

# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



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## Has Spring Sprung?

With the lovely weather we have been enjoying the past week or so, this day exactly a month ago when the Wee Hoose was slowly drowning due to the high water levels seems like a distant memory! It is almost tempting to think that Spring has arrived, however, we said that in the March issue last year and were rewarded with heavy snow in April!

We are however, keeping our fingers crossed that the weather will stay fine for our Health Walk next Tuesday when we have a Highland Council Ranger joining us to talk about the local wildlife. More info inside...

In this month's issue we are highlighting the fantastic work of the P3 & 4 pupils from Lairg Primary, and as mentioned in last month's issue we have provided a crochet pattern on our back page if you would like to help create a cascade of poppies to be displayed at the Lairg War Memorial for the centenary celebration in September. Please also see the advert on page 2 advertising the date of our AGM next week...

# Recipe of the week

## Chicken & Potato Layer

### Ingredients:

500g potatoes  
350g chicken (cooked), shredded  
1 onion, finely chopped  
100g mushrooms, chopped  
200g bacon, chopped  
1 garlic (clove), crushed  
1 tsp herbs, mixed

### Cheese sauce:

40g butter  
40g plain flour  
570ml milk  
100g cheddar, grated



### Method:

1. Preheat oven 180'C/Gas mark 4
2. Meanwhile boil the potatoes until tender, drain and cut into thin slices
3. Use half the potatoes to line a greased oven proof dish
4. If using uncooked chicken, cook the chicken breasts
5. Lightly fry the chopped onion, mushrooms and bacon - you can use low fat bacon to make it slightly healthier - add the finely chopped garlic
6. Mix together with the cooked chicken and add a pinch of mixed herbs with a dash of black pepper for seasoning
7. Spoon the mixture over the potato slices and top with another layer of potato slices
8. Just before serving add a sprinkle of low fat cheese on the top and pop into the oven to melt
9. Add the cheese sauce (see below for instructions)

Pop in oven for about an hour or until potato is cooked

### Cheese sauce

1. Melt the butter in a saucepan on a low heat
2. Stir in the flour and cook for a couple of minutes, stirring constantly, until you have a smooth paste
3. Slowly pour the milk in, stirring all the time
4. Bring to the boil, stirring with a balloon whisk, until thickened
5. Add the grated cheese to the mix and stir until melted

Use black pepper for seasoning to taste

### Lairg & District Community Initiatives

# AGM

Thursday 31st March 2022

at 7.30 pm

In the Kinvonvie Suite  
Lairg Community Centre

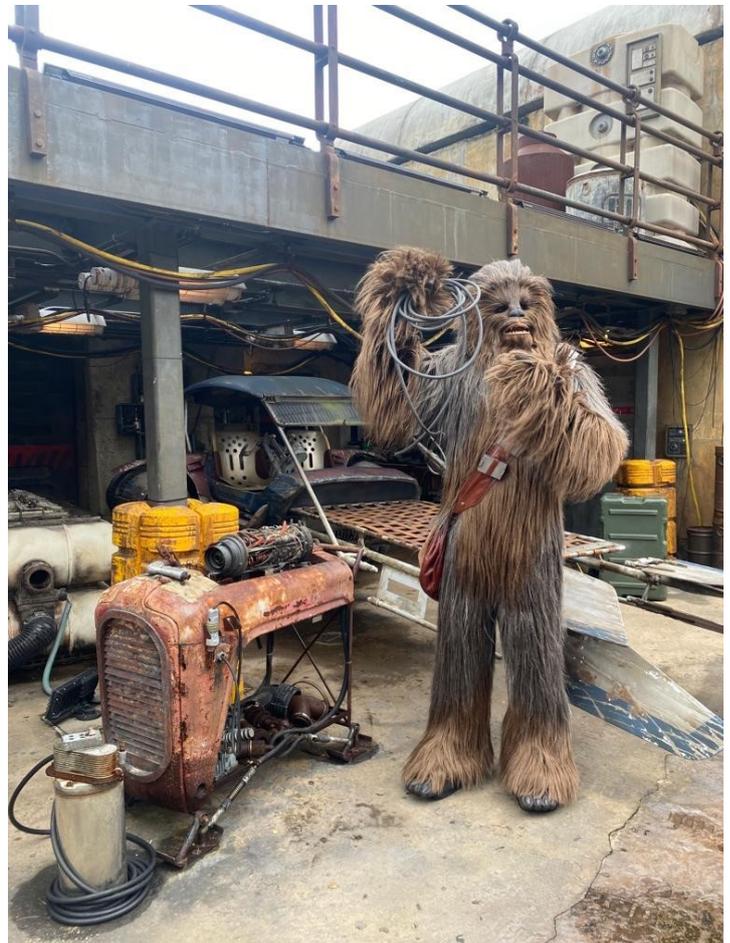
All Welcome

The AGM will be followed by a short update about the Care & Wellbeing project by our Project Consultant.

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

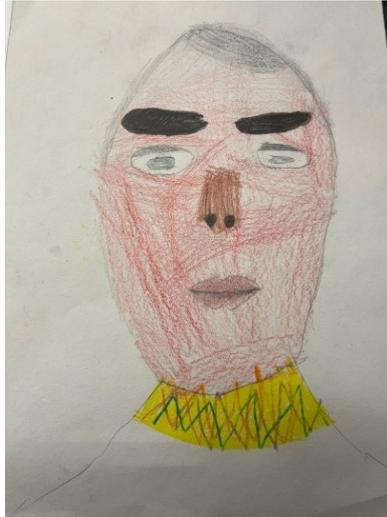
Scottish Charity SC033349 |  
School House, Main St, Lairg, IV27 4DD

1. In which year was the first episode of The Archers broadcast on BBC radio, 1940, 1950 or 1960?
2. How many hearts does a squid have?
3. Which Football Club did Mohamed Al Fayed buy in 1997?
4. What name is given to someone who shoes horses?
5. Which sign of the Zodiac is represented by an archer?
6. Which dessert is served in a sauce of sugar, orange juice and Grand Marnier, and set aflame?
7. What is the third book of the Old Testament?
8. Idi Amin was the President and dictator of which country?
9. What planet did William Herschel discover in 1781?
10. In 1963 the new £5 notes were issued showing Britannia missing her what?
11. Who said "I can resist everything except temptation"?
12. The Storting is the name of which Scandinavian parliament?
13. Who led the Argonauts in search of the Golden Fleece?
14. In Star Wars, what kind of creature was Chewbacca?
15. In what year was the Union of England and Scotland proclaimed?
16. Which TV detective is played by Angela Lansbury?
17. Where have Shetland Council approved planning for the Saxavord Spaceport?
18. Which sport is associated with The Crucible at Sheffield?
19. Joan of Arc is also known as 'The Maid of ....' where?
20. What Superhero made his comic debut in May 1939?



Primary 3 and 4

This term Primary 3 and 4 have worked so hard. They have created lots of things related to their learning.



Harry Claridge-King P4

Robert Burns

Facts

1. Robert burns favourite colour was brown.
2. Robert Burns wrote 716 poems including Auld Lang Syne which is in the video.
3. Robert Burns died because of a heart attack.
4. Robert Burns wrote over 300 songs.
5. Robert Burns is also known as Rabbie Burns

Isla Poole P4

When Robert Burns was 15 years old he started to write poems to impress girls. His father died when he was 25 years old. His first poems got famous. He kept going on with the farm with his brother .His friends helped them to get a job.

P3 and 4 worked with Mrs Gruber to create these fantastic drawings of Winter Bears. The pupils learned about lines and pattern to create these amazing drawings.



In Maths the pupils were learning about tessellation or tiling. They had fun working with the 2D shapes to create these fantastic creations.



In Science, the children learned about Life Cycles and created some great artwork.



## Lairg Community Market

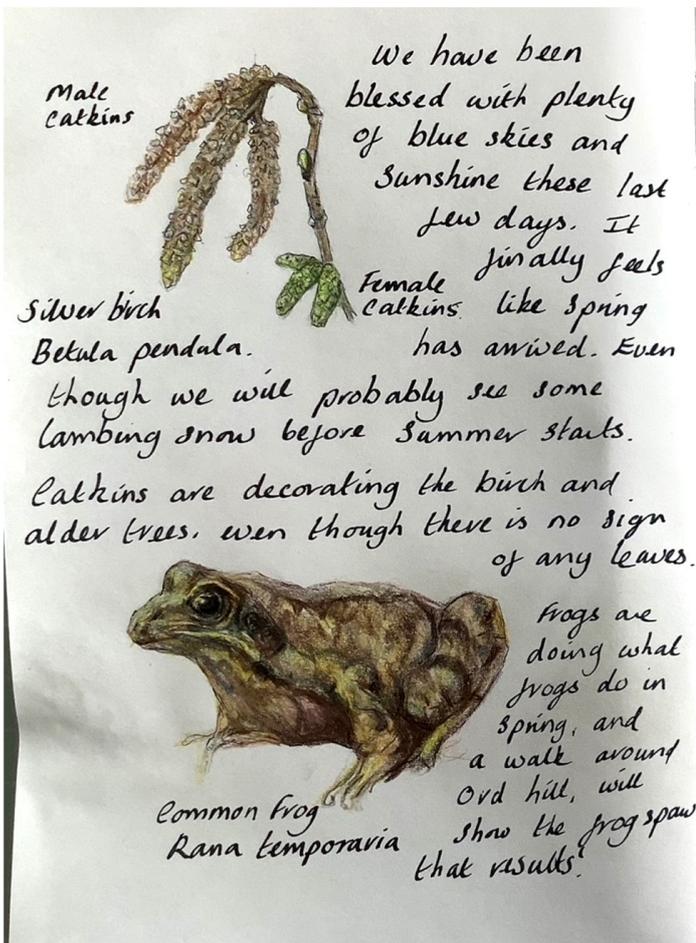
Lairg Community Market held its first market of the year on Monday 21st March. It will run on the third Monday of the month, through to December from 1:30 to 4 pm. This month saw a full house of stalls showcasing some of the very best wares that are produced, grown and made locally by some very talented people. There were refreshments too.

If anyone wants any further information on our busy little market, or anything else in regards to our wonderful Community Centre you can either email [lairgcommunitycentre@gmail.com](mailto:lairgcommunitycentre@gmail.com) or call (Ros) on 01549 402843 any weekday morning.



Lairg & District Learning Centre are looking to set up online Ukrainian language classes. If you would like to take part in the lessons—please email: [admin@lairglearningcentre.org.uk](mailto:admin@lairglearningcentre.org.uk) to register your interest.

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is March'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. 1950          | 8. Uganda       | 15. 1707                       |
| 2. 3             | 9. Uranus       | 16. Jessica Fletcher           |
| 3. Fulham        | 10. Helmet      | 17. Lamba Ness peninsula, Unst |
| 4. Farrier       | 11. Oscar Wilde | 18. Snooker                    |
| 5. Sagittarius   | 12. Norway      | 19. Orleans                    |
| 6. Crêpe Suzette | 13. Jason       | 20. Batman                     |
| 7. Leviticus     | 14. Wookiee     |                                |

### How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent



## Food Waste Matters

Living in rural Sutherland and being a resourceful bunch, we probably fall into the lower percentages of food waste statistics. However, given Food Waste Action Week (started on the 7th March), we should perhaps take a little time to reflect on whether we can further reduce our food waste. Do we really throw out 30% of the food we buy?

Most of us probably consider we don't waste food. Perhaps any waste is fed to the hens or pigs or even composted. But, did you know that food waste accounts for 10% of all greenhouse gas emissions? It's a significant factor for global warming, producing 25 million tonnes of CO2 every year from the 600,000 tonnes of food we throw away. It's estimated that this is £440 per year; that's over £2 billion in Scotland alone. Potatoes and bread lead the way with grapes, apples and tomatoes following on.

So, food waste feeds climate change and eats into our food budgets. What can we do?

- Talk about it
- Plan ahead on food purchase; thinking about weekly meal plans
- Put less food on the plate; anything left in the pot can be saved
- Freeze leftovers for soup or sauce making
- Learn to eat seasonally, food miles factor significantly in climate change for easily perishable foods like tomatoes and grapes. Can you imagine looking forward to the freshest and tastiest Scottish grown strawberries in July?
- Order fewer portions in carry out food
- Ask for a doggy-bag when you eat out
- Use our local food larders or start one to share surplus food
- Start a community garden with your neighbours
- Growing our own food means we can pick one lettuce leaf; a few cabbage leaves; a boiling of potatoes - nothing wasted & no plastic packing.
- Focussing on food waste helps. And every one of us – individuals, business, government all working together will help to resolve our crazy food relationships.



Learn more here - <https://www.lovefoodhatewaste.com/food-waste-action-week> and here - <https://www.netzeronation.scot/about/campaigns/food-waste> and look out for the Gardening or cooking courses from our Lairg Learning Centre here – <https://www.lairglearningcentre.org.uk/events/>.

And come and join us at the Lairg Community Markets, or join the craic at <https://www.facebook.com/groups/PlanetSutherland>. As usual, please feel free to email [anna@planetsutherland.com](mailto:anna@planetsutherland.com) with any questions, thoughts or ideas.

## Lairg Station Path

For some years LDCI has been exploring the possibility of creating an accessible foot/cycle path to run from Lairg railway station to meet up with the pavement network in the village. This would allow people who don't have transport to access the station safely.

Throughout this time LDCI has been in discussion with Sustrans (the UK organisation that funds the creation of paths). They stipulate that the paths that they fund must be of a certain width, to allow accessibility for walkers, cyclists and wheelchair users.

Following the programme being paused for a year due to Covid and Brexit, LDCI was invited to resubmit our application at the end of 2021, and unfortunately, we have recently been informed that the project has not been recommended for funding, due to the fact that "the proposed path is unlikely to fit within the existing road corridor."

Regrettably, LDCI now feels that the time has come to put the Station Path project to one side due to the significant engineering challenges associated with the project. Without Sustrans' support the project is not economically viable as we simply would not be



able to source the level of funding required without them. In the future – if alternative funding streams become available we may be able to revisit the project. We would like to thank everybody who took the time to write letters of support for the project.

## Free Health & Nature Walk With the Highland Council Ranger



Date: Tues 29th March

Time: 11.30am

Meet at: Ferrycroft Car park

Duration: Approx 1 hr

Option to go for lunch at the Pier after.

(Unfortunately LDCI cannot cover the cost of lunch).

Please call Kirstin on

07961372427 to book.



LAIRG & DISTRICT  
COMMUNITY INITIATIVES

For more info contact:

Kirstin Langlois

T: 07961372427

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

## Lairg Health Walks

If you have never been along to one of our Health Walks why not join us next Tuesday morning? The walks are suitable for all abilities. We are pleased to say that we have a Highland Council Ranger coming along to talk to us about the local flora and fauna as we walk through the Ferrycroft woods. The **walk will take place an hour later than usual at 11.30am**. This month we will also be joined by a group of walkers from Tongue who are coming down for the day, so we will have a few more people than normal. LDCI usually provides refreshments after our Health Walks but on this occasion we plan to go for lunch at the Pier after the walk. If you would like to come along for lunch please call Kirstin on 07961372427 as we will need to book a table. Unfortunately LDCI can't cover the cost of the lunch. If you haven't joined us before—please wear warm clothing and waterproof footwear.

**David Dunbar Buick, Arbroath, Scotland, died 6th March 1929 in Detroit, USA.**

---oOo---

DAVID DUNBAR BUICK  
*Inventor*

*Among his inventions, a lawn-sprinkler system and a way to enamel cast-iron bathtubs*

David Dunbar Buick was born in Arbroath, September 17, 1855. His parents emigrated to the USA in 1857. Buick, left school and went to work for a plumbing company. In 1882 Buick and a partner took it over.

He invented a method of permanently coating cast iron with vitreous enamel. He produced a very early lawn sprinkler. He produced a motor carriage in the name of Buick. This motor carriage became the foundation of one of the world's biggest car producers, General Motors.

He made two fortunes, but his failure was not use his inventions to their full potential. He spent his money on the development of his inventions.



David Dunbar Buick

Buick started to work on the internal combustion engine. In 1899 he set up a new company to develop and produce engines for agricultural use. He soon developed a motor carriage. He ran out of money before any were sold. Buick started the Buick Manufacturing Company in 1902. He ran out of money again, after he had produced an engine better than any other engine.



1905 Buick

Buick borrowed \$5,000 to start the Buick Motor Company. In 1904 it was taken over and moved to Flint, Michigan. It became a large company and was then taken over by General Motors. Buick only received a modest amount for his shares in the Buick Motor company. He died penniless in 1929, aged 74.

Please feel free to make your poppies any size and follow any pattern.  
However, if you would like some inspiration we have provided a crochet pattern below.



Abbreviations:

ch - chain  
slst - slip stitch  
sc - single crochet  
tr - treble

### BUTTON POPPY FLOWER - Skill Level: Easy

**Materials:** This flower can be worked with any weight of yarn. Finer weights will create a smaller flower, and bulkier weights will create a larger flower. Use the hook size appropriate for the yarn you choose.

**We used:** Worsted Weight yarn and a size H-8 hook. You will also need a button, approx. 1" in diameter.

**Special Stitches:**

**Double Treble Crochet (dtr):** yo 3 times, insert hook into the next st, draw up a lp and pull through (5 lps on hook). [Yo and pull through 2 lps] 4 times.

**Directions**

Rnd. 1: with Red, ch2, 4sc in 2nd ch from hook, join with slst to beginning sc. 4sc

Rnd. 2: ch1, 2sc in each sc around, join with slst to beginning sc. 8sc

Rnd. 3: ch1, sc in first sc, ch3, skip next sc, \*sc in next sc, ch3, skip next sc\*, repeat from \*to\* twice, join with slst to beginning sc. 4 ch-3 sps

Rnd. 4: \*Sl st in next ch-3 sp, ch4 (counts as first tr), 13tr in same sp, ch 4, sl st in same ch-3 sp\*, repeat from \*to\* in each ch-3sp. 60 tr

Rnd. 5: Ch, sc in skipped sc from rnd 2, ch3, \*sc in next skipped sc, ch3\*, repeat from \*to\* around, join with slst to beginning sc. 4 ch-3 sps

Rnd. 6: \*sl st in next ch-3 sp, ch5 (counts as first dtr), 13dtr in same sp, ch 5, sl st in same ch-3 sp\*, repeat from \*to\* in each ch-3sp, weave in ends. 60 dtr

This magazine is funded by:



Thank you for reading issue 45 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