacy and Health and wellbeing. Mrs Allison will also be a friendly face when the current P7's start High School in August.

By Ms Fraser P5/6/7 Class Teacher.

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is January's diary entry. If you would like to see more of her work you can follow her on Facebook and Instagram. See: www.facebook.com/janblackwellhighlandjournal/ and www.instagram.com/highland_journal_art/



LDCI Quiz Answers

- | | | |
|-----------------------|--------------------------|---------------------------------|
| 1. J D Salinger | 8. Cary Grant | 15. Pay As You Earn |
| 2. On a stove | 9. Capricorn | 16. Genesis |
| 3. Shoes | 10. Stringed (Flat harp) | 17. Captain Robert Falcon Scott |
| 4. Sweden | 11. Antiseptic | 18. Heart |
| 5. Green | 12. Orville and Wilbur | 19. Coronation street |
| 6. David Lloyd George | 13. Craig Revel-Horwood | 20. Beret |
| 7. Andy Murray | 14. Habit | |

How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent



You know I'm mad about lettuce? It seems that (some) lettuce seeds germinate at only 2 degrees. Last year, the excitement of a new polytunnel didn't start until June. This year, therefore, I just couldn't wait to get started growing, hence the lettuce seed planting now, albeit indoors. Of course, with this mostly milder weather we've been having, I would have had a full winter's supply of lettuce – if the deer hadn't got there first!!

Anyhoo... Happy New Year Everyone. I hope you all had a lovely refreshing time and are raring to go with new plans. There is so much going on with climate action groups that everything has kicked off at the greatest speed.

There's almost no time, in fact, to think about the next personal steps to help reduce our household carbon footprint. However, apparently 50% of us have climate change actions in our new year's resolutions. The National reported that our new year's resolution include: reducing food waste (69%), recycling everything we can (63%), using reusable shopping bags (58%), using less plastic (57%), and turning the light off when we leave the room (55%). Here are some more ideas:

Spending more time outside; a daily walk will benefit both physical and emotional health and reduce heating fuel costs; exercise makes us warmer.

It's not too late to plant garlic, even if we don't get a cold snap. Recently, I learned that the only reason that cold is needed for garlic is to create more cloves in the bulb. Planting later is fine; you just get fewer, bigger cloves.



Now is the perfect time to be planting fruit trees; why not chat with some neighbours and create mini orchards.

Invest in a Bokashi bins, or make your own. It's suggested that these fermented food scraps can be added to compost heaps without creating rat problems; it's worked for me.

Consider whether other garden clearings could be composted and create more compost bins in your garden. There's lots of help online regarding everything from successfully composting docks to grass and bracken.

Have a look at the WhenToPlugIn App that can help us to select the best times to switch these on items that use more electricity. There's more info here – <https://www.nationalgrid.com/cop26/when-to-plug-in-app>. Please do let us know if you find this useful.

Hopefully that's helped to stimulate some ideas, but please do join us to find out more at <https://planetsutherland.com/join-us/> or <https://www.facebook.com/groups/PlanetSutherland> and look out for our upcoming carbon cafes, talks and films nights. As usual, please feel free to email anna@planetsutherland.com with any questions, thoughts or ideas.

Teaching Children about Climate Change

As many as 60% of young people feel very or extremely worried about climate change according to a global study recently conducted by the BBC.

So how do you teach children about such a complex issue with confusing scientific terms, emerging real world consequences and often what can feel like mixed messages?

On the 27th of January, the Lairg & District Learning Centre are holding an online event for parents to teach their children all about the impacts of climate change. This will show you how to discuss climate change with your children in a simple, fun and empowering way.

Art that students at Rosehall Primary have made is just one example of how children can learn about the impacts of climate change.

To register for the event "How to Equip Children for an Uncertain Future" or find out more information, please see Eventbrite @ Lairg & District Learning Centre or Facebook @LairgLC

How to Equip Children for an Uncertain Future is part of the Seasons of Change project, funded by Scottish Government's Climate Challenge Fund. The project works with people in the community to raise awareness of climate change though offering workshops and classes, online and face to face, as well as working with local schools.



LAIRG



HELPING HAND FUND

IT'S OKAY TO NEED SUPPORT

The Helping Hand Fund provides one off financial support to households in Lairg Community Council area who are living in need.

Grants of up to £250 are available to households who require support towards energy costs, purchase of energy efficient white goods or help towards the costs of heating system repairs.

Confidential support is provided by local Citizen Advice Bureaus and the Lairg & District Community Initiatives Project Officer.

Contact Kirstin:

projectofficer@lairginitiative.co.uk

07961 372427

Lairg & District Community Initiatives

The ROBERTSON Trust

citizens advice bureau EAST & CENTRAL SUTHERLAND



Junior croft club

ages 7-11years

We are excited to be launching our Junior Croft Club. Weather permitting we will aim to start mid February.

The club will run fortnightly Saturdays 10-11.30. The children will learn about the animals and get to feed and work with the animals.

Please contact us via email lochviewruraltraining@gmail.com with **Junior Croft Club** in the **subject box** to reserve a place.

---oOo---

Tay Bridge Disaster

The Tay River is the largest river in the UK measured by the volume of discharged water into the sea. On completion the railway bridge was the longest rail bridge in the world, 2 miles long. The first Tay rail bridge was completed in February 1878 to the design of Thomas Bouch.

Bouch was responsible for the design, construction and maintenance of the bridge. Queen Victoria crossed the bridge on her way back to Windsor in June 1879. The building of the Tay Bridge culminated in him being knighted.

What happened to the Tay Bridge? A gale estimated at Beaufort Force 10/11 was blowing down the Tay Estuary. The High Girders were blown into the river.

The track was single line. The simplest method of controlling such a line is to have only one train operational. The operation of single track line requires having a single physical object [token] available for the track section and ruling that a driver may enter the single line only if in physical possession of that object.



Collapsed Navigational Span



Locomotive 224

A train was passing through the Navigation Spans [high girders] when they collapsed into the Firth of Tay at Dundee, taking with them a train, 6 carriages and drowning 45 people. Bouch's son-in-law was one of the victims.

The Tay Bridge, consisting of 85 spans and at the time of construction it was the longest railway bridge in the world. The spans carried a single track. There were 13 navigation spans, known as "high girders" above the level of the track. The train ran through a tunnel of girders. The track was 88 ft above high water mark under these girders. It was this track over these girders that fell.

The Locomotive no. 224 pulled the train. It did so without incident on the southbound run, but when working the 5.20 p.m. northbound service later in the day, due at Dundee a little before 7.30, it was on the Tay Bridge when shortly after 7.13 p.m. the Bridge collapsed. After the accident the engine was salvaged from the Tay in April 1880. Once repaired, the engine returned to service, known amongst railway workers as 'The Diver'. However, on the 29th anniversary of the disaster, the engine was used to serve the exact same route as it had that fateful night, making the crossing to Dundee using the new Tay Bridge. Locomotive 224 was in service until 1917.

There was an extensive inquiry as the cause of the failure. A number of contributory factors were identified, including a gale force 11 wind at the time of the disaster.

The 'Northern Times' recently reminded us that it was the 25th anniversary of the visit to Sutherland of nearly 40 children from Ukraine, whose families had experienced the worst effects of the terrible explosion which destroyed the Chernobyl nuclear plant. The children were here for Christmas and New Year 1996-97, more than ten years after the disaster itself, which happened on April 26, 1986. Though too young to remember it themselves, they and their families were still suffering the after-effects, with the Exclusion Zone keeping them from their old homes, a contaminated and polluted environment, and serious health problems. The hope was that, in addition to having a great holiday in entirely new surroundings, time spent in the clean air of the Highlands would be beneficial to the children's health.

Among the many visits and events organised for them in Sutherland, was a trip one morning to Ferrycroft here in Lairg. Although it was winter, I remember that the weather that day was reasonably decent, and they were able to be outside. At that time, the Ferrycroft play equipment had been recently installed, so the whole area was full of exciting things to try, and so very different from its sorry appearance today. I thought the children would head straight to the playpark once they arrived, but they stood around in groups looking at it. Eventually one of them, who spoke good English, asked if they were allowed to play in it. On being told that of course they were, they went absolutely mad, and tried out everything. The zipwire was especially popular, and I remember them queuing up to go on it for most of the time they were here.

There was an informal picnic provided - I think by the Community Council - in the Visitor Centre itself. Among other snacks, every child was given a bag of crisps, and I noticed that one of the boys wasn't eating his. I asked him if he didn't like them, and would prefer something different. His English was excellent, and he told me that his best friend back at home hadn't been able to come on the holiday, so he was going to save his bag of crisps, and take it back to Ukraine for his friend. I found this very moving, and very telling of how much we tend to take for granted in our own lives.

The visit seemed to be great success, and I hope that, 25 years on, they all still have happy and lasting memories of their time in Lairg and the Highlands.

By Alison Magee



The LDCI Board are supporting a group of Lairg parents who want to see the Ferrycroft play area restored from its present awful state to being an asset again for the village, and we are developing ideas as to how this might be achieved. We'll keep you posted!

SSE Volunteer Awards

LDCI was delighted to receive an award from SSE Renewables at the Kyle of Sutherland and Lairg Volunteer Awards ceremony held online on the 30th November last year. The following organisations were recognised for making a difference: Lairg & District Community Initiatives, Kyle of Sutherland Development Trust, the Bradbury Centre, Culrain & District Hall, Rosehall Village Help Group, Invershin Hall, and Sutherland Friends Call delivered by Voluntary Groups Sutherland.



Representatives from the organisations

25 people who volunteered for the different organisations were also thanked. Finalists were chosen after members of the public nominated people who have gone above and beyond during the COVID-19 crisis. SSE Renewables' Community Fund Manager, Fiona Morrison, said: "The awards were an opportunity to thank volunteers from across the three community council areas of Ardgay and District, Creich and Lairg who responded immediately to the COVID-19 emergency from March 2020. These individuals helped people in different local communities with everything from picking up prescriptions, to making and delivering hot meals and bringing them shopping. Sometimes they were there just available to have a blether, but without the volunteers and support from these organisations, many people living in these communities would have really struggled to get through lockdown."

Community Food Larder at Christmas

As some of you may know the Kyle of Sutherland Development Trust (KoSDT) has a Food Larder based at The Barn in Ardgay that is open on Tuesdays and Friday mornings to everyone in the community. (Call 01863766190 to book a slot.) However, for some time now, LDCI has been delivering to a number of clients in Lairg who have difficulty getting to Ardgay due to lack of transport.

LDCI would like to thank KoSDT for supplying us with Christmas Food Hampers for all our existing community larder clients that we deliver to in the Lairg area. Everyone received a special Christmas food hamper with enough food for a three Course Christmas Meal with all the trimmings.

We would really like to thank everyone who donated non-perishable food items to our Christmas Larder drop, with a special thanks to both the Lairg and Rogart branches of the Church of Scotland for the very generous donations from their congregations that we were able to add to our deliveries.



Just some of the donations

In addition, we would also like to thank the Highland Council for kindly allowing LDCI to keep the leftover emergency food parcels that they asked us to deliver to people that might call their Covid helpline. (LDCI volunteers were on standby to deliver parcels to households that might have to isolate over the Christmas break due to the Omicron outbreak.) The remaining supplies will be distributed to people that we deliver to via the Community Larder.

Let's get our brains working again after the Christmas break. See how you get on with these Math puzzles set out below.

Start with the Roman Numerals Sum.

Add: $M+D+C+L+X+V+I=????$

$M=1000, D=500, C=100, L=50, X=10, V=5, I=1.$

When you have the answer, what happened on that date?

Next month [February] there is something which happens every 111 years. Also, February this year it will only happen twice and never again. What is it?

=====

Game number 1

Select any three numbers, with the first number larger than the last: For example, 321

But you could use any three numbers

321 reverse to 123

and then subtract the 123 from $321=198$

reverse the 198 to 891 then add both together $[891+198] = 1089$

Follow this layout and the answer will always be 1089, no matter what three numbers you pick.

Game number 2

Any number over 5 minus with any number lower than the first number:

i.e. 85 reverse to 58

subtract 58 from $85=27$

reverse 72 to 27 then add together = 99

Follow this layout and the answer will always be 99.

Game number 3

$37 \times 3 =$ $37 \times 6 =$ $37 \times 9 =$ $37 \times 12 =$ $37 \times 15 =$ $37 \times 18 =$ $37 \times 21 =$ 37×24 $37 \times 27 =$

This magazine is funded by:



Thank you for reading issue 43 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: projectofficer@lairginitiative.co.uk.

Phone: 07961 372 427 write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD