

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photographs from Health Walk by Mick Auvache

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LDLC

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Community Easter Market

Easter Monday saw a busy Lairg Community Market with a wide range of stallholders in attendance, including Clyth Charcuterie, Auld Scotia (see page 3 for picture) and Crafty Burd with an amazing array of beautiful glassware. Highland Hedgehogs were with us to share their love for these special creatures and light refreshments were served to raise funds for the centre.

We are keen to speak to anyone interested in joining us to sell local produce, with our next market being held on May 16th from 1.30pm to 4pm. Contact Ros on (01549) 402843 or lairgcommunitycentre@gmail.com for details.

Another date for your diary is the rescheduled Big Coffee Morning, which will be held on Saturday 11th June in the main hall from 10am until midday, which celebrates the village halls of Sutherland.

All are welcome!

Recipe of the week

Pork & Apple Burgers

Ingredients:

300g sausage meat
4 wholemeal burger buns
4 tsp onion marmalade
2 apples, cored and thinly sliced
2 handfuls rocket
2 tsp mayonnaise
a little English mustard (optional)
sweet potato wedges, to serve (optional)

Method:

STEP 1

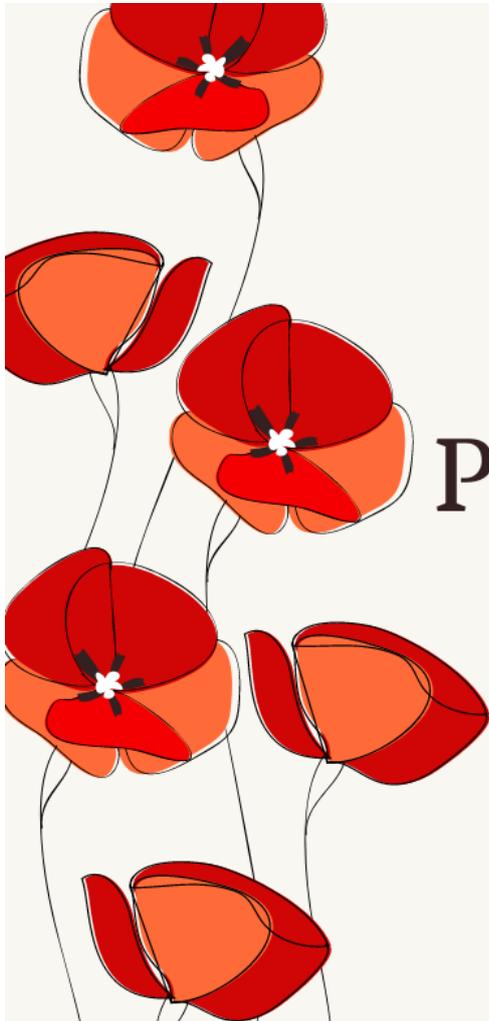
Divide the sausage meat into four portions and shape into patties. Fry in a non-stick pan for 10-12 mins, flipping a couple of times, until golden on both sides and cooked all the way through.

STEP 2

Heat grill to high. Slice the buns in half and toast under the grill, cut-side up.

STEP 3

Spread the bottom halves of the toasted buns with the marmalade, then add the burgers, apple slices, rocket, mayonnaise and mustard (if using). Top with the bun lids and serve alongside sweet potato wedges, if you like.



**LOOKING FOR DONATIONS OF
HAND MADE POPPIES FOR THE
CELEBRATION OF THE LAIRG
WAR MEMORIAL CENTENARY
DISPLAY IN SEPTEMBER 2022**

HAND MADE POPPY APPEAL

Poppies can be any size, any shade of red and any material (knitted, crochet, felted, sewing, painted, wood, etc). They will be part of an outdoor display so should be able to withstand the weather.

POPIES CAN BE DROPPED OFF AT

- **LAIRG & DISTRICT LEARNING CENTRE**
- **THE RUSTY COO**
- **LAIRG LIBRARY**

UNTIL MID AUGUST

1. Which 19th century duo wrote *The Pirates of Penzance* and *The Mikado*?
2. What is the 'minimum age requirement' to be the President of the US?
3. What is the name for a cluster of bananas?
4. Which comedian did Will Smith slap at the 94th Academy Awards?
5. On a keyboard, which vowel is not on the same row as all the others?
6. Which Dorset village saw six of its men labelled as martyrs after they were prosecuted for forming a trade union?
7. Thomas Edison demonstrated the first gramophone with a recording of himself reciting which nursery rhyme?
8. Who is the patron saint of travelling?
9. Who is quoted to have said "There's a sucker born every minute"?
10. 2022 is the 70th jubilee year of the Queen's reign. What metal is used to describe this?
11. Where would you find an aglet?
12. Which guitar legend's songs include *Little Wing* and *Purple Haze*?
13. Who succeeded Menzies Campbell as the elected leader of the Liberal Democrats?
14. What popular dog's name means faithful in Latin?
15. Which jazz musician disappeared on December 15th 1944?
16. In Shakespeare's *The Winter's Tale*, a stage direction reads "Exit, pursued by a" what?
17. Taylor Hawkins who died on the 25th March whilst on tour in Columbia was the drummer in which band?
18. In Greek mythology, who was the Queen of the Underworld?
19. Which English county is associated with the culinary speciality 'hotpot'?
20. In the US where is known as the Windy City?



Image from Lairg Community Easter Market

Lairg Nursery News!



The children loved being dressed up for Red Nose Day this year. Our theme was Heroes, Sheroes and Superheroes. The children came into school dressed as a variety of inspirational characters. The children visited the P1/2 classroom and Mrs Warburton and created superheroes made out of dolly pegs. It was fantastic to see the big boys and girls helping the Nursery, they all enjoyed the interaction. Some children also enjoyed colouring superhero pictures.



Everyone has enjoyed loose parts play inside and outside. We have recently purchased big blocks, which have been well used and the children's imaginations have been put to good use. They have explored problem solving independently when pieces of wood have been wobbly and unsafe to walk on.

The nursery often go to our gym hall to play games and use the equipment. At gym time, they played an opposite game, learning 'up' 'down' 'in' 'out' 'on' and 'off' using a variety of different equipment.





The children continued their learning about opposites and have enjoyed experiments in science. They created fantastic boats and were so enthusiastic to see if they would float or sink.

"Mine has lots of shells and it still floats!"

"My boat is still floating with the flag still on it!"

The children celebrated World Book Day. They came to school dressed as their favourite book character. The Nursery staff were very proud of everyone's fantastic costumes and they enjoyed sharing many stories from home. They acted out the 'Bear Hunt' story in the gym hall and created pictures of a storybook front cover.



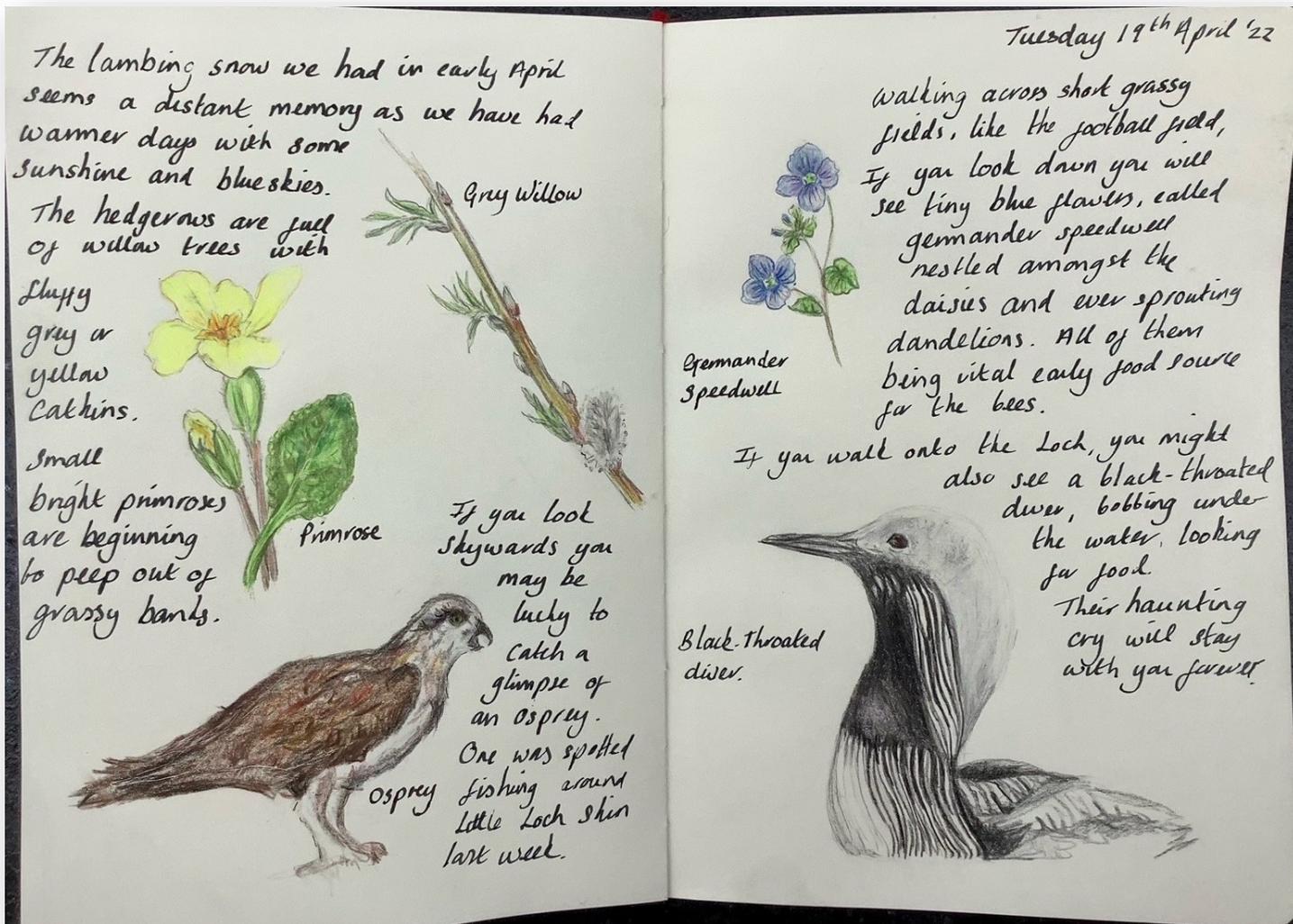
The children were so excited to play with the teacher's headbands from World Book Day so they decided to create their own.

The children had had lots of fun engaging in role play inside and outside with their head bands on - they were brilliant at making imaginative creations.



Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is April'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. Gilbert and Sullivan | 8. St Christopher | 15. Glenn Miller |
| 2. 35 | 9. Phineas T. Barnum | 16. Bear |
| 3. A Hand | 10. Platinum | 17. The Foo Fighters |
| 4. Chris Rock | 11. On a shoelace | 18. Persephone |
| 5. A | 12. Jimi Hendrix | 19. Lancashire |
| 6. Tolpuddle | 13. Nick Clegg | 20. Chicago |
| 7. Mary had a little lamb | 14. Fido | |

How did you do?

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

Growing Our Recovery

How is it possible to even think about the climate crisis when we're all struggling with extortionate fuel bills and with food bills ever increasing? And with the atrocities currently taking place in the world—it is truly hard to consider that anything is worth doing to fix global heating.

Well, Earth Day 2022 is the 22nd April – that's 22.4.22 – it has a nice ring to it! How about we all plan to do something on the 22nd?

It's a day where we can reboot, where we can get together with others to build plans, where we can build hope that each and every one of us can do something worthwhile to make our lives better. And indeed, mostly it all comes right back to our very own homes and villages. What can we do, right here, right now?

The Earth Day web site – has loads of suggestions: community clean ups, plant trees, take a course, attend a talk, learn about climate change, one meat free meal, fight fast fashion, make an earth day sign for your window. In fact it lays out 52 different actions to choose from – something for everyone. Have a look here www.earthday.org/earth-day-tips

But possibly the biggest action we can take locally is to grow stuff – naturally – grow food; grow plants loved by pollinators, grow trees, stop using chemicals in the garden, grow food and herbs to reduce the plastic in our lives.

A recent DOH! moment for me was when I reached for my packet of mint tea. Why on earth is that even on my shelf? I had mint in the garden last year but just never thought to dry it for fresh leaves throughout the winter.

So, that's one new plan I have for this year – it removes plastic, packaging, waste and food miles. Yeah! (In fact, it's growing now...)

Look out for our fresh food planters at the **Community Centre** and for food growing courses from our **Lairg Learning Centre**. Look out for local seed and plant swap 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 with your fab community project ideas.





MAKER SPACE

AT LDLC

Every Tuesday

Morning or Evening
10AM - 12AM 6PM - 8PM

£10/MONTH or £5 DROP IN

A time for crafty folks to come together to work on whatever project they have on the go. Use any of our machines (Sewing, Overlocker, Cricut, Cover Stitch) and we are here to help with questions you might have.

IT DROP IN



Come by the centre with any questions you may have related your IT. This can include:

- Laptop
- Tablets
- Phone
- Email
- Anything else!

We can also offer advice on device purchasing, choosing a provider (phone or internet), pricing, etc.

TUESDAYS

9:30AM - 11:00AM

Lairg Health Walks

As you may know by now Lairg & District Community Initiatives (LDCI) runs a health walk once a month, on a Tuesday, with the group walking the woodland trail at the Ferrycroft Visitor Centre in Lairg. The walk is suitable for all abilities and the social aspect is just as important, as the group always goes for a hot drink afterwards to warm up and socialise. The walks are led by trained walk leaders and we can supply walking poles and also have some different sizes of waterproof trousers that we can lend if people required.



Kirstin Langlois, LDCI's Project Officer said, "During the pandemic people were stuck at home and not able to socialise as much so we set up the Health Walks to try and provide a way for people to get together outdoors. The good thing about taking part in a health walk is that not only are you doing gentle exercise and keeping mobile – but you can get to know people and make new friends. For our Health Walk in March we were offered the chance to have one of the Highland Council Rangers - Marcia Rae join us to talk about the local wildlife, and we were also delighted to have a walking group from Tongue come and join us for the day. We hope to be able to go and join them for a walk later on this year."

Charlotte Mackenzie, Project Manager of Think Nature Health Walks, who supports Health Walk groups and Buggy Walk groups across rural Highland said "I was delighted to join the Lairg and Tongue Walking Groups on the nature themed walk at Ferrycroft. We enjoyed a lovely walk around the woodland trail and learnt some very interesting facts about species that we came across on our walk with Ranger Marcia.

Walking and being outdoors in the fresh air, enjoying nature can be very uplifting and brings so many great health benefits. We have recently seen a further increase in the number of people joining our walking groups, which is fantastic, and combining walking with nature is a great way to support wellbeing".

To find your local health walk or buggy walk in Highland please visit: www.pathsforall.org.uk/walking-for-health/health-walks For more information about walking groups, or if you are interested in becoming a volunteer walk leader, please contact Charlotte Mackenzie, email: charlotte@highlandtsi.org.uk or call 07385 380756.

The next Lairg Health Walk will be held on Tuesday 26th April – meeting at the later time of 2pm at the Ferrycroft car park.

Please email: projectofficer@lairginitiative.co.uk for more information.



Died 12th April 1928: Madeleine Smith, found "not proven" for murder in 1857.

--oOo--

Madeleine Smith

"Not Proven"

The murder trial of Madeleine Smith in 1855 was the most sensational ever heard in a Scottish court. Madeleine was the beautiful daughter of a successful Glasgow architect who met and fell in love with Pierre Emile L'Angelier from Jersey. Her father banned Madeleine from seeing her lover, but she secretly continued a passionate affair and wrote a number of explicit love letters. The relationship cooled when Madeleine began to be pursued by William Minnoch, a richer and more acceptable suitor. Madeleine tried to break the relationship with L'Angelie he threatened to show the love letters to her father. L'Angelier died a few weeks later. A post-mortem showed arsenic poisoning. Madeleine had bought arsenic in local chemists' shops prior to his death.



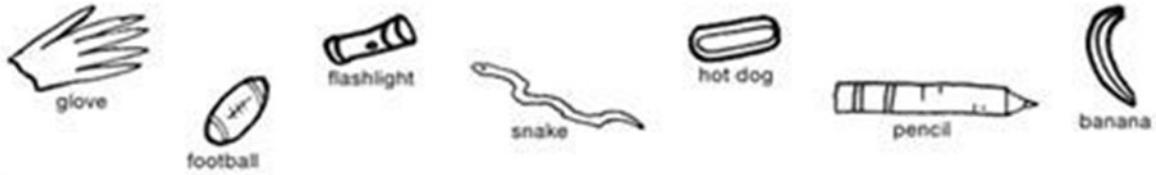
Madeleine Smith

Her trial was a sensation in Victorian Scotland as her explicit love letters were read in court. Her defence lawyer portrayed her as an innocent, seduced by a blackmailer. And there was no evidence of her meeting her lover in the days before his death. The jury found her "Not Proven" a unique judgement in Scotland which means that there is insufficient evidence to find the accused guilty - but leaves the door open for another trial if new evidence emerges. This is probably the most well remembered "Not Proven" verdict in Scottish legal history. The verdict on William Burke's wife, charged with murder was also "Not Proven."

Madeleine later moved to London, married, had two children and then separated from her husband. She then emigrated to the USA in 1916 and married again at the age of 80.

She turned down offers from Hollywood to take part in a film of her life and died at the age of 92.

In 1728 Carnegie of Finhaven was famous for his trial for the murder of Charles Lyon, 6th Earl of Strathmore and Kinghorne which resulted in the "not guilty" verdict becoming a recognised part of Scottish law and established the right of Scottish juries to judge the whole case and not just the facts - a right known as jury nullification, which endowed Scotland with the verdicts: "proven", "not proven" and "not guilty" which remain contentious to this day... An important trial in the history of the Scottish legal system.



This magazine is funded by:



Thank you for reading issue 46 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