

# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



P1/2 Pupils from Lairg Primary School celebrate 100 days of school!

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## Celebrations to mark 100 days and 100 years!

In this issue you can read more about how the P1/2 pupils in Lairg Primary School celebrated their first 100 days of school! See page 4 for more information.

In other news, LDCI is working with the Royal British Legion Scotland to coordinate an event to celebrate the 100-year centenary of the Lairg War Memorial. A service will take place to mark the centenary on the 30<sup>th</sup> September 2022 and we are inviting everyone in the community to get involved.

Please get in touch if you have any ideas about how you as an individual or as a community group would like to participate... Please see page 11 for further details...

# Recipe of the week

## French Onion Soup

### Ingredients:

50g butter  
1 tbsp olive oil  
1kg onions, halved and thinly sliced  
1 tsp sugar  
4 garlic cloves, thinly sliced  
2 tbsp plain flour  
250ml dry white wine  
1.3l hot strongly-flavoured beef stock  
4-8 slices baguette (depending on size)  
140g gruyère, finely grated

### Method:

#### STEP 1

Melt the butter with the olive oil in a large heavy-based pan. Add the onions and fry with the lid on for 10 mins until soft.

#### STEP 2

Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn.

#### STEP 3

Add the garlic cloves for the final few minutes of the onions' cooking time, then sprinkle in the plain flour and stir well.

#### STEP 4

Increase the heat and keep stirring as you gradually add the wine, followed by the beef stock. Cover and simmer for 15-20 mins.

#### STEP 5

To serve, turn on the grill, and toast the bread. Ladle the soup into heatproof bowls.

#### STEP 6

Put a slice or two of toast on top of the bowls of soup, and pile on the gruyère. Grill until melted. Alternatively, you can cook the toasts under the grill, then add them to the soup to serve.



## The Helping Hand Fund

Since being set up in 2020, LDCI's Helping Hand Fund has supported over 30 households in the Lairg area by providing a grant towards fuel/ energy bills. To find out if you could be eligible for support please get in touch. (See advert for contact details).

**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

1. Born in Lossiemouth in 1866, who was the British Prime Minister during the crisis after the Wall Street Crash?
2. What French car manufacturer uses the slogan, Passion for Life?
3. Who were the male and female leads of the 1958 film 'Cat on a Hot Tin Roof'?
4. Who had hits in the 1970s with Clair, Nothing rhymed and Ooh wakka doo wakka day?
5. Which 2 countries of the world have flags that feature a sun with a face?
6. Which wild cat has the scientific name Panthera pardus?
7. Which author known for his fantasy novels, was suffering from Alzheimer's when he died in 2015 at the age of 66?
8. If I had ailurophobia, what would I be afraid of?
9. The 1st of February 2022 is the first day of which Chinese year?
10. Who is the present Prime Minister of New Zealand?
11. What planet is located between Venus and Mars as they orbit the sun?
12. Robin Hood, the heroic outlaw from English folklore, was known to inhabit which forest?
13. Manfred Von Richthofen was a fighter pilot during World War 1 but was better known by what nickname?
14. Which creatures are bred in sericulture?
15. When added together, what are the total number of points for the letters Q, U, I and Z in scrabble?
16. Woody Allen was born in which city?
17. What are the first names of the sisters with the surname Williams, winners of the Grand Slam Women's Doubles titles 14 times?
18. Which of Scotland's 7 Cities comes first alphabetically?
19. Which comedian's catch phrase was 'Rock on Tommy'?
20. Valentina Tereshkova was the first woman to do what?



## Cycle friendly awards for businesses & retailers

**We can support you to make your work place more cycle friendly to employees or visitors.**

The Golspie Bothy is supporting Cycling Scotland with their Cycle Friendly Awards. Funding is available for facilities, such as showers or bike racks, that will encourage staff to travel by bike. We can also discuss ideas around green discounts for active travel.

Find out more on how you can help your staff and customers to choose a healthy, sustainable and accessible way to commute.

Contact Amanda Wagstaffe  
07833 938938  
[amanda.wagstaffe@cyclenguk.org](mailto:amanda.wagstaffe@cyclenguk.org)

## 100 Days of School Celebration

On Wednesday 2<sup>nd</sup> February, Primary 1/2 and Mrs Warburton celebrated 100 days of school. The children had meticulously been counting the number of days we have been at school since August and had been looking forward to this big celebration.

Everyone in the class was invited to come to school dressed as a “100 year old” and the children’s pictures were put through an aging app to see what they might look like when they are much older.



Primary 1 pupils



Primary 2 pupils

The children also set themselves a challenge of baking 100 cakes to mark their 100 days at school. They worked in teams following a simple recipe and weighing and measuring carefully to 100g butter, sugar and flour.



Photographs kindly supplied by Lairg Primary School



The class then got involved with the decoration, adding icing and 100's and 1000's to finish off the mini cakes.

Once the cakes were finished we laid them out in the shape of the number 100 before tucking in. The pupils thought the cakes tasted amazing... and so did some of the adults in the school!



## Lairg Community Council has a new website

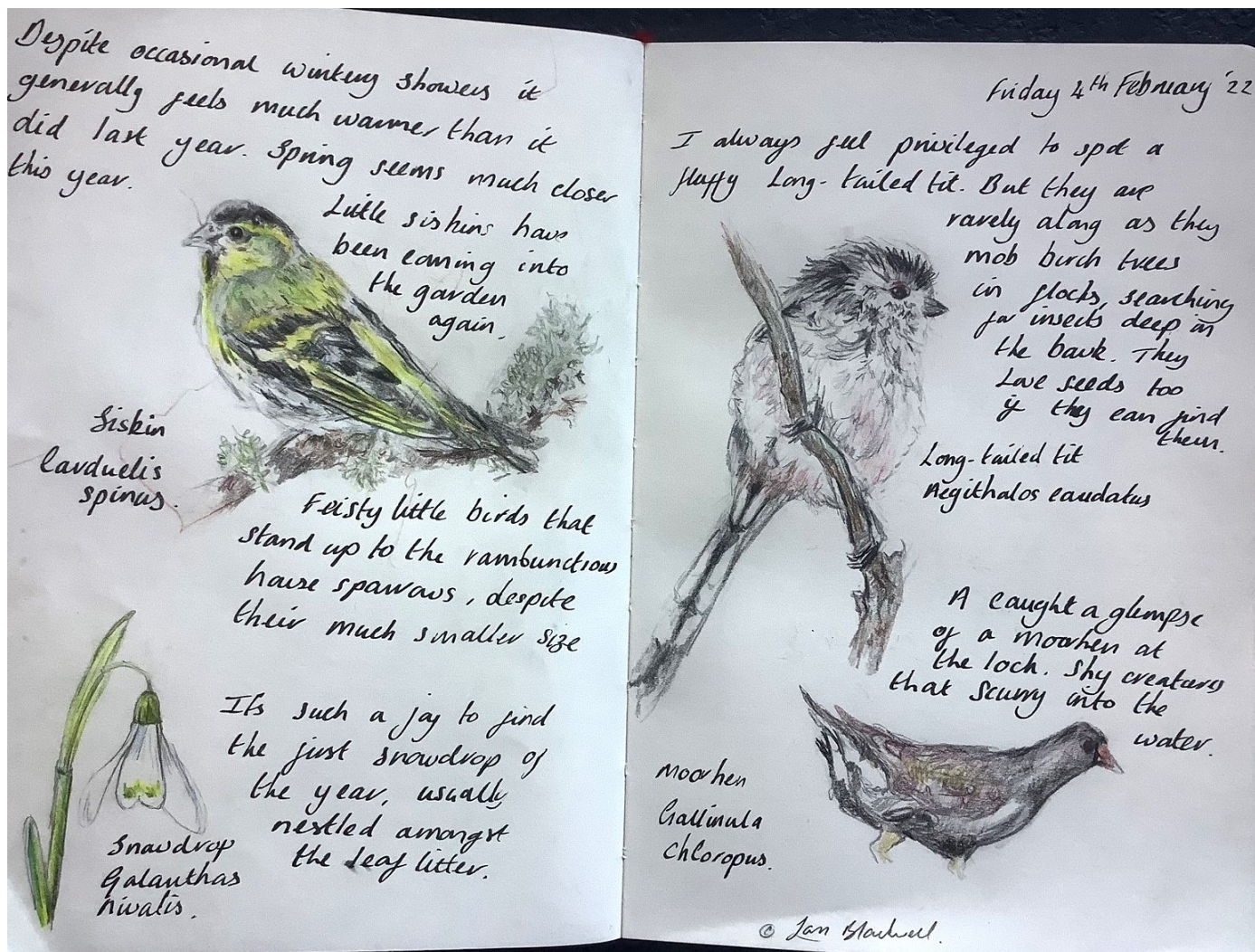
The Community Council represents the residents of Lairg.

The general purpose of Community Councils is to act as a voice for the local area. This will involve them articulating the views and concerns of local people in their area on a wide range of issues of public concern and making representations to The Highland Council, other public sector bodies and private agencies on matters within their sphere of interest.

See [www.lairgcommunitycouncil.co.uk](http://www.lairgcommunitycouncil.co.uk) for more information.

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is February'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/](http://www.facebook.com/janblackwellhighlandjournal/) and [www.instagram.com/highland\\_journal\\_art/](http://www.instagram.com/highland_journal_art/)



### LDCI Quiz Answers

- |                                     |                    |                      |
|-------------------------------------|--------------------|----------------------|
| 1. Ramsey Macdonald                 | 8. Cats            | 15. 22               |
| 2. Renault                          | 9. Tiger           | 16. New York         |
| 3. Paul Newman and Elizabeth Taylor | 10. Jacinda Ardern | 17. Serena and Venus |
| 4. Gilbert O'Sullivan               | 11. Earth          | 18. Aberdeen         |
| 5. Argentina and Uruguay            | 12. Sherwood       | 19. Bobby Ball       |
| 6. Leopard                          | 13. The Red Baron  | 20. Go into space    |
| 7. Sir Terry Pratchett OBE          | 14. Silkworms      |                      |

### How did you do?

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



## 101 reasons for growing our own food!

Well, maybe not 101, but here goes...



Cheap organic food – totally fresh – greater nutrition – zero food miles – zero plastic – less food waste – home cooking inspiration – healthier gut – physically fitter – mentally healthier – home composting – eating more veg – growing excitement – more time outside – less processed food – community growing opportunities – sharing excess produce - food resilience ..... next month, I'll see if I can get to 101!

But without a doubt, there are so many benefits to be had from growing our own food and it's very hard to think of any drawbacks. Of course, there are time and health pressures, but it is possible that some of these difficulties could be overcome through building communities that grow together. Interested? Please get in touch.

There is so much happening this year throughout the Highlands and supported by the Highland Council Growing Our Future and Highlands Adapts programmes, the Sutherland Community Partnership Food Group support, and the Highlands & Islands Climate Hub, not to mention all the waste-reducing training courses being run by our own LDLC.

The latest exciting announcement is that our area will benefit from the new Highland Community Waste Partnership. This is an initiative funded by the Lottery and co-ordinated by Keep Scotland Beautiful. (See page 8 for more info.) Our area will benefit from our share of about £1.5 million investment over 3 years delivering many projects that will help to tackle all types of waste; reducing what goes into our bins and increasing what goes into our pockets. Reducing waste is not just about stopping putting stuff in our bins or buying less stuff – it's about having fun up-cycling, and visible mending, and enjoying crazy left over soup recipes. It's about doing things in new (or old) ways and having fun learning and experimenting.

Look out for more info soon and why not come and have a chat with us at the Lairg Community Markets, and please do also 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](mailto:anna@planetsutherland.com) with any questions, thoughts or ideas.



Garlic peeking through the snow !



## Lairg & District Learning Centre to help lead Highland-wide climate movement to reduce waste

Lairg & District Learning Centre is one of eight community groups coming together across the Highlands as part of a new climate movement to help reduce consumption and waste and tackle our throwaway culture.

Coordinated by environmental charity Keep Scotland Beautiful, with funding from The National Lottery Community Fund, The Highland Community Waste Partnership will raise awareness of how the way that we consume contributes to climate change, working over three years to create solutions for addressing this.

It will do this through a programme of collaborative grassroots activity, working on key issues identified by partners, including reducing food waste; tackling single use items; and increasing the use of pre-loved, repaired and shared goods, instead of new purchases.

The Partnership comprises the following groups: The Lochaber Environment Group (Fort William), Broadford and Strath Community Company (Isle of Skye), Ullapool Community Trust, Thurso Community Development Trust, Lairg & District Learning Centre, Transition Black Isle, The Highland Good Food Partnership (Highland-wide), Velocity (Inverness).

By working together and sharing resources and learning, the partnership will build a movement for more sustainable consumption, supporting communities to reduce their carbon footprints and contributing towards Scotland's ambitions to create a more circular economy and become a Net Zero nation by 2045.

Welcoming the funding, Rhionna Mackay, Manager said:

“This is a fantastic opportunity to bring together groups leading on climate change actions across Highland and continue to embed climate change learning and action in our communities. We are able to work at the cutting edge of Scotland's circular economy ambitions whilst also serving our local community to create solutions for living more sustainably, building on the climate change work we have been doing for the last five years. We look forward to working with and learning from the brilliant groups in the partnership.”

The project has been made possible by a £1,498,568 award, announced by The National Lottery Community Fund. It is one of 21 community-led waste and consumption focused projects across the UK to have received funding from the Climate Action Fund.

National Lottery Community Fund's Scotland Chair, Kate Still, said: “A huge congratulations to Keep Scotland Beautiful and all of its partner organisations who will each bring to bear their own skills and experience to deliver this new Highland-wide climate action project.”

The Highland Community Waste Partnership will officially get underway in April 2022, running for three years across the Highland region.



Edinburgh, 28th January 1829, Burke was executed.  
Hare gave evidence against Burke and was not prosecuted.

---oOo---

### **Burke and Hare** *Murderers not Grave Robbers*

Dr. Robert Knox joined the University in Edinburgh in 1810. Following his graduation he joined the army and was posted to Brussels to attend the wounded from the Battle of Waterloo. On returning to Scotland he established a museum of anatomy at the Royal College of Surgeons. He became a Fellow of the Royal College of Surgeons. Did Dr Knox buy bodies from Burke and Hare for his anatomy lectures?

The Judgement of Death Act 1823 saw the number of crimes punishable by death in Britain drop. Medical Schools were only legally allowed to dissect the bodies of those who had been executed. This led to an extreme shortage of dead bodies. More than 200 offences carried the death penalty before 1823.

Burke and Hare were not grave robbers. They murdered 16 people between 1827 and 1828. William Hare had a lodger who died owing £3 in rent. One of Knox's students told Hare that Knox would pay for corpses. Knox paid £7.10s for the lodger, a profit of £4.10s for Hare.

A Children's playground rhyme tells the true story.

*Up the Close and down the stair,  
in the house with Burke and Hare,  
Burke the butcher, Hare the thief,  
Knox the man who buys the beef.*



Dr John Knox

On the Eve of All Hallows 1828, Burke and Hare were about to murder their last victim for Dr. Knox, Mary Docherty. Just like their other victims, she was plied with liquor and then suffocated with a carefully placed hand over the nose and mouth. The discovery of Docherty led to the downfall of Burke and Hare, ending in the execution of Burke on 28 January, 1829, he was hanged and publicly dissected.

Despite Burke's grisly end, Hare was not executed. His decision to testify against his former accomplice spared him any punishment. This isn't to say he had an easy life. Many people were buying for his blood and the authorities had to disguise him in order to sneak him out of Edinburgh. Hare was believed to have moved to Carlisle. Burke's skeleton can still be viewed at the University's anatomical museum.

Despite public outcry, Knox was never tried for his involvement in the murders, though his reputation was damaged. Shortly after the Burke and Hare case, the Royal College of Surgeons pressured him to resign his role as curator of the museum.

## Coach House Sale

In August 2021, the LDCI board decided to sell the Coach House building on the Sutherland Arms site to raise funds to go towards the 'Care & Wellbeing' project. The property went on the market last Autumn. Following completion of the legalities, LDCI can advise that the sale was completed in November after an offer was accepted from HJAG Properties Limited.

For those who are not aware - this project will result in eight new houses being built by Albyn Housing on the adjacent land. After being delayed by Covid, this project is progressing well and we hope to complete the Memorandum of Understanding (MOU) in the next few months.



## LDCI office closed for two weeks

Please note that the LDCI Project Officer will be on annual leave from the 28th Feb until the 16th March so if you have a query regarding the Helping Hand Fund or any other matter please get in touch as soon as possible so this can be dealt with before the office closes for a couple of weeks. Thank you.

## Name the Faces!



Thank you to John Quinn for supplying these photos from a Sailing Club open day in the past. Can anyone spot themselves?! What year was this taken?

## Lairg War Memorial Centenary Celebration

As mentioned on the front page we'd like to get as many people in the community involved in the War Memorial centenary celebrations as possible.

To start with we need your help to make knitted or crocheted poppies to create a cascade of poppies to be displayed at The Lairg War Memorial.

The poppies can be any size and follow any pattern.

If you would like some inspiration we have provided a pattern to make a knitted poppy below. In next month's issue we shall provide a crochet pattern, and we will also let you know where you can hand in your completed poppies.

Also if anyone has any photographs of family members who were service men/women we would love to receive copies of these for a possible exhibition to take place in September.



### KNITTED RED POPPY PATTERN

Easy garter/knit stitch pattern for beginner

Colour A Red (one ball will make a lot of poppies!)

Colour B Scrap of Black or a black button

Body of Poppy

Using Col A cast on 120 stitches.

Rows 1-4 Knit

Row 5 Knit 3 stitches together across the row (40 stitches)

Rows 6-9 Knit

Row 10 Knit 2 stitches together across the row (20 stitches)

Rows 11-14 Knit

Row 15 Knit 2 stitches together across the row (10 stitches)

Cut yarn leaving a tail of about 20cm.

Thread tail through yarn needle and slip all the remaining live stitches onto the yarn tail and pull tight. Pull around into a circle and then mattress stitch (or use whatever stitching you normally use) to seam for an invisible seam. Sew in ends.

Centre of Poppy - Using B, cast on 16 stitches. Cast off. Coil into a tight spiral and sew base to the centre. Or use a black or green button with 4 holes and sew to centre of poppy. Add pin.



Would you like to *Keep fit & Socialise?*

THINK NATURE HEALTH WALKS

### Lairg Health Walks



Walking can lift your mood and make you feel happier!



Date: Tues 22nd February  
at 10.30am

Meet at: Ferrycroft Car park

Hot drinks afterwards to warm up!



LAIRG & DISTRICT  
COMMUNITY INITIATIVES

For more info contact:

Kirstin Langlois  
T: 07961372427

E: [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk)



# Sudoku

					4	2	1								
7					2		9								
	6	2	8	9			4	3							
1	9		4					2							
	5			2					8						
2	3			6			7	4							
6	7	3	4	8		7	3			5		2			
9			5	1			1				7	8			
	4	2	7	6			2	5	6		9	4	1	3	
4			9		5	6			2	4	7			5	
8	6			7		3	2		8				6		
		7	4	6			1								
1			6	7				1	6	5		2	6	9	8
		6	8			9		7					1		4
3	4		2					8	3			7	3		




**January Activity answers:**  
 Roman Numerals is 1666, date of the Great Fire of London.  
 Feb. 2<sup>nd</sup> = 2-2-22.      Feb. 22<sup>nd</sup> = 22-2-22.  
 March date can be written 3-3-33, but not 33-3-33 because March has 31 days only.  
 Game 3. Answer: 111, 222, 333, 444, 555, 666, 777, 888, 999.

This magazine is funded by:  
  
**Foundation  
 Scotland**

Thank you for reading issue 44 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: 07961 372 427 write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD